

PRESENT DAY LIFE STYLE AND ITS IMPACT ON PHYSICAL AND MENTAL HEALTH CONDITIONS

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A way of living of individuals, families and societies, which they manifest in coping with their physical psychological, social and economic environment on a day-to – day basis. Lifestyle is expressed in both work and leisure behavior pattern in activities, attitudes, interest, opinion, values and allocation of income. It also reflects people's self-image or self-concept, the way they see themselves and believe they are seen by the others. Lifestyle is a composite of motivations, needs, and wants and is influenced by factors such as culture, family reference group, and social class.

Life style is referred to the characteristics of inhabitants of a region in special time and place. It includes day to day behaviors and functions of individual in job, activities, fun and diet. In modern Times, life style as an important factor of health is more interested by researchers. According to W H O, 60%of related factors to individual health and quality of life are correlated to life style. Millions of people follow an unhealthy life style. Hence, they encounter illness, disability and even death. Problems like metabolic diseases, joint and Skelton problems, hypertension, overweight, violence and so on, can be caused by unhealthy life style. The relationship of lifestyle and health should be highly considered.

Today wide changes have occurred in life of all people. Malnutrition, unhealthy diet, smoking, alcohol consuming, drug abuse, stress and so on, are the presentation of unhealthy life style that they are used as dominant form of life style. Besides, the lives of citizens face with new challenges. For instance, emerging new technologies within I T such as the internet and virtual communication network lead our world to major challenge that threatens the physical and mental health of individuals. The challenge is the overuse and misuse of the technology.

Therefore, according to the existing studies, it can be said that life style has a significant influence on physical and mental health of human being. There are different forms of such influence. Consanguinity in some ethnicity is a dominant form of life style that it leads to the genetic disorders.

In some countries, the over use of drugs is a major unhealthy life style. Iran is one of country which using the most medications. They prefer medications to other intervention. Furthermore 15 to 40% of cases they use medications about without prescription.

Pain relievers and antibiotics have a negative effect on the immune system, if the individual would be effected by infection, antibiotics will not be effective in treatment. Overall ten percent of those who are self-medicated will experience severe complications such as drug resistance. Sometimes drug allergy is so severe that it can cause death.

Variable of life style that influence on health can be categorized to some items:

Diet is the greatest factor in life style and has direct and positive relation with health. Poor diet and its consequences like obesity is the common healthy problem in urban societies. Unhealthy lifestyle can be measured by (Body Mass Index) $BMI = \text{Weight (kg)} / (\text{height in metres})^2$. Urban life style leads to the nutrition problems like using fast foods and poor foods, increasing problem like cardiovascular. In the short term, poor nutrition can contribute to stress, tiredness and our capacity to work and overtime. It can contribute to risk of development some illness and our health problem such as being overweight, tooth decay, high blood pressure, high cholesterol depression and eating disorders.

A poor diet can lead to energy imbalance and can the risk of become over weight. A poor diet can increase the risk for lung stomach, colorectal and prostate cancer.

For treating general health problems, the exercise is included in life style. The continuous exercise along with health diet increases the health. Some studies stress on the relation of active life style with happiness. On the contrary, not exercise can have adverse health effect. It can make your bones weak, cause your organs to malfunction and cause you gain weight, which might lead to one or more obesity related medical condition, such diabetes or hyper tension.

Sleep can not be apart from life. Sleep disorders have several social, psychological, economical and healthy consequences. Life style may effect on sleep and sleep has a clear influence on mental and physical health. Sleep giving you more energy your immune system. Sleep deprivation increase your risk for chronic illness like diabetes and heart disease. If it continuous lack of sleep an effect your overall health and make you prove to serious medical condition such as obesity heart disease, high blood pressure and diabetes.

Perhaps the most common set of side effect for drugs that work inside your body involves the gastrointestinal system. Nearly any drug can cause an upset stomach though it may any happen to a harmful of people. For drugs used in the outside skin, irritation is a common complaint.

Addiction is considered as an unhealthy life style. Smoking and using other Substance may result in various problems, cardiovascular diseases, asthma, cancer, brain injury. A longitudinal study shows that 30% of people between 18 to 65 year old smoke cigarette permanently.

Though technology has positive impacts on family, it has also a number of negative effects such as health detraction due to introduction of some technology there has resulted to globe warming which has negative effect of individual. Air pollution has resulted to breathing problem to individual.

Advanced technology facilitates the life of human beings. Misuse of technology may result in unpleasant consequences. Using of computers and other devices up to midnight may affect the pattern of sleep and it may disturb sleep. Addiction to use mobile phone is related depression symptoms.

Conclusion:

Life style is referred to the characteristics of inhabitants of a region in special time and place. It includes day to day behaviors and functions of individual in job, activities, fun and diet. Prevention is remedies or activities that aim to reduce the likelihood of a diseases or disorder affecting people. Life style are preventable for children if parents set them on the correct path, as early life decision and influence can impact people later on in life. Life style diseases can be prevented through reduction in smoking of Tabaco. Overweight and obesity can be prevented through a well-balanced lifestyle through healthy eating and exercise. Prevention can come about person undertaking 30 minutes of moderate exercise daily or by doing 150 minutes of moderate intensity exercise a week. All causes of life style diseases can be prevented through giving up smoking and other drugs, reducing ones of alcohol, fatty foods and by engaging in daily exercise.

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