

A STUDY ON THE EFFECT OF FOOD HABITS AND LIFE STYLE ON THE HEALTH OF ADOLESCENTS: IN CONTEXT OF DHANBAD DISTRICT

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ABSTRACT

The present study investigated the prevalence of life style and eating habits related concerns among adolescents. The data was collected from 300 adolescents studying in the two main institutions situated at Dhanbad district. The study documents the multiple concerns related to inappropriate dietary practices (fast food consumption, cold drinks, low fruits and vegetable intake), irregular sleeping habits, less religiosity, mild activity pattern, unhealthy daily routine and pursuance of different forms of risk behaviours. Nutrition behaviour and lifestyle pattern were studied using the standardized schedule. The collected and analysed data showed that there is a positive correlation between the health status, life style and dietary habits.

Keywords: Lifestyle, Eating Habits, Adolescents, Laziness, Irritability, Health

1. INTRODUCTION

Adolescence is a critical period in life, because major physical and Psychological changes occur during a very short period of time. Nutritional issues in adolescence are mainly characterized by increased energy and nutrient requirements and changes in dietary habits, which could induce different types of nutritional disorders and are likely to track into adulthood.

According to Lalonde's health field concept, the most important factor influencing health is a lifestyle. [Tulchinsky \(2018\)](#) Inadequate lifestyle habits have led to a rise in overweight and obesity in young populations. Excess weight in the young population has serious health implications. The frequencies of endocrine,

metabolic, orthopedic, and psychological disorders are significantly higher in adolescents with obesity than in peers with normal body weight. Research indicates that appropriately 80% of obese adolescents will remain obese in adulthood. [Hamulka et al. \(2018\)](#)

Adolescence is a period of many essential changes in physical, psychological and social growth. It is also a key period in developing lifestyle and nutritional behaviours that may have various health implications for young individuals. One of the lifestyle components that are crucial for adolescent growth is a well balanced diet. [Błaszczyk et al. \(2019\)](#)

Many authors highlight among the young generation, including their choices regarding eating. [Buyuktuncer et al. \(2018\)](#), [Lobstein et al. \(2004\)](#) The most common nutritional mistakes committed by adolescents are eating meals irregularly, including omitting breakfast, [Błaszczyk et al. \(2019\)](#) consuming an improperly balanced diet and consuming large amounts of highly processed products and sweetened beverages. [Rodrigues et al. \(2017\)](#), [Bruening et al. \(2014\)](#)

The “National Programme for the Prevention of Overweight and Obesity” was a response to the ideas contained in the charter, signed by the Polish Minister of Health in 2006. [Jarosz \(2006\)](#) One of the two specific objectives of the study programme included preventing overweight and obesity, improving nutrition quality and physical activity of adolescents. As studies have shown, there has been no success in reversing and even stopping the trend of increasing obesity. [Spinelli et al. \(2019\)](#), [Brito et al. \(2008\)](#)

The primary purpose of this study is to characterize nutritional behaviours and life style of adolescence and their knowledge about lifestyle as well as food and nutrition in the context of the risk of developing the complications. The secondary aim of this study is to recognize the effect of life style and dietary behaviours on the health of adolescents.

The main objectives of the study are

- To study the life style of the adolescents.
- To study the general health of adolescents.
- To study the effect of changed life style and irregular food habits on the health of adolescents.
- To make aware the adolescents about the bad effects of irregular life style and food habits on their health.

2. MATERIALS AND METHODS

The study group consisted of 300 adolescents (150 girls and 150 boys) ranging the age group between 17 years to 22 years. The participants are studying in two institutions situated at the heart of the city. This study was carried out to assess the dietary habits and lifestyle of adolescents and its effect on their physical and mental health. Schedule has been prepared for collection of necessary information regarding the life style and dietary habits of selected adolescents. The parents of the selected candidates have also been involved to know about the life style and dietary habits of their wards. Schedule, observation, interview and sampling methods have been used for collection and analysis of data. Statistical techniques also been used for the authentication of study.

3. RESULT AND DISCUSSION

“A study on effect of food habits and life style on the health of Adolescents”, has been conducted on 300 adolescents. The data collected and revealed on different aspects of the effect of life style and dietary habits of adolescents on their physical and mental health.

Table 1

Table 1 Percent Distribution of Awareness Among Adolescents Towards Balanced Diet and the Reasons to Avoid the Balanced Homemade Food.

Target Group = 300					
Awareness towards balanced diet during adolescence	Description	Adolescent Boy (150)	% Distribution	Adult girl (150)	% distribution2
Awareness among adolescents towards balanced diet	Less	47	29.3	45	30
	More	72	48	70	46.6
	Too Much	34	22.6	35	23.3
Awareness among parents towards balanced diet	Less	40	26.6	54	36
	More	68	45.3	62	41.3
	Too Much	42	28	34	22.6
Awareness towards diet among hostellers	Less	76	50.6	77	51.3
	More	42	28	43	28.6
	Too Much	32	21.3	30	20
Reasons to avoid the home made food by adolescents	Busy life style	28	18.6	24	16
	Tendency towards junk food	65	43.3	68	45.3
	Easy availability of food	45	30	44	29.3
	Economic capability	12	8	14	9.3

The data reveals that among adolescent boys the awareness about balanced diet is 48% while this is 46.6% among adolescent girls. 28% parents are more aware towards balanced diet while 22.6% parents are highly aware towards balanced diet. 43.3% of adolescent boys and 45.3% of adolescent girls have attraction towards junk food and they avoid the home made food.

Table 2

Table 2 Percent Distribution of the Effect of Junk Food/ Fast Food on the Health of Adolescents.

Target Group - 300					
The quantity and the frequency of consumption of fast food.	Description	Adolescent boy (150)	% distribution	Adolescent girl (150)	% distribution
Consumption of Fast Food/ Junk Food	Very little	21	14	18	12
	Little	52	34.6	55	36.6
	More	44	29.3	47	31.3

	Too Much	33	22	30	20
The quantity and the frequency of consumption of fast food/ junk food	Daily	42	28	32	21.3
	Once in 2-3 days	68	45.3	58	38.6
	Once in a week	28	18.6	38	25.3
	sometimes	12	8	22	14.6

On the basis of data revealed, it is found that 22% adolescent boys and 20% adolescent girls consume too much fast food. 28% adolescent boys and 21.3% adolescent girls consume fast food/ Junk food almost daily.

Table 3

Table 3 Percent Distribution of Effect of Drug and Alcohol Intake on the Physical and Mental Condition of Adolescents.					
Target Groups – 160					
Effect on Physical & Mental condition after intake of drugs	Description	Adolescent Boy (90)	% Distribution	Adolescent girl (70)	% distribution
Physical Conditions	Bodyache	18	20	13	18.5
	Headache	28	31.1	22	31.4
	Laziness/ tiredness	32	35.5	25	35.7
	Nauseous	12	13.3	10	14.2
Mental Condition	Irritability	29	32.2	23	32.8
	Memory Loss	11	12.2	9	12.8
	Mental fatigue	27	30	21	30
	Sleeplessness	23	25.5	17	24.2

On the basis of data revealed it was found that often intake of drugs and alcohol 20% adolescent boys and 18.5% adolescent girls were suffering from bodyache while 35.5% adolescent boys and 35.7% adolescent girls were have laziness and tiredness.

25.5% adolescent boys and 24.2% adolescent girls are suffering from sleeplessness as the mental effect after taking drug.

Table 4

Table 4 Percent Distribution of the Problems Related to Lifestyle of Adolescents and the Ill Effects of Spending Time on Social Media and Staying up Late.					
Target Group – 300					
Problems related to life style and ill effects of spending time on social media and staying up late.	Description	Adolescent boy (150)	% distribution	Adolescent girl (150)	% distribution
Life style related problems	Laziness	22	14.6	24	16
	Sleeplessness	57	38	59	39.3
	Drug abuse	38	25.3	36	24
	Health problem due to other habits	33	22	31	20.6

The side effects of staying up late and spending time on social media	Headache	36	24	35	23.3
	Stress Problem	58	38.6	63	42
	Problem of weight raise	34	22.6	33	22
	ill effect on work efficiency	22	14.6	19	12.6

The data revealed, analyzed and found that 38% adolescent boys and 39.3% adolescent girls are facing the problem of insomnia after spending much time on social media. The problem of stress, headache and ill effect on work efficiency was also observed.

To verify the authenticity of datas and to prove the correlation between life style, eating habit and mental & physical health, statistical analysis was done. The result of T – test and chi- square test indicates that there is not much gender based difference.

Correlation Analysis indicates that there is strong relationship between education, awareness and family background. Regression Analysis shows that awareness towards balanced diet affects the fast food intake most.

4. CONCLUSION

The data collected and analysed for the above study and the conclusion drawn is that there is direct impact of eating habits and life style on the life of adolescents. Uses of social media for a long time, eating fast food/ Junk food frequently, intake of drugs and staying up late etc. are the habits which have adverse effects on the health of young generation. The young generation is productive and enthusiastic and a little care and discipline will make their future safe & healthy.

CONFLICT OF INTERESTS

None.

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