

Impact of Positive Thoughts on Immunity

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Abstract

Immunity plays a major role, by protecting us from various foreign antigens. It is broadly classified into two major groups, active immunity and passive immunity. Foods such as citrus fruits, broccoli, garlic, ginger, yogurt, and almonds are immune boosting foods. The positive thoughts also have a good impact over diseases like diabetes and cancer and it can be overcome by the positive thoughts. Positive thoughts are directly proportional to the positive effects on immunity. The positive thoughts are directly proportional to the positive effects on immunity by controlling or decreasing stress level. The decrease in the positive thoughts have direct impact on health, thus it paves a way for occurrence of disease. The aim of the present study is to assess the knowledge of positive thoughts on immunity among the general population. An online based survey was conducted among 100 people on the impact of positive thoughts on immunity. The results were analyzed and represented as graphs. The present study thus concluded that based on the survey people had less knowledge about the impact of positive thoughts on immunity.

Keyword: Immunity; positive thoughts; impact

Introduction

Immunity is an ability of an organism to resist a particular infection or toxin. It is broadly classified into two major groups, active immunity and passive immunity¹. The adaptive component of immunity has T cells which activate the antibodies in the body to act against the antigen². The active immunity results from production of antibodies by an individual's own immune system while passive immunity is a short term immunity from an external source³.

Foods such as citrus fruits, broccoli, garlic, ginger, yogurt, and almonds are immune boosting foods. Eating a healthy diet, exercising regularly, getting adequate sleep for eight hours are some of the factors to boost our immune system⁴. The positive thoughts also have a good impact over diseases like diabetes and cancer and it can be overcome by the positive thoughts⁵. The decrease in immunity results in many health disorders mainly impaired vision, etc. The decrease in immunity results in many health disorders mainly impaired vision etc.⁶.

The brain of the current generation has been exposed to radiations of electronic gadgets due to their addiction, which leads to suppression of their brain cells and in turn decreases their immunity⁷. There is a relationship between obesity and the immune system, therefore it is necessary to keep an eye on immunity and lead a healthy life⁸.

The positive thoughts is a mental attitude expecting favourable results in all situations. It has a big impact

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on one's physical and mental health⁹. It motivates us to develop positive vibrations and attain peace of mind¹⁰. Focusing on good things, practicing positive self-talks, spending time with positive people, and practicing gratitude are some of the methods to increase an individual positive thoughts by eliminating negative thoughts¹¹. Many patients have overcome major diseases with their positive mindset, thus a positive mindset helps us to lead a healthier life¹². Electronic learning like Ipad learning is believed to provide a more positive mindset towards the world compared to textbook learning systems among students¹³.

Positive thoughts are directly proportional to the positive effects on immunity. Positive thinking protects health during high stress levels¹⁴. The positive thoughts are directly proportional to the positive effects on immunity by controlling or decreasing stress level. The decreases in the positive thoughts have direct impact on health, thus it paves a way for occurrence of diseases¹⁵. Owing to the multifold increase in exposure to positive thoughts, this helps the person to cure the disease and also helps immunity.

The aim of the study is to assess and improve the knowledge about positive thoughts and to understand the importance of positive thoughts on immunity.

Methods and Materials

The present study has conducted questionnaire based online surveys on immunity and positive thoughts, a total of 100 participants participated in this survey. The obtained results were analysed by applying Pearson chi square test through SPSS. The results were represented as pie charts and graph bars.

Results and Discussion

A total number of 100 participants participated in the study. Results were collected and data has been analysed. Results were analysed in the form of bar graphs

The responses of the survey were collected and analysed and represented as bar graphs. The following table shows the results for the survey conducted (Table 1).

Table 1:

S. No	Questionnaire	Responses	
1.	Are you aware that nutritional food can boost our immunity?	73% of the people aware that the nutritional food can boost our immunity	27% unaware
2.	Do you think that our lifestyle has an impact on our immunity?	70% of the people accepted that lifestyle has an impact on our immunity	30% unaware
3.	Are you aware that we can fight diseases by keeping our immunity high?	70% of the respondents have believed	30% unaware
4.	Why is a positive mindset so important?	75% believed that positive thinking prevents of release of stress hormone, damage in mental health and to distress the mind	3.9% believe to prevent releasing of stress hormones, 14% believe to prevent damage in mental health, 6% believe to distress the mind

Cont.. Table 1

5.	Have you taken any measures so far to convert your negative thought into positive thought?	73% of the people have taken steps to convert their negative thoughts into positive ones	27% have not taken any steps so far
6.	Have you experienced a situation where your positive thoughts helped you to recover in hard times?	67% of the respondents experienced a situation where their positive thoughts helped them to recover in hard times	33% have not dealt with such situations
7.	Are you aware of the term immunity?	83% of the people were aware of the term immunity	17% were not aware
8.	Are you aware of positive thoughts on positive action?	67% of the people believed that the positive thoughts influencing a positive actions	33% not accepted
9.	Are you aware that an affirmation of positive thoughts to one helps us to increase our confidence?	81 % of the people believed that affirmation of positive thoughts to oneself helps increase our confidence	19% not accepted

Awareness of the impact of lifestyles on immunity was associated with gender was statistically not significant, p value is 0.446 (>0.05), even though statistically not significant 45 % of the female participants are aware of the impact of lifestyle on immunity [Figure 1] and the association between gender and awareness of fighting disease found to be not significant, p value is 0.841 (p value > 0.05). Even though statistically not significant 45 % of females are aware of fighting disease by keeping immunity high [Figure 2]. The association between gender and knowledge on the importance of positive mindset found to be statistically not significant, p value is 0.428 (p value > 0.05). Even though 50 % of females are aware of knowledge on the importance of positive mindset [Figure 3].

Figure 4 represents the association between knowledge on converting negative thoughts to positive thoughts and genders. The association between gender and knowledge on converting negative thoughts to positive thoughts found to be statistically not significant, p value is 0.115 (p value > 0.05). But 43 % female and

31 % male are aware . Similarly, the association between gender and knowledge on positive thoughts resulting in positive action found to be statistically not significant, p value is 0.115 (p value > 0.05). But when compared to male (24%), females (44 %) are more aware [Figure 5].

In the present study, 72% of the people believe that nutritional food helps to increase their immunity. Similarly, it was emphasized that nutritional deficiency must be treated in order to reduce the risks of infections and diseases.¹⁵ In the current study, 70.3% of the people believe that lifestyle has an impact on immunity . Similarly a study reported that the lifestyle has a great impact on immunity, it is due to the change in lifestyle in recent years, many new diseases are being developed¹⁶. In the present study, 69.6% of the people have believed that one can fight diseases by keeping good immunity by intake of immunity boosting food on a regular basis¹⁷. Only 74.5% of the people were aware of the advantages of positive mindset, which prevents stress hormones releasing. A study says that the positive mindset is very

important in today's world. Through having positive mindset one can achieve good body and mind ¹⁸

For infants mothers milk is necessary to keep the immunity good. The present study has demonstrated that 72.5 % of the people were aware of the importance of mother's milk on immunity. The mother's milk contains abundant antibodies and thereby increases immunity and also provides ideal nutrition ¹⁹ In addition, the positive thought tends to improve memory as well and keeping good thoughts may calm and relax the mind, which leads to maintaining good memory of an individual ²⁰.

For increasing or to maintain immunity, it is important to keep the mind positive. So that, to keep a positive environment, yoga and meditations play a major role in keeping the mind healthy and removing the negative thoughts ²¹⁻²². The various ailments, disorders, syndromes have a direct impact on mind, which in turn causes negative thought leads to weak immune systems. One must always be aware of the present situations and act upon it in a positive mindsets ²³⁻³⁰. The limitation of the present study is minimal sample size and survey based analyses. But the present results may be useful in future studies.

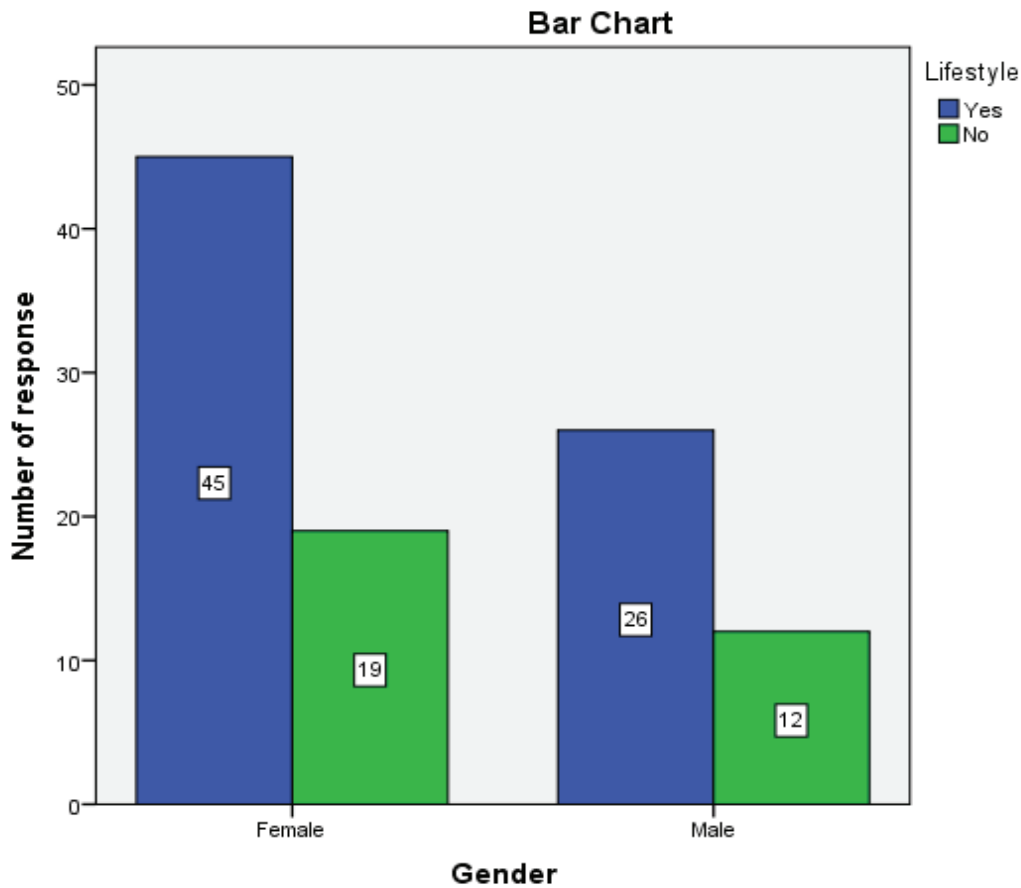


Figure 1: The bar graph represents the association between awareness of impact of lifestyles on immunity and gender. X axis represents the gender and Y axis represents the number of responses. Blue colour denotes awareness and green colour unawareness. Pearson chi-square test shows p value is 0.446 (>0.05). The association between gender and awareness of impact of lifestyle found to be statistically not significant. Even though statistically not significant 45 % of the female participants are aware of the impact of lifestyle on immunity.

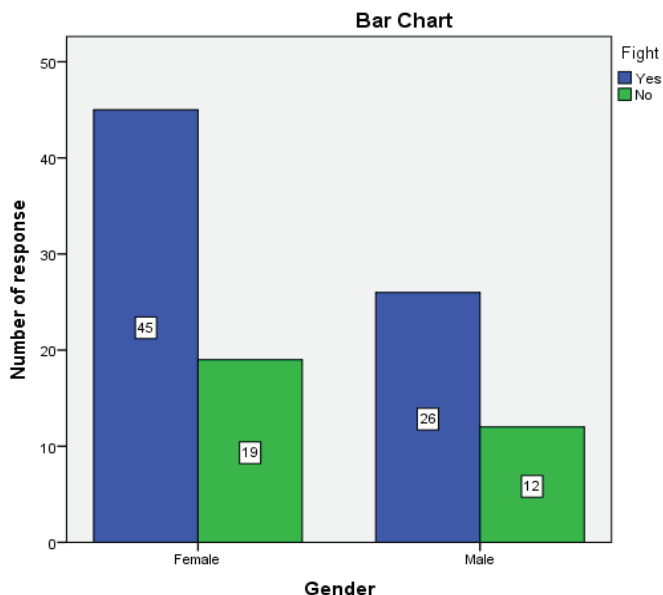


FIGURE 2: The bar graph represents the association between awareness of fighting disease by keeping our immunity high and gender. X axis represents gender and Y axis represents the number of responses. Blue colour denotes the awareness and green colour denotes unawareness. Pearson’s chi Square test shows *p* value is 0.841 (*p* value > 0.05). The association between gender and awareness of fighting disease found to be not significant. Even though statistically not significant 45 % of females are aware of fighting disease by keeping immunity high.

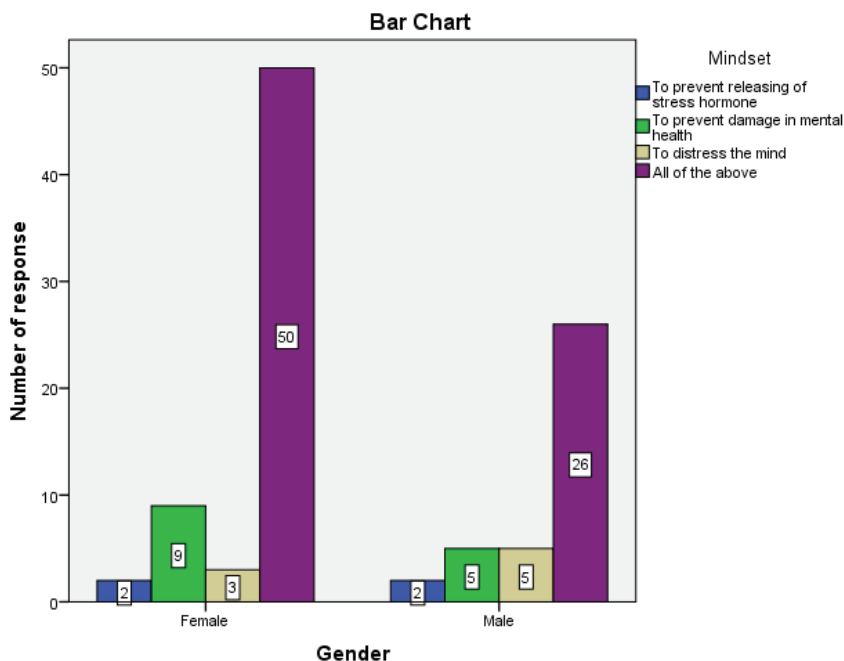
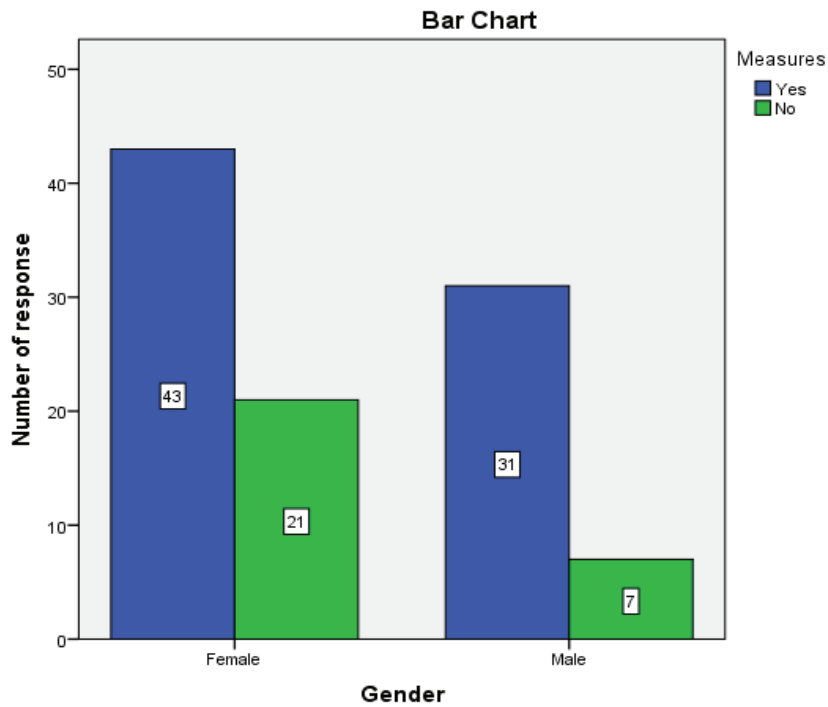


Figure 3: The graph represents the association between the knowledge on importance of positive mindset and gender. The X axis represents gender and Y axis represents the number of responses. Pearson chi square test, *p* value is 0.428 (*p* value > 0.05). The association between gender and knowledge on the importance of positive mindset found to be statistically not significant. Even though 50 % of females are aware of knowledge on the importance of positive mindset.



Figures 4: The bar graph represents the association between knowledge on converting negative thoughts to positive thoughts and genders. The X axis represents gender and Y axis represents the number of responses. Pearson chi square test, p value is 0.115 (p value > 0.05). The association between gender and knowledge on converting negative thoughts to positive thoughts found to be statistically not significant. But 43 % female and 31 % male are aware .

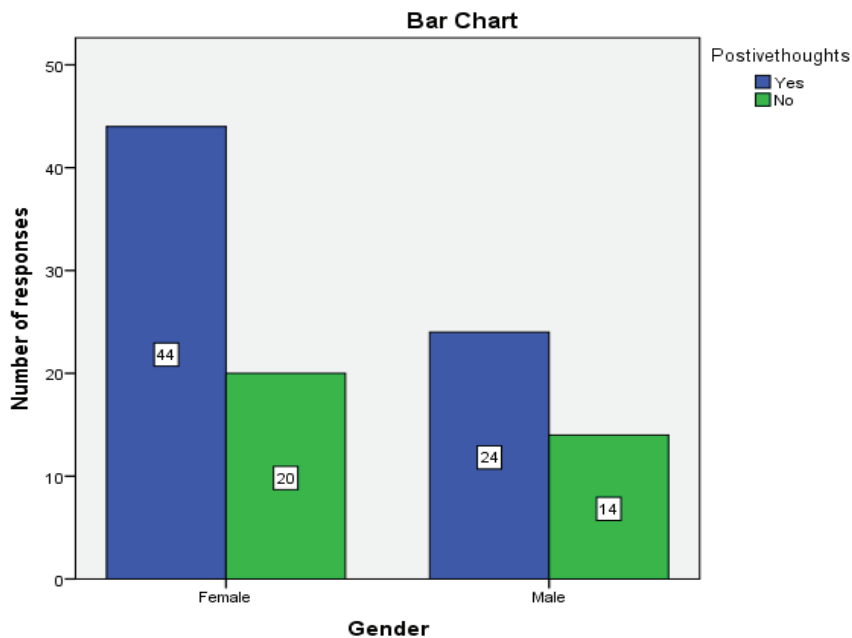


Figure 5: The bar graph represents the association between knowledge on positive thoughts resulting in positive action and gender. The X axis represents the gender and Y axis represents the response. Pearson chi square test, p value is 0.115 (p value > 0.05). The association between gender and knowledge on positive thoughts resulting in positive action found to be statistically not significant. But when compared to male (24%), females (44 %) are more aware.

Conclusion

The present study thus concluded that the positive thoughts have greater impact on maintaining a good immune system and lead a healthy life. From this study, the majority of the participants have got awareness about positive thoughts on the immune system.

Conflict of Interest: The authors have none to declare.

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