**TITLE: - PETS AND LIFESTYLE**

**-Pranjal Surana**

**Rational of the study-**

I personally always wished to know more about pets and lifestyles. As a pet owner, I can relate everything I have mentioned below. Pet brings so much liveliness into the house. Playing with your pet increases the feel-good chemicals serotonin and dopamine levels in your brain. Maybe that is why people recover from a stressful situation more quickly when with their pets than with their friends, a study by the National Institutes of Health (NIH) found. Animals play an essential role in people's lives. Animals can also be used in occupational therapy, speech therapy, or physical rehabilitation to help patients recover. Owning a pet has several health advantages, and they increase our physical activity. Regular walking or playing with pets can decrease blood pressure, cholesterol, and triglyceride levels. Pets aid to manage loneliness and depression with external support. They offer us friendship and emotional support, help us to increase our social activities and add to a child's self-esteem and positive emotional development.

INTRODUCTION:

Happiness is something or someone who can put a smile on our faces. The term happiness is used in the context of mental or emotional states, including positive and pleasant feelings. Sonja Lyubomirsky has described happiness as "the experience of joy, contentment, or positive wellbeing, combined with a sense that one's life is good, meaningful, and worthwhile." (, Lyubomirsky, 2007). Happiness is subjective. Satisfaction differs from person to person. A toddler might get happy after getting chocolate, whereas a teenager will be happy after hearing that classes are cancelled today. Most children adore having a pet animal, but sometimes parents refuse to get one because it requires a lot of them to take care of them and love them back. Pets bring a massive bag of happiness and joy to us. They are known as Man's Best friends. They supply unconditional love. Nowadays, even the term 'owner' is changing. People prefer their pets as kids and themselves as parents. This is how the relationship between pets is evolving. People treat them no less than humans. For instance, they celebrate their birthdays, get those matching outfits and more. Pet ownership presents numerous physiological, social, and psychological benefits. For senior citizens whose human support structures are critically compromised, pets on the side of companionship provide affection and expertise as well looking after a pet makes seniors sense wanted and self-worth.

Who can be a pet?

A pet can be any living creature. It can be a dog, squirrel, hamster, bird, or any other animal we love. Most of the common pets are dogs, cats, and a bird. Nevertheless, nowadays, people also keep lizards, pigs and even insects. Pet is an animal, or any living creature kept in the home as a companion and treated kindly as one of the family members. Pets are comforting companions. They preserve our health and relieve strain. They play and show us, love. They hold us from being lonely. They not only provide good companionship but also helps us in breaking the ice with our community. When taking walks with your dog or playing with your cat out of doors, humans are much more likely to prevent and say hello to you. Neighbors and passers-by way of will comment on how adorable your pet is. They are also expected to inform you about their pets, and thus you discover yourself in a fruitful conversation. Therefore, pets assist you to realize extra approximately the individuals in your network and boost your social lifestyle. This makes you happier. Most children desire a pet animal in their house, but sometimes parents do not allow them to owe because it comes with many responsibilities. It sometimes becomes quite difficult for parents to handle their kids and pets and, at the same time, manage their jobs. Parents with a single child or when a child has no brothers or sisters, pets help children develop greater empathy, higher self-esteem, and increased participation in social and physical activities. Pets can teach children compassion and responsibility. Pets acutely attuned to humans and our behavior and feelings. Dogs, as an example, can understand most of the phrases we use, but they are even higher at interpreting our tone of voice, frame language, and gestures.

Moreover, like several excellent human buddies, a devoted dog will check out your eyes to gauge your emotional kingdom and attempt to apprehend what you are thinking and feeling (and to work out whilst the following stroll or deal with might be coming, of direction). Pets, specifically dogs and cats, can reduce stress, anxiety, and depression, ease loneliness, inspire workout and playfulness, and even improve cardiovascular fitness. Caring for an animal can help youngsters develop up extra cozy and energetic. Pets additionally offer treasured companionship for older adults. Perhaps most importantly, a pet can add true joy and unconditional love to your existence.

How can pets help you make a healthy lifestyle?

Adopting a healthful way of life changes plays an essential role in easing signs and symptoms of depression, tension, stress, bipolar sickness, and PTSD. Caring for a puppy will let you make healthful lifestyle changes by:

1. **Increasing workout-** Taking a dog for a stroll, hike or run is a fun and rewarding way to put healthy, wholesome day-by-day exercising into your schedule. Studies have proven that dog owners are a long way more likely to meet their everyday exercising necessities—and exercising each day is excellent for the animal as nicely. It will deepen your connection, eliminate maximum behavior issues in puppies, and preserve your puppy's fit and healthy.
2. **Providing companionship**- Companionship can help prevent illness and even add years to your life; at the same time, isolation and loneliness can trigger symptoms of depression. Caring for a stay animal can make you feel wished and wanted and take the point of interest away from your troubles, especially if you stay alone. Most canine and cat proprietors communicate with their pets; some even use them to work through their problems. Moreover, nothing beats loneliness, like coming domestic to a wagging tail or purring cat.
3. **Helping you meet new people-** Pets may be an exceptional social lubricant for their owners, helping you begin and preserve new friendships. Dog proprietors regularly forestall and talk to each other on walks, hikes, or in a canine park. Dog proprietors also meet new human beings in puppy stores and training instructions. From research it has been found that pet ownership and social development provided evidence for an association with increased social competence. (Rebecca 2019)
4. **Reducing tension-** The companionship of an animal can provide consolation, assist ease anxiety, and build self-belief for people irritated about going out into the arena. Because pets stay within the moment, they let you become more mindful and respect the joy of the prevailing.
5. **Adding shape and structure to your day**- Many pets, particularly puppies, require regular feeding and exercise. A steady ordinary keeps an animal balanced and calm—and it can also give you the results you want. No count number your mood—depressed, disturbing, or pressured—one plaintive appearance out of your pet, and you will get away from bed to feed, exercise, and care for them. (Erika 1980)reported that, "The presence of a pet was the strongest social predictor of survival … not just for lonely or depressed people, but everyone. Pets offer comfort and companionship to the elderly living at home and in assisted living or long-term care facilities. The Pet Information Bureau in Washington, D.C., believes that pet ownership is "essential in increasing interest in life – pets give the elderly something to care for, as well as providing an opportunity for exercise and socialization. "Call it what you will – pet therapy, pet-assisted therapy, or pets caring for elderly owners – the benefits of animal ownership for seniors have been documented and understood for decades." The ASPCA also promotes animal ownership for the elderly because "quality time spent with an animal can be used to manage behavior, stimulate memory, encourage muscle groups to work in harmony. (Froma 2009) suggested the benefits of family pets and their importance for resilience. It then examines their role in couple and family processes and their involvement in relational dynamics and tensions

**Pet Therapy**

What are therapy pets?

Therapy pets are animals that visit hospitals, retirement homes, hospice centers, nursing homes and schools. Although most therapy pets are dogs, other species, such as cats, rabbits, guinea pigs, and horses, are good candidates. These lovable pets are well trained, have good temperaments, and are people friendly. Plus, they have a good work ethic!

What are the benefits of pet therapy?

Successful pet therapy is based on the human-animal bond and involves three parts: pet, owner, and patient. Pet therapy aims to help people cope with health or emotional problems and make them "feel good". Residents of care facilities are often stressed or depressed. Pet therapy decreases depression and increases self-esteem while encouraging three-way interaction between patient, pet, and pet owner. This Interaction is calming, reduces anxiety and improves a patient's psychological state. Specific benefits of pet therapy include improvement of motor skills and movement (petting a cat is exercise!), decreased feelings of isolation (having a furry friend is a tremendous emotional boost), improved social skills and verbal communication (pets are significant social buffers and automatic conversation starters), decreased monotony and boredom (pets are entertaining) and improved overall emotional outlook (pets make us happy). Moreover, visiting with a pet stimulates endorphin release, decreases blood pressure, and may improve cardiovascular health.

What are the different types of therapy?

There are three basic types of pet therapy:

1. Therapeutic Visitation is the most common type of pet therapy in which owners take their pets to visit health care facilities. Many hospitalized patients miss the pets they left at home. A visit from a pet can motivate them to get better so they can return home to their fur babies.
2. Animal Assisted Therapy involves animals specially trained to assist physical and occupational therapists with their patients. Pets can improve patients' limb mobility and fine motor skills as they stroke their coats. Imagine how a game of fetch could help improve a patient's physical AND mental state! Plus, therapy pets help patients re-learn pet care skills so they can take care of their pets when they return home.
3. Facility Therapy is a little different. These therapy pets often reside at the care center and are trained to monitor and engage patients with Alzheimer's or other mental illnesses.

Who should participate in pet therapy?

Individuals of different age with physical, medical, or emotional problems, whether long or short-term, can benefit from pet therapy. Pet therapy helps many people, from bedridden patients to more active residents. People, young and old, find that the presence of a pet is comforting, entertaining, and distracting. It is found that cancer patients undergoing chemotherapy may appreciate the company of a pet during treatment sessions. Pets may facilitate psychological therapy for people with post-traumatic stress disorder or other emotional issues. (Helen et.al 2008), suggests that dog therapy is beneficial for people with dementia. The most frequently reported findings were increased social behavior and decreased agitated behavior during dog contact. Improvement in social behavior was found. Various improvements in measures of global function were also reported.

How does animal-assisted therapy work?

Imagine you are in the hospital. Your doctor mentions the hospital's animal-assisted therapy program and asks if you would be interested. You say yes, and your doctor arranges for someone to tell you more about the program. Soon after, an assistance dog and its handler visit your hospital room. They stay for 10 or 15 minutes. You have been invited to pet the dog and ask the handler questions. After the visit, you realize you are smiling. Furthermore, you feel a little less tired and a bit more optimistic. You cannot wait to tell your family all about that charming canine. (Brenda 2015), it was identified that mutuality, enduring affection, self-enhancing affection, and relationship exclusivity. The costs identified were distress from pet death or rejection, unfair grief, dissatisfaction with pet's needs, worry about pet safety, "getting into trouble," and distress at not being allowed to care for pet needs

Who can benefit from animal-assisted therapy?

Animal-assisted therapy can significantly reduce pain, anxiety, depression, and fatigue in people with a range of health problems: Sarah 2008) discussed that Interaction between humans and dogs is a mechanism that can enhance the physical and psychological health of elderly citizens and promote a social support network between dog owners.

* Children having dental procedures
* People receiving cancer treatment
* People in long-term care facilities
* People with cardiovascular diseases
* People with dementia
* Veterans with post-traumatic stress disorder
* People with anxiety

Moreover, it is not only people with health problems who reap the benefits. Family members and friends who sit in on animal visits say they feel better, too. Pet therapy is also used in nonmedical settings, such as universities and community programs, to help people deal with anxiety and stress. (Karen 2003) suggested that people perceive pets as necessary, supportive parts of their lives and that the presence of a pet is associated with significant cardiovascular benefits among people with normal and high blood pressure.

The goals of a pet therapy program can include:

* improving motor skills and joint movement
* improving assisted or independent movement
* increasing self-esteem
* increasing verbal communication
* developing social skills
* increasing willingness to join in activities
* improving interactions with others
* motivating willingness to exercise
* Other benefits of pet therapy include:
* making us happier, lessening depression, and improving our outlook on life
* decreasing loneliness and isolation by giving us a companion
* reducing boredom
* reducing anxiety because of its calming effects
* helping children learn empathic and nurturing skills
* improving the relationship between our and our healthcare provide

Conclusion

Pet animals add love, joy, and happiness to our lives. Pet lovers across the world will comply with this assertion. Thus, each domestic adopting a puppy animal can consider a noble thought. Keeping pets at domestic allows you to combat loneliness and at times, pets emerge as very intently related to their masters and own family individuals. Pet reduces unnecessary strain and tension. Stress and tension can lead to illness and ill health, and a puppy facilitates holding those at bay. Thus, maintaining a puppy at home is a high-quality sign and sheltering an animal is an act of kindness not to go unrewarded. Even Adolf Hitler became keen on dogs and used to stay very happy with their employer. The Father of our country Mahatma Gandhi had a pet goat within the Ashram he lived in. There are memories of pets saving the lives of a circle of relatives they stay with. Thus, adopting a pet at domestic offers an experience of protection as well. It has been demonstrated from the research that pet owners are more satisfied in their life as compared to non-pet owners (Katherine et.al 2016). However, remember that keeping a puppy at home no longer needs to be a cause of nuisance and botheration for others. You ought to ensure that our puppy does not reason harm to others in your neighborhood. Thus, preserving a pet at home can bring your home to life and keep your neighborhood secure and sound from unforeseen hazards and calamities. Through the research, we can conclude that with no doubt in the saying, pets make our life more beautiful.

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