



RECONCEPTUALISING HEALTHY LIFESTYLE – EXPLORING INDIVIDUAL’S MANNER OF LIVING

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ABSTRACT:

Background: Health is an integral part of lifestyle. The main purpose of this study is to explore the major lifestyle factors among the people aged between 15-40 years, in an effort to improve their behavior and reduce the risk factors for major diseases. **AIM:** To explore manner of healthy living and eating perceptions of individuals on daily basis. **OBJECTIVE:** To assess the basic lifestyle pattern of individual. To examine the eating habit of individual on daily basis. To study the effect of physical exercise. **METHODS:** The prospective observational study was conducted by circulating questionnaire. The Questionnaire has questions related to healthy lifestyle, physical activities and eating habits and totally 74 people were taken during the study period of one month. **RESULT:** perspectives about the importance of nutrition in lifestyle related conditions were limited and this was apparent in respondents’ dietary habits. **CONCLUSION:** This survey gives evidence-based recommendations for maximal health compared with beliefs about other lifestyle related attributes.

IndexTerms - Diet, eating habit, healthy lifestyle, mental health, physical exercise.

1.0 INTRODUCTION

A healthy lifestyle is not just exercise. In general most of us would agree that a healthy person does not smoke or drink alcohol, is at a healthy weight, eats a balanced health diet, thinks positively, feels relaxed, exercises regularly, stays active throughout day and benefits from a good life balance. Lifestyle also includes day to day behavior and functions of 598life are correlated to lifestyle and because of this illness such as cardio-vascular, disability, problems like joint and skeletal, overweight etc and sometimes even leads to death [1].

Healthy diet and physical exercise are a key for current and future good health. An effective fitness routine involves exercise that works with current health and lifestyle. If there is no exercising, then one must start a fitness routine for a small amount of time and then gradually increase and strengthen. The advantages one gets by following healthy lifestyle is the steady flow of stamina and strength. Following healthy lifestyle, results in balanced and varied diet that provides essential nutrients and energy to your body. Exercising build muscles to support bones and joints and therefore it reduces the risk of falling and fracture. With physical exercise one should also follow a healthy diet by eating Enatural, whole food and commitment to avoid food items high in fat and oil [2]. Basic diet and nutrition aid a person in many ways. Eating the correct amount of nutrients is essential for the body’s proper functioning. Basic nutrition is the fuel that a body needs to operate. Due to poor nutrition individual can undergo risk of various medical problems including diabetes, heart disease, hypertension, iron deficiency. An undernourished person may feel unwell on a daily basis, potentially experiencing depression and low immunity [3].

Eating behavior is defined as “normal behavior related to eating habits, selecting foods that an individual eats; culinary preparations and quantities of ingestion”. Eating behaviors is a very important aspect of life because it can affect long term health outcomes [4]. Many individuals are at higher risk unhealthy eating behaviors with inadequate intake of nutrition and some of these behaviors include irregular meals, skipping breakfast, reduced intake of vegetables and fruits and increased consumption of fried food [5]. In the last three decades, lifestyle-related health problems among youth have become complicated given a simultaneous rise in the incidence of obesity and diabetes and with a desire to lose weight by adopting unbalanced diets [6]. “Healthy” food choices such as eating fruits and vegetables have not only physical but also mental health

benefits and might be a long-term investment in future well-being [7]. There has been evidence of the relationship between diet and health, and this causes health to be more cited reasons for dietary changes [8]. Thus, and as stated before, the interest of this paper concerns healthy lifestyle by following a proper diet on daily basis and exercising regularly.

2.0 MATERIALS AND METHODOLOGY

A Prospective observation study with random sampling technique was done. Over seventy people were taken for the survey. The study was conducted by circulating questionnaire through online mode. All the people included in this study were aged between 15-40 years and assess the basic lifestyle pattern, eating habits, and the effect of physical exercise on the individual. The exclusion criteria is someone who have been operated in the past one month when the questionnaire was conducted. The questionnaire has Various details such as demographic data (name, age, sex), sleeping pattern, meditation habit, if diagnosed with some diseases, usage of electronic gadgets, if on some medication, workout pattern, intensity of the workout, consumption of fruits and vegetables in the diet, consumption of dietary supplements was obtained.

3.0 RESULTS AND DISCUSSION

Seventy six individuals completed the questionnaire, a 100% response rate at which 28.9 % (22) were male and 71.1% (54) were female. The respondents age range from 16 to 33 years in the following age group: 51.4% (39) were between 16 to 20 years and 30.2% (23) were between 21 to 24 years, and 18.4% (14) were between 25 to 33 years.

3.1 Basic lifestyle pattern:

In response to question on sleeping duration 32.9% (25) do not sleep for 7-8 hours every day and 67.1 % (51) do sleep for 7-8 hours every day.

On question what do you go for taste over health, health over taste or balance of both 10.5 % (8) go for taste over health and 1.3 % (1) prefer health over taste and others that is 88.2 (67) go for balanced diet.

While observing the amount of water they consume every day it was observed that 57.9 % (44) drinks two litres, 26.3 % (20) drink 3 litres, 11.8 % (9) drink less than 1 litre and 3.9 % (3) drink more than 3 litres every day.

While observing the mental health we also found that 84.2 % (64) do not meditate and 15.8 % (12) do meditate which shows that people are not much concerned about mental health as much as physical health.

Survey on usage of electronic gadget shows 59.2 % (45) use more than 120 min per day, 27.9 % (21) use 90 to 120 min per day, 11.8 % (9) use 60 to 90 min per day and 1.3 % (1) use 30 to 60 min per day.

When looking into to disease condition overall 93.4 % (71) have not been diagnosed with any disease, 3.9 % (3) has blood pressure [BP], 1.3 % (1) has diabetes, 1.3 % (1) has been suffering from asthma, 1.3 % (1) live through irregular heartbeat. In respect to the question on medication 88.2 % (67) answered that they were not on medication and 11.8 % (9) answered that they are on medication.

52.6 % (40) feel tired, fatigue or sleepy during the daytime and 47.4 % (36) do not feel tired, fatigue or sleepy during the daytime. While looking out on the type of sports, 67.1 % (51) replied that they are not into any sport and 32.9 % (25) replied that they are involved in sports.

When asked what kind of occupation you are in 77.6 % (59) conveyed demands mostly sitting and 22.4 % (17) conveyed demands mostly standing.

3.2 Workout:

Out of all the responses 66.5 % (46) state that they don't work out and 39.5 % (30) state that they workout. Out of the 46 respondents that workout, 43.3 % (13) work out 4-5 days/week, 33.3 % (10) work out 1-3 days/week and 23.3 % (7) work out 6-7 days/week. Amongst respondents who work out the intensity is 73.3 % (22) work out moderately, 3.3 % (1) vigorously and 23.3 (7 respondents) both moderately and vigorously. Among the respondents who don't work out when asked for barriers for not working out 54.3 % (44) expressed lack of time, 39.2 % (18) did not feel the need, 4.3 % (2) feels lazy and 2.2 % (1) is not regular.

3.3 Eating habit:

When question was put on percentage of vegetable consumption in their diet 40.8 % (31) consumes 50% - 30% of vegetable in their diet, 35.5 % (27) consumes 70% - 50% of vegetable in their diet, 11.8% (9) consumes less than 30% of vegetable in their diet and 11.8% (9) consumes more than 70% of vegetable in their diet. In response to the question how frequently they eat outside 47.4 % (36) eat 1-3 days/week, 36.8 % (28) eat 1-2 days/week, 2.6 % (2) eat 4-7 days/week and 13.2 % (10) eat outside very rare. 55.3 % (42) do not consume fruits on daily basis and 44.7 % (34) consume fruits on daily basis. 97.3 % (74) of all respondents do not follow any particular diet whereas other two respondents follow intermediate. When question asked on consumption of any vitamin or dietary supplements 90.8 % (69) do not consume any supplements and 7.9 % (6) consumes supplements.

4.0 DISCUSSION:

The result of the study shows that majority of respondents follow a moderate lifestyle. Sleeping pattern of the respondents is satisfactory. For majority of the respondents taste and health go hand in hand. It was found that most of the respondents are not able to meet the water requirement because majority of respondents drink only 2 litres of water per day. Meditation is a key to good mental health despite this more than 80 % do not meditate. Around 60% of the respondents spend more than 120 min on their electronic gadgets. The findings from the present study shows positive results that the set people of this age group have not been diagnosed with any disease, but some are also diagnosed with blood pressure, diabetes and irregular heartbeat. More than 50% of the respondents feel tired, fatigue or sleepy during the daytime one of the reasons could be not working out. More than

75% of the respondent's occupation demands mostly sitting which makes working out even more important. Among the respondents who work out most of them workout for 4-5 days/week. The survey shows moderate intensity prevails among people who work out. The main observation from the study is that the response for not working out is comparatively higher than those who do, thus increasing the risk of ill health. The barriers of the respondents who don't work out is lack of time. Due to changes in eating habits the consumption of vegetables has drastically got down that 40% of respondents consume only 30% of vegetables. The trend in food marketing has been attracting most of the individuals resulting in 50% eating outside 1-3 days per week. Apart from this, 94% respondents don't follow any diet. There are also respondents who take supplements for vitamin c and omega 3. Using the feedback of this survey would bring modification in lifestyle and thus motivating for engagement in restorative health related lifestyle practices.

5.0 CONCLUSION:

To the best of our knowledge, the study shows deterioration on importance of healthy lifestyle. Most participants who answered the questionnaire were youngsters. Our findings not only provide basis for healthy lifestyle but also empirical results for marketers in food industry and promote eating perceptions among people. In conclusion, the study showed discrepancy between lifestyle related practices and lifestyle literacy.

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