



## Application Of Pareto Technique For Optimizing Well-Being: An Exploratory Study

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### ABSTRACT :

Today's world is full of stress, anxiety, depression, isolation, discrimination and competition, which leads to poor physical and mental conditions. All these factors negatively affect productivity and satisfaction of any individual. In this situation well-being has been issue of concern as a holistic approach, which cares physical, mental, emotional and social aspects of health and life satisfaction. The stress problems that we are facing today do not require us to fight with them, and running away is likely to make the problem worse, then what can we do? We can work smartly and getting work done relentlessly by small efforts and activities that lead to the most considerable positive outcomes and make us happy and more satisfied. A Pareto technique is a smart time management tool, which maximise the well-being at optimal level. This research paper will present the optimization of well-being through Pareto techniques. This study aims to apply Pareto technique for optimising well-being. This is qualitative study, data is collected from 74 teachers of Varanasi (UP). Objectives were to identify most significant causes, which results in maximum outcomes, and to apply Pareto rule approach for Optimizing Well-being. In conclusion, Pareto technique is appealing in a way that enables us to identify most significant activities, which will give maximum results and contributes to optimise the well-being of people.

**Key words:** Well-being, Happiness, Mental health, Positive Emotions, Pareto Techniques, 80/20 rule approach.

### INTRODUCTION :

"Happiness, the feeling of positivity, really is the foundation of productivity". Miguel Mckelvey

Happiness is mental state of well-being characterised by positive or pleasant emotions from contentment to intense Joy. Everyone deserves to have a happy, mentally healthy and fulfilled life. Wellbeing is not just a feeling nor is the absence of disease. Instead, it is the combination of feeling and being physically, mentally and emotionally healthy. Well-being is linked to overall health, happiness and contentment in life. The WHO defines mental health as 'A state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community. Wellbeing is about balanced life where we can contribute to a healthy society and strong sense of wellbeing contributes to good mental health. It also helps to protect us from feelings of pessimism and depression and contributes to our mental health. Mental health is not merely the absence of mental illness rather it's a state of overall wellbeing. Can have a more fulfilling existence with meaningful and supportive relationships. Wellbeing gives us a way to discover and explore our strengths. Wellbeing helps us live life to our full potential.

Well-being determines the quality of life and productivity of an individual. Well-being is a crucial element of sustainable development as in SDG's, good health and well-being is one of the priorities to create sustainable future of India. Well-being refers to satisfaction, happinesses and how people feel, work and evaluate their lives on a personal and social level. It also refers to a sense of purpose, one's potential and positive relationships. People who care for their well-being are likely to be more productive at their work, more creative, effective learner and having more pro social behaviour with positive relationships.

Promoting well-being does not mean to look to the requirement of in results at particular service but it is a supportive system to the people's need for care and genuine conversation, which help them to achieve best outcomes for them the areas of well-being are follows:

- Personal dignity.
- Physical, mental and emotional well-being.
- Social and economic well-being.
- The individual's contribution to society
- Protection from abuse and neglect.
- Control by individual over their day-to-day life.
- Domestic, family, and personal domains.
- Suitability of the individuals living accommodation.
- Participation in work, education, training or recreation.

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## Factors Affecting Well-being

There are various factors, which affect well-being positively, and negatively, including physical, emotional, intellectual, social, spiritual and psychological aspects first these aspects are categorised as follows:

### 1. Biological factors

**Physical health:** Physical health including illness or chronic diseases can directly impact Wellness.

**Sleep: Quality** and amount of sleep influence mental well-being significantly.

**Diet:** Food intake and eating habits have been linked to mode of individuals and their mental health.

**Substance intake:** Drugs, alcohol and smoking habits adversely affect well-being.

### 2. Psychological factors

**Perception and beliefs:** Individuals perception and belief system plays important role in their wellness.

**Body image:** It is concerned to dissatisfaction with their body image, it leads to mental problems.

**Mental health:** If the mental health is not good, it can affect all physical, psychological and social well-being.

**Stress:** Exposure to high stress and traumatic conditions can cause various psychological disorders.

**Habits:** Having addictive habits as gambling, can be negative impact on mental health.

### 3. Social factors

**Relationships and support system:** Quality of relationships as separation, social isolation, loneliness is affected the well-being severely.

**Cultural and societal issues:** Stigma, discrimination, isolation and human rights issue can affect person's well-being.

**Connection with nature:** The best way to promote well-being is to connection common traction and access to nature.

**Financial stability:** Financial insecurity, deaths common lack of finance can cause significant anxiety, stress and tension.

**Housing security:** Stable and secure housing promotes life satisfaction which is crucial for mental well-being.

### 4. Work related factors

**Workplace environment:** A toxic environment bullying, harassment, poor and adequate workplace, abuse affects well-being.

**Workload:** Short staffing, overloaded work, unnecessary tasks, creates stress and effects job satisfaction and wellness of an individual.

**Inflexible hours:** All extended working hours or. Without any break can lead to burnout and boring environment which effects persons both physically and mentally.

**Job resources:** Lack of resources at work, which are necessary for job, can cause more stress and daily routines and lead to dissatisfaction.

**Work -life balance:** Working in difficult and remotely lead to unbalanced condition between work and personal life can blur boundaries and cause tension.

**Communications:** If communication between management and staff is limited and unclear regarding to work and goes can also be frustrating and demoralising.

In all above stressful conditions there is a tool of Pareto principle is especially significant as it is more powerful to reduce stress an optimising well-being.

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## Pareto technique

The Pareto technique is also known as 80 / 20 principal common, which states that 80% of the 50 results drive from 20% of the causes. This principle is named after the Italian economist Vilfredo Pareto, who noticed that 80/20 Connections. While at the University of Lausanne in 1896. The concept of 80 by 20 principle is published in Pareto's first paper " Cours economies politique" Pareto Develop this principle by observing that 20% of peapods in his garden contained 80% of peas.

80/20 rule is one of the most useful concepts of time and life management poster the rule states that 20% of our activities are account for about 80% results.

Time management is actually we say life management. It is the control over our daily priorities, and we have the tries to what to do next. The ability to choose between important and unnecessary task is the key determinant of our success in our life goes. Productive people always choose important activities, which give effective results; this is the way of their working, which always helps them to achieve success at their goals. The Pareto Principle highlights our important task an appropriate activities to choose in a logical prospective. It is an economic concept but 80/20 Rule can be used to optimise happiness and well-being in a self-improvement context. This technique also used as stress management techniques, which is most powerful rule among all.

## Related Literature

Atanassova,VandUmlenski(2023), studied “Interpreting the results of inter criteria analysis : Pareto principle at work” And gave the other threshold related to intercriteria pairs for interpretation, they justified that inter criteria pairs, inspired by the Pareto principle, in certain cases yields better results than the traditionally used one.

Manthiramoorathi, M.,Mani, M. and Murthy,A.Ganesa (2021), Studied “Application of Pareto principle on deep research output : A Scientometric analysis”. They gather the data through the scopes database from 2017 to 2020. They used the biblioshining software to evaluate the obtained data, they found that deep learning keyword were used the most 43.92%,wangy 2.30% and China86.22% published the most articles on learning research. The study found that the Pareto principle fit the top 25 significantly impacted the data set.

Muresan,P.L,Miloson,T.P,Senchetru, D.,Reit,ANicolae, Machedon,Teodor,P. and Oancea.G (2019)studied health and safety in manufacturing Industry. After applying Pareto Analysis in the year 2018 found satisfactory results compared to the year 2017, thus optimizing the performance of the industrial activities in terms health and safety, it improved quality assurance in industrial manufacturing.

Gorny, Adam (2015), studied “Application of the Pareto principle to accident analysis to improve working environment”. The aim of the study was to identify the primary causes of accidents. The top priority of the study was to determine the causes having the most impact on accident rates and where accident drivers are complex. By applying Pareto rule approach the working behaviour changed the management as all workers promoted a culture of safety in the organisation and significantly improved the safety level.

Ivancic,V.(2014) studied Improving the decision making process through the Pareto principle application. This research was particularly linked the Pareto principle to the decision making techniques and proposed Different points of view for improving the purchasing process in particular firm. It was used case study methodology and it identified the several root cause arises and problems interpreted which improved the decision-making.

## Objectives of the study

1. To identify the significant activities to get maximum results.
2. To apply Pareto rule approach for optimization of well-being.

To investigate how and where Pareto rule approach works for the well-being, an exploratory research is adopted with the aim to successful application of Pareto rule approach for optimising Well-being.

To maximise potential variation in our sample, 74experienced teachers of Varanasi were selected as a sample. This enables us to investigate the best activities that give the maximum outcome to optimise well-being. The data of this study comprises opinion poll with 74 teachers, based on the activities of table 1

## Discussion and results

**Table 1: Activities and their Frequencies**

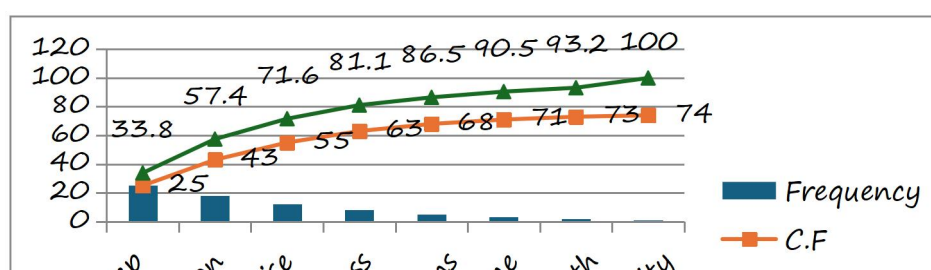
| S.NO. | Activities         | Frequency | C.F | C.F% |
|-------|--------------------|-----------|-----|------|
| 1     | Sleep              | 25        | 25  | 33.8 |
| 2     | Nutrition          | 18        | 43  | 57.4 |
| 3     | Exercise           | 12        | 55  | 71.6 |
| 4     | Mindfulness        | 8         | 63  | 81.1 |
| 5     | Social Connections | 5         | 68  | 86.5 |
| 6     | Leisure time       | 3         | 71  | 90.5 |
| 7     | Personal growth    | 2         | 73  | 93.2 |
| 8     | Financial security | 1         | 74  | 100  |
|       |                    | 74        |     |      |

The teachers are asked about their opinion related to categories mentioned in table first, 25 teachers answer that sleep is most important for well-being come on they explained that only if you our mind is relaxed calm and then we feel happy, energetic and ready for all mental and physical works.18 teachers opted nutrition, they told that nutrition effect our mental and physical health both, without nutrition Operation feel lazy, weak and tired and not able to concentrate at any activity, it impacts well-being negatively so nutrition is most important according to their opinion. 12 teachers support the third Activity, they explained that exercise makes our body and mind calm and relaxed, we feel more energetic and enthusiastic after doing regular exercise, It optimizes the well-being. Mindfulness is a yogic activity, five teachers answered it most important. It is relaxing and person develops contentment by mindfulness practises, which is an important element of well-being.

The first three activities (sleep, Nutrition and Exercise) are responsible for 71.6% of total frequency. The top five activities (sleep, nutrition, exercise, mindfulness and social connections) account for approximately 86.5% of total effects.

This Pareto chart helps us to identify the most significant activities allowing you to focus on the important activities.

**Graph 1: Pareto Chart of frequencies**



The Pareto chart graph shows the frequency of activities in descending order, the first three activities have higher frequency i.e. 25, 18 and 12 they are responsible for 71.6% of total frequency, it represents that among all activities they give maximum results.

The next two activities (mindfulness and social connections) having frequency 8 and 5 respectively, they are less significant than top three activities but collectively above 5 activities gave 86.5% results.

Last three activities, personal growth and financial security having lowest frequencies i.e. 3, 2 and 1 respectively, they cannot be priority but collectively all frequencies, and we get 100% results.

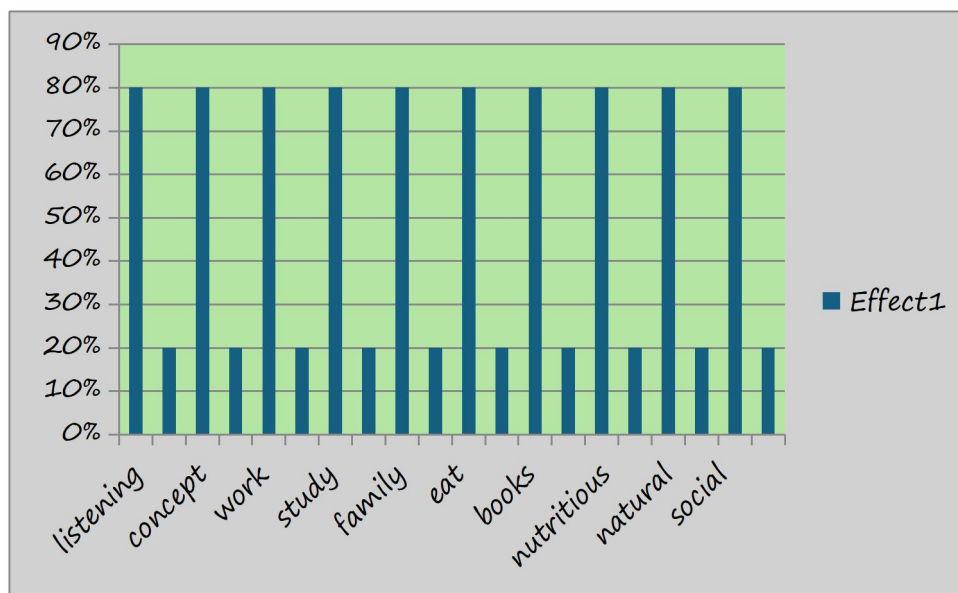
Using this for Pareto chart, we can identify our priorities that is which give maximum out comes and save our time by this time management technique we off course, optimise our well-being by lowering our workload stress. Application of Pareto Rule in daily life conditions

**Table 2: Pareto chart to foster Well-being**

| S. No. | Pairs | Causes 1   | Effects 1 | Causes 2  | Effects 2 |
|--------|-------|------------|-----------|-----------|-----------|
| 1      | L-S   | Listening  | 80%       | Speaking  | 20%       |
| 2      | C-M   | Concept    | 80%       | Memorize  | 20%       |
| 3      | W-D   | Work       | 80%       | Dream     | 20%       |
| 4      | S-P   | Study      | 80%       | Play      | 20%       |
| 5      | F-F   | Family     | 80%       | Friends   | 20%       |
| 6      | E-E   | Eat        | 80%       | Exercise  | 20%       |
| 7      | B-S   | Books      | 80%       | Screen    | 20%       |
| 8      | N-JF  | Nutritious | 80%       | Junk Food | 20%       |
| 9      | N-M   | Natural    | 80%       | Material  | 20%       |
| 10     | S-D   | Social     | 80%       | Digital   | 20%       |

In above table there are 10-paired causes, in which every cause of pair gives different results. This table is based on Pareto Rule approach. The cause 1 affects 80% and cause 2 impacts 20% in daily life conditions.

**Graph 2: Pareto Chart of effects**



The graph shows that the bar of causes 1 is much hiked compared to causes 2, It represents the people whose activities are focused on causes 1 will get maximum results comparatively who focus on causes 2

There are 10 paired causes, the first is **Listening -Speaking**, as we know listening is more important than speaking, when we focus on listening, then we more clear with the things we listen and when we focus on speaking it is often we speak unnecessary. Sometimes, we speak which is not to be said it will impact negatively.

The second pair **Concept- Memorise** if focus on concept, then every problem related to concept will be clear and there is no need to memorize much.

The third one is **Work-Dream**, people should work on their dreams then it will overcome true, only dreaming or more focus on dreams will never be target fulfilled.

In the pair **Study-Play**, study is more important at any age as it helps in our personal and professional growth, is key to our future success. We should play 20% either outdoor or indoor, it makes us refreshed and energetic to give 80% outcome of our daily activities.

Next, one is **Family-Friends** where Family is the more important element than friends are, Family gives strength to face every problem in outer world, so we should focus 80% on family and 20% on friends.

Our most important pair is related to **Eat-Exercise**. Now a day's obesity has been a major cause of most of the health problems so, along with eating, we should do exercise to prevent us from major health issues and be fit both physically and mentally.

The seventh one is **Books-Screen**. School going children should more focus on books than screen, books give adequate information according to their class and curriculum but on screen there will be unnecessary information that wastes time, it is seen that children deviate their attention on screen and prolonged screen time is harmful to eyes for everyone. It is also said that Books are good friends so everyone should spend more time on books in comparison to screen.

This pair is **Nutritious-Junk food**. Present life is very hasty and needs to be more energetic and tactful so, we should eat nutritious food to be healthy and energetic, lessen intake of junk food.

In **Natural-Material** pair, Natural environment makes us feel calm, relaxed which optimises our activities, and make us more energetic to do our tasks. Material life is very stressful, so children should be close to nature and spend less time on materialistic life.

The last pair is **Social-Digital**. Digital world is very enchanting for everyone but it is not real. We should make real connections and be social, it will optimise our problem-solving attitude and finally lead to our optimal well-being.

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## Suggestions and Implications

The Pareto approach is all about working smartly without taking the task harder and working relentlessly. Working smarter leads to positive mind-set and better results. The Pareto principle is all about taking control of our lives for well-being with optimal activities prioritisation and execution of the right actions.

Sometimes people get stuck in difficult situations and feel overloaded and much stressed, they work hard to achieve their personal and professional goals. In that case they feel overwhelmed, unfulfilled and may be depressed. This situation tends to fail individual below in the list, this condition demoralises them. However, it is the time to work smarter not harder.

It is never too late to implement healthy habits to optimise our happiness.

### Adopting 80/20 Mind-set

Make a list of all activities, tasks, projects, key goals and responsibilities in your life set some priorities to maximise your Wellness with an 80/20 rule approach. Indulging in multiple activities may cause failure in achieving goal and juggling with them may cause overloaded in stressful. For your efforts in energy in top listed activities or priorities, that will maximise your well-being. You really feel satisfied after resolving your problems most of this technique will make difference in both life and career.

The most valuable task a person can do each day are harnessed and more complex but if they get rewards or payoff for these 20% task it will be tremendous, So the person must refuse to work on more than 80% activities. Pareto technique improves skills of communication, leadership, research and many more to work smartly, it is the best way to make decisions for effective outcomes in less time and low efforts.

### The process to optimise well-being with 80/20 rule approach

1. Identify the real life examples and List them.
2. Categorize these real life examples into positive negative and neutral Activities.
3. Take action to prioritise.

Generally, 80/20 rule is not so strict or hard, it does not require being an exact 80/20 split but our idea of maximum output by minimum input there are some real life examples of 80/20 rule approach.

#### Step 1.

##### Identification of real life examples

- 20% of your actions may affect negatively 80% of your stress level.
- Just 20% of social interactions may lead person to 80% overall satisfaction.
- Only 20% of your activities may lead to 80% of your happiness.
- 20% of our efforts cause 80% best results.
- 80% of non-necessary expenses are due to 20% of person's leisure activities.
- 80% of presidents in company come from 20% of income generating activities.

The word well-being suggests that everything is about happiness in person's life but everyone has his own reason for happiness. Some people think their social interactions are the reason for their happiness but other things that make money is essential in the world, as we have to pay for our basic needs such as food, water and shelter. These material aspects contribute to our Well-being. Of course, money is essential to fulfil our basic needs, so we include them in overall well-being assessment to find optimal level.

#### Step 2.

##### Categorisation of real life examples

- **Positive:** Activities that give pleasure.
- **Neutral:** Activities that feel you neither happy nor sad.

- **Negative:** Those activities, which cause stress and put person down.

### Step 3. Taking action

- **Positive:** Do more, keep going on activities and enjoy them.
- **Neutral:** Plan them and keep going on but plan to do less of them over time.
- **Negative:** Stop doing them.

#### Examples to avoid negative actions

- 80% of time spent into the household activities only for 20% of to-do -list as ironing clothes, skips them.
- 20% of students are responsible for 80% in discipline in school they are stressors. Don't focus on them.
- 80% of persons frustrations are caused by social media uses so, it should be used when necessary.

#### Enjoy positive actions

- 20% of person's social interactions result in 80% of overall satisfaction, it should be continued.
- 80% of activities that give relaxation, calm and make mood pleasant require no budget as walking, exercise, playing, paying gratitude, doing mindful yoga exercises etc.

#### Plan for neutral activities

80% of positivity comes from only 20% of loyal persons, they are stiff, harsh, having different ideology, sometimes they hurt much but they give good lessons, make you strong, helpful and give motivation. So, it is good to continue with them in organised and planned way.

**Adina Porter** states "Life is very short. Try to enjoy your 'now'. Many people think that when they become such and such then they will be happy. I personally do not think it is a healthy To postpone your happiness. My message is, enjoy the moment".

The world is changeable and the needs, actions and aspirations of people change over time. The Pareto Analysis of life is not mean to stay static Person should reassess the situation regularly with Pareto Rule approach and adjust with their priorities accordingly. 80/20 rule is also not so stiff it can be 70/30 or 90/10also. The main concept is to get maximum outcome with minimum input, it can also be implemented accordingly. This is how to make well-being optimal.

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### Conclusion :

Pareto Approach make us understand that pleasure exist in little thing. Which makes our life happier, It takes less time, less actions but they are precious and make Wellbeing optimal then why to spend much time, much money, hard work on unnecessary works, which make us bored, tired, hang up and restless. We should take action smartly.

In our daily life, we need minor improvement here and there, which will not be harmful but benefit ourselves; through Pareto approach, we can improve our daily life situations only with our smart efforts. Sometimes good things are free, need not to do hardwork.By changing our mind-set, we change our conditions accordingly.

There are several activities to do in life, which can maximise our well-being, applying Pareto rule approach is one of them. By applying 80/20 rule approach in our real life conditions, we can get maximum outcomes which will save the time and optimize our wellbeing. It is our responsibility to take action and control our life according to our well-being.

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