



Changing Habits and its Effects on Health – An Invisible Threat Among Young Adults

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ABSTRACT	<p>Change is the only permanent thing and our survival depends on the ability for us to face the challenge of that change. Today's young generation is tomorrow's leaders. They are in a huge social and lifestyle change era. If the Young adults want to achieve their big dreams, they need to be healthy. But, for today's Young adults, health takes a back seat when it comes to entertainment and gadgets. The interest among Young adults in developing healthy habits like practicing yoga and other physical activities are very low. They go behind video games, whatsapp, facebook etc., which leads to lots of health hazards. So, this project is a humble initiative to find out the habits of Young adults and to create awareness on the effect of the changing lifestyle on their health. The study was conducted with a questionnaire containing questions on habits related to usage of electronic gadgets , physical exercises and food habits. The frequency of illness related to these habits was also measured. The survey was conducted among 88 Young adults in Gandhinagar between the age group 12 and 22. The results were quite surprising. Only 26 respondents follow healthy habits like doing yoga, meditation, cycling etc., But, 82 of the respondents use whatsapp, facebook and internet every day, results in around 68 respondents suffering from tiredness and sleepiness. 20 respondents have obesity issues. So, it is very clear that Young adults are moving towards an unhealthy lifestyle, which has to be addressed immediately.</p>
KEYWORDS	habits, health, Young adults , illness

Introduction:

Everyone in this world runs a race to earn fame. In this process, people ignore health and fail to adopt a healthy lifestyle. Today's Young adults are attracted towards electronic gadgets for entertainment and fun. Kids coming out and playing has drastically reduced and we witness a sharp increase in health issues due to this sedentary lifestyle. A study among Canadian children had found that a quarter of children and youth are now obese and physical fitness has now declined.(Colley et al., 2011). Physical activity and health are highly associated, especially in Young adults. The health benefits are greater, if they involve in more physical activities. (Janssen & LeBlanc, 2010). A decrease in physical activity and an increase in consumption of junk food is the prime concern behind this research initiative. A study in Punjab has also shared that the obesity among adolescents were 3.5% and 15% boys and 10.5% girls were overweight. The prime reason behind obesity is watching television and using computers. (Aggarwal, Bhatia, Singh, & Sobti, 2008). Sedentary life style, not only leads to health hazards, but also affects mental health. A higher physical activity improves the planning activity of people, shares a study. (van der Niet et al., 2015). Schools and parents play a major role in encouraging physical activity among children. A study in Australia has found that children studying in a particular school do higher physical activities than those who shifted to other schools, as the staff members in that school encourage them to play during recess and lunch and also motivate them to

come to school by cycle. (Marks, Barnett, Strugnell, & Allender, 2015). The current study was undertaken to find out the changing habits among Young adults in Gandhinagar, Gujarat. The research was done as a part of the National Children Science Congress project competition.

- Objectives:**
- To find out the level of healthy habits like yoga , meditation and cycling practiced by Young adults.
 - To find out the level of unhealthy habits like gadgets usage, junk food consumption practiced by Young adults.
 - To find out the common health issues frequently faced by Young adults.
 - To find out the role of schools, parents and individuals in developing healthy habits.

Research Methodology:

A questionnaire was prepared asking various habits of Young adults and the time spent by them for those habits. A survey was carried out among 88 children form school and college level, aged between 12 and 22 by convenience sampling method. A total of 103 questionnaires were collected, out of which only 88 turned usable, as the remaining were incomplete in responses.

Data Analysis:
Table 1: Various habits among Young adults and the time spent on each

S.No	Habits	No	Some times	Yes	Frequency			
					Less than 1 hour/day	1-2 hours /day	2-3 hours/day	More than 3 hours /day
1	Watching TV	17	34	37	31	29	8	3
2	Playing after school hours	29	22	37	24	24	11	0

3	Playing during recess	48	25	15	27	9	3	1
4	Playing video games	37	25	26	2	19	7	5
5	Reading whatsapp messages	6	17	65	19	28	17	18
6	Visiting Facebook	22	16	50	28	19	12	7
7	Using headphones	9	25	54	35	17	21	6
8	Playing in week ends	30	29	29	25	16	10	7
9	Cycling	45	26	17	26	12	5	0
10	Walking	17	31	40	39	25	4	3
11	Yoga practice	62	16	10	18	7	1	0
12	Meditation	54	16	17	23	6	9	1
13	Watching movies in mobile phones	10	22	56	27	27	23	9
14	Doing homework using mobile phone	9	27	52	20	27	23	9

Table 2: Food habits among Young adults and the frequency

S.No	Food Habits	No	Some times	Yes	Frequency			
					Less than 2 times/ week	3-5 times /week	5-7 times/ week	More than 7 times / week
1	Eating chips	25	25	38	43	14	5	1
2	Taking cool drinks	29	30	29	40	14	3	2
3	Eating noodles	32	32	28	41	12	3	0
4	Eating burger, pizza	32	38	18	37	10	7	2
5	Eating vegetables	11	9	68	20	23	20	14
6	Having Pani puri	24	32	32	32	8	20	4
7	Taking vegetable soup	26	37	25	43	13	5	1

Table 3: Common health issues and their frequency among Young adults.

S.No	Health issues	Frequency				
		Many times	Few times	Twice	Once	Never
1	Cold and cough	32	45	5	6	0
2	Fever	17	47	9	12	3
3	Feeling sleepy	27	4	6	4	10
4	Tiredness	19	47	5	5	12
5	Body pain and bone issues	5	29	3	12	39
6	Indigestion	7	23	7	11	40
7	Constipation	5	16	8	18	41
8	Diarrhea	4	21	4	13	46
9	Eye problems	11	19	4	16	38
10	Food poisoning	4	18	9	12	45
11	Obesity and Fat issues	9	10	2	7	60
12	Vitamin deficiency	10	11	6	12	49

The above tables clearly state that young adults use gadgets for a longer time. Children using whatsapp, facebook and mobile phones are more in number and those who go for cycling, doing yoga and meditation are very few. There is an increase in number of young adults taking pizza, burger and maggi. 82 out of 88 respondents use whatsapp and 18 out of them are using it for more than 3 hours per day. And around 79 respondents use headphones to hear music and watch movies in mobile phones and even do homework by referring internet in mobile phones. So, it is very clear that a huge number of young adults are with mobiles for every part of their life. As there is a large association between health issues and the usage of mobile phones, the present scenario will clearly put tomorrow's leaders in trouble. In the other end, 62 out of 88 never tried yoga and 56 out of 88 have never done meditation.

Moreover, the food habits of respondents are also witnessing a vast change. More than half of the respondents are consuming pizza, burger and maggi. Even though the respondents opined that they consume vegetables regularly, the increase in consumption of junk food is a cause of concern.

The survey also tried to find out the general health issues that the young adults face frequently. Surprisingly, 66 out of 88 have opined that they feel tired often and 31 out of 88 have said that they feel sleepy often. Young adults who have eye problems, obesity problems and vitamin deficiency is also alarmingly large. There is a high association between habits of respondents and the common illness that they are facing. There is a sharp increase in unhealthy habits with the dearth of physical exercises.

The survey has also found that the role of parents, schools and self should be more intense towards reducing unhealthy habits and increasing physical activities among young adults.

Conclusion:

We have a huge responsibility of creating awareness towards the ill effects of changing lifestyle among young adults, the future of our country. This study clearly shows that the life style has drastically changed towards a negative side with lots of unhealthy habits. We witness lots of awareness campaigns on swine flu, dengue etc., But we never had any such campaigns on the invisible threat of changing life style, which is more hazardous. Authorities should create campaigns to re-

duce the gadget usage by sharing the ill effects of continuously using it. Moreover, schools and parents should encourage young adults to increase physical activities and should thoroughly ban the unhealthy habits, both food and physical activity. All schools shall start yoga classes and the authorities should take right actions on distribution of unhealthy food packages in market. This study can also be conducted in a large scale to find the depth of present tech savvy life style among young adults, which has to be addressed in an urgent basis.

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