

## **The Age Differences in Training of the Holistic Living Life Style.**

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### **ABSTRACT**

In the present times individuals are suffering from various tensions and frustrations. To avoid this, experts are recommending the Holistic Life Style. This life style suggests living the life wholly or perfectly. That means the individual should lead the life completely, not only physically, but mentally and spiritually also. If proper knowledge is given the individual can easily lead Holistic living. In the present study the attempt is made in this direction. All individuals cannot be same in leading the Holistic life style. There would be some differences due to the age. Thus the problem of the study is "The Age differences in Training of the Holistic Living Life Style" For the sample 50 students 10<sup>th</sup> std. and the 50 students of college were selected randomly. For giving information about the Holistic Living Life Style the special material was prepared. The nature and the diseases due to lack of Holistic Living was mentioned. Different treatments were also discussed. The questionnaire was prepared for this purpose and was used as a tool for the research. The percentage and the t-test were found out. The result showed that there are differences between high school students and college students.

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The present life is a fast life. The individual has no time to look after the health, specially mental health. Many a times he suffers from the frustration and tension. To avoid this, experts suggest the holistic style of living. That means the individual should lead the life completely, not only physically, but mentally and spiritually also. All individuals cannot be same in leading the Holistic life style. There would be some differences due to the age. The individuals of younger age may not believe in holistic life style, but the persons of older age may like to follow the holistic living.

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