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Variable	Mean	Standard deviation	Minimum	Maximum
Age	34.5	10.5	20	55
Gender	Male	Female		
Marital status	Married	Single		
Education	High school	College		
Occupation	Teacher	Engineer		
Income	Low	High		
Religion	Islam	Christianity		
Health status	Good	Poor		
Smoking status	Smoker	Non-smoker		
Alcohol consumption	Yes	No		
Exercise frequency	Regular	Irregular		
Stress level	Low	High		
Sleep quality	Good	Poor		
Dietary habits	Healthy	Unhealthy		
Family size	Small	Large		
Work-life balance	Good	Poor		
Life satisfaction	High	Low		
Overall well-being	Excellent	Fair		