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Riview Article

The Role of Physical Health and Emotional Factors in Mind-Body Balance: A Comprehensive Literature Review

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ABSTRACT

Emotion is an internal condition within individuals that is invisible, complex, and difficult to measure, yet it holds a vital role in human life. Emotions are unique and cannot be programmed, as every person has different innate temperaments, resulting in diverse feelings of pleasure and displeasure. Emotions are closely linked to physical health, especially regarding how they are managed and controlled. Both positive emotions and negative emotions require proper regulation to maintain mental stability and overall well-being. Physical health is not only influenced by nutrition or food intake but also by emotional factors, which affect human cognition in determining actions or behaviors. Positive mental states tend to drive individuals toward healthy activities such as exercising, while negative states like anger, stress, or laziness can lead to harmful habits. Anger, in particular, has both direct and indirect effects on the body, including elevated blood pressure and increased risk of illness. Since cognition and emotion are essential driving forces behind behavior, achieving a harmonious mind-body balance involves both emotional stability and physical care. Effective emotional regulation is therefore crucial, as it can determine one's ability to engage in positive, health-promoting behaviors. Understanding this connection highlights the importance of integrating mental and physical wellness strategies to improve overall quality of life.

INTRODUCTION

Human emotions are reactions or feelings that arise in a person's psyche due to stimuli, both from within oneself and from the external environment. The term is often thought to refer only to anger, when in fact emotions encompass a wide range of human feelings. Emotional states, such as calm, angry, sad, or happy, can be identified through signal patterns in the way they speak.(Nur Ariska Anggraini, 2019) Everything that is part of the human being is a unity that depends on one another, as well as the emotions contained in humans is something natural, of course it has a great influence on the human body both mentally and physically.

Many misunderstandings that occur in society about the understanding of emotion itself, the stigma of emotion is everything related to the expression of anger in humans, whereas what is meant by emotion is not just that, as explained by psychologists that there are 2 types of emotions (Folkman, 2017) namely 1). Positive such as enthusiasm, excitement, feelings of patience, calm, joy and laughter and 2) Negative such as anxiety, anger, feelings of guilt and sadness. According to (Hude, 2006), it is described as a psycho-physiological phenomenon that affects perceptions, attitudes and behaviors, and manifests in certain forms of expression. It is felt psycho-physically because it involves the relationship between mental and physical aspects. It is felt psycho-physically because it involves the relationship between mental and physical aspects. (Puspita., 2019) So it can be interpreted that there are 2 types of emotions in humans, these emotions can become positive emotions or become negative emotions. The form of emotion released depends on the management of emotions by the human being itself.

Emotions play a fundamental role in shaping human physical health because they are deeply connected to cognitive processes, decision-making, and behavior. The human mind acts as the core of reasoning and self-control, determining whether individuals engage in activities that promote well-being such as maintaining a healthy lifestyle, exercising, and eating balanced meals, or fall into harmful behaviors like inactivity, unhealthy habits, and prolonged stress. When emotions are not well managed, they can trigger physiological responses that negatively impact the body, leading to conditions such as hypertension, cardiovascular problems, weakened immunity, or psychosomatic disorders.

On the other hand, the cultivation of positive emotions has been proven to improve resilience, encourage healthy habits, and enhance overall physical and mental health.

The urgency of this research lies in the rising prevalence of emotional imbalance and stress-related illnesses in modern society. Rapid technological advancement, urbanization, and the pressures of a fast-paced lifestyle have contributed to increased mental strain, which often manifests in physical ailments. The World Health Organization (WHO) has emphasized that health is not merely the absence of disease but a state of complete physical, mental, and social well-being. This indicates that emotional regulation is not an optional skill but an essential factor for maintaining holistic health. By understanding how emotions directly affect physical health, individuals and health professionals can develop better strategies to manage stress, cultivate positive emotional states, and prevent the onset of various diseases.

The state of the art of this research highlights that while numerous studies have established a link between emotions and physiological responses such as heart rate variability, hormonal fluctuations, and neural activity, most of these studies focus on isolated aspects, either psychological or biological. Few studies provide an integrated approach that connects emotional regulation, cognitive processes, and physical health under the concept of mind-body balance. This literature review aims to fill this gap by synthesizing findings from multiple disciplines, including psychology,

neuroscience, and health sciences, to provide a comprehensive understanding of how positive and negative emotions influence physical health and how emotional control can serve as a preventive and therapeutic measure to enhance well-being.

METHOD

This journal applies a descriptive qualitative research method with a literature review approach to explore the relationship between physical health and emotional factors in achieving mind-body balance. The descriptive qualitative method is selected because it allows for a systematic explanation and interpretation of data from various literature sources. The research is designed to describe and analyze the concepts, theories, and findings presented in previous studies, which are relevant to the research questions.

The literature review process involves several steps, starting with the identification of sources through academic databases such as Google Scholar, PubMed, ScienceDirect, and ResearchGate. Keywords such as emotion, physical health, positive emotions, negative emotions, and mind-body balance are used to ensure that the articles obtained are closely related to the topic. After the identification process, a screening stage is conducted to filter the literature based on its relevance, credibility, and publication year. Only peer-reviewed journals, books, and scientific articles that meet the research criteria are selected for further analysis.

The data obtained from the selected literature are then analyzed using content analysis techniques, which involve classifying key findings into themes, identifying recurring patterns, and synthesizing the results into a structured narrative. This approach helps to highlight the relationship between emotional and physical health factors while also pointing out gaps in existing research that could be addressed in future studies. (Zellatifanny & Mudjiyanto, 2018) The descriptive qualitative method is considered appropriate for this research because it emphasizes deep understanding rather than numerical data. A literature review is chosen to provide a broad yet critical overview of existing studies, allowing the researcher to identify important connections between variables without conducting fieldwork. This method also ensures that all relevant theories and empirical findings are synthesized into a single comprehensive framework that can serve as a strong foundation for further research on mind-body balance

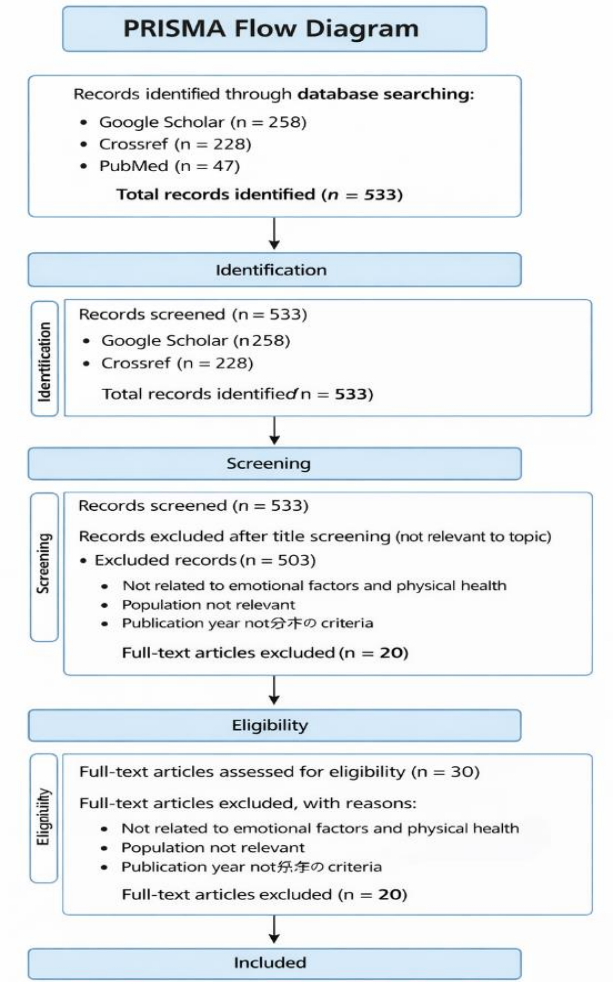

Chart 1. Prism Diagram

RESULTS

No	Author	Year	Country	Study Design	Sample Size	Purpose	Findings
1	Yiying Song et al.	2015	China	Correlational	Not specified	To investigate hubungan antara kemampuan regulasi emosi dengan kesehatan fisik pada individu dewasa.	Individuals yang mampu mengelola emotions dengan baik menunjukkan physical health yang better.
2	Nasir et al.	2024	Indonesia	Study Descriptive	Not specified	To examine dampak aktivitas fisik terhadap kecemasan dan kualitas tidur lansia.	Elderly yang aktif secara fisik memiliki kualitas tidur yang better dan lebih sedikit mengalami disorders emotionsonal.
3	Krittanawong et al.	2022	USA	Meta-analysis	15 studi (total number not specified)	To analyze hubungan antara optimisme dengan risiko penyakit jantung dan mortalitas.	Individuals optimis memiliki risiko penyakit kardiovaskular 50% lebih rendah dibanding individu yang pesimis.
4	Herlina & Yanti	2022	Indonesia	Literature Descriptive	Not specified	To explain hubungan antara emosi dan dampaknya terhadap kesehatan fisik.	Emosi negatif increase risiko disorders fisik, sedangkan emotions positif mendukung keseimbangan tubuh dan jiwa.
5	Barbara L. Fredrickson	-	USA	Experimental Psychology	Not specified	To examine bagaimana semua emosi dapat menjadi adaptif jika dikelola dengan tepat.	Manajemen emotions yang baik dapat mendukung kesehatan mental dan fisik.
6	Dahroni & Triana Arisdiani	2016	Indonesia	Observational	Not specified	To investigate hubungan antara kecemasan emosional dengan kualitas tidur lansia.	Kecemasan increase norepinefrin, mengganggu kualitas tidur pada lansia.
7	Reza Fahlevi et al.	2023	Indonesia	Study Literature +	Not specified	To analyze bagaimana	Stres emotionsonal

				Epigenetik		stres emosional mempengaruhi ekspresi genetik melalui mekanisme epigenetik.	dapat mengubah pola metilasi DNA dan ekspresi gen, memicu disorders fisik dan psikis jangka panjang.
8	Dhedhy Yuliawan et al.	2020	Indonesia	Study Kuantitatif	Not specified	To assess pengaruh emosi positif dan sikap terhadap rasa kebersamaan relawan olahraga.	Emosi positif berperan dalam memperkuat rasa komunitas dan keseimbangan emotions relawan.
9	Fitrianah et al.	2018	Indonesia	Study Literature	Not specified	To explain pentingnya keseimbangan emosi dalam perspektif psikologi agama.	Keseimbangan emotions mendukung stabilitas mental dan spiritual, serta berpengaruh terhadap kesehatan jasmani dan rohani.
10	Amriani	2023	Indonesia	Experimental	Not specified	To measure the impact of emotional stress on cortisol levels and breast milk production in postpartum mothers.	High stress increases cortisol levels and decreases milk production, proving a direct link between emotion and biological response.

A. Emotions Can Affect Human Physical Health

Based on research results reported by the American Psychological Association (APA), individuals who experience stress tend to suffer from physical complaints such as stomach pain, indicating that emotions have a direct impact on physical health. This finding is in line with Herlina and Yanti (2022), who explain that the intensity of emotions, both positive and negative, is proportional to physical health. The greater the negative emotions a person experiences, the greater the likelihood of a decline in physical health. (Herlina & Yanti, 2022). Conversely, well-managed positive emotions can provide a significant positive effect on the body. This is further emphasized by Dr. Barbara L. Fredrickson from the University of North Carolina, who states that all emotions, both positive and negative, can be adaptive if managed in the right circumstances. (Dr. Barbara L. Fredrickson, Psychologist from the University of North Carolina).

Research conducted by Nasir et al. (2024) highlights the elderly as a vulnerable population to the effects of emotions. Older adults who experience emotional stress, such as anxiety or worry, tend to suffer from sleep disturbances. (Nasir et al., 2024) who states

that depression and anxiety often interfere with sleep quality. Dahroni and Triana Arisdiani (2016) further add that anxiety increases norepinephrine levels in the blood, stimulates the sympathetic nervous system, and reduces stage IV sleep. Thus, these findings show that the impact of emotions on physical health occurs through both biological and behavioral mechanisms and can affect all age groups, especially the elderly, who are more susceptible.

The findings of these articles have significant implications in both mental and physical health. Emotional regulation is proven to be an effective preventive strategy to avoid health problems, particularly in vulnerable groups such as the elderly. Psychological interventions, such as cognitive-behavioral therapy, relaxation techniques, or emotional counseling, can be applied to maintain the balance of mental and physical health. For the productive age group, understanding the influence of emotions can encourage healthy habits, such as maintaining a positive mindset, exercising regularly, and adopting good sleep patterns as part of a holistic approach to well-being.

Although previous studies, such as those reported by APA, Herlina & Yanti (2022), and Nasir et al. (2024), have shown a connection between emotions and physical health, few studies have addressed these aspects in an integrated manner using the mind-body balance approach. Most studies tend to separate psychological and physiological aspects without thoroughly explaining how the two mechanisms interact. Moreover, studies on the role of positive emotions as a protective factor in improving physical health remain limited. Therefore, this research aims to provide a more comprehensive synthesis of the literature and to open opportunities for future studies that integrate psychology, biology, and practical interventions to create healthy living patterns based on mind-body balance. (Dahroni, Triana Arisdiani, 2016)

Humans are creatures that are easy to develop, the essence of becoming a more perfect human being than the previous human being is entirely up to a person himself. Human maturity can be trained through education, the maturity referred to here relates to mental maturity. This mental maturity can be seen from a sense of responsibility, both towards others and towards oneself. The ability to bear the consequences of actions taken as a form of readiness can be interpreted as responsibility. Cognition and emotions are the driving factors in every action taken.(Pulung Riyanto, 2019) Emotions become the core of a person's driving force in determining actions, therefore when emotions are managed a lot are negative emotions will greatly affect in reducing a person's physical health, and vice versa if what is managed a lot is positive emotions it will improve a person's physical health. When someone feels stress, fear, anxiety and other feelings arising from negative emotions, physical health will decrease because of these feelings. Based on a meta-analysis from Harvard University in 2012, individuals who have optimism tend to have better heart health and can slow the progression of disease.(Krittanawong et al., 2022) Other factors, such as life satisfaction and happiness, are also associated with a reduced risk of heart disease, regardless of factors such as age, socioeconomic status, smoking habits, or weight. The most optimistic individuals have about 50 percent lower risk of cardiovascular disease compared to those who are less optimistic (Boehm: Research Fellow at the Department of Society, Harvard School of Public Health). (Handayani, 2021)

Then in another study conducted by (Yiying Song, Huanhua Lu, Siyuan Hu, Miao Xu, Xueting Li, 2015) it was found that the close link between physical health and emotions leads to the logical implication that we can improve our physical health by regulating our emotions. To test this hypothesis, we correlated participants' reports of physical health with their ability to regulate emotions, measured by the EQ-i Stress Management Scale (Bar-On, 1997). Conceptually, the Stress Management Scale encompasses a range of

emotion regulation abilities to effectively and constructively manage and control emotions involved in coping with stressful situations (Bar On et al., 2003; Wood et al., 2009). We found that individuals who reported being better at regulating their emotions in stressful situations, had better physical health (r ¼ 0.39, P < 0.001; with gender regressed, r ¼ 0.37, P < 0.001) (Figure 2a). Emotion regulation involves reducing, reinforcing or maintaining the experience of both positive and negative emotions depending on the individual's current goals (Gross, 1998; Gross and John, 2003). Based on that then that emotions can affect one's physical health.

B. How can emotional control help maintain physical health?

As previously explained, it is also the same as in Shitadewi (2013) that in order to manage self-emotions, there are two divisions, namely positive emotions and negative emotions. In dealing with these two emotions, it can be done in several ways, namely:

1. In the face of positive emotions

it is important to accept and appreciate them so that they can have a positive impact on one's motivation. This will strengthen the motivation to act positively to achieve positive goals. If positive emotions are managed in a good way for a positive purpose, then it is likely that the results obtained will also have a positive impact. The whole series of processes starting from accepting feelings to being grateful for them, which in the end can have a real impact on human behavior for positive things, is a whole process that must be done gradually and slowly.

In dealing with negative emotions, one of the first steps that can be taken is to divert attention or distraction. This distraction can be in the form of various activities that help us get away for a moment from the negative emotions that are bothering us, such as watching television, taking a vacation, occupying ourselves with work, reading books, exercising, and so on, as long as it is done within reasonable limits and as needed. In this way, negative emotions can be slightly dampened and give ourselves time to calm down. However, keep in mind that these distractions only provide a temporary solution and do not solve the underlying problem of the negative emotions. If distraction is done excessively or in an inappropriate way, it can actually worsen the emotional state that is being experienced, and can ultimately have a negative impact on oneself, relationships with others, and the surrounding environment. Therefore, it is important to keep looking for more constructive ways to cope with negative emotions in a more profound and effective way.

2. Blocking/restraining emotional distress.

This choice of suppressing emotions is actually a wrong thing if done in a big tendency, especially in terms of suppressing negative emotions that are present in us, because basically, if negative emotions are too suppressed, the pressure will return with greater force. This is in line with the principle of Pascal's law, which explains that the amount of pressure received will be proportional to the area and strength of the pressure applied. This concept can be used as an analogy in terms of suppressing emotions: when a person often suppresses their emotions in large amounts, it will clearly have an impact on their mental state and physical health. Research conducted in the United States by experts from Harvard School of Public Health and The University of Rochester found that people who rarely express their feelings and emotions have a 35 percent increased risk of premature death from fatal diseases. In contrast, those who regularly express their emotions tend to have a lower risk of serious health problems and premature death. These results suggest that holding back emotions in the long run can be detrimental to the health of the body and mind.

3. Removing emotional stress from the system.

Actually, releasing emotional pressure from within is the same as releasing emotions, which is a natural human ability (fitrah). For example, crying when sad, screaming when angry, hitting, running, or confiding, are all ways to release pressure, and after doing so, we feel relieved. We often see this in young children who are innocent and carefree. This sense of relief indicates that we have successfully released the pressure that was previously trapped within us. Obstacles arise when the environment does not support this process of releasing negative emotions. Therefore, releasing emotions in a healthy way is a comfortable and safe form of emotion management to do.

In psychology, emotional balance is known as "emotional stability", which is a characteristic of someone who has good emotional control. Sometimes, it is also called "emotional maturity", which refers to the level of maturity in one's emotional development. In contrast, emotional imbalance (Al-waswasu) can lead to anxiety, restlessness, excessive worry and irresponsibility. These conditions can interfere with the brain's ability to reason and solve problems optimally, which in turn can lead to prolonged indecision.(Fitrianah., 2018)

Positive emotions focus on three aspects of the human experience: positive subjective experiences (such as positive emotions, constructive thinking, and feeling energized), positive individual characteristics, and positive institutions (such as family, school, business, community, and society) (Fineman, 2006). (Dhedhy Yuliawan, 2020) The utilization of positive emotions in these three fields must be balanced between one another, considering the nature of life is that no matter how good everything is if done excessively, the results will still be the same, which is not good.

C. Epignetics and the influence of emotions

Physical health and emotional health are two inseparable aspects of human life. Along with the development of science, we now understand that the body does not function separately from the mind. Various studies have shown that emotional experiences such as happiness, stress, and trauma have a direct impact on a person's physical condition. Behind these interactions are complex biological processes, one of which is through epigenetic mechanisms. Epigenetics, which is the study of changes in gene expression without changing the DNA sequence, is the bridge between genetic factors and environmental influences, including emotional experiences.(Reza Fahlevi, Ni Deak Made Santi Diwyarthi, Dito Anurogo, Muhammad Anwari, 2023) By understanding how these mechanisms work, we can begin to unlock the mystery of the balance between body and mind and open up opportunities for more personalized and effective therapeutic approaches.

Emotional experiences not only shape mental states, but also play a major role in determining physical health. When a person experiences stress, for example, the body responds by releasing stress hormones such as cortisol. (Amriani, 2023) These hormones, in high and prolonged amounts, can cause various disorders such as increased blood pressure, decreased immune system, and metabolic disorders that lead to chronic diseases. In addition, persistently negative emotions such as anxiety and depression are believed to contribute to chronic inflammation in the body, which in turn triggers heart disease, diabetes and even some cancers.

Furthermore, the link between emotions and physical health is also evident in how one responds to pain and recovery. For example, individuals with an optimistic outlook on life and strong emotional support tend to have better recovery rates after undergoing surgery or sustaining an injury. Conversely, those who experience frequent stress and

difficulty managing emotions usually have a longer recovery time. (Rosyad, 2021) This suggests that one's emotional state can modulate biological processes in the body, ultimately affecting physical balance and vitality.

To understand how emotional experiences can affect physical health, it is important to recognize the concept of epigenetics. Epigenetics is the study of chemical modifications to DNA and its supporting proteins (such as histones) that regulate gene activity. One of the key mechanisms in epigenetics is DNA methylation, the process of adding methyl groups to DNA molecules, which generally inhibits gene transcription. This process can be likened to a "switch" that regulates whether a particular gene will be activated or deactivated, without changing the basic sequence of the DNA itself.

In addition to methylation, histone modification also plays an important role. Histones are proteins that help wrap DNA so that it can be stored in the cell nucleus. By altering the structure of histones through the addition or subtraction of chemical groups, cells can control the accessibility of DNA to the transcription machinery. This means that genes that should be active can be temporarily "silenced", or conversely, activated according to the needs of the cell. Not only that, non-coding RNAs such as microRNAs (miRNAs) are also involved in regulating gene expression by suppressing mRNA translation, thus providing an additional layer of control in epigenetic mechanisms.

When a person undergoes intense emotional experiences - for example, trauma or prolonged stress - changes in DNA methylation patterns and histone modifications can occur. These changes affect how genes that regulate stress response, growth and the immune system are activated or deactivated. In other words, emotions can "write" chemical markers on the epigenome, which then change the way the body functions. This process is key to understanding why two individuals with similar genetic material can show stark differences in physical health and emotional well-being.

Emotional experiences that occur from childhood have a significant and long-term impact on the balance of the body and mind. Childhood trauma or exposure to chronic stress not only leaves psychological scars, but can also alter fundamental epigenetic patterns. For example, studies have shown that children who experience abuse or neglect tend to show different methylation patterns in genes that regulate the stress response. These changes can lead to unbalanced production of stress hormones, which then increases the risk of developing anxiety disorders, depression and other mental health problems in adulthood.

More interestingly, there is evidence to suggest that epigenetic changes resulting from emotional experiences can be passed on to the next generation. This means that trauma experienced by parents or even ancestors can leave an epigenetic "footprint" that affects how their children respond to stress. This phenomenon is known as cross-generational epigenetic transmission. Although the exact mechanism is still a subject of research, the concept emphasizes that the balance between body and mind is not only the result of individual experiences, but also a biological inheritance that can impact generations to come.

The interaction between genetic and environmental factors is key to understanding an individual's susceptibility to health problems. In this context, epigenetics provides a framework that allows us to see how external factors such as diet, exercise and even social support can modulate gene expression. For example, a healthy lifestyle involving regular exercise and a balanced diet has been shown to put a "positive mark" on the epigenome, thereby improving the body's ability to cope with stress and reducing the risk of chronic disease.

On the other hand, psychological interventions such as cognitive-behavioral therapy and psychological counseling can

also help modulate emotional responses, which in turn impact physical health. These approaches aim to restore emotional balance through behavioral and mindset changes, which can trigger improvements in epigenetic mechanisms disrupted by negative experiences. Thus, prevention and early intervention strategies not only focus on treating symptoms, but also target the root cause by optimizing gene-environment interactions.

In terms of public health policy, understanding the relationship between emotions and epigenetics leads to the need for comprehensive intervention programs. These programs include education on stress management, provision of supportive environments for children, and promotion of healthy lifestyles in an effort to prevent adverse epigenetic changes. With these strategies, it is hoped to reduce the burden of chronic diseases and mental health disorders that arise from repeated exposure to stress.

D. Unifying Physical and Emotional Health

In the midst of modern life that is full of challenges and dynamics, physical health and emotional factors are two main pillars that are interrelated in determining the balance between body and mind. Not only limited to biology, this balance is also influenced by lifestyle, social environment, and daily life experiences. While many contemporary studies have revealed the role of epigenetic mechanisms in regulating the body's response to stress and emotions, there are many other aspects that contribute to cracking the mystery of the balance. The following article attempts to comprehensively outline the relationship between physical health and emotional factors, by exploring elements such as nutrition, exercise, sleep quality, stress management, social support and mindfulness practices that all play an important role in creating harmony between body and mind.

Since childhood, the human body and mind have been taught to respond to various stimuli coming from the surrounding environment. Both positive and negative experiences will write their own "story" in an individual's life journey. On the one hand, a balanced diet, regular exercise and adequate sleep are the main foundations in maintaining physical health. Good nutrition provides fuel for the body to perform vital functions, repair damaged tissues, and support the immune system. In addition, exercise not only improves cardiovascular and muscular fitness, but also stimulates the release of endorphins-natural chemicals that act as "happy drugs" in the brain. Thus, a consistent physical routine can reduce the risk of chronic diseases while improving mood and mental well-being.

However, physical health alone is not enough to create a complete balance if it is not supported by stable emotional health. Emotional factors, which include experiences of stress, anxiety, happiness, and social support, play an equally important role. In an era where work pressures, interpersonal relationship dynamics, and social demands are increasing, the ability to manage emotions has become a crucial skill. Stress management practices, such as meditation, yoga and breathing techniques, have been scientifically proven to dampen excessive stress reactions and help individuals to be more responsive in the face of challenges. These techniques work by calming the nervous system, allowing the brain to switch from "fight or flight" mode to a relaxation mode that supports recovery and regeneration.

Moreover, the connection between physical and emotional health is also reflected in the way the body responds directly to psychological conditions. For example, when a person experiences prolonged emotional distress, their body tends to overproduce stress hormones such as cortisol. Long-term elevated cortisol levels have been linked to a variety of health problems, ranging from decreased immune system strength, metabolic disorders, to increased risk of heart disease and diabetes. On the other

hand, individuals who are able to manage their emotions well through strong social support and a positive mindset tend to have a more balanced physiological response, allowing the body to maintain optimal homeostasis. This suggests that thoughts and feelings not only impact mental health, but also have direct implications on organ health and overall body function.

Among the various mechanisms linking emotional factors to physical health, epigenetics is one scientific explanation that is gaining increasing attention. Epigenetics explains how life experiences - particularly emotional ones - can affect the way genes are expressed without changing the basic DNA sequence. While this explanation provides great insight into the "marks" left on the body's cells by stress or trauma, it is important to understand that epigenetics is just one of many complex layers that determine the balance between body and mind. Epigenetic changes can be likened to "memos" written by life experiences in each cell, which then influence how the body responds to future stimuli. However, behind these mechanisms are other factors that also play an important role, such as a supportive physical and social environment, quality sleep patterns, and a harmonious interaction between mental and physical activities.

Furthermore, social support plays an important role in maintaining emotional balance and physical health. Healthy relationships with family, friends, and community provide a sense of security, reduce the burden of stress, and strengthen a sense of self-identity. When a person feels emotionally supported, his or her body is better able to cope with the negative impact of life's stresses, resulting in a more effective healing and regeneration process. Studies show that strong social support can reduce the risk of depression and anxiety, and increase the body's resistance to disease. Therefore, creating an empathetic and caring environment is one of the key strategies in establishing a balance between physical and emotional health.

The balance between body and mind is also greatly influenced by the quality of sleep. Adequate and quality sleep is not only important for restoring physical energy, but also essential for the process of memory consolidation and emotional regulation. During sleep, the body carries out cellular repair processes, while the brain manages and organizes information acquired during the day. Sleep deprivation or poor sleep has been linked to an increased risk of mental disorders, decreased concentration, and even decreased immune system function. As such, healthy sleep habits are an important foundation in maintaining balance and integrity between physical and mental states.

In addition, mindfulness and meditation practices are among the effective strategies to increase self-awareness and reduce stress. Mindfulness teaches individuals to live in the present moment, paying attention to thoughts and feelings without judgment, thus helping to reduce the tendency to get stuck in future anxieties or past regrets. By regularly practicing meditation, one can develop the ability to manage emotions more wisely and increase the capacity to enjoy positive moments in life. Besides having a positive impact on mental health, the practice has also been shown to lower stress hormone levels and improve overall physical well-being.

Integrating all these aspects-from diet, exercise, sleep, to social support and mindfulness practices-is an art in achieving life balance. Each element complements and contributes to a whole system, where body and mind function in harmony. Modern treatment and prevention strategies increasingly emphasize a holistic approach that combines physical treatments with psychological interventions. For example, rehabilitation programs often combine physical therapy with psychological counseling to help patients recover from injury or chronic illness, with the aim of not only improving physical conditions but also restoring emotional balance.

Ultimately, cracking the mystery of the balance between body and mind is not a simple task. It requires a multidimensional approach that considers all aspects of a person's life. In today's age of information and technological advancements, knowledge about the interaction between emotional factors and physical health is deepening, paving the way for innovations in the fields of therapy and disease prevention. By combining modern science with traditional approaches that prioritize life balance, we can find new ways to improve quality of life and achieve overall well-being.

Overall, physical health and emotional factors are two sides of the same coin, influencing each other and shaping our identity as humans. From diet and exercise to social support and mindfulness practices, each aspect plays a vital role in creating harmony between body and mind. With an in-depth understanding of how these various factors interact-including the role of epigenetics that provides a scientific explanation of the influence of emotional experiences on gene expression-we are faced with a great opportunity to develop more personalized prevention and intervention strategies. Such strategies not only aim to treat symptoms that have already emerged, but also to prevent health problems from occurring in the first place, thus creating a healthier and more balanced future for future generations.

In this context, unlocking the mystery of mind-body balance becomes a journey that involves holistic self-improvement. This journey includes efforts to improve lifestyle, manage stress, optimize sleep quality, and build healthy social relationships. All these elements, when combined, enable us to overcome life's challenges more resiliently, improve our quality of life, and reach our full potential both physically and mentally. Thus, the concept of health is no longer viewed as a separate condition, but rather as a holistic entity that must be maintained through the integration of various scientific, psychological and social approaches.

DISCUSSION

The findings from various articles reviewed in this study strongly emphasize that emotions, whether positive or negative, have a direct and significant impact on physical health. The research reported by the American Psychological Association (APA) demonstrates that stress, as a negative emotional state, can trigger physical complaints such as stomach pain, which is an indication of the mind-body connection. This result aligns with Herlina and Yanti (2022), who argue that the intensity of emotions correlates directly with health outcomes: negative emotions tend to weaken physical health, while positive emotions contribute to improving it. Dr. Barbara L. Fredrickson from the University of North Carolina further strengthens this view by highlighting that all emotions can be adaptive if managed properly, which underlines the importance of emotional regulation in maintaining overall well-being.

The findings from Nasir et al. (2024) further show that elderly individuals are particularly vulnerable to the effects of unmanaged emotions, such as anxiety and worry, which often lead to poor sleep quality. This is supported by Prayitno (2012) and Dahroni & Triana Arisdiani (2016), who explain that depression and anxiety can disrupt sleep patterns by increasing norepinephrine levels in the blood and stimulating the sympathetic nervous system, resulting in reduced deep sleep stages. This illustrates that the physiological mechanisms influenced by emotions directly affect health conditions, especially in vulnerable populations like the elderly.

Another noteworthy finding comes from the research by Yiying Song et al. (2015), which demonstrates a positive correlation between individuals' ability to regulate emotions and their reported physical health. Emotional regulation, measured using the EQ-i Stress Management Scale, was found to significantly contribute to better physical health outcomes. This finding supports the theoretical concept that emotion regulation

is not only beneficial for mental health but also serves as a protective factor for physical health.

Moreover, the reviewed literature introduces the role of epigenetics in linking emotional experiences to physical health outcomes. Studies such as those by Reza Fahlevi et al. (2023) and Amriani (2023) suggest that emotional stress can cause epigenetic changes, such as alterations in DNA methylation and histone modifications, which influence gene expression and, consequently, physical health. This perspective highlights a deeper biological mechanism behind the mind-body connection, illustrating how emotional experiences can "leave marks" on the body at a molecular level, affecting immunity, metabolism, and even the risk of chronic illnesses.

Overall, these findings suggest that physical health cannot be separated from emotional well-being. Positive emotions, when cultivated and maintained, can enhance resilience, accelerate recovery, and reduce the risk of chronic diseases. Conversely, unmanaged negative emotions can lead to increased physiological stress, disrupted sleep, and weakened immune response. Therefore, integrating emotional regulation techniques such as mindfulness, relaxation strategies, and cognitive-behavioral therapy into daily routines is critical for maintaining both mental and physical health.

CONCLUSION AND RECOMENDATION

All types of emotions possessed by humans, both negative and positive, will always have an impact on themselves, one of which is on physical health. So the utilization of emotional management both negative emotions such as stress, fear, anger and so on, let alone positive emotions such as happiness, gratitude, love and so on will be very beneficial in improving physical health, and vice versa if there is no awareness in the utilization and management of good emotions, physical health will decrease.

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