



Mental Health And Quality Life Of Adolescent Performing Artists

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Abstract

Mental Health and quality of life are two important aspects of life. Quality of life (QOL) is defined by the World Health Organization as "an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns". Wealth, employment, the environment, physical and mental health, education, leisure activities, social connections, religious beliefs, safety, security, and freedom are all measures of life leads to quality(. Mental health refers to the state of mind which includes the emotional, psychological and social well being . It affects the thinking , feeling and day to day working behaviour. It is evident that the artists at adolescent age faces a lot of mental pressure due to struggle for profession .Suicide, mental illness and burnout condition arises due to lots of work related pressure. Quality of Life. In fact there are many other fields of occupation are ignored by the researchers . The performing arts is one such area, It needs to be focused. Continuous practice and sustained body part energy expenditure are necessary for the performing artists. Dancers , musicians, singers, opera artists, cine stars must exert a lot of effort because the body movements, expressions, acting on a particular character are difficult. To maintain their beauty and health, dancers must adhere to a set of dietary rules. In actuality, it is obvious that the majority of well-known dancers and performing artists passed away from a variety of terrible ailments since their quality of life

was not preserved. An artist can perform well when he/she is healthy in all aspects .It can be possible by maintaining the quality of life and nutritional status of the performing artists. The current study focuses on analyzing performing artists at adolescent age ,psychological risk factor . general well-being in the physical, mental, psychological, social, and spiritual domains. The purpose of this study is to conduct a survey on three key aspects of performing artists-, their mental health in connection to their nutritional status and socioeconomic status .

Key words- Mental Health, Quality of Life , Performing art, Adolescent

INTRODUCTION :

Mental Health and quality of life are two important aspects of life. Quality of life (QOL) is defined by the World Health Organization as "an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns"¹. Wealth, employment, the environment, physical and mental health, education, leisure activities, social connections, religious beliefs, safety, security, and freedom are all measures of life leads to quality. Mental health refers to the state of mind which includes the emotional, psychological and social well being . It affects the thinking , feeling and day to day working behaviour. It is evident that the artists at adolescent age faces a lot of mental pressure due to struggle for profession .Suicide, mental illness and burnout condition arises due to lots of work related pressure. Quality of Life. In fact there are many other fields of occupation are ignored by the researchers . The performing arts is one such area, It needs to be focused. Continuous practice and sustained body part energy expenditure are necessary for the performing artists. Dancers , musicians, singers, opera artists, cine stars must exert a lot of effort because the body movements, expressions, acting on a particular character are difficult. To maintain their beauty and health, dancers must adhere to a set of dietary rules. In actuality, it is obvious that the majority of well-known dancers and performing artists passed away from a variety of terrible ailments since their quality of life was not preserved. An artist can perform well when he/she is healthy in all aspects .It can be possible by maintaining the quality of life and nutritional status of the performing artists. Nutritional status is defined as “A physiological state of an individual, which emerges from the link between nutrient intake and requirements, and from the body's ability to digest, absorb, and use these nutrients and this is one of major dimension of quality of life. Therefore, research must be done to understand the obstacles of performing artists lifestyle as well as their quality of life, mental health and other factors. The performing artists at adolescent age not only struggles but also neglects the life enrichment factors². In fact the imbalance mental state, confused career opportunities, irregular diet, love for passion and mental pressure leads to many death due to suicide, drug addiction, lose of interest in pursuing the art and also depressed life. So the stake holders of the society must rethink about the nurturing of the young energy for different performing arts by focusing on their life style, understanding the mental health and social well being of the artist.

PERFORMING ART: HISTORICAL PERSPECTIVE

The performing arts were only offered to the American public in the 19th century by professional or amateur performers and groups. The majority of shows were put on by travelling companies or in large cities for profit making companies run by individual proprietors in smaller towns and remote places. These companies had started to go out of business due to emerging technologies, which included recorded music first, followed by film, radio, and finally television. The performing arts range from vocal and instrumental music, dance and theatre to pantomime, sung verse and beyond³. They include numerous cultural expressions that reflect human creativity and that are also found, to some extent, in many other intangible cultural heritage domains. In this present era performing art is one of the best skills for providing livelihood and career opportunities in this competitive life. The entertainment industry is basically depends on artists which is highly stress full. So the artists mental health is very very important to be creative and continuity of this skill⁴.

ADOLESCENT AGE AND MENTAL HEALTH : Adolescence is a time of change for the body, the brain, and the intellect as well as for the environment socially and hormonally. Adolescence makes people more susceptible to mental health issues, even though the majority of young people grow up to be healthy adults. Before the age of 24, many mental illnesses, such as depression, anxiety, eating disorders, substance use disorders, and psychosis, initially manifest. What is it about adolescence that makes people more susceptible to mental health issues? This is an important subject since some adolescent-onset mental diseases last into adulthood, causing long-term morbidity and placing a heavy weight on society. By 2030, depression alone is predicted to overtake all other conditions as the primary cause of years lived with a handicap⁵.

ADOLESCENT AGE AND PERFORMING ART: Adolescent are encouraged by the performing arts to express their feelings, use their imagination, creativity and find their own voice. Each of the arts—music, dance, and drama—engages a child's mind, body, and emotions in unique ways to boost their self-esteem and help them enjoy self-expression, estimates of energy consumption for performing artists are combined with the additional energy requirements for growth, development⁶. To achieve and maintain optimal health, physiological function, and well-being, recommendations for dietary energy intake from food must meet these criteria. The latter, or well-being, depends not just on physical health but also on one's capacity to meet their own requirements as well as those of society, the environment, and all other energy-intensive activities.

ADOLESCENT PERFORMING ARTISTS ; THEIR CHALLENGES -

The performing artists face a lot of challenges from many front such as- physical, mental, social and economical. Dancers with performance anxiety may feel uneasy or anxious prior to, during, or following a performance .They could doubt themselves and think negatively repeatedly, worry that they won't perform well, concentrate primarily on the shortcomings of their performance, struggle with concentration, or worry that their performance was insufficient and that they disappointed people who matter to them. Dancers' performance may be impacted by depression, particularly if they aren't getting enough sleep or nutrition, are thinking negatively, lack motivation, or have trouble focusing⁷.They may have trouble focusing, be less alert, distracted, and indecisive, respond more slowly, or make bad judgments, which can increase their risk of getting hurt. Due to poor food or sleeping habits, their body may not be functioning at its best. Many

people think that dancers perform better when they are slim and that if they are performing well, they are healthy. In actuality, disordered eating can impair a dancer's ability to perform. It can impair their ability to concentrate, cause them to feel anxious, unhappy, lonely, and preoccupied with their weight; it can result in malnutrition, dehydration, and muscle weakness; and it can make them feel exhausted and chilly⁸. Dancers may use drugs to unwind, feel energised and alert, or just to "feel good." They may occasionally utilise drugs to manage their weight or to treat anxiety or sadness . Unfortunately, many drugs and alcohol affect the brain in ways that make depression or anxiety worse. For instance, there is evidence that alcohol use and depression are related. Substance abuse can cause people to disregard their obligations and commitments in their professional, personal, and social lives ⁹. The pursuit of excellence differs from the pursuit of perfection. Perfectionists may have high expectations for themselves and others, as well as strong motivation and resolve. However, they could also worry about making mistakes, dwelling on things, putting things off, having self-doubt, believing they aren't "good enough," or having an extremely harsh opinion of both themselves and other people. They might constantly worry about how they are doing, how their peers are doing, and how observers will react. Due to their unrealistic quest of perfection, perfectionists may devote a significant amount of time, energy, and resources to impossible ambitions .They might experience financial insecurity, relational issues, a lack of social support, and feelings of loneliness and isolation .Dancers who are perfectionists may believe that every move they make is being watched, or that their performance and body should be flawless. They might be surrounded by people who share their tendency toward perfection, such as relatives, dance instructors, or coworkers .Dancers who are perfectionists are more prone to anxiety, disordered eating, injury, re-injury, over training, and burnout. Perfectionism is ubiquitous and particularly problematic in dance. Dancers may become stressed because to their work environment (poor facilities and equipment, congested working conditions, harsh temperatures), or they may suffer stress due to financial worries, unforeseen responsibilities, misunderstandings, and interruptions .Role stresses (perceived lack of autonomy and control, insufficient or inconsistent guidance, intra-group competition, inadequate social support, and role conflict) as well as significant life events may affect them (death of a loved one, relationship problems, relocation, serious injury, or career transition).Dancers may experience training discomfort, which includes feeling overwhelmed, experiencing mood swings or weariness, physical symptoms, sleep issues, or changes in motivation (a shift toward higher levels of extrinsic motivation and a shift toward lower levels of self-determined motivation).Burnout, which includes feelings of lessened accomplishment as well as devaluation and resentment of an activity people used to enjoy, may come after symptoms of staleness and the overtraining syndrome. Dancers' careers might be substantially cut short by burnout(10).

OBJECTIVE OF THE STUDY :

- To assess the health profile of performing artist in relation to nutritional status.
- To know the perception of towards body image and weight loss behaviour .
- To study the socio - economic status of performing artist.
- To analyze the psychological risk factor (depression, stress) of performing artist .
- To explore the food habits of the performing artist.

HYPOTHESIS OF THE STUDY :

- The performing artist are neglecting their health due to heavy energy consumption.
- They followed an irregular food habit .and Irregular food habits leads to health complications.

METHODOLOGY :

1. **Problem statement**-Irregularity in Quality life of the performing artists leads to health problems.

2. **Area of study /research :** The Present Study, all the performing artist will be selected from Odisha .

3.**Sample size** –The samples consisted of 30 performing artist .The samples are taken from adolescent performing artist i.e-18-25 –(An adolescent age)

4.**Data Collection** - The data collected through questionnaire cum interview method. Information on their family background ,quality of life ,nutritional status, body image ,weight loss behavior ,psychological factor ,health problem ,food habit were collected ,through personal interviews.

5. **Statistical Tools: The rating scales and schedules are used for the data collection i.e-**WHO quality of life scale,Wisconsin quality of life index EAT scale(1982),Anthropometry measurement (BMI,WHR),Weight loss behaviour scale (WLBS),2000,Updated kuppaswamy Socio-economic Scale 2021,Self-developed questionnaire will be used to collect the data.The data collection will be consolidated, tabulate and analyze. Statistical analyses like percentage, average, mean, standard deviation, parametric test, and non-parametric test will be used to interpret the findings.

7.**Result and Interpretation**-The data will be tabulated and presented in tabular form with interpretations. A comparative analysis will be taken on quality life indication.

8.**Conclusion**-The conclusion chapter will present concluding remarks with suggestions .

FINDINGS AND DISCUSSION

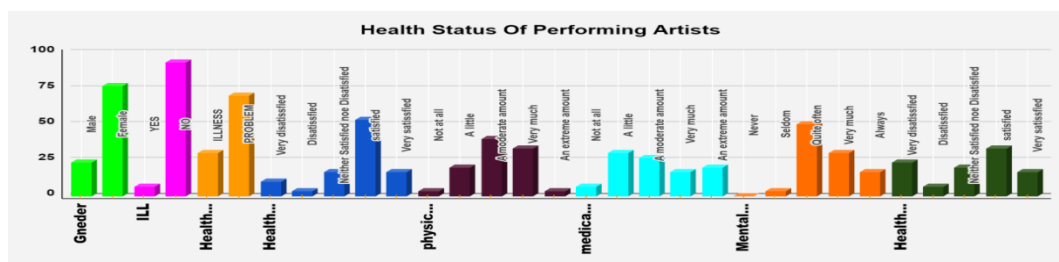
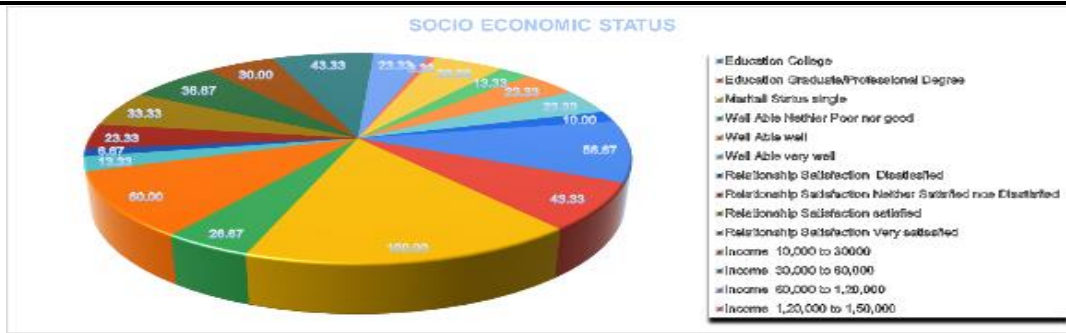


Table No 1 interpretation:

The Study on Health Status of performing Artist was undertaken for around 30 performing artists.out of 30 76.67%. are female performing artists. The data revile pe that 70% of the sample felt health problem related problem. only 16.67% of Artist are Not Very conscious about their health . only 26.67% Artist are going for medical treatment. Around 30% of Artist Says that they having mental Problem due to the profession and 6. 67 % . Artist opined that they always get stressed for the profession, around 23.33%. of Artist are very much dissatisfied for Health Service satisfactions.



Socioeconomic status Table 2- Interpretation

The data reveals that around 56.67% of Artists are college-going students, and all are single. Only a negligible percentage, 13.33%, are in a good socio-economic condition, only 33.33% of performing Artists are in good social relationship. The economic condition of the performing artists is not so good, only 43.23% of artists are earning 30,000 to 60,000 Rupees per month on an average. Mostly 23.33% of the artists are in financial need. Always in financial need.

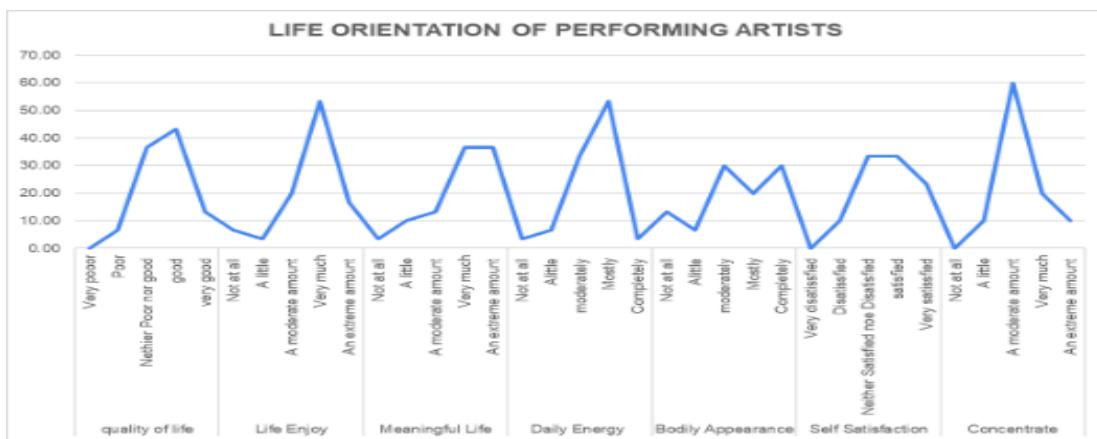
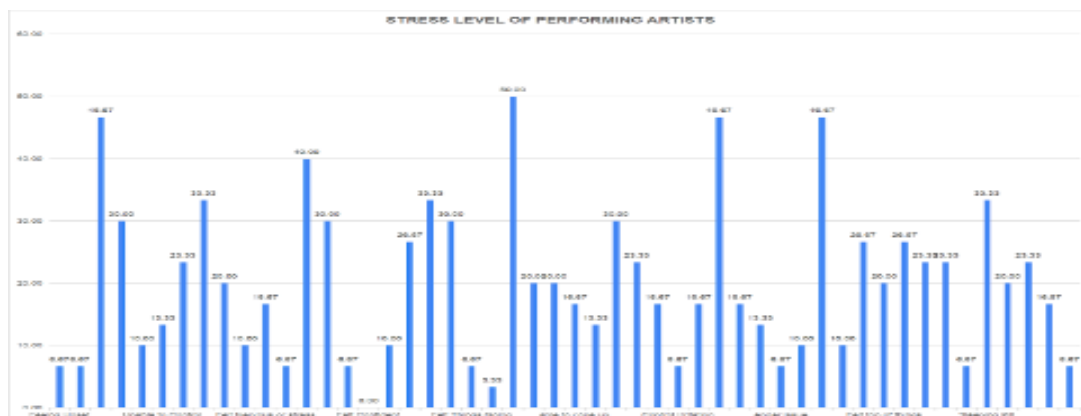


Table no-3

The data on life orientation of performing artists includes quality of life, life enjoyment, meaningful life, daily energy consumption for the practice of artistic skill, body appearance, self-satisfaction, and concentration. Energy for the continuous practice of out of 30 samples, only 36.67% of artists are maintaining an average lifestyle, and 43.37% of artists are in good condition. Mostly 50% and above are spending a lot of energy for practicing artistic skills. Only 7% of artists, that is 3.33, are not enjoying their life. Around 33.33% of artists are satisfied with their profession, and around 60% of artists are able to concentrate in their profession.



The table 4 was exclusively dealt with the stress level of the performing artist to understand Mental health condition. The data reveals that very surprising result that around 46.67% feeling upset and due to stress around 33.33% of performing artist unable to control the Stress .These Condition leads to Nervousness and other health problem around you of artist are sometimes suffering. From this of type of Tendency only 13.33% a negligible number of artist that only 4% able to cope of with the situation. Sometimes 46.67% of artist are controlling their irritations and also 10%. which is very Negligible Never control their anger. It's very very alarming that 33.33% of artist are using sleeping pill at this age.

CONCLUSION : A performing artist has a multi-faceted personality and is a celebrity, professional, trainer, stage performer, and entertainer. Celebrities must maintain their weight, body image, health profile, wellbeing, and especially their eating habits. Regarding their food habits, they must exercise extreme caution. They have to deal with health issues, training the dance to improve their expressions, using energy while dancing, and performing the dance to make money and keep doing it as a profession. Therefore, it is essential to study and research performing artists in-depth in order to bring their concerns to light and offer answers for maintaining the well-being of performing artists.

SUGGESTION :

Mental health specialists must be able to comprehend the unique requirements, risks, strengths, and wishes of performing artists in order to provide care . Performing artists careers, jobs, and education may be impacted by mental health issues. A mental health issue is nothing to take lightly or as a show of weakness. You didn't "make the choice" or "try hard enough," etc. Individuals cannot "simply get over it." Mental diseases are extremely difficult and require care.If there is a mental health issue that requires treatment by consulting healthcare expert .Performing artists are the creative individuals of the society . So they need to be addressed and special dietary care and food habits and a specific life style needs to be prescribed to keep them mentally and physically healthy.

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