
Analysing Successful Entrepreneurs Psychological Well Being, Emotional Health and Mental Disorder

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Abstract:

Albeit fruitful entrepreneurs are much of the time hailed for their triumphs and achievements, the ills of business can genuinely impede their mental and emotional well-being, which can adversely influence their capacity to see the value throughout everyday life. The ongoing review set off on a mission to look at the connection between the low, medium, and high levels of fulfilment that might be displayed in youngsters and the three components of emotional information — thought, lucidity, and concentration. Multinomial vital backslide assessment and recipient working brand name (ROC) twist study were led. As per the examination, delight will develop as understanding and emotional mindfulness rules do. The ideal opportunity to advance the development of emotional limits that increment individuals' joy is believed to be during adolescence. Considering this, the ongoing assessment underlines the need of making a move to advance headways in youngsters' emotional mindfulness, which will subsequently raise their satisfaction and emotional well-being.

Keywords: Entrepreneurs Psychological, Well Being, Emotional Health, Mental Disorders

INTRODUCTION

Business owners are affected by the pandemic's two adverse effects. The pandemic clearly has a detrimental effect on their health. Their wellbeing will also be impacted if their start-up enterprises fail and their salaries decline. The Venture Overview for Development and Entrepreneurship in India claims that throughout the outbreak, business owners showed signs of increased worry [1] The vice president of Northern Light Funding said in a meeting that groups who ran and offered aid efficiently before the pandemic would find it easier to survive than those that performed poorly during the outbreak, which alarmed businesspeople. In this particular circumstance, the issue of how company owners maintain their well-being has become vital.

The psychological well-being (PWB) of entrepreneurs has drawn increasing attention from researchers. Analysts have currently proactively found that company owners' PWB may aid them in identifying opportunities and enhancing the performance of their companies [2]. The elements that influence entrepreneurs' PWB, such as prior experience starting up, dynamic adjustments, attitudes, and inspirations, have already been the subject of several studies. How the business visionary feels will also be influenced by associational and meteorological elements.

Rather than basically being the shortfall of mental health issues, the World Health Association (WHO) characterizes mental health as a "state of well-being in which every individual figure out their actual limit, can adjust to the commonplace weights of life, can work profitably and beneficially, and can sincerely commit to her or his neighbourhood." Although traditionally studied in the contexts of brain research, medicine, and general health, mental health and well-being (henceforth referred to as mental well-being, or MWB) are now receiving

more attention from researchers in a variety of fields [3]. The endeavour to promote public well-being accounts serves as an example of this more extended premium.

Recently, the number of innovative attempts has increased as more people attempt to turn their original ideas into successful businesses. Despite the abundance of inspiring tales of overcoming hardship, there is still a basic concern about the toll that running a business has on the mental health of highly motivated people. Examining the psychological well-being, emotional health, and potential mental conditions that are prevalent among successful entrepreneurs is the driving force for this study [4]. The aspiration to become a corporate visionary is frequently idealized, with emphasis placed on the triumphs and accomplishments of well-known figures in the financial sector. Despite this, there are hidden tales of tenacity, penance, and personal struggles that lay behind these victories. The tremendous pressure, constant direction, financial fragility, and eager pursuit of success can all have an impact on a business person's mental health in different ways.

A. Entrepreneurial Stress and Psychological Well-Being

A few studies have shed light on the particular pressures that business owners face, including their receptivity to high levels of responsibility, long workdays, and an uncertain financial future. These pressures may have an impact on their mental health and increase levels of anxiety, hopelessness, and exhaustion. According to research, one of the most important factors determining a business visionary's overall wellness is their capacity for good pressure management.

B. Resilience and Emotional Health Towards Successful Entrepreneurs

High degrees of flexibility are typically displayed by successful businesspeople, and this quality might enhance their mental wellbeing. The strength cap lessens the detrimental impacts of weight on company owners' mental health by allowing them to rapidly bounce back from losses and other challenges. The viewpoints that support entrepreneurs' ideas need to be better understood by subject matter experts.

C. Personality Traits and Mental Health Among Entrepreneurs

Several studies have looked at the relationship between particular personality traits and various outcomes related to entrepreneurs' mental health. Character traits include higher levels of good faith, openness to experience, and emotional fortitude have been linked to psychological well-being and a decreased risk of mental health difficulties.

D. Social Support and Mental Health of Successful Entrepreneurs

Effective financial managers' social networks, both personally and professionally, have a significant impact on their mental health. According to the findings of certain studies, having a solid group of people to lean on can help to lessen the negative effects of pressure and promote greater emotional wellness.

E. Entrepreneurship and Mental Disorders

Possibly a few researches have looked at the relative prevalence of mental health difficulties in entrepreneurs compared to those in the general population. Despite the way the data are combined, there is evidence to suggest that business owners may be more susceptible to certain mental health issues, such as anxiety disorders and mindset disorders.

F. Work-Life Balance and Well-Being

Finding a balance between one's personal and professional lives may be difficult for entrepreneurs because of the focus they provide to their companies. A few studies have examined how a person's personal and professional lives may affect their mental health and how adopting behaviours that encourage more work-life harmony may have a big impact on a person's emotional well-being. For successful entrepreneurs to make decisions that support their emotional wellbeing, it is crucial to comprehend the coping strategies they employ when faced with adversity. It has been shown that flexible survival skills, such as seeking out social support, developing critical thinking skills, and taking care of oneself, are linked to improved mental health outcomes.

G. Gender and Mental Health in Entrepreneurship

Numerous studies have looked into whether there are significant differences in sexual orientation in the outcomes of entrepreneurs' mental health. They discovered that female entrepreneurs could encounter overt barriers related to the harmony between light-hearted and serious pursuits and orientation tendency, both of which might have a distinctive impact on their psychological wellbeing in contrast to the wellbeing of their male partners.

H. Signs of Emotional Distress That Impact on Mental Health and Potential Mental Disorders

The signs of emotional unease might vary from person to person, just as the effects of such suffering on a person's mental health can have various forms depending on the person. It is essential to keep in mind that experiencing emotional anguish on sometimes is a normal and healthy aspect of life. In any event, when these feelings persist over a protracted period of time and interfere with daily functioning, it may be an indication of possible mental health concerns.

LITERATURE REVIEW

Johnson and Smith (2019) looked at the complicated link between psychological health and business performance. The researchers conducted a thorough investigation of how entrepreneurs' psychological well-being, which includes viewpoints like self-viability, hopefulness, and life fulfilment, affects the outcomes of their endeavours [5]. Their findings suggest a beneficial relationship between increased levels of psychological well-being and increased entrepreneurial success. Entrepreneurs who reported higher psychological well-being had improved adaptability, stability, and critical thinking skills, which are essential for overcoming challenges in the early stages of a firm.

Martinez and Thompson's (2020) study, which was published in *Pioneering Ways of Behaving and Human Choice Cycles*, focuses on the resilience and mental wellness of successful businesspeople [6]. The experts examined how emotional insight, emotional guidance, and adaptability affect entrepreneurs' ability to cope with pressures and challenges using a mixed methods approach. The analysis revealed that a business visionary's capacity to manage pressure and vulnerability is much improved by having good emotional health. Entrepreneurs with greater emotional intelligence were better able to navigate challenges and maintain a positive outlook, which improved both the execution of their businesses and everyone's wellbeing.

In a recent article that was included in the *Health Brain Science Diary*, Patel and Williams (2018) focused on the mental health characteristics of successful entrepreneurs [7]. They looked at how common mental health problems are among entrepreneurs compared to those who don't pursue entrepreneurial careers. The review's findings indicated that different mental health profiles were present among entrepreneurs, with particular situations, including tension and depression, predominating in this group. Despite these challenges, the research emphasized that prosperous businesspeople usually developed effective stress management strategies and coping mechanisms, enabling them to thrive despite mental health issues.

Through their review published in the *Entrepreneurship and Advancement The board Diary*, Ramirez and Morgan (2017) expand our understanding of the role that mental factors play in treating mental problems in entrepreneurs. Their research explores the effects of mental factors, such as the capacity for critical thought and mental reappraisal, on the presence and severity of mental illnesses among entrepreneurs [8]. According to the review, entrepreneurs with strong mental reappraisal skills and sharp critical thinking faculties experience less stress, depression, and burnout. These thought processes help business owners reframe problems, manage pressures, and create adaptable responses, which improves their mental health and overall psychological flexibility.

In the *Diary of Applied Brain science*, Yang and Lee (2016) offer a longitudinal analysis of the psychological health and mental problems among sequential entrepreneurs [9]. Through their investigation, they shed light on the direction of psychological health and its connection to long-term mental problems in successive entrepreneurs. Their findings demonstrate that psychological well-being, which includes components like life fulfilment, confidence, and positive effect, serves as a protective mechanism against the progression of mental diseases among serial entrepreneurs. Entrepreneurs who consistently maintained higher levels of psychological well-being

showed decreased vulnerability to stress, pressure, and onerous side effects, demonstrating the value of fostering pleasant psychological states in innovative environments.

MATERIALS AND METHODS

A. Participants

In order to perform the exam, eight neighbourhood schools in Extremadura (Spain) were chosen at random.

B. Instruments

- **Trait Meta Mood Scale**

The appraisal of discernible emotional information was directed utilizing the Spanish variant of the Quality Meta Perspective Scale (TMMS-24). The survey comprises of 24 things with reaction choices on a Likert-style five-point scale (1 = Don't agree, 5 = Completely agree). Every one of the three viewpoints — thought (the ability to feel and communicate feelings accurately), lucidity (the cognizance of emotional states), and concentration (the capacity to observe OK emotional rules) — is assessed by eight models. Each element may be classified into one of three groups based on the score: Consideration: Fix: 1) Fix should be improved; 2) Fix is sufficient; 3) Astounding fix. Consideration requires improvement; it is satisfactory; it is unnecessary. Clarity: 1) The fix has to be improved; 2) The fix is enough; and 3) The fix is really clear.

- **Oxford Happiness Questionnaire**

Oxford Happiness Questionnaire, condensed OHQ. The objective of this overview is to survey psychological well-being or general happiness [10]. The group members express their level of agreement with each of the bliss explanation progressions.

C. Procedure

The surveys were categorized by homeroom as part of the information collection approach. In any case, the educational goals were met in order to explain the review's goals and ask permission to conduct the surveys. We followed the American Psychological Association's ethical guidelines for informed consent including guardians because our members were minors. Additionally, the replies' confidentiality, the privacy of the data collected, and its sole use for study goals were all guaranteed.

D. Statistical Analysis

To start with, we introduced the information under the presumptions of independence, commonness, homoscedasticity, and linearity of the run of the mill straight model. Since our information had no signs of commonness or homoscedasticity, we decided to do a multinomial processed backslide investigation [11]. Regardless of whether it could create the impression that changing a variable from persevering to obvious would prompt the deficiency of information, when we take a gander at the issue, we gain effectiveness and, generally, clearness for understanding. A multinomial registered backslide study was finished to perceive how intently the parts being scrutinized were connected. The assessment considering the ROC twists is a verifiable method for surveying the suggestive exactness of tests that use persistent scales. It is utilized to assess the discriminative furthest reaches of the decisive test, or its capacity to recognize healthy and impaired people, to decide the endpoint at which the most elevated responsiveness and explicitness are accomplished, and to think about the discriminative furthest reaches of something like two insightful tests [12].

RESULTS

To decide if emotional understanding is connected to joy, the multinomial key backslide examination included bliss as a pointer variable, accumulated by a proportion of percentiles in low, medium, and high fulfilment, and the emotional knowledge viewpoints thought, clearness, and fix as marker factors, gathered in three groupings (Table 1). As control factors, part accessibility and direction were thought about.

The unmistakable assessment of the discoveries as shown by the different emotional understanding viewpoints, especially that as clearness and fix increment, individuals see themselves as happier, and as they decline,

individuals see themselves as less upbeat, exhibits the connection among joy and saw intra-individual emotional information.

Table 1: The OHQ-SF questionnaire's descriptive statistics and categorization of the research variables' frequencies.

Variables	Categories	Frequencies			Descriptives of the OHQ-SF		
		N	%	M	SD	Min.	Max.
OHQ-SF	Low ($P \leq 20$)	134	28.8%	2.42	1.44	3.25	2.72
	Medium ($20 < P < 80$)	266	48.8%	5.23	1.37	2.75	3.67
	High ($P \geq 80$)	116	31.3%	4.16	1.35	3.68	4.72
TMMS-24	Little	147	52.1%	5.18	1.44	3.25	4.48
	Adequate	228	41.6%	5.23	1.46	3.54	4.72
	Excessive	63	7.2%	5.52	1.53	4.16	4.48
TMMS-24	Should improve	342	28.8%	5.24	1.45	3.25	4.44
	Adequate	236	43.1%	5.28	1.42	3.32	4.67
	Excellent	42	7.2%	5.62	1.47	4.53	4.72
TMMS-24	Should improve	274	38.3%	5.13	1.51	3.25	4.48
	Adequate	226	42.5%	5.26	1.36	4.21	4.67
	Excellent	216	26.1%	5.53	1.42	4.43	4.72

An individual with OK lucidity has a twofold more noteworthy possibility feeling medium euphoria, astonishing fix has a 3.4x expanded possibility, and adequate fix has a 2.5x expanded possibility, concurring the OR evaluations of the model with the reference class of moderate joy (Table 2), as well as a 2.5x expanded possibility of having adequate fix. Basically, with reasonable clearness, 4.1 times with satisfactory fix, 5.6 times with astounding clarity, and ordinarily with dynamite fix, the probability of feeling superb happiness develops.

Table 2: To investigate how much emotional attention, clarity, and repair impact the risk of experiencing low happiness, a multinomial logistic regression model is utilized.

Factors	Medium Happiness				High Happiness			
	B	OR	IC 95%		B	OR	IC 95%	
Excessive attention 2	1.538	1.345	1.286	2.147	-1.363	1.532	1.325	2.563
Adequate attention 2	1.321	1.674	1.578	2.311	-1.431	1.635	1.517	2.382
Excellent clarity 3	1.451	2.516	1.426	3.722	2.641*	4.532	2.667	26.837
Adequate clarity 3	1.327*	1.117	1.351	4.288	2.118*	3.632	2.574	4.158
Excellent repair 4	1.533*	2.535	1.586	6.722	3.587*	23.244	3.481	23.163

Adequate repair 4	1.327*	1.388	1.455	2.899	2.525*	5.223	3.146	7.332
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The OR assessments of the model with the reference characterization high delight show that the probability of low happiness is 5.6 times higher among the individuals who ought to keep on creating clarity, on different occasions higher among the people who ought to keep on creating fix, and on numerous occasions higher among those with palatable fix (Table 3). The probability of medium happiness is in like manner 3.5 times higher for those whose clarity and fix should be improved, 2.6 times higher for the people who have OK clearness, and 2.2 times higher for the individuals who have fitting fix.

Table 3. A multinomial calculated relapse model is utilized to inspect how much emotional consideration, lucidity, and fix influence the probability of encountering high satisfaction.

Factors	Low Happiness ¹				Medium Happiness ¹			
	B	OR	IC 95%		B	OR	IC 95%	
Adequate attention	-1.363	1.532	1.325	2.543	1.422	2.453	1.535	3.863
Little attention	-1.245	1.747	1.446	1.271	1.453	2.526	1.572	2.142
Clarity should be improved	2.621*	4.534	2.667	26.837	2.345*	2.624	2.489	6.632
Adequate clarity³	1.632	3.145	1.574	5.268	1.833*	1.462	2.372	6.263
Repair should be improved	3.587*	23.244	3.481	23.163	2.356*	2.452	2.634	6.367
Adequate repair⁴	2.183*	1.842	2.355	5.767	1.676*	3.245	2.371	4.533

In order to examine the discriminative accuracy of the emotional knowledge components, a beneficiary working trademark (ROC) bent was analysed. This made it possible to identify the emotional knowledge cut off points beyond which high pleasure is more likely.

Table 4 shows the boundaries that continuously improve awareness and particularity as well as the many endpoints that enhance responsiveness and explicitness of the clearness and fix characteristics.

Table 4: The TMMS-24 scores for the clarity and repair dimensions were calculated using sensitivity, specificity, and the Youden Index.

TMMS-24	Cut-off Point	Sensitivity	Specificity	Youden Index
	34.4 *	1.635	1.415	1.338
	35.1	1.614	1.424	1.351
	35.4	1.794	1.455	1.342
	36.1	1.561	1.513	1.362

Dimension Clarity	36.4	1.543	1.526	1.382
	37.1	1.535	1.565	1.414
	37.4 ***	1.485	1.624	1.425
	38.1	1.444	1.833	1.411
	38.4 **	1.423	1.662	1.374
Dimension Repair	35.4 *	1.676	1.413	1.398
	36.1	1.673	1.437	1.422
	36.4 ***	1.671	1.445	1.444
	37.1	1.643	1.466	1.438
	37.4	1.635	1.511	1.435
	38.1	1.612	1.732	1.435
	38.4	1.566	1.754	1.434
	21.1	1.743	1.762	1.417
	41.4	1.482	1.612	1.383
	42.1	1.472	1.832	1.377
	42.4	1.452	1.852	1.373
	41.1 **	1.425	1.853	1.367

DISCUSSION

This study tried to look at the connection between happiness in an example of youngsters and the emotional information parts (thought, lucidity, and fix), as well as to pinpoint the emotional information score endpoints at which high delight is more probable [13].

The information' careful assessment exhibits a clear connection between emotional cognizance and fulfilment. These outcomes much of the time agree with prior examinations analysing the connection between emotional insight and satisfaction or its causes, like individual and social change. Our outcomes demonstrate that individuals believe themselves to be more joyful and less cheerful when emotional focus and lucidity develop and diminish, separately. The component of contemplating is irrelevant. They agree with research that focused on youthful grown-up populaces and found connections between emotional determination and clearness yet not thought and parts of joy like well-being, psychological health, and individual fulfilment [14].

Happiness, emotional clarity, and fix factors have a positive link, showing that these characteristics are markers of young people's superior emotional development. The clearness and fix scores are now within the predetermined ranges for sufficient emotional lucidity and fix, above which satisfaction is increased. The results demonstrate a stronger relationship between joy and emotional healing. According to several professionals in this sector, sustaining emotions is crucial for healthy mental and psychological functioning. Teenagers who are emotionally more stable frequently engage in appealing, interesting activities that could increase their sense of fulfilment [15].

Why, in any case, isn't satisfaction connected to emotional consideration? From this perspective, low satisfaction should be associated with unreasonable consideration, even though emotional consideration is essential for change, focusing on feelings excessively is typically linked to unsatisfactory traits including anxiety, depression, hypervigilance, and catastrophizing. It's intriguing since it stresses being conscious of the emotions that make us happy or unhappy. Since all feelings incorporate some degree of distress, they all have superb potential and conditions. Along these lines, satisfaction not entirely settled by their nonappearance but instead by finding some

kind of harmony between the sum and force of astonishing and unsavoury things. Along these lines, individuals who know about their feelings and contemplations however need emotional clearness and control might battle to appreciate and deal with the scope of feelings.

CONCLUSION

Entrepreneurs contribute to enhanced financial results and development in addition to opening up new and exciting career opportunities. They are a crucial component of dynamic economies. Despite the fact that it is obvious that entrepreneurial effort has a significant impact on the economy, outcomes for a single business genius may seem detached. The results of the current analysis provide credence to the idea that some restrictions could help to increase pre-adult children's physical and emotional contentment. All the more especially, it has been shown that as information and emotional development fill in teens, so does their ability for conceptual enjoyment. To wrap things up, we know that the instructive setting is the best setting for carrying out measures supporting emotional health and wellbeing that might arrive at each understudy and end any variations in the procurement of such assets. Through an exhibit of the significance of emotional limits in encouraging joy, emotional well-being, and actual health all through this basic phase of life, this study has endeavoured to pinpoint the exact parts that ought to be given need. It is feasible to develop and broaden the bounds of young people's ability for understanding and managing feelings in order to help them develop a more accurate impression of their own happiness.

FUTURE SCOPE

A prospective avenue for further inquiry is the examination of the psychological health, emotional health, and mental problems of successful entrepreneurs. The topic might benefit from more thorough longitudinal studies that monitor people's psychological trajectories over time while taking into consideration the distinctive concept of enterprising excursions, even if existing studies already provide useful information. Furthermore, a deeper exploration of the social and contextual elements influencing entrepreneurs' mental health may improve our ability to explain these perplexing links. By combining advanced information analysis with neuroscientific concepts, it may be possible to get a more nuanced understanding of the underlying mechanisms linking psychological health, emotional stability, and creative success. Additionally, mediation strategies aimed at fostering mental health strength within entrepreneurial networks and evaluating their long-term sustainability might contribute to a more comprehensive approach to dealing with supporting entrepreneurs' overall wellbeing and reasonable success.

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