

Reflecting on Pleasurable Activities: Indispensable in Enhancing Physical and Psychological Health Conditions

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ABSTRACT:

From the stage of early childhood, throughout the lives of the individuals, they need to be well-versed in terms of meaning and significance of different types of pleasurable activities. One needs to understand that these are an integral part of their lives. Furthermore, they need to take out sufficient amount of time to participate in different types of pleasurable activities. These are referred to the activities, which renders an important contribution in leading to up-gradation of the feelings of pleasure and contentment. The individuals are different from each other in terms of their natures and overall personality traits and their interests in terms of pleasurable activities are also different. They need to augment their knowledge and understanding in terms of different factors that would facilitate their participation in a successful manner. The individuals have the major goal of bringing about improvements in their overall standards of living. In order to achieve this goal, they need to participate in various job duties as well as different types of pleasurable activities. When the individuals form positive viewpoints in terms of these activities and participate in these in a well-organized manner, they will render an important contribution in promoting good health from the physical and psychological perspectives. Therefore, it is well-understood, reflecting on pleasurable activities is indispensable in enhancing physical and psychological health conditions. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of pleasurable activities, types of pleasurable activities and advantages of participating in pleasurable activities.

Keywords: *Contentment, Individuals, Job Duties, Participation, Pleasurable Activities, Responsibilities, Up-gradation*

INTRODUCTION:

The individuals are different from each other in terms of number of factors, i.e. caste, creed, race, religion, ethnicity, gender, age groups, cultures, educational qualifications, occupations, communities and socio-economic backgrounds. In spite of these differences, they have the primary objective of leading to up-gradation of their overall personality traits and standards of living (Loveless, 2020). For achieving this objective, they need to reflect on pleasurable things. The pleasurable activities are referred to activities, which enable the individuals to incur the feelings of pleasure and contentment. The individuals are engaged in different tasks and activities in accordance to their educational qualifications, competencies and abilities. They need to form positive viewpoints and develop motivation towards the implementation of their job duties and responsibilities. When the individuals are wholeheartedly committed towards putting into operation their job duties and responsibilities, they will generate desired outcomes and feel pleasurable. Therefore, implementation of job duties and responsibilities satisfactorily within personal and professional lives enable the individuals to feel

pleasurable. The individuals need to develop interest in getting engaged in various types of extra-curricular and creative activities. The individuals participate in these activities in personal and professional lives. As a consequence, the mind-sets of individuals get stimulated towards getting engaged in various tasks and activities. The various types of extra-curricular and creative activities are, artworks, handicrafts, singing, dancing, playing of musical instruments, role playing, taekwondo, judo, karate, and various types of sports. The individuals need to be well-prepared in participating in different types of extra-curricular and creative activities (Maguire, 2020). They need to possess the essential information in terms of various types of methodologies, procedures and techniques. These are complicated as well as manageable. These can be put into operation in less amount of time or can be more time-consuming. Hence, when these are put into operation satisfactorily, individuals will contribute significantly in doing well in their job duties and generating desired outcomes. Therefore, participating in different types of extra-curricular and creative activities enable the individuals to feel pleasurable.

Understanding the Meaning and Significance of Pleasurable Activities:

Throughout the lives of individuals, irrespective of their fields, they need to focus on pleasurable things. The individuals need to put emphasis on implementation of tasks and activities, which give them pleasure. The individuals, belonging to all communities, categories and socio-economic backgrounds are determined towards promoting enrichment of career prospects. When they are doing well in their careers, i.e. educational institutions of all levels and various types of employment settings, they will feel pleasurable and contented. The individuals need to ensure, they are utilizing various types of pioneering methods and materials in the implementation of tasks and activities. As a consequence, they will put into operation tasks and activities in a less time-consuming and efficient manner. Furthermore, they will meet the expectations of individuals in leadership positions. Hence, they will acquire appreciation and reverence. Therefore, one is able to acquire an efficient understanding of meaning and significance of pleasurable activities, when these are facilitating the implementation of all tasks and activities, related to one's careers in a well-organized manner.

The individuals need to understand that they need to utilize their educational qualifications, skills and abilities to promote well-being of not only themselves and their family members, but also community members. They get engaged in job duties, which are facilitating in bringing about improvements in overall quality of lives of underprivileged sections of the society. The individuals make provision of free coaching classes to individuals, belonging to deprived, marginalized and economically weaker sections of the society. These are in terms of academic subjects and lesson plans and different types of extra-curricular and creative activities. The individuals, from medical and health care professions are providing medical and health care facilities. In this manner, individuals are contributing efficiently in promoting community well-being. It is understood on a comprehensive basis that tasks that are related to promoting community well-being enable the individuals to feel pleasurable and contented. In other words, these tasks are regarded as pleasurable things, which augments the feeling of pleasure among individuals. Therefore, an understanding of meaning and significance of pleasurable activities is acquired, when these are enabling the individuals to promote well-being of community members.

The family of the individuals is important. The family is the foundation from where learning, growth and development of the individuals takes place. The individuals need to get engaged in tasks and activities that would prove to be facilitating in promoting well-being of family members. The individuals need to

understand that beyond their homes also there is a world, with which they are required to interact with. The research studies have indicated, when individuals are overwhelmed by isolation and introversion, the family members normally develop concern. In other words, they do not appreciate the isolated nature. Hence, it is of utmost significance for the individuals to participate in tasks and activities that would contribute efficaciously in promoting well-being of family members. Furthermore, individuals need to contribute efficiently in augmenting the traits of morality, ethics, diligence and conscientiousness. In addition, the family members would contribute significantly in incurring the feelings of pleasure and contentment. Therefore, individuals acquire an understanding of meaning and significance of pleasurable activities, when these are facilitating in making the family members feel pleasurable and contented.

Types of Pleasurable Activities:

The pleasurable activities are the activities, which arouse the feelings of pleasure and contentment among individuals. These include family and community members. The individuals need to understand that they should participate in different types of pleasurable activities in accordance to various factors, i.e. possession of financial, human, technical, material and information resources; skills, abilities and aptitude; interests and motivation levels; health conditions and socio-economic backgrounds. One of the important aspects that needs to be taken into account is, the individuals need to reinforce a constructive approach (Marais, 2020). They are required to participate in different types of pleasurable activities in a positive manner. The individuals need to ensure, other individuals, i.e. family and community members feel satisfied with different types of pleasurable activities. The individuals need to make sure, they are well-versed in terms of various types of methodologies and procedures that are needed to participate in different types of pleasurable activities. These are stated as follows:

Implementing Job Duties and Responsibilities:

The individuals normally make selection of career opportunities in accordance to their educational qualifications, competencies and abilities. They need to form positive viewpoints and develop motivation towards the implementation of their job duties and responsibilities. These are manageable as well as complicated. These can be put into operation in less or more amount of time. The professional settings, where these are put into operation are the educational institutions of all levels and different types of employment settings. When the individuals are wholeheartedly committed towards putting into operation their job duties and responsibilities, they will

generate desired outcomes and feel pleasurable. Furthermore, they need to put these into operation in personal lives of the individuals as well. Hence, implementation of job duties and responsibilities satisfactorily within personal and professional lives enable the individuals to feel pleasurable. The family members, educators, supervisors, and employers also feel pleasurable, when the job duties and responsibilities are carried out in accordance to the desired expectations. Therefore, implementing job duties and responsibilities is a type of pleasurable activity, which is acknowledged within as well as outside the homes.

Participating in Extra-Curricular and Creative Activities:

The individuals, belonging to all communities need to develop interest in various types of extra-curricular and creative activities. The individuals participate in these activities in personal and professional lives. As a consequence, the mind-sets of individuals get stimulated towards getting engaged in various tasks and activities. The various types of extra-curricular and creative activities are, artworks, handicrafts, singing, dancing, playing of musical instruments, role playing, gymnastics, taekwondo, judo, karate, and various types of sports. The individuals need to be well-prepared in participating in different types of extra-curricular and creative activities. They need to possess the essential information in terms of various types of methods, procedures and approaches. These are complicated as well as manageable. These can be put into operation in less amount of time or can be more time-consuming. Hence, when these are put into operation appropriately, individuals will contribute significantly in doing well in their job duties and generating desired outcomes. Hence, participating in different types of extra-curricular and creative activities enable the individuals to feel pleasurable. Therefore, participating in extra-curricular and creative activities is a type of pleasurable activity, which is recognized by individuals, irrespective of age groups and genders.

Enhancing Career Prospects:

Enhancing career prospects is regarded as one of the primary goals of individuals, irrespective of their communities, occupations and socio-economic backgrounds. The individuals, belonging to all communities, categories and socio-economic backgrounds are determined towards promoting enrichment of career prospects. When they are doing well in their careers, i.e. educational institutions of all levels and various types of employment settings, they will feel pleasurable and contented. Furthermore, it is necessary for the individuals to augment their information in terms of various types of methodologies, procedures and strategies. The individuals need to ensure, they are utilizing various

types of pioneering methods and materials in putting into operation various tasks and activities. As a consequence, they will put into operation tasks and activities in a less time-consuming and efficient manner. Furthermore, they will meet the expectations of individuals in leadership positions. Hence, they will render an important contribution in leading to enhancement of career prospects. Therefore, enhancing career prospects is a type of pleasurable activity, towards which individuals are focused within the course of pursuance of educational programs and getting engaged in employment opportunities.

Promoting Community Well-being:

The individuals are required to understand that they need to utilize their educational qualifications, skills and abilities to promote well-being of not only themselves and their family members, but also community members. They get engaged in job duties, which are facilitating in bringing about improvements in overall quality of lives of underprivileged sections of the society. The individuals make provision of free coaching classes to individuals, belonging to disadvantaged communities and economically weaker sections of the society. These are in terms of different academic subjects and different types of extra-curricular and creative activities. The individuals, from medical and health care professions are providing medical and health care facilities. In this manner, individuals are contributing satisfactorily in promoting community well-being. It is understood on a comprehensive basis that implementing the job duties that are related to promoting community well-being enable the individuals to incur the feelings of pleasure and contentment. In other words, these activities are regarded as pleasurable activities, which augments the feeling of pleasure among individuals. Therefore, promoting community well-being is a type of pleasurable activity, which reinforces one's competencies and abilities.

Promoting Family Well-being:

The family is the foundation from where learning, growth and development of the individuals takes place. The individuals need to get engaged in different types of functions that would prove to be facilitating in promoting well-being of family members. The individuals need to understand that beyond their homes also there is a world, with which they are required to interact with. Hence, it is of utmost significance for the individuals to form cordial and amiable terms and relationships with community members. These are, educators, supervisors, employers, classmates, colleagues and other members. It is necessary for the individuals to participate in tasks and activities that would contribute efficaciously in promoting well-being of family members. In other words, the individuals need to get engaged in job duties, which

would make the family members feel pleasurable. Furthermore, individuals need to put emphasis in reinforcing the traits of morality, ethics, diligence and conscientiousness. In addition, the family members would contribute significantly in incurring the feelings of pleasure and contentment. Therefore, promoting family well-being is a type of pleasurable activity, which is facilitating in promoting enrichment of one's living conditions.

Focusing on maintaining Good Health:

The individuals need to participate in various tasks and activities that are necessary in promoting good health. The good health needs to be maintained from the physical and psychological perspectives. The individuals need to put emphasis on various factors that are necessary in maintaining good health, physically and psychologically. These are, diet and nutrition; exercising and physical activities; coping with various types of health problems and illnesses; obtaining medical check-ups on regular basis, particularly in cases of health problems and illnesses; forming positive viewpoints in terms of various factors; reinforcing a constructive approach; possessing the abilities to work under stress; putting in efforts to one's best abilities; managing various types of psychological problems in an adequate manner; promoting cleanliness within as well as outside the homes and augmenting knowledge, competencies and abilities. Focusing on implementation of all these factors is pleasurable for individuals. The reason being, these are facilitating in promoting a normal mind-set. Therefore, focusing on maintaining good health is a type of pleasurable activity, which is facilitating in leading to an increase in motivation levels in implementation of various types of job duties.

Participating in various Events:

The individuals, belonging to all communities, categories and socio-economic backgrounds develop interest in participating in various events. These are social, cultural, religious, political and economic. The individuals participate in these events on an individual basis as well as in groups. The groups are formed in some cases, comprising of two or more members. The different types of events are organized within personal as well as in professional lives of the individuals. In participating in different types of events in a successful manner and incurring the feelings of pleasure and contentment, it is necessary for the individuals to possess the necessary information in terms of strategies. One of the important aspects that needs to be taken into account is, the events should be organized in an appropriate manner. The decoration and overall environmental conditions should appear pleasant and soothing. The guests that are invited in events should feel pleasurable. In other words, the hospitality should be made gratifying. Therefore, participating in various events is a type of pleasurable

activity, which renders an important contribution in leading to up-gradation of overall personality traits of the individuals.

Honing Technical Skills:

The technical skills are the skills that are related to utilization of various types of technologies, i.e. computers, lap-tops, I pads, scanners, printers, photo-copiers, audio-visual aids and so forth. In all types of professional settings, the individuals are making use of various types of technologies to put into operation various tasks and activities. Furthermore, these are put into operation to communicate effectively with other individuals. The communication processes takes place in a verbal and written form. Verbal communication takes place face to face or through utilization of technologies, whereas, written communication takes place through exchanging messages and emails. Internet is a prominent source, which is utilized on a comprehensive basis. The regular practice will be facilitating to the individuals in honing technical skills. When the individuals are putting into operation various tasks and activities through the utilization of technologies, they are able to complete them in less amount of time and in an efficient manner. As a consequence, the individuals feel pleasurable and contented. Therefore, honing technical skills is a type of pleasurable activity, which is facilitating in carrying out various types of job duties in a well-organized and regimented manner.

Utilizing Modern, Scientific and Innovative Methods and Materials:

In the personal and professional lives of the individuals, they are required to utilize various types of modern, scientific and innovative methods and materials. These are utilized in putting into operation various tasks and activities. The various types of these methods and materials are, charts, graphs, maps, images, pictures, models, structures, designs, shapes, tools, equipment, machinery, apparatus and various types of technologies. Getting engaged in regular practice will be facilitating to the individuals in honing their competencies and abilities. Furthermore, individuals will be able to overcome the feelings of apprehensiveness and vulnerability. When the individuals are putting into operation various tasks and activities through the utilization of these methods and materials, they are able to complete them in less amount of time and in an efficient manner (Mayot, n.d.). As a consequence, the individuals feel pleasurable and contented. Within all types of professional settings, they are able to contribute significantly in meeting the expectations of individuals in leadership positions. Therefore, utilizing modern, scientific and innovative methods and materials is a type of pleasurable activity, which is utilized by the individuals in personal and professional lives.

enhancement of one's personality traits. These are stated as follows:

Travelling to different Places:

Travelling is regarded as one of the areas, towards which individuals, belonging to all communities, categories, age groups, genders and occupations develop interest and enthusiasm. The individuals feel pleasurable, when they make visits to different places and observe different aspects. The religious places, cultural places, parks, museums and other types of places enable the individuals to feel pleasurable. The individuals normally form the viewpoint that they need to take a break from work and make travelling plans. They travel within the same region of their location or outside the regions. The travelling to foreign countries is pleasurable to the individuals on a comprehensive basis. The individuals may travel alone and they are accompanied by their family members and friends. The travelling is made pleasurable, when individuals are accompanied by family members and friends. Hence, it is understood on a comprehensive basis that travelling to different places gives rise to the feelings of pleasure and contentment among individuals. Therefore, travelling to different places is type of pleasurable activity, which enables the individuals to hone their critical-thinking and decision-making skills.

Advantages of Participating in Pleasurable Activities:

From the stage of early childhood, throughout the lives of the individuals, it is understood on a comprehensive basis that they need to focus on enhancing their career prospects. In other words, in the personal and professional lives of the individuals, they are required to get engaged in tasks and activities, which would bring about improvements in their overall quality of lives. One of the important aspects is, they need to promote well-being and goodwill of family and community members. When the individuals are doing well in their job duties, achieving desired goals and meeting the expectations of family members and leaders, they will contribute significantly in augmenting the feelings of pleasure and contentment (Morin, n.d.).

It is of utmost significance for the individuals to participate in different types of pleasurable activities. It needs to be ensured, these are suitable to the individuals. The individuals get engaged in number of tasks and activities, which would contribute significantly in up-grading the feeling of pleasure. It is necessary for the individuals to put emphasis on understanding the advantages of participating in pleasurable activities. These are, promoting a normal mind-set; coping with various types of psychological problems in an effective manner; enhancing career prospects; achieving desired goals and objectives; meeting expectations of other individuals; leading to an increase in motivation levels and leading to

Promoting a normal Mind-set:

It is apparently understood that in the personal and professional lives of the individuals, they undergo instances and situations, which enable them to be overwhelmed by the negative feelings of anger and stress. These negative feelings are experienced in a major or minor form. The participation of the individuals in different types of pleasurable activities is facilitating in promoting a normal mind-set. The reason being, the individuals generate information in terms of various types of methodologies and techniques, which are facilitating in overcoming the negative feelings and promoting a normal mind-set. This is necessary to promote good health and well-being of the individuals, from the physical as well as psychological perspectives. As a consequence of promoting a normal mind-set, the individuals will be able to contribute efficiently in doing well in all types of job duties in a well-organized manner and generating desired outcomes. Therefore, promoting a normal mind-set is regarded as one of the indispensable advantages of participating in pleasurable activities.

Coping with various Types of Psychological Problems in an effective manner:

In the personal and professional lives of the individuals, they undergo instances and situations, which enable them to be overwhelmed by various types of psychological problems. These are anger, stress, anxiety, frustration and depression. These negative feelings are experienced in a major or minor form. In some cases, these are done away with, whereas, in other cases, these are experienced by the individuals. These psychological problems need to be coped with in an effective manner, or these may give rise to impediments within the course of putting into operation different types of tasks and activities. The participation of the individuals in different types of pleasurable activities is facilitating in coping with these problems in an effective manner. Furthermore, these will be facilitating in preventing the problems from assuming a major form. The reason being, the individuals generate information in terms of various types of approaches and procedures, which are facilitating in overcoming the negative feelings and promoting a normal mind-set. Therefore, coping with various types of psychological problems in an effective manner is one of the significant advantages of participating in pleasurable activities.

Enhancing Career Prospects:

The enhancement of career prospects is regarded as one of the major goals of individuals, irrespective of their communities, categories and socio-economic

backgrounds. The individuals get engaged in employment opportunities, related to their fields, when they are wholeheartedly committed towards enhancement of career prospects. When the individuals participate in different types of pleasurable activities, they will be able to augment their information in terms of various types of subjects and concepts. For example, augmenting technical skills will be facilitating to the individuals on a comprehensive basis. Internet is regarded as a prominent source, which is utilized on a comprehensive basis. The individuals are able to generate information in terms of all subjects and concepts. Furthermore, they will obtain answers to all types of questions and clarify their doubts. Therefore, enhancing career prospects is an advantage of participating in pleasurable activities, which leads to augmentation of traits of diligence, resourcefulness and conscientiousness.

Achieving Desired Goals and Objectives:

An aimless life is regarded as the meaningless life. Hence, all individuals, irrespective of their communities, categories and socio-economic backgrounds have certain goals and objectives towards which they are committed. These are in their personal and professional lives. The individuals are normally committed towards achievement of all types of goals and objectives. They need to form positive viewpoints in terms of various aspects related to achievement of goals. When the individuals participate in different types of pleasurable activities, they will be able to augment their information in terms of various types of subjects and concepts. Furthermore, they communicate with other individuals to augment knowledge and understanding in terms of various areas. In addition, they are able to obtain answers to all types of questions and clarify their doubts in terms of various factors. Hence, pleasurable activities are facilitating in preparing the individuals appropriately to achieve desired goals and objectives. Therefore, achieving desired goals and objectives is an advantage of participating in pleasurable activities, which is recognized by the individuals, belonging to both urban and rural communities.

Meeting Expectations of other Individuals:

Within educational institutions of all levels and in various types of employment settings, there are individuals in leadership positions, i.e. educators, supervisors, and employers. These individuals have certain expectations from students and employees. These individuals are vested with the authority and responsibility of ensuring that the individuals are well-prepared. In addition, it needs to be ensured, they are not overwhelmed by any types of problems and challenging situations. When these take place, it is necessary to reinforce the traits of helpfulness and co-operation. In other words, individuals need to be

helpful and co-operative towards each other. When the individuals participate in different types of pleasurable activities, they will be able to augment their information in terms of various types of subjects and concepts. As a consequence, their mind-sets will be stimulated to put into operation various tasks and activities in a well-organized manner. In this manner, individuals will render an important contribution in leading to an increase in motivation and concentration levels. Therefore, meeting expectations of other individuals is an advantage of participating in pleasurable activities, which is acknowledged by individuals in all types of professional settings.

Leading to an increase in Motivation Levels:

The individuals are engaged in various types of tasks and activities. These are complicated as well as manageable. These can be put into operation in less amount of time or can be more time-consuming. These are put into operation on an individual basis as well as in groups of two or more members. When the individuals participate in different types of pleasurable activities, they will be able to augment their information in terms of various types of subjects and concepts. As a consequence, their mind-sets will be stimulated to put into operation various tasks and activities in a regimented manner. Furthermore, they communicate with other individuals to augment knowledge and understanding in terms of various areas. In addition, they are able to obtain answers to all types of questions and clarify their doubts in terms of various factors. Hence, pleasurable activities are facilitating in preparing the individuals appropriately to do well in their job duties and achieve desired goals and objectives. Therefore, leading to an increase in motivation levels is an advantage of participating in pleasurable activities, which is facilitating to the individuals in achievement of personal and professional goals.

Leading to Enhancement of one's Personality Traits:

When the individuals participate in different types of pleasurable activities, they will be able to augment their knowledge and understanding in terms of various factors that will be facilitating in leading to enhancement of one's personality traits. The essential factors that would facilitate in enhancing one's personality traits are, being well-versed in terms of job duties and responsibilities; being well-versed in terms of different types of methodologies and procedures; maintaining body weight; participating in various types of extra-curricular and creative activities; enhancing career prospects; promoting community and family well-being; focusing on maintaining good health, from the physical and psychological perspectives; honing knowledge, skills and abilities; utilizing modern, scientific and innovative methods and materials;

coping with various types of psychological problems in an effective manner and forming an effective social circle. Therefore, leading to enhancement of one's personality traits is an advantage of participating in pleasurable activities, which is essential in bringing about improvements in overall quality of lives of individuals.

Conclusion:

The pleasurable activities are referred to activities, which enable individuals to incur the feelings of pleasure and contentment. Types of pleasurable activities are, implementing job duties and responsibilities, participating in extra-curricular and creative activities, enhancing career prospects, promoting community well-being, promoting family well-being, focusing on maintaining good health, participating in various events, honing technical skills, utilizing modern, scientific and innovative methods and materials and travelling to different places. Advantages of participating in pleasurable activities are, promoting a normal mind-set; coping with various types of psychological problems in an effective manner; enhancing career prospects; achieving desired goals and objectives; meeting expectations of other individuals; leading to an increase in motivation levels and leading to enhancement of one's personality traits. Finally, it can be stated, participating in different types

of pleasurable activities is enriching to the individuals on a comprehensive basis.

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