**Coding Qualitative Data Worksheet**

**Part 1**

Refer to the patterns, or codes, you identified on the "Interview Transcript."In the table below,list five the codesfound in the data. For each code, write a 50-100-word summary to describe what the code represents.

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| **Code Number** | **Code Name** | **Summary Describing Code** |
| **Example** | Exercise | Five participants mentioned exercise as an important component of their health. Participants discussed the importance of exercise, willingness to exercise more, and barriers to exercise. As an example, one participant stated “Exercise is extremely important to me. I’ve worked hard to establish exercising as a part of my daily routine. I go on walks every evening with my family.”  |
| **1** | **Mental Health** | Several participants pointed to mental health as one of the issues prevalent in their lives. Some emphasize the subjective or emotional component of health, like stress or paranoia over illness. These reflections showcase how mental health contributes to overall health and push the participants to practice preventive measures regarding physical health. For instance, participant three said, 'What if it's me? I think that's all I'm really concerned with for my health.' |
| **2** | **Body Image** | It brings out the issue of body image. Participants are aware of their bodies and evaluate them based on certain cultural norms or idealized images that are presented to them. Some of them may have such comparisons in order to enhance their health, or others may experience dissatisfaction with their current body size and shape. For instance, participant five said, “I see all these guys in underwear ads and in clubs with these pumped-up bodies, and all I can think is, 'Damn, I wish I looked like that!'" |
| **3** | **Health Barriers** | Participants point to a number of obstacles that make it challenging to adopt the strategy of optimal health, such as laziness or poor diet. Moreover, some participants recognize environmental constraints like exposure to secondhand smoke or dealing with other people's actions. For instance, Participant Four noted, "I’ve gained too much weight over the last several years, and I don’t seem to be doing anything to get rid of it." |
| **4** | **Spiritual Health** | Spiritual health is defined as the harmony between a person's religious belief and their health status. Some participants conduct a healthy lifestyle due to spiritual motives as they perceive their body as a temple. While focusing on the bodily well-being of a person, this approach also pays attention to the spiritual dimension of human existence as a basis for a desire to look after one's health. For instance, Participant One stated, "I feel like my spiritual life really contributes to the rest of my health because I take care of my body because God tells us to." |
| **5** | **Healthy Habits** | Health practices are activities that participants consider to be beneficial in enhancing health. Some of these include resolving to stop smoking, abstaining from alcohol, and improving the quality of the food we eat. These behaviors are considered crucial for participant's health although the level of compliance is not constant, and some participants may experience lapses at times. The qualities of being healthy are viewed as the building blocks for long-term health but they cannot endure without dedication. For instance, one of the participants two said, "I don’t smoke or drink, and I try to eat as healthy as possible." |

**Part 2**

In a 150-200 words, summarize the overall findings.

The interviews demonstrate that health and wellness are perceived as a combination of mental, physical, and spiritual states. One of the recurring issues mentioned by the participants is mental health accompanied by stress, anxiety, and paranoia about illness, which demonstrates the strong connection between mental and physical health. Body image concerns are also present in the case where participants compare themselves to societal standards of beauty, which can either positively drive healthier behavior or lead to frustration. To achieve health goals, many participants experience challenges like laziness, lack of motivation, poor diet intake, and secondhand smoking, among others.

Some of the respondents stated that faith promotes spiritual health and thus encourages individuals to take good care of their bodies. These indicate that people have healthy habits, which include non-use of substances that are hazardous to health, observing a balanced diet, etc. But the levels of keeping these standards are not constant. Although participants acknowledge the significance of health, they face impediments in making necessary changes, as recorded by various challenges. In summary, the study clarifies that health encompasses psychological, societal, and spiritual dimensions, as the global well-being.