



# The Connection Between Self-Viability and Body Weight: Strategies for Improvement

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## Abstract

Self-viability, often referred to as self-efficacy, is a crucial psychological concept that plays a significant role in shaping individual's behavior and overall wellbeing. It pertains to one's belief in their ability to accomplish tasks, achieve goals, and overcome challenges. While self-efficacy has been extensively studied in various domains, its influence on wellbeing conduct and body weight is a topic of growing interest. This article explores the profound impacts of self-viability on these two critical aspects of human health.

**Keywords:** Body weight; Obesity; Weight management; Cardiovascular disease

## Introduction

### Self-viability and wellbeing conduct

Individuals with high self-viability are more likely to engage in health-promoting behaviors. This is because they believe in their ability to make positive choices and maintain these habits. Whether it's adopting a balanced diet, regular exercise, or avoiding harmful habits like smoking and excessive alcohol consumption, those with high self-efficacy tend to make healthier lifestyle choices [1].

### Resilience to stress

Self-viability acts as a buffer against stress. When people believe they can cope with challenging situations, they are less likely to succumb to stress-related unhealthy behaviors such as overeating, binge drinking, or neglecting exercise. This resilience contributes to better mental and physical health outcomes.

### Improved self-care

Individuals with a strong sense of self-viability are more likely to engage in self-care practices. They prioritize their health and wellbeing by seeking medical advice when necessary, adhering to prescribed treatments, and managing chronic conditions effectively. This proactive approach to self-care can lead to better health outcomes and a higher quality of life [2].

### Self-viability and body weight

#### Weight management

Self-viability plays a crucial role in weight management. People with high self-efficacy are more likely to set realistic weight loss or maintenance goals and believe they can achieve them. This positive mindset can lead to greater adherence to diet and exercise plans, making it easier to achieve and maintain a healthy body weight.

#### Avoidance of fat diets

Individuals with high self-viability are less susceptible to the allure of fad diets or extreme weight loss methods. They are more likely to adopt sustainable, evidence-based approaches to weight management, which are more effective in the long run and less likely to result in unhealthy weight fluctuations [3].

#### Reduced emotional eating

Emotional eating, often a factor in weight gain, can be mitigated by a strong sense of self-viability. People with high self-efficacy are better equipped to cope with emotional stressors without resorting to excessive calorie consumption. They are more likely to seek healthier outlets for managing emotions, such as exercise or relaxation techniques [4].

### Practical strategies to enhance self-viability

**Setting achievable goals:** Encourage individuals to set small, achievable goals to build their confidence gradually. Success in these smaller tasks can boost self-viability for larger challenges.

**Positive self-talk:** Promote positive self-talk and self-affirmations. Encourage individuals to replace negative thoughts with statements that reinforce their abilities and potential.

**Education and skill development:** Provide information and resources to help individuals acquire the knowledge and skills needed to make informed decisions about their health and weight management.

**Supportive social networks:** Encourage individuals to seek support from friends, family, or support groups. Social support can bolster self-viability by providing encouragement and accountability.

### Self-viability and wellbeing conduct

**Mediating stress response:** High self-viability acts as a psychological shield against the detrimental effects of chronic stress. When individuals believe in their ability to manage challenges, they are less likely to experience the harmful physiological responses associated with stress, such as elevated cortisol levels. This, in turn, reduces the risk of stress-related health conditions, including cardiovascular diseases and digestive problems.

**Healthier sleep patterns:** Improved self-viability can positively affect sleep habits. Individuals with high self-efficacy are more likely to adopt healthy sleep routines, which are essential for overall wellbeing.

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Adequate sleep contributes to better cognitive function, emotional regulation, and immune system support.

**Adherence to medication and treatment plans:** In cases of chronic illnesses, individuals with high self-viability tend to be more compliant with prescribed medication and treatment regimens. Their belief in their capacity to manage their health condition encourages them to adhere to doctor's orders, leading to better health outcomes and potentially lower healthcare costs [5].

**Proactive health monitoring:** People with strong self-efficacy are more likely to engage in proactive health monitoring, such as regular check-ups and health screenings. This early detection and prevention approach can help identify potential health issues before they become severe, ultimately promoting better health and wellbeing.

## Discussion

### Self-viability and body weight

**Long-term weight maintenance:** Self-viability is not just about losing weight but also about maintaining a healthy weight over time. Those with high self-efficacy tend to continue making healthy choices even after reaching their weight goals, preventing the common problem of weight regain that many experience [6].

**Enhanced body image:** High self-viability can improve body image perception. Individuals who believe in their ability to make positive changes to their body tend to have a healthier body image, which is linked to improved mental health and reduced risk of developing eating disorders [7].

**Lower risk of disordered eating:** Strong self-viability can reduce the likelihood of engaging in disordered eating behaviors, such as binge eating or extreme dieting. These behaviors are often associated with negative body image and low self-esteem, which high self-efficacy can counteract.

**Healthier aging:** Self-viability has implications for long-term health and aging. Individuals with high self-efficacy are more likely to adopt healthy aging behaviors, including staying physically active and maintaining a balanced diet. This can lead to a better quality of life as individual's age and a reduced risk of age-related health issues like osteoporosis and cardiovascular disease [8].

## Conclusion

Self-viability is a powerful psychological determinant of wellbeing conduct and body weight management. By fostering belief in one's abilities and providing the necessary tools and support, individuals can make healthier lifestyle choices, manage stress effectively and achieve and maintain a healthy body weight. Recognizing and nurturing self-viability is a key step in promoting overall wellbeing and preventing weight-related health issues.

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## Conflict of Interest

None

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