



LIFE STYLE PRACTICES AMONG ADOLESCENTS

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ABSTRACT

Life style is considered to be an important determinant of health and sickness. It has also a great role in growth and development of children. The present study regarding the life style practices among adolescents was conducted in Government Higher Secondary School, Venjaramoodu. **Objective:** The purpose of the study was to assess the life style practices among adolescents. **Methodology:** The research approach used in this study is quantitative approach and the research design is non experimental descriptive research design. **Sampling technique:** Stratified random sampling technique was used to select one hundred and seventy one higher secondary students. **Data collection tool:** Data was collected by using semi structured questionnaire. **Results:** The results showed that majority 123 (71.9%) and 104 (60.8%) of the subjects had satisfactory life style practices in the areas of dietary habits and sleep habits respectively; while study habits was found to be poor for a majority 111 (64.9%) of subjects. Majority 161 (94.2%) and 70 (40.9%) of the subjects had good hygienic practices and prayer habits respectively; walking was the most commonest type of physical activity carried out by majority 120 (70.2%) of the students, was regarding the leisure time activity, majority 161 (94.2%) of the subjects reported watching television as their leisure time activity Regarding the use of psychoactive substances, majority 170 (99.4%) of the students does not have the habit of cigarette smoking and chewing tobacco.

KEYWORDS : Life style practices , Adolescence

Introduction

Adolescence is a most dynamic period in human development occupying roughly the second decade of life. There is a linkage between adolescence and lifestyle. Lifestyle is a way of living of individuals, families and societies, which they manifest in coping with their physical, psychological, social, and economic environments on a day-to-day basis. Life style is considered to be as important determinant of health and sickness. It has also a great role in growth and development of children.

The change in the society, lifestyle, and mentality of people has made many challenges in the adolescent lifestyle that are further complicated and crucial to adulthood. The impact of lifestyle practices affects a majority part of people from adolescence. The reason behind the change is simple, in adolescent group it is easy to get affected with changes and characteristics of other environments. Some of the health problems are rooted in childhood habits and lifestyle. Therefore, for better health all should adopt a healthy life style.

Physical inactivity has been identified as one of the biggest public health problems of the 21st century. The World Health Organization estimates that nearly 2 million deaths worldwide annually can be attributable to physical inactivity. Globally , 81% of school going adolescents aged 11-17 years were insufficiently physically active in 2010, ie. They did less than 60 minutes of moderate to vigorous intensity physical activity daily as recommended by WHO.

There is an another issue of poor dietary habits common among adolescents. Various studies have shown skipping of breakfast and lunch, more consumption of fast food items and less intake of fresh fruits and vegetables are common among adolescents. Another study reported that adolescents perceived themselves to be overweight as compared to their actual weight status and half of the girls belonging to all weight categories desired weight loss and were adopting weight loss measures like skipping meal, exercising, starving, and eating diet pills.

The survey of adolescent's view of food and eating in Chennai Schools at Madras Medical College (MMC), given findings revealed that almost 90 per cent of the students rarely ate fruit, and 50 per cent do not want to eat vegetables. In this survey researcher were surprises to know that they said they did not like vegetables.

The incidence of drug abuse among children and adolescents is higher than the general population. In India an NGO survey revealed

that 63.6% of patients coming in for treatment were introduced to drugs at a young age below 15. In India, 20 billion children a year and nearly 55,000 children a day are drawn in to a tobacco addiction.. According to World Health Report, 70% of premature deaths among adults are due to behaviours (e.g. smoking, illicit drug use, reckless driving) initiated during adolescence. "If the current trends continue, 250 million children alive today will kill by tobacco".

The adolescent period is one of the most crucial time of the life when healthy and unhealthy life style can be adopted and may be carried out in the later life. Therefore it is important to realize and address their health and lifestyle problem. In view of the above, it was considered of interest to conduct a study on lifestyle practices among adolescents. This will provide a basis to develop suitable intervention programs that encourage healthy eating and lifestyle options for this age group.

Materials and methods

In this study, the researcher adopted a quantitative approach using a descriptive design. The study was conducted at Government Higher Secondary School, Venjaramoodu , Thiruvananthapuram Dist. Stratified random sampling technique was used to select one hundred and seventy one higher secondary students. After obtaining consent from the subjects, socio demographic proforma and semi structured questionnaire were administered and data were collected.

Tools and techniques

A semi structured questionnaire on life style practices was used for data collection. It consist of two sections.

Section A

This section consists of nine items seeking information about demographic proforma of higher secondary students such as age ,gender ,religion, education of father, education of mother, occupation of father, occupation of mother ,monthly income, type of family and area of residence.

Section B

This section consists of questions regarding the life style practices .The questions were grouped in the categories of dietary habits, physical activities, hygienic practices, study habits, sleep pattern, spiritual practices, leisure time activities and consumption of particular psycho active substances.

Data collection procedure

The main study was conducted at Government higher secondary school, Venjaramoodu Thiruvananthapuram District for a period of one week. After obtaining permission from the ethical committee and the Principal of the school, the investigator met the students and the topic was explained to them. One hundred and seventy one plus two students were selected using proportionate stratified random sampling technique. They were assured that all the data would be kept confidential and would be used only for the study purpose. An informed consent was taken from all subjects individually after explaining the objectives and purpose of the study. After obtaining permission from the subjects, socio demographic proforma and questionnaire were administered and data were collected. Each student took 30-45 minutes for completing the questionnaire. The overall experience was good.

Results

Majority of students (67.8%) were in age of 17 yrs. Females (56.7%) were more in number as compared to males (43.3%) students. Majority of the students (83.6%) were Hindus. Distribution of students according to the educational status of their parents showed that that majority (54.4%) of the fathers had a high school certificate while mothers (47%) were post graduates. Distribution according to occupation of parents showed that majority (56.7%) of the fathers were daily wages and mothers (76%) were house wives. Distribution according to monthly income showed that majority 69 (40.40%) of students family belonged to the income range of less than Rs5000. Distribution according to type of family showed that majority of students 151(88.3%) were from nuclear family. Distribution according to area of residence showed that majority (84.2%)were from rural areas.In the present study, majority 123 (71.9%) and 104 (60.8%) of the subjects had satisfactory life style practices in the areas of dietary habits and sleep habits respectively. While study habits was found to be poor for a majority 111 (64.9%) of subjects. Majority 161 (94.2%) of the subjects had good hygienic practices Regarding the physical activity, walking was the most commonest type of physical activity carried out by majority 120 (70.2%) of the students Prayer habits was found to be good and majority 70 (40.9%)of the students had the habit of doing prayer for 2 times a day. Regarding the leisure time activity, majority 161 (94.2%) of the subjects reported watching television as their leisure time activity. Regarding the use of psychoactive substances, majority 170 (99.4%) of the students does not have the habit of cigarette smoking and chewing tobacco, while a minority 20 (11.7%), 11(6.4%) and 4 (2.3%) of the subjects reported of having the habit of consuming wine, beer and alcohol respectively.

Discussion

In the present study, majority 123 (71.9%) and 104 (60.8%) of the subjects had satisfactory life style practices in the areas of dietary habits. The finding is consistent with the study conducted by, P V Kotecha etal (2013)to evaluate the dietary pattern of school going adolescents in selected higher secondary school in urban Baroda, India. A total of 1440 students from 6 to 12 in 7 English medium and 23 Gujarati medium school. Self administered questionnaire is used to collect the data. The result showed that large majority of them (nearly 80%) had consumed regular foods which including green leafy vegetable and nearly half of them consumed chocolate and about one fourth consumed fast foods while 50% consumed bakery items.²⁴

There is a significant association between the dietary habit and socio demographic variable religion. The Chi square value obtained was 0.004 which is found to be significant at $p < 0.05$ with $df = 2$ There was no any significant association found between other areas of life style practices and socio demographic variables.

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