



A DESCRIPTIVE STUDY TO ASSESS THE IMPACT OF MODERN LIFESTYLE ON ACADEMIC PERFORMANCE AMONG THE STUDENTS OF SELECTED COLLEGES OF HIMACHAL PRADESH.

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Abstract

A healthy lifestyle includes practices such as proper nutrition, regular exercise, adequate hours of sleep, avoiding substance abuse. Many Research project have shown that there is a correlation between lifestyle and academic performance, while other found that modern lifestyle is not consistent with academic achievements. We wanted to examine the association between modern lifestyle and academic performance among the students of selected colleges of Himachal Pradesh. A descriptive study was conducted in selected colleges of Himachal Pradesh. The data for the study has been collected with the help of self-structured questionnaire from 360 students. The data was analysis by using SPSS. The data was analyzed in term of descriptive and inferential statistics. The result revealed that majority of students had Moderate impact of lifestyle on their academic performance. There was no significant association between socio-Demographic variable i.e., Age, Gender, Educational status, Residential area, Place of staying, Year of study and impact of modern lifestyle at p value <0.05 Level of significance. The study concluded that most of the Undergraduate and postgraduate students have moderate impact of modern lifestyle on their academic performance

I. INTRODUCTION

Life style is the way of living of an individual, and how they manifest their day-to-day activities. Lifestyle is referred to the characteristics of inhabitants of a specific region in special time and place. It includes day to day behaviour and functions of individuals in job, activities, fun and diet. Lifestyle involves an individual's motives their needs, opinions, interests, attitude and their self-image and concepts.¹

Physical fitness as well as nutritional assess are major evolutionary drivers across all animal species. In modern societies both of these factors have become highly modifiable principally allowing survival despite a sedentary lifestyle in an environment of virtually limitless caloric access. This has led to an evolutionary mismatch for which we are paying the price of increasing non communicable disease. Physical activity partially reverse conditions associated with our modern lifestyle and can be employed as preventive strategies or medical interventions.²

In recent years due to modernization and industrialization there is rapid evolution of modern lifestyle. Modern life style has served mankind by easing people life, where modern lifestyle has number of advantages, on the other hand modern lifestyle pattern have negative impact on most of the health aspects one of these modern ways of living is the intake of fast foods. This is due to specific

reasons such as the short time specified for eating and choosing healthy food. Lack of physical activity in combination with fast foods leads to bad effect on the health. Recent years have witnessed a rapid change in lifestyle. There are wide range of changes as high fat and high calorie diet, telecommunication devices as smart phones, use of social media and easy availability of goods and services. Recently, most people are addicted to the use of social media. Poor academic performance has been linked with the particular lifestyle behaviours, such as unhealthy diet pattern, short sleep duration, high screen timing and low physical activity. Now days many students are spending most of the time on the screen, it became their daily routine. In students' life because of this addiction communication, self-concepts and their academic performance are affected.³

Influence of Modern Lifestyle On Study Habits

Modern lifestyle is a way of living of individual, families and societies, which they manifest coping with their physical, psychological, social, and economic environment on a day-to-day basis. Lifestyle is expressed in both work and leisure behaviour patterns and in activities, attitudes, interests, opinion, values, and allocation of income. Modern lifestyle has number of advantages which includes easing people's life, saving hundreds of people's lives by new development of medicine and vaccines. On the other hand, different modern lifestyle patterns have negative effects on health physically, psychologically, and socially. One of these modern ways of living is the high intake of fast food. This is due to specific reasons such as the short time specified for eating and choosing healthy food. Lack of physical activity combination with fast foods leads to bad effects on the heart's health. Use of high technologies machines is another way of modernity. Although use of these machines has helped in saving the time to do a lot of tasks, the wrong use of them will indirectly affect health.⁴

The continual development of technology has provided with wide range of options and opportunities. The advancement in new technology makes life easier and efficient. With advances in technology student study habits have dramatically changed. Technology has affected the way teachers present information; therefore, students are learning and studying differently. Gone are the days of slaving our books in library and scribbling down notes on paper.²⁹ All the patterns of our lifestyle have an impact on study habits. It really helps students in making their homework with technology. In other words, technology helps to empower students to have greater control over the learning process, with all these benefits associated with active learning and personal responsibility. Students were become heavily depended on the technology and do not realize on how the technology will effect on their productivity. There is increased modernization day by day and with the use of technology there is significant reduction in the physical activities of the people, which further has consequences for the health of the individual. On the path to personalizing learning, technology empowers students by giving them ownership of how they learn, making education relevant to their digital lives and preparing them for their futures. With technology and access to resources beyond classroom walls, students are inspired to become problem solvers, critical thinkers, collaborators, and creators. Where technology has been successfully integrated into classrooms, students develop a lifelong love of learning.⁵

Technology in education and the right devices in students hand helps prepare them with the carrier and technical skills they need to be successful today and in tomorrow's workforce. Relevant learning experiences in STEAM can inspire creativity, help students apply meaning to their learning, and prepare them for future carrier opportunities and jobs that haven't even been created yet. Specific skills in coding, programming, physical computing, and computation thinking have become common requirements in workforce. Though making, students can gain these skills and hone their problem solving and critical thinking skills for the 21st century. Learning by doing with maker mindsets and environments can be very engaging when designed and integrated with the right technology.⁶

II. OBJECTIVES OF THE STUDY

1. To assess the impact of modern lifestyle on the academic performance of students.
2. To understand and analyse the effect of current lifestyle habits on the students.
3. To find association of impact of modern lifestyle with selected socio demographic variables.

III. METHOD

A quantitative research approach was adopted for the present study. The Present Study was conducted in the selected colleges of Himanchal Pradesh. Among the Undergraduate and postgraduate students of private and government Institutes studying in selected colleges of Himachal Pradesh. The self-structured questionnaire was prepared to assess how modern lifestyle can affect academic performance. The questionnaire was divided into two section:

SECTION – A: SOCIO-DEMOGRAPHIC DATA

The characteristics and attributes of the study subjects are considered as socio-demographic variables. In this study socio-demographic variable includes Age, gender, residential area, place of staying, educational status, year of study.

SECTION-B: SELF STRUCTURED QUESTIONNAIRE

Questionnaire was developed to assess the impact of modern lifestyle. It contains 24 questions to assess how modern lifestyle affect academic performance.

SCORING CRITERIA TABLE

0-18	Poor
18-36	Moderate
36-54	Good
54-72	Very Good

Reliability of tool was obtained from split half method i.e. 0.94

IV. RESULTS

Table 1: Frequency and percentage distribution of socio-Demographic Variable

S.NO.	DEMOGRAPHIC VARIABLE	FREQUENCY (n)	PERCENTAGE (%)
1.	Age of participants (in years)		
	18-19	126	35.0%
	20-21	94	26.1%
	21-22	90	25.0%
	23 - above	50	13.9%
2.	Gender		
	Male	175	48.6%
	Female	185	51.4%
3.	Educational status		
	Undergraduate	278	77.2%
	Postgraduate	82	22.8%
4.	Residential area		
	Urban	105	29.2%
	Rural	204	56.7%
	Semi urban	51	14.2%
5.	Place of staying		
	Hostel	98	27.2%

	Day scholar	262	72.8%
6.	Year of study		
	First year	102	28.3%
	Second year	103	28.6%
	Third year	105	29.2%
	Fourth year	50	13.9%

Figure 2: Percentage distribution of impact of modern lifestyle on academic performance among students

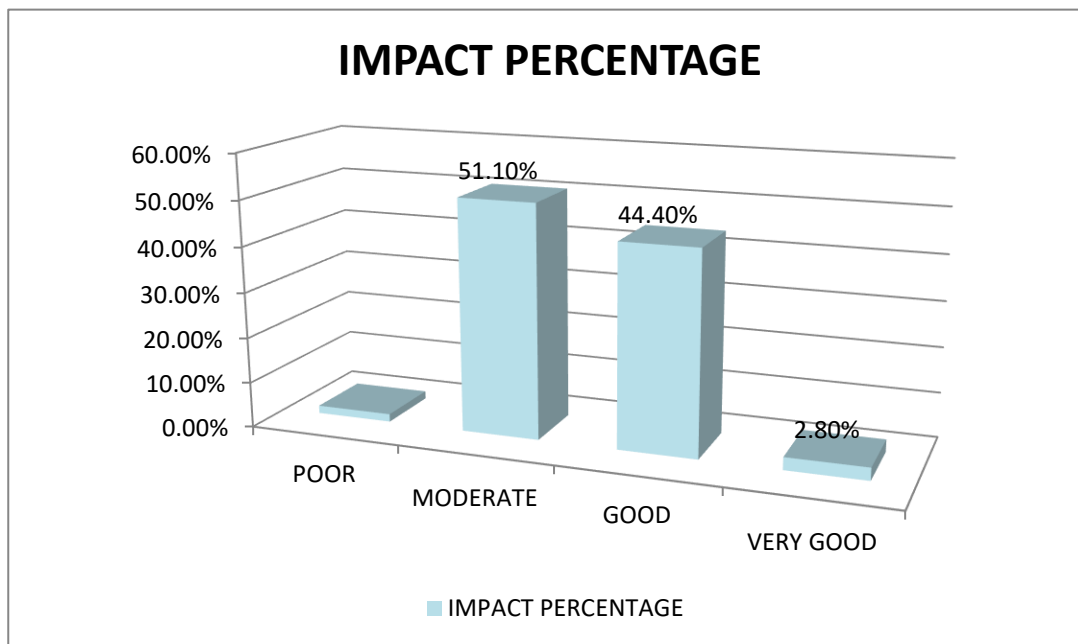


Table 3: Association of socio demographic variables with impact of modern lifestyle

S.NO	VARIABLES	VERY GOOD	GOOD	MODERATE	POOR	Df	p-value
1.	Age of participants						
	18-19 years	4	63	56	3	1	0.33
	20-21years	4	45	44	1		
	21-22years	2	32	54	2		
	23 above	0	20	30	0		
2.	Gender						
	Male	6	76	92	1	1	0.662
	Female	4	84	92	5		
	Other	0	0	0	0		

3.	Educational status Undergraduate Postgraduate	10 0	120 40	143 41	5 1	1	0.891
4.	Residential area Urban Rural Semi urban	2 6 2	42 95 23	60 99 25	1 4 1	1	0.316
5.	Place of staying Hostel Day scholar	2 8	41 119	54 130	1 5	1	0.494
6.	Year of study First year Second year Third year Fourth year	2 4 4 0	47 54 35 24	51 43 65 25	2 2 1 1	1	0.341

V. MAJOR FINDINGS OF THE STUDY

Findings related to the demographic profile

- The frequency and percentage computation of study subject shows that 35.0% were in age group of 18-19 years, 26.1% were in age group of 20-21 years, 25.0% were in age group of 21-22 years and 13.9% were in age group of 23- above.
- The sample showed that 48.6% were Male and 51.4% were Female, 27.2% students were residing in the Hostel were as 72.8% were Day scholars, 28.3% students were studying in first year, 28.6% second year, 29.2% in third year, 13.9% in fourth year.
- The Educational status i.e., 77.2% were undergraduate and 22.8% were Postgraduate.
- The Sample showed that 29.2% were residing in the Urban area, 56.7% were Rural area and 14.2% were residing in Semi- Urban area.

Findings related to association of Impact of Modern lifestyle on Academic performance

- Chi-square was used to check the association between socio-Demographic variable and impact of Modern lifestyle.
- Results of the present study shows that most of the subjects fall in the category of Moderate impact (18-36) on their Academic performance.
- There was no significant association of Socio-demographic variables i.e., age, gender, educational status, residential area, year of studying, place of staying

Findings related to the impact of Modern lifestyle

The results reveal that 1.7% students with poor impact, 51.1% students with Moderate impact, 44.4% students with Good impact, 2.8% were with Very good impact.

VI.SUMMARY

The present study was descriptive in nature undertaken to evaluate the impact of modern lifestyle on academic performance among the students of selected colleges of Himanchal Pradesh.

The objective of the study was to assess the impact of modern lifestyle on academic performance and to understand and analyzed the effect of current lifestyle habits on the students of selected colleges of Himanchal Pradesh with the selected demographic variables i.e., age, gender, residential area, place of staying, educational status, year of studying. the study was delimited to the undergraduate and postgraduate students of selected colleges of Himachal Pradesh.

A quantitative approach, descriptive design and simple random sampling technique were used in the study sample size 360. Pilot study was done on the one tenth of the sample size from Akal College of Nursing, Baru Sahib on 9 february,2022 to ensure the reliability and feasibility of the study. Main study was carried out on 360 sample size and was conducted on student of selected colleges of Himanchal Pradesh. Analysis and interpretation were done according to the objectives of study. Descriptive and inferential statistics was used in data analysis bar diagram was used to depict the major finding.

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