



Impact of Lifestyle on Career: A Review

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Abstract. In recent years, the impact of lifestyle on career has grown in significance. The way a person lives has a significant impact on different aspects of life and this has been a topic of interest among many scholars and practitioners alike. The type of lifestyle a person considers, as well as their potential for success in their career, can be influenced by their lifestyle choices. This article has reviewed more than fifty papers based on various lifestyle choices. The review emphasizes the relationship between lifestyle choices and career outcomes, implying that living a healthy lifestyle can lead to increased work productivity and career success. This study also aims to shed light on the major lifestyle factors and how these factors influence various aspects of life such as work-ability, mental and physical health, recreation, travel, sleep, smoking, diet, and life.

Keywords: Career · Lifestyle · Work-ability · Life expectancy · Health · Mental health · Physical health · Recreation · Travel · Sleep · Smoking · Diet

1 Introduction

Lifestyle refers to the way people live, including the place they live in with their family and society, the job they do, and the activities they enjoy. Lifestyle has an impact on almost every aspect of life. The way in which a person lives reveals a lot of things about that person such as physical health, mental health, life expectancy, productivity, and other variables of life. Lifestyle describes the traits of people who reside in a particular time and area. It comprises people's regular activities and behaviors related to their work, hobbies, and food [1]. It is also commonly seen that people who have a mental illness also have poor physical health, and in comparison to the general population they have significantly higher rates of different physical disorders [2–4]. When examining another

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aspect of lifestyle it is found that there are a number of unhealthy habits, attitudes and behaviors which can lead to chronic disease and mortality. Lack of physical exercise, tobacco use, poor diet [5–9], high cholesterol levels [10, 11], and inadequate dental care appears to be significant factors in poor physical health [12, 13].

Understanding the effects of different lifestyle factors allows us to make more informed decisions about our own behaviors and work toward promoting healthier habits that can improve people’s overall health and well-being. The paper will also consider how larger societal factors can influence individual lifestyle choices and community health outcomes.

Overall, the goal of this article is to provide insights into the relationship between lifestyle and various aspects of life, emphasizing the importance of making informed behavioral choices and promoting healthier lifestyles to improve our overall well-being [14]. Healthy life and good productivity can lead a person to a better career. So, it will be possible to draw a relationship between lifestyle and career.

2 Methodology

This study summarizes the available research on lifestyle variables that contribute to poor physical health, and mental health, including low concentrations of exercise, poor diet and nutrition, elevated cholesterol levels, smoking use, and recreation all contribute to a higher risk for cardiovascular disease and productivity. A multidisciplinary search of online databases and journals was done to create an integrative review, with a focus on the career, health, and lifestyle issues that were most frequently discussed in the literature.

2.1 Phase 1-Planning

This section describes how the relevant papers were chosen. The papers were collected from prestigious sources such as Springer, SAGE, Science Direct, BMC, and MDPI, as well as PubMed. This audit described the following search terms: “Impact of Lifestyle on Physical Health,” “Impact of Lifestyle on Mental Health,” “Impact of Lifestyle on Work-ability,” “Impact of Lifestyle on Recreation,” “Impact of Lifestyle on Expectancy,” and “Impact of Lifestyle on Sleep”.

2.2 Phase 2-Conducting

In this phase, all articles are rigorously checked for reliability and validity in order to be accepted as the final sample article for review.

2.3 Phase 3-Reporting

After careful consideration, 51 relevant research papers were selected for review. Then we tried to find a relationship between the career and those six factors from the review papers. The categorized evaluation identifies contributions to research, work processes, and flaws. As a result, all papers are carefully selected to meet the goal of this research (Fig. 1).

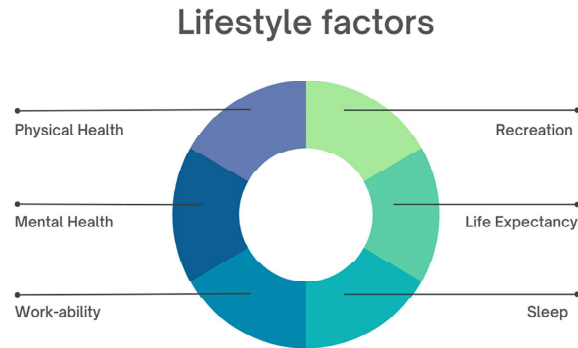


Fig. 1. Shows the six lifestyle factors.

3 Paper Collection

The main purpose of this section is to describe how we collected papers for our research. Despite a lack of available papers on recreation, we were able to find research dating back to 1956. Then we started reviewing papers that were published in 1956 and other papers that were published in 1996. Unfortunately, it was difficult to find papers in 1996, 1997, 2001, 2004, 2007, 2009, 2011, 2013, 2019 and 2021 individually. So, we merged these years as there were few papers found in these years. In the end, we managed to gather 51 papers which fulfill the requirements of six categories mentioned in Sect. 2. Figure 2: There are many papers published on Physical Health and Mental Health, but there are few articles on Work-ability, Recreation, Life Expectancy, and Sleep, among the six categories mentioned above.

The distribution of categories

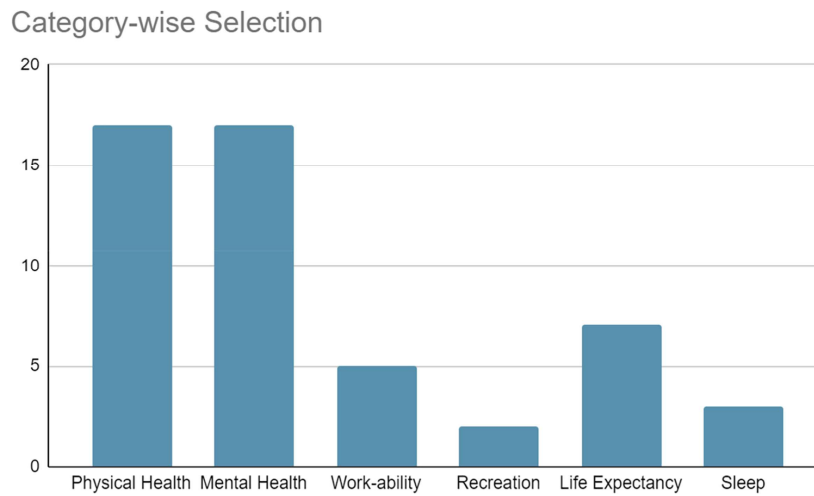


Fig. 2. Shows the distribution of selected papers by category.

Table 1 represents our selected papers based on publishing time scale and above mentioned six categories.

4 Detailed Review of Papers

Impact of Lifestyle on Career

Lifestyle has a relation to physical health, mental health and productivity. And these variables which are partially or fully dependable on lifestyle have a connection to a career. These variables are:

4.1 Impact of Lifestyle on Physical Health

Living a healthy lifestyle and being healthy are related. People having chronic diseases have some prevalent lifestyle traits, including smoking, eating unhealthy, being inactive, and also being obese [15]. The main causes of mortality in the United States are tobacco use, a poor diet, and a lack of physical activity [16]. The inclusion of these lifestyle factors in important diet-related health reports can help establish their significance for public health [17]. The change of lifestyle is emphasized as a crucial component of prevention and control in treatment guidelines regarding blood pressure [21], cholesterol [22], and obesity [23], as well as with regard to smoking [18], physical activity [19], and blood pressure [20]. Among adult individuals, there is a concentration of risky lifestyle behaviors such as smoking, insufficient consumption of fruits and vegetables, drinking too much alcohol, and not doing enough physical exercise [24]. A process that alters lifestyles and gives people more control over their health is personal health or healthy lifestyle practices. Based on the decisions you make about your daily routines, leading a healthy lifestyle makes you fit, energetic, and at a lower risk for disease. A balanced diet, consistent exercise, and sufficient sleep are the cornerstones of keeping one's health. According to research, employees who are healthy have the highest chance of succeeding [25]. Ozvurmaz S, Mandiracioglu A, et al. They said a workplace has a direct impact on employees' physical, emotional, economic, and social wellness [26]. In addition, he said that 2 million individuals worldwide pass away every year as a result of workplace diseases and accidents. A healthy diet, physical activity, weight control, and stress reduction are just a few of the strategies to live a long and healthy life. Additionally, some data suggests that in some situations, higher levels of well-being may have a direct effect on levels of work performance (Table 2).

4.2 Impact of Lifestyle on Mental Health

According to the hypotheses that guide the science of social epidemiology, contemporary society has a persistent negative impact on public health [27]. Jonsdottir et al.; Xu et al. In addition to characteristic indicators, everyday circumstances, and big life events, rising research suggests that everyday actions that can be changed by a person can have an impact on mental health. Prospective studies commonly find a symbiotic relationship between many lifestyle factors and both mental and physical wellness, with notable health benefits and well-being happening in reply to very little changes in lifestyle [28,

Table 1. Evolutions of impact of lifestyle on career

	1996–2000	2001–2005	2006–2010	2010–2023
<i>Physical health based research</i>	Physical activity [20]	Healthy lifestyle [17]	Women and smoking [19]	Modern health [14]
	Obesity in adults [23]	Physical illness [2]	Adult population [24]	Lifestyles and job performance [25]
	Reducing tobacco [18]	Bipolar disorder [5]	Adult treatment panel [22]	Healthy lifestyles [26]
	Chronic disease [15]	Causes of death [16]	High blood pressure [21]	Public health [1]
	1996–2000	2001–2005	2006–2010	2010–2023
<i>Mental health based research</i>	Oral health [12]	Surveillance system [30]	Health and lifestyle [6]	Metabolic syndrome[3]
		Psychosocial health [26]	Depressive disorder [10]	Mental health [28]
		Public health [31]	Comorbid mental illness[4]	Nutrition and mental health [9]
		Mental health problems [8]	Mental illness [7]	Physical exercise and health [34]
		Somatic healthcare [13]	Prospective study [28]	Career [37]
<i>Work-ability based research</i>			Lifestyle index [35]	Physical activity [38]
			Systematic review [36]	
<i>Recreation based research</i>	Leisure and lifestyle [40]	Lifestyle profiling work [41]		
	1959	1979		
<i>Life expectancy based research</i>	2001–2005	2006–2010	2010–2023	
		Lifestyle factors [43]	Life expectancies [42]	Population based study [46]
			Lifestyle risk factors [44]	Global health [47]

(continued)

Table 1. (continued)

	2001–2005	2006–2010	2010–2023
<i>Sleep based research</i>	Prospective study [51]	Systematic review [49]	Life expectancy [45]
		Sleep loss [50]	Healthy lifestyle [48]

Table 2. Physical health based research

Paper title	Contribution	Dataset	Evaluation
Healthy lifestyle [17]	American adults' propensity for healthy lifestyle behaviors	National data for the year 2000 (telephone surveys)	Research has been promoted
Reducing tobacco [18]	Effective strategies to reduce tobacco use	Did not use a specific dataset	Provided a strong scientific basis for policy interventions to control tobacco use
Women and smoking [19]	Raise awareness about the harmful effects of smoking among women	Comprehensive analysis of the literature and research on the health impacts of smoking on women	Targeted efforts to reduce smoking among women
Physical activity [20]	Increasing public knowledge of the value of exercise for health and wellbeing	Did not use a specific dataset for analysis	Promoting public health initiatives to increase physical activity levels
Modern health [14]	Sustainable approach to modern health care	Does not provide any original data	Promotion of modern health and well-being

29]. Brown DW et al. their studies state that the metrics used in demographic studies to assess both mental and physical well-being have evolved over time. While considered essential for patient studies in medical contexts, lengthy equipment is impractical for observational studies. In population studies that have been written up in the international literature, one item has come to be the standard for evaluating overall health [27]. Although cross-sectional research like this one cannot be used to draw conclusions about causality, the notion that lifestyle will affect self-rated mental health is well established. Rarely are results related to mental health included in evaluations of public health initiatives intended to promote behaviors [30]. Based on a systematic review of published research on academic well-being, academics are more likely to have mental health problems than people in other professions. According to research conducted by Hsiao et al. [31], factors affecting academics' health include a lack of employment security, limited management support, and the responsibility of job demands on their time. Uedo and Niino, et al. The authors of research on the impact of mental health programs on worker productivity discovered that there is a statistically significant link between health and productivity and that the performance of the firms that offer more highly regarded health program practices is higher [32]. Similar to vein, Yu and Bang [33] explore the effects of better health on organizational performance. The findings showed that employees with poor well-being are significantly more likely than employees with high well-being to engage in behaviors that would have a detrimental impact on organizational outputs, both in regard to direct healthcare expenses and organizational evaluation methods [33].

Drannan [34] carries out research on the connection between physical activity and work performance; the findings showed that there was a strong connection. The typical justification for starting and maintaining a regular exercise regimen is the health advantages of physical activity. Research has shown that exercise significantly enhances both mood and productivity. Numerous psychologists and leading businesses have included physical activity in their eight corporate strategies to improve employee productivity by boosting mood and job performance [34] (Table 3).

Table 3. Mental health based research

Paper title	Contribution	Dataset	Evaluation
Prospective study [2]	Leisure - time physical activity (PA) and depression and anxiety symptoms, burnout, and perceived stress	Data from a cohort of health and social insurance employees in west Sweden between 2004 and 2006	Able to find association between physical activity and different types of anxiety
Somatic healthcare [13]	Research on the use of community mental health services by people with severe mental illness	200 dataset where 100 with schizophrenia and 100 with affective disorder	The general population to report having sought some form of medical care in the past year
Health and lifestyle [6]	Design and implement a structured educational program	Survey data	Improving the health and mental health services and promoting healthy behavioral changes
Surveillance system [30]	Encouraging physical exercise to enhance overall quality of life related to health	(BRFSS) surveyData	Exercise improves health-related quality of life
Public health [31]	Positive impact on the students' knowledge	Dataset collected from the nursing students	The development of effective health promotion interventions for nursing students

4.3 Impact of Lifestyle on Work-Ability

DOROTA KALETA et al. state that lifestyle has a direct impact on workability [35]. Tilja van den Berg et al. said that certain personal traits and work lifestyle requirements are linked to workability. And they state that some factors that are associated with decreased workability are older age, obesity, absence of intense exercise during free time, and many more [36]. Hussein Isse Hassan Abdirahman et al. developed three hypotheses and the

outcome of those hypotheses states that Job balancing and productivity are positively correlated [37]. Also, sometimes it affects students’ college life. JESSE CALESTINE et al. discovered that, compared to younger age groups, college students may have a distinct link between academic results and physical exercise. This study sheds light on the creation of upcoming university college health interventions that will jointly prioritize academic results and physical exercise [48]. Mesmer-Magnus, J.R., Viswesvaran, C. et al. Their review has discovered that parental involvement for company culture helps with work-life balance management. Employee motivation is increased, and the negative effects of work-life balance are lessened when there is support from superiors, coworkers, and flexible working hours. Proper maternity leave, etc. Conflicts between work and life were further exacerbated by this [39] (Table 4).

Table 4. Work-ability based research

Paper title	Contribution	Dataset	Evaluation
Lifestyle index [35]	Lifestyle factors in maintaining good work ability among employees	Datasets were used in this project: interview	Employees with a healthier lifestyle had higher work ability
Career [37]	Organizational behavior and human resource management	Data collected from 184 employees using a survey questionnaire	Job satisfaction and enhancing employee performance
Meta-analytic [39]	How family-friendly workplaces can reduce conflict between work and family	30 research studies that looked into this meta-analysis	Correlated with reduced levels of conflict between work and family
Physical activity [38]	Association between a college student’s work habits and their level of fitness and physical activity	Collected primary data through surveys and questionnaires	College students who engage in regular physical activity have better work habits
Systematic review [36]	Identifies important personal and professional aspects that affect job performance	Using various databases such as PubMed, Embase, and PsycINFO	Promote healthy and productive work environments

4.4 Impact of Lifestyle on Recreation

ROBERT J. HAVIGHURST et al. states that There are two main categories of leisure style: one that is focused on the public as well as one that is focused on the home [40]. Both a society living and a residence lifestyle include leisure activities that are focused on

the local area. Based on the interview questionnaire they gave scores to eight social roles. From the score of the eight social roles, they divided leisure time into home-centered and community-centered.

The relationship between a person's lifestyle and their leisure activities is not always close. Approximately 5% of adults fall into one of these categories. They are people who live prosperous lives and have good personal adjustment but do little to no leisure activity. These men and women typically devote the majority of their energy to their jobs or to their homes and children, with little leisure time or desire. Nearly 6% of adults belong to a different group. They have a lot of hobbies but struggle to be successful as workers, parents, or husbands because they feel inadequate in these roles. Traveling is another popular recreational activity. JAMES R. ABBEY discovered that tourists prefer tours created using vacation lifestyle information over those created using demographic (Age, Gender, Relationship Status, Degree, Profession, Income, Family Make-up, Prior Travel Experience) data, and this demographic preference is consistent for both different trip types (air and motor-coach) and different priced tours (budget and first-class) [41]. So, it is clear that the selection of a travel package depends a lot on the lifestyle of individuals (Table 5).

Table 5. Recreation based research

Paper title	Contribution	Dataset	Evaluation
Leisure and lifestyle [40]	Understanding of the role of leisure in shaping lifestyles and social identities	Interview questionnaire	Framework for understanding the relationship between leisure and lifestyle
Lifestyle profiling work [41]	Understanding of lifestyle profiling as a marketing tool in the travel industry	Questionnaire	Lifestyle profiling could effectively predict travel

4.5 Impact of Lifestyle on Expectancy

Their studies state that good lifestyle decisions, such as maintaining a balanced diet, exercising frequently, and giving up smoking and drinking too much alcohol, have a positive effect on health, particularly in terms of increased lifespan [42–44]. Mehta N et al. in their review, it is pertinent to inquire as to if smokers who give up early in life are still likely to enjoy long, ailment-free lives as the largest smoking group in their sample was former smokers (41 Percentage of the overall population). Separate analyses (data not shown) revealed that non-obese individuals who had quit smoking at least 10 years before the survey and who drank moderately had lifespans that were only one year less than non-obese people who had not previously smoked and who drank moderately [45]. Rizzuto D et al. state that, Smokers had a year poorer survival rate than non-smokers among those who survived to just be 75 years old. In the Kungsholmen

Sample population, 83% of ex-smokers had quit 15–35 years earlier than baseline, and 17% had quit five to 14 years earlier [46]. Li Y et al. According to their calculations, adopting 5 low-risk lifestyle-related traits may increase a person’s average lifespan at the age of 50 by 14.0 and 12.2 years, respectively, for male and female US citizens [42]. As the life expectancy estimates are simpler to comprehend by both the whole public as well as medical specialists, they have grown in popularity as a statistic for establishing public health objectives. The relationship between single and combination lifestyle choices including eating, drinking, and tobacco and expected lifespan has not yet been studied with regard to the occurrence of multimorbidity [47, 48]. Rizzuto D et al. Among individuals with one or more chronic conditions, only one study examined the connection between a combined healthy lifestyle and life expectancy [46], Chudasama YV et al. While their studies involved people from the general community, the results revealed that a healthy lifestyle overall was linked to an average lifespan of between 5.4 and 18.9 years [48] (Table 6).

Table 6. Life expectancy based research

Paper title	Contribution	Dataset	Evaluation
Lifestyle factors [43]	Significant factor affecting life expectancy in the Japanese population	Over 100,000 participants aged 40–79 years the baseline survey collected data on various lifestyle factors	Alcohol consumption and physical activity had a more modest impact on life expectancy
Lifestyle risk factors [44]	Living a healthy lifestyle has a negative impact on Germans’ remaining life expectancy	Over 10,000 participants aged 40–79 years for a period of 10 years	Healthy lifestyles and reducing the burden of non-communicable diseases
Life expectancy [45]	Healthy lifestyle can lead to significant population health benefits	Data from the (HRS), a survey	Healthy lifestyle participants lived 7.6 years longer
Global health [47]	Multimorbidity is associated with increased healthcare utilization	Paper draws on a range of sources, including published research studies, reports, and policy documents	Effective models of care for individuals with multimorbidity

4.6 Impact of Lifestyle on Sleep

Shneerson J et al. According to this study, there isn't enough data from randomized controlled trials to determine how well weight loss, exercise, and sleep hygiene approaches work to cure obstructive sleep apnea. This is particularly significant because this prevalent ailment is one for which these procedures are frequently advised [49]. Akerstedt T. et al. state that, in addition to these variations in compensation calculations, there are also variations in how health status is viewed. In certain American jurisdictions, doctors are required to disclose whether a professional driver has a sleep issue. Such a reporting requirement might materially affect the driver's ability to maintain their employment [50]. In contrast to the transportation industry, the statistics of sleep-related incidents in industrial and health. One explanation might be because, in contrast to the transportation industry, where errors can have catastrophic consequences, there are not as many jobs in these industries that include a lot of duties with a significant injury risk [41]. However, it was shown in epidemiological research by Akerstedt et al. that shift work and disrupted sleep had a 50% database with a larger danger of fatal workplace accidents of more than 50,000 people who had been randomly recruited from the community [51] (Table 7).

Table 7. Sleep based research

Paper title	Contribution	Dataset	Evaluation
Systematic review [49]	Effectiveness of lifestyle modifications in the treatment of OSA	Reviewed 13 randomized controlled trials that evaluated various lifestyle modifications	Effectiveness of other lifestyle modifications is less clear
Sleep loss [50]	Research of how sleep loss affects several facets of human ability	Information from multiple studies and sources	Lack of sleep has a detrimental impact on performance and raises the possibility of accidents
Prospective study [51]	The role of sleeping difficulties and occupational factors in fatal occupational accidents	A prospective study of 121,390 male workers in Sweden	The prevalence of sleeping difficulties and improving working conditions

5 Discussion

After reviewing these 51 studies, it's clear that lifestyle has a direct or indirect impact on other aspects of life. Physical, mental and life expectancy are all highly dependent on lifestyle. Common variables that were analyzed to find the relationship between lifestyle and health are smoking, alcohol consumption level, sleeping time, stress level, and diet.

A healthy person has a better life expectancy. With a healthy mind and healthy body, a person can have better work efficiency. While recreation is important to keep good mental health, lifestyle has a significant impact on the choice of recreational activity as well. To live a healthy life with a healthy mind and have better work efficiency a person needs to have a healthy lifestyle.

6 Conclusion

This literature review provides useful insights into the impact of lifestyle on various aspects of life. It emphasizes the importance of adopting healthy lifestyle practices like frequent exercise and a balanced diet, and adequate sleep in promoting better physical and mental health outcomes. We did a thorough analysis of the literature on human behavior and lifestyle, focusing on 51 publications and case studies that were published between 1959 and December 2023, in order to accomplish our aim. We finally chose 51 main papers for our study out of the 80 initially chosen publications using various inclusion and exclusion criteria. We did a thorough assessment of all of the research articles. The analysis of these research papers discovered that people who are physically active throughout the day and in generally good spirits have a healthy life as a result of healthy lifestyles. Overall, people with a healthy body give consideration to getting enough sleep and eating a balanced diet. And a person's lifestyle can have a significant impact on their career. People who have a better career live a healthier lifestyle, which allows them to work more efficiently.

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