

Effect of Unhealthy Life Style on Anxiety Level of Youth



Medical Science

KEYWORDS :

Dr. Rekha Baxy

Prof & Head, Deptt. Of Psychology, Govt. Auto. Girls P.G. College Of Excellence, SAGAR (M.P.)

INTRODUCTION

Healthy life style plays an important role in keeping a person, healthy, wealthy as well pleasant, so as to enable him to bear his responsibilities in worldly life, smoothly and effectively. Whereas deteriorated life style creates so many physical as well mental worries. No doubt now a day's mental health has become an international problem. Mental disorder is in some way related with the modern competitive life style as well as various events. For the last four decades stress and its management have captured attention of Psychiatrist and medical practitioners. Stress is the outcome of interaction of our body and mind. The causes of stress are many. Some of them can be attributable to environment and other causes are largely with us. Stress can affect an individual's physical and mental health.

For many people a personal life style is not just about health, but also a question about who they want to be. Lifestyle provides frameworks for our identity and tells a story about who we are and want to be, which is often just as important to maintain as one's health.

Health, well being, quality of lifestyle are central concepts within health science, although generally accepted definitions are still lacking. Lifestyle can either be seen as an independent variable and cause of unhealthy behavior or as a dependent variable which is affected by conditions in the society.

A person is healthy truly when he is healthy both physically as well as mentally and emotionally also. This can be achieved if the body and mind is well connected and this well connection is very essential to accept and face challenges of life, to survive peacefully in this competitive world.

Nutrition plays a vital role in keeping one's mental health sound and healthy. Improper diet and nutrition can eventually result in accumulation of excess fat and deterioration of body's metabolism mechanism. This leads to fatigue, headache, insomnia, mild depression and anxiety.

Many diseases can be prevented with a change in diet and proper nutrition. Nutrition therapy has originated over the years into a scientific and comprehensive balance when illness occurs. For many people, environmental factors and nutritional deficiencies are so serious that dietary adjustment alone may be insufficient and high doses of vitamins and minerals may be needed.

Now it is generally accepted that unhealthy lifestyle, is also a reason for nutritional deficiencies, which in turn is responsible for mental strain and due to which person incline towards tobacco and alcohol intake. Anxiety and depression are both significantly correlated to smoking habits. The global score reflecting unhealthy life style was positively associated with the degree of anxiety and depressions.

AIM

The aim of the psychological study was to study the difference in the "Level of anxiety" between the "Smoking and non-smoking youths".

SAMPLING

For this study sample of 30 youths in each category i.e. smokers and non smokers youth, was used by interviewing the youths. Youths from the age group of 18-25 years were selected from Sagar city.

In order to measure the anxiety level between smokers and non-smokers "Sinha Anxiety Test" was used, which are shown in the observation table.

RESULTS

The obtain result shows that level of anxiety was higher in smoking youths as compared to non-smoking youths.

Observation Table for "Anxiety level"

Sr. No.	Statistical measures	Smoking youths N=30	Non-smoking youths N=30	Comparitive analysis
1.	Mean	40.30	18.20	T=8.50
2.	Standard deviation	12.50	7.43	Significant difference found at 0.05 level

DISCUSSION OF RESULT

Above observation table indicates that anxiety level of smoking youth is greater than that of non-smoking youths. In order to find out the significant difference between the two groups on the basis of mean and standard deviation, the t-test was calculated. Value of t-test between the two groups shows a significant difference. Thus the results show clearly that the anxiety level of smoking group is significantly higher.

Anxiety was significantly associated with physical activity in youths. Anxiety was significantly correlated with global habits. The global score reflecting unhealthy life style was positively associated with the degree of anxiety.

There is a strong association between smoking and mental health disorder. Overall smoking prevalence among psychiatric patients is two to three times higher than among the general population, ranging from 40-50% among people with depressive and anxiety disorders to 70% or higher among patients with schizophrenia. People with mental health problem significantly smoke more and have increased level of nicotine dependency and are therefore at even greater risk of smoking related harm than the general population and is associated with an increased prevalence of all mental health illness and higher suicide rates. It is not clear whether smoking is the cause of effect of mental illness. However, researchers believe that smoking could act as a trigger for mental ill health.

The results obtained by this study are based on a small sample, so it cannot be generalized.

SUGGESTIONS

In order to prevent our youths from smoking, following effective steps should be taken:

Propagation of healthy lifestyle among youths should be enhanced effectively.

Psychological aspects of smoking youths should be understood at family level.

Proper guidance and psychological counseling should be provided.

Value based education should be provided at every level so as to maintain the moral values in the society.

As the youths are influenced by the media very much, all the sources of media should propagate the moral values and positive aspects of healthy life style.

REFERENCE

1. Brad burn, N (1969), the structure of psychological well being, New York. | 2. In Parihar, N (2009), Emotional intelligence and psychological competence in relation to subjective well being of married educated Indian women, Awadhesh Pratap Singh University, Rewa Pg 59,61,66,11,12. | 3. Veen hoven, R (1984), Conditions of happiness, Dordvecht D. Roedel publishing company. | 4. Svensson, O and hallbery, L (2011), Qualitative studies on health and well being. |