

# Benefits of Cooking for Mental Health, Stay Away from Stress

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Stay Away from Stress illustration, Photo by Suryaning Bawono (Indonesia)

**Abstract :** This study examines the relationship between the level of mental health, frequency of cooking at home, and the level of emotional stability of a person. We used 20 volunteers in Ljubljana, Slovenia for observation and in-depth interviews for 20 weeks to explore and measure the level of mental health of the research subjects, the frequency of cooking at home and the level of emotional stability of the research subjects. We use average data or all data obtained is averaged, which is then grouped based on the specified group of variables, then the regression is carried out using the ordinary least squares (OLS) method. Based on the results of observations and regressions on 20 volunteers in Ljubljana, Slovenia for observation and in-depth interviews for 20 weeks to explore and measure the level of mental health of research subjects, cooking frequency at home and emotional stability level of the research subjects, it can be concluded that cooking can improve mental health by maintaining the level of mental health and increasing emotions stability.

**Keywords:** Mental Health, Human Emotions, Slovenia

**JEL Classification :** C23, I10, I12

## 1 INTRODUCTION

Cooking can be a mentally healthy activity. What are the benefits of cooking for mental health?

The concept of cooking as a form of healing is also called therapeutic cooking. Today many therapists use cooking courses as an actual tactic to treat anxiety, stress, and other psychological disorders in their patients (Hwang, 2016).

The positive effects of cooking can actually affect a person's mental health. Starting from the experience of making the dish itself, the feeling of being in control so that you are free to channel your creativity in the kitchen (Bornstein, 2020). The benefits of cooking for mental health can be started from the process of processing the food itself. Starting from seeing the shape, colour, and smell the aroma. Then over time, the cooking process can help reduce stress and increase a higher spirit of life. In addition, cooking also helps protect mental health because it becomes an alternative activity to be creative. This means that cooking activities can provide positive energy to one's mind and body.

Cooking is useful for mental health because it is a place to circulate energy. Cooking is also a way to vent emotions through different media. Cooking can be a form of self-care, aka self-care which is very basic and ultimately has a positive impact on oneself and others. Cooking has a positive impact on the quality of life, self-esteem, socialization and influence on others (Seaward, 2020).

This study examines the relationship between level of mental health, frequency of cooking at home, and the level of emotional stability of a person. We used 20 volunteers in Ljubljana, Slovenia for observation and in-depth interviews for 20 weeks to explore and measure the level of mental health of the research subjects, the frequency of cooking at home and the level of emotional stability of the research subjects.

## 2 LITERATUR REVIEW

Cooking activities have mental health benefits. Cooking can provide pleasure and comfort, while the food produced can be both energy and healing. Cooking or baking has a positive effect on mental health in two ways, namely the cooking process and the cooking results. Cooking gives something real from self-effort. Psychologically, this is known as behavioural activation. When cooking is done, people will feel happy and proud when they see the results of their work. This will stimulate a positive effect on the body (Brouwer et al,2019).

Cooking involves the process of preparing ingredients and then mixing them for a delicious meal. This process does not cause anxiety but increases focus and creativity. Cooking has a positive effect on life, from socialization, self-esteem, and quality of life. When cooking, One can improve personal relationships by talking about recipes. The food that is produced can also make humans establish and strengthen relationships and initiate communication with other people

(Liu et al,2020).

Consuming home cooking makes a family more connected to family members, including children. The journal also said that children would be healthier, happier and more likely to avoid using alcohol, cigarettes and drugs. In adults, regular self-cooking tends to make you happier and healthier. They will also consume less sugar which can result in higher energy and better mental health (Harde & Wesselius,2020).

## 3 RESEARCH OBJECTIVE AND METHODOLOGY

This study examines the relationship between level of mental health, frequency of cooking at home, and the level of emotional stability of a person. We used 20 volunteers in Ljubljana, Slovenia for observation and in-depth interviews for 20 weeks to explore and measure the level of mental health of the research subjects, the frequency of cooking at home and the level of emotional stability of the research subjects. We use average data or all data obtained is averaged, which is then grouped based on the specified group of variables, then the regression is carried out using ordinary least squares (OLS) method with the following equation:

$$Sl_t = C_t + \beta_1 F_{Ct1} + \beta_2 E_{S2} + e_t$$

Where,

Mh = level of mental health

Fc = frequency of cooking at home

Es = the level of emotional stability

e = Error Term

## 5 RESULTS AND DISCUSSION

The estimation results are as follows:

$$Mh = 0.0098389982111 + 0.695885509839 * ES + 0.619856887299 * FC$$

From the OLS estimation results, the level of mental health (Mh) has a positive relationship with the frequency of cooking at home (Fc) and the level of emotional stability (Es). Where each increase in the level of mental health (Mh) of 1% is followed by the frequency of cooking at home (Fc) of 0.620% and the level of emotional stability (Es) of 0.696%. So based on the results of observations and regressions on 20 volunteers in Ljubljana, Slovenia for observation and in-depth interviews for 20 weeks to explore and measure the level of mental health of research subjects, cooking frequency at home and emotional stability level of the research subjects, it can be concluded that cooking can improve mental health by maintaining the level of mental health and increasing emotions stability. which is briefly described in Table 1. which illustrates the estimation results with the following results:

Table 1. Estimation Results

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	0.009839	0.482291	0.020401	0.984

FS	0.695886	0.256926	2.708509	0.0149
FC	0.619857	0.300429	2.063237	0.0547
R-squared	0.910372	Mean dependent var		5.3
Adjusted R-squared	0.899827	S.D. dependent var		2.028741
S.E. of regression	0.642099	Akaike info criterion		2.089332
Sum squared resid	7.008945	Schwarz criterion		2.238692
Log likelihood	-17.89332	Hannan-Quinn criter.		2.118489
F-statistic	86.33596	Durbin-Watson stat		1.479917
Prob(F-statistic)	0			

Based on the estimation results described in Table 1. the level of mental health, frequency of cooking at home, and level of emotional stability in 20 volunteers in Ljubljana, Slovenia for observation and in-depth interviews for 20 weeks to explore and measure these levels of the mental health of the research subjects, the frequency of cooking at home and the level of emotional stability of the research subjects, it was concluded that cooking can increase the level of mental health and emotional stability of a person. The R-squared level is 0.910372 which indicates that the true level of the relationship between cooking at home, emotional stability and mental health is 91%.

## 6 CONCLUSION

Based on the results of observations and regressions on 20 volunteers in Ljubljana, Slovenia for observation and in-depth interviews for 20 weeks to explore and measure the level of mental health of research subjects, cooking frequency at home and emotional level. With the stability of the research subjects, it can be concluded that cooking can improve mental health by maintaining the level of mental health and increasing emotions stability.

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