

Impact of willpower on Health in Humans

Sachin C Narwadiya¹, Jyotsana Singh²

Author's Affiliation: ¹Research Scholar, School of Public Health, Poornima University, Jaipur, Rajasthan 303905, India, ²Scientist, Mind Care, East Mumbai 400097, Maharashtra, India.

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Abstract

In whole world among other animal and plants, the human beings have capabilities of thinking and application of thoughts in the universe. There are several examples of thinking high and achieving high in the society. Whatever we see at present nearby us like airplanes, rockets, atomic bombs, electricity, gadgets like cars, bikes and much more, all were in our ancestors' thoughts then resulted in practical and visible one. Human brain is the key behind all these approaches. Now it is important to think that the brain of human which can make lots of technologies and gadgets more capabilities than making things. We can learn from various case studies where one person's got victim of accident or traumatic shocks or paralytic attack. The doctors also not confirmed for speedy recovery in such cases, but it was well seen that such persons through their strong willpower regain his/her organ's lost strength. The willpower is the power of our thoughts which impacted us in very positive ways.

The present study hypothesized that one should always pay gratitude to nature, do not release negative thoughts for self and for others, always adopt an approach for conservation of nature instead of destroying nature. These all efforts will ensure that nature, the Mother Earth, will conserve the adopting the above-mentioned practices. Healthy world and Vasudev Kutumbkam need to be the best practiced by Indians and need to be popularized on mass scale.

Keywords: Willpower, Positive Thoughts, Health, Wellness

Introduction

The human beings three powers greater than other animals, these includes power of writing, power of thoughts, power of communication by languages. If a person centralizes his/her power including all these means to a particular goal, then it is possible he/she will achieve the possible goal in short span of time. We all born and live in nature, the Earth is

mother for all of us and thus whatever we do, will impact the Earth and in return impacted us. There is law in science that indicated that "every action there is equal and opposite reaction" and this law is well applicable on our relationship with our mother Earth. If we throw garbage like polythene, canes, plastics it will return to us only in form of ailments like cancers and other problems. If conservational actions for Earth, then we in return get best living environment, good air, good water and good food quality. The time to think on this issue micro level.

Positive thoughts mean that you keep your head in the sand and ignore life's less pleasant situations. Positive thoughts just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst.

Corresponding Author: Sachin C Narwadiya, Research Scholar, School of Public Health, Poornima University, Jaipur Rajasthan 303905 India.

E-mail: sachin@vigyanprasar.gov.in.

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Positive thoughts often start with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create, because of lack of information.

If the thoughts that run through your head are mostly negative, your outlook on life is more likely to be pessimistic. If your thoughts are mostly positive, you're likely an optimist, someone who practices positive thoughts.

The health benefits of positive thoughts

Researchers continue to explore the effects of positive thoughts and optimism on health. Health benefits that positive thoughts may provide include:

1. Increased life span
2. Lower rates of depression
3. Lower levels of distress
4. Greater resistance to the common cold
5. Better psychological and physical well-being
6. Better cardiovascular health and reduced risk of death from cardiovascular disease
7. Better coping skills during hardships and times of stress

It's unclear why people who engage in positive thoughts experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body.

It's also thought that positive and optimistic people tend to live healthier lifestyles, they get more physical activity, follow a healthier diet, and don't smoke or drink alcohol in excess.

Identifying negative thoughts

Methodology

Not sure if your self-talk is positive or negative? Some common forms of negative self-talk include:

Filtering

You magnify the negative aspects of a situation and filter out all the positive ones. For example, you had a great day at work. You completed your tasks ahead of time and were complimented for doing a

speedy and thorough job. That evening, you focus only on your plan to do even more tasks and forget about the compliments you received.

Personalizing

When something bad occurs, you automatically blame yourself. For example, you hear that an evening out with friends is canceled, and you assume that the change in plans is because no one wanted to be around you.

Catastrophizing

You automatically anticipate the worst. The drive-through coffee shop gets your order wrong and you automatically think that the rest of your day will be a disaster.

Polarizing

You see things only as either good or bad. There is no middle ground. You feel that you have to be perfect or you're a total failure.

Focusing on positive thoughts

You can learn to turn negative thoughts into positive thoughts. The process is simple, but it does take time and practice — you're creating a new habit, after all. Here are some ways to think and behave in a more positive and optimistic way:

Identify areas to change: If you want to become more optimistic and engage in more positive thoughts, first identify areas of your life that you usually think negatively about, whether it's work, your daily commute or a relationship. You can start small by focusing on one area to approach in a more positive way.

Check yourself

Periodically during the day, stop and evaluate what are your thoughts. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.

Be open to humor. Give yourself permission to smile or laugh, especially during difficult times. Seek humor in everyday happenings. When you can laugh at life, you feel less stressed.

Follow a healthy lifestyle

Aim to exercise for about 30 minutes on most days of the week. You can also break it up into 10-minute chunks of time during the day. Exercise can positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body, learn

techniques to manage stress.

Surround yourself with positive people

Make sure those in your life are positive, supportive people you can depend on to give helpful advice and feedback. Negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways.

Practice positive self-talk: Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you. Think about things you're thankful for in your life.

One study suggested self-control is based on glucose as an energy source. The various laboratory tests of self-control like the Stroop task, thought suppression, emotion regulation, attention control along with the social behaviors like helping behavior, coping with thoughts of death, stifling prejudice during an interracial interaction proved the outcome of the study. (Gailliot, M. T. et al 2007)

Another study provides critical new findings that glucose level depleted during self-control and cognitive performance. (Gregory M. Walton et al 2013)

The meta-analytical study of 83 studies and as per the study of the strength model, self-control was observed as a finite resource which establishes ability for effortful control over dominant responses and once expended, leads to impaired self-control task performance which is called as ego-depletion. The results revealed a significant effect of ego depletion on self-control task performance. (Hagger et al 2013)

An outcome of a study for Breast cancer and the outcome of study revealed that the work situation after Breast Cancer is a critical issue. The strongest predictors factors of work disability in employed Breast Cancer survivors were observed in the study (MR Strada et al 2010)

One study revealed that decision making, impulse control and loss of willpower to resist drugs: a neurocognitive perspective revealed that the addiction is the outcome of an imbalance between two separates, but interacting, neural systems that control decision making an impulsive, amygdala system for signaling pain or pleasure of immediate prospects, and a reflective, prefrontal cortex system for signaling pain or pleasure of future prospects.

Summary and Conclusion:

The study is currently needed in willpower and its association with management of various diseases. The symptoms can be minimized by willpower strengths along with other factors like diet control, meditations. The meet to nature is best practice for the patients in addition to diet control, meditations to combat the disease as worrier. The disease and its treatment side effects are the two major enemies for a patient. A patient must fight with these two at a same time. The comorbidity also plays wide role in weakening of will power to live. When the person accepts his or her failure in front of disease then only slowly, he/she moved to death. The willpower manages the disease effects and helps the patients to stand again. The present review study is important for new researchers in the field for using spirituality as connecting tool in disease management through willpower.

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