

The Impact of Modern Lifestyle on Health and Well-being Among Postgraduate Students: A Cross-sectional Study in West Bengal, India

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ABSTRACT

Lifestyle is very crucial to a human being, but in the current scenario, most of the youth have adopted unhealthy lifestyles. This study was conducted to identify the current lifestyle patterns of the youths and the factors that mainly affect the health and well-being of the post-graduation students of the University of West Bengal. This study used an explanatory research design, utilizing primary data collection methods with a stratified random sampling approach. The results indicated that the modern or unhealthy lifestyle, i.e., unhealthy diets, junk food consumption, differentiations of meal patterns on normal and working days, and less intake of water, causes various health problems like High cholesterol, kidney problems, liver problems, dental problems, eating disorders, eye problems, etc. Excessive screen time on social media affects youth's mental health and creates various stresses, depression, increased sadness, isolation, and pressure on the mind. The paper has contributed to a deeper understanding of health and wellbeing research areas.

Keywords: Modern Lifestyle, Youth, Health, Well-being, Unhealthy Diet, Social Media, Anxiety, Depression.

Introduction

In today's fast-paced and interconnected world, lifestyle is essential for maintaining good health. It refers to the behavior, habits, daily routine,

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etc., that people choose in their lives. In our present society, more or less everyone is affected by bad habits, which profoundly impact our health and overall well-being. Nowadays, the youth are mostly involved in various unhealthy habits, activities, and other addictive areas, such as excessive use of social media. So, this unhealthy lifestyle is having various effects on the health and well-being of the youth. The relationship between lifestyle and health is multifaceted, and it's crucial to know that an unhealthy lifestyle not only shapes our current situation but also affects our future health and well-being. In the present era, especially youths follow unhealthy routines and habits, which create various physical problems in life, like diabetes, asthma, heart diseases, chronic diseases, high blood pressure, etc. Not only physical health but also various substance abuse and unhealthy relationships, like consuming alcohol, drugs, smoking, low support systems, social dilemmas, etc., affect their mental and social health and well-being. Nowadays, IT technologies like the Internet, hardware and software, networks and telecommunications systems, information management systems, and all these different types of technology create a pull factor for the youth, and it has a continuous impact on the youth's life from the time we wake up in the morning to the time we sleep at night. Not only that, it affects human behavior and human thinking, and even has a wonderful impact on overall lifestyle health and wellbeing. As a result, it causes various types of anxiety, depression, mental stress, Obesity, Sleep Disorders, low self-esteem, etc.

The impact of modern lifestyle choices on health and well-being has been extensively documented in recent research. Ghatge (2023) examined how contemporary lifestyle habits affect individual health, finding that various modern behaviors like addictions significantly contribute to health issues, including asthma, cardiovascular disease, and cancer. His research highlighted how irregular work schedules, excessive alcohol consumption, increased screen time, and chronic stress disrupt healthy sleep patterns, subsequently impacting both mental and physical health. These lifestyle factors have been linked to serious conditions such as heart attacks, obesity, strokes, and diabetes, contributing to millions of deaths worldwide. Supporting these findings, Hanawi et al. (2020) conducted a cross-sectional study with 173 undergraduate Biomedical Science students in Kuala Lumpur, revealing that 71.6% of participants demonstrated unhealthy lifestyle patterns. Their research established a negative correlation between healthy lifestyle practices and psychological distress, indicating that individuals who maintain healthier lifestyles typically experience lower levels of depression, anxiety, and stress. Furthermore, Mishra et al. (2022) investigated health-related behaviors among youth in

Bhubaneswar colleges, finding that while many students maintained proper meal routines and engaged in regular physical exercise, their consumption of green leafy vegetables was significantly lower compared to junk food intake. Additionally, they observed gender disparities in physical activity, with females participating less in outdoor games than males, potentially due to cultural factors and household responsibilities—a pattern that could negatively impact their long-term health outcomes.

Operational Definition

Lifestyle is a complex concept that a person, a group, and a society adopt in their daily life, which may be influenced by various factors of life. A good lifestyle helps us in different ways, just like an unhealthy lifestyle affects our health in different ways. It includes various things like addiction, sleeping patterns, unhealthy diet, involvement in various areas, stress management, physical activity, daily routine, etc. For all these different reasons, there are different effects on the youth especially at present; as a result, there are different effects on their social, physical, and mental health. This also affects their overall well-being, and often, they suffer sadness, low self-esteem, less satisfaction in life, depression, hypertension, etc.

METHODOLOGY

Research Objectives

1. To explore the lifestyle patterns of the youth.
2. To understand how the youth's day-to-day lifestyle influences their health and well-being.

Research Design

This study followed explanatory research to analyze youth health, which is impacted by their lifestyle patterns and the challenges they face in their day-to-day life. This study adopted a Quantitative research design to find out the effectiveness of lifestyle on youth health and provide a comprehensive understanding of the overall study. It is based on the Primary methods of data collection from the PG students of the Social Work department at the University by using Stratified Random Sampling methods. It used an unstructured questionnaire to collect data on their lifestyle choices, including unhealthy diet, physical activity, screen time, sleep patterns, and social interactions. Including related to their physical health, mental health, and overall well-being.

Findings

General Information

Table No. 1 General Information

General Information				
S. No.	Information		Frequencies	Percentages
1	Gender	Male	12	20.00
		Female	48	80.00
2	Age	Age 20-24	60	100.00
3	Height	5 to 6 ft	53	88.33
		4 to below 5 ft	6	10.00
		Others	1	1.67
4	Weight	Weight 30-50	31	51.67
		Weight 51-70	26	43.33
		Weight 71-90	2	3.33
		Weight 91-110	1	1.67
5	Relationship status	In a relationship	14	23.33
		In a situationship	1	1.67
		Single	44	73.33
		Complicated	1	1.67
6	Marital Status	Married	3	5.00
		Unmarried	57	95.00
Total Respondent			60.00	100.00

The table describes the respondent's Gender, Age, Height, Weight, Relationship Status, and Marital Status from the Sl. No. 1, we can find that most of the respondents are female, i.e., 48 out of 60 (80%), and the remaining 12, i.e., 20%, are males. Accordingly, the Sl. No. 2 shows that all respondents, i.e., 60, belong to the 20-to 24-year age group. Therefore, it can be said that most of the 20-to-24-year-old students are facing various health issues.

The Sl. No. 3 describes the respondent's height. Out of 60 respondents, 53 respondents have a 5 to 6 ft height, e.g., 88.33%, 6 respondents have a 4 to 5 ft height, i.e., 10%, and the remaining 1 respondent, e.g., 1.67%, is not familiar with height—the Sl. No. 4 shows the weight of the respondents. Here, most of the respondents, 31 e.g. 51.67% are 30 kg to 50 kg in weight, 26 respondents, e.g. 43.33% are 51 kg to 70 kg in weight, 2 respondents e.g. 3.33% are 71 kg to 90 kg in weight and the remaining 1 respondent e.g. 1.67% is 91 kg to 110 kg in weight.

According to the Sl. No. 5, the student's relationship status, which is affiliated with their lifestyle. There out of 60 respondents, 1 respondent, i.e., 1.67% has a complicated relationship, 44 respondents, i.e., 73.33% respondent lead their single status, also a 1 respondent, i.e., 1.67 % having

in a situationship, and the remaining 14 respondents, i.e., 23.33% have a relationship. and the last Sl. No. 6 shows respondents' marital status. There are 3 respondents, i.e., 5%, who are married, 60 respondents, and the remaining 57 respondents, i.e., 95%, are unmarried. So, it can be said that most unmarried persons face various issues in their lifestyles.

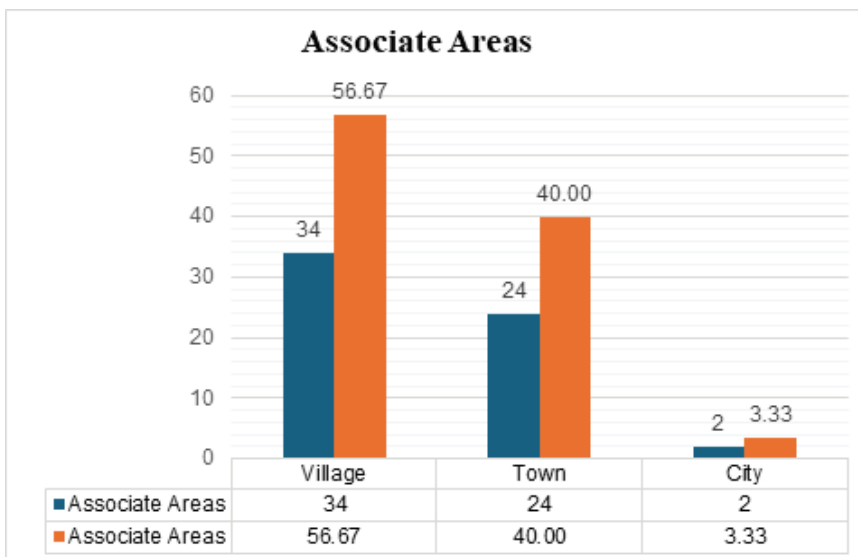


Figure No. 1 Associate Areas

The figure describes the respondent's belonging areas. Out of a total respondent i.e. 60 respondents, 34, i.e., 56.67% were from the village areas, 24, i.e., 40% were from the town, and the remaining 2, i.e., 3.33% belonged to the city

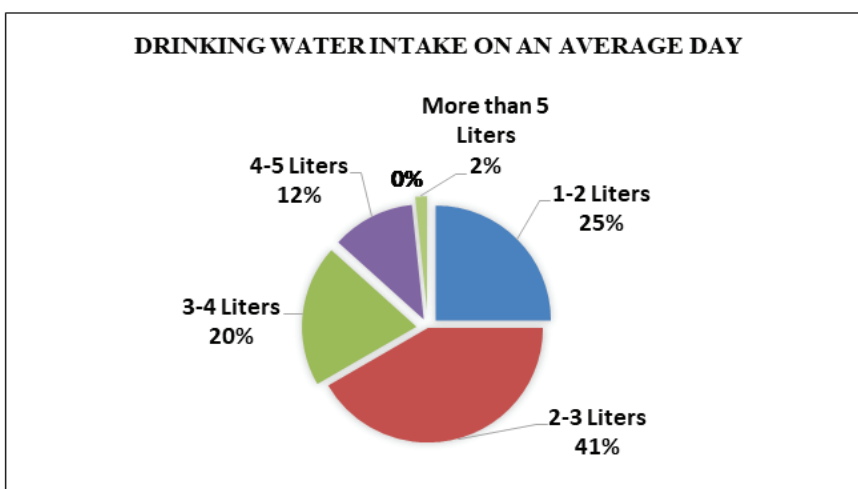


Figure No. 2 Drinking water intake on an average day Percentages

The figure describes the water intake percentages of the students on an average day, university day, or working day. As we can see from the responses very few percentages i.e. 2% have intake water of more than 5 Liters, 12% of student's intake water of 4 to 5 Liters, 20% of student's intake water of 3 to 4 Liters, 41% of students' intake waters 2-3 Liters and rest 25% of students' intake 1 to 2 Litres water in an average day.

Table No. 2 Avoidance of high Sugar/Carbohydrate/ Oily, etc. foods

Avoidance of high Sugar/Carbohydrate/ Oily, etc. foods?		
Information	Frequencies	Percentages %
Daily	5	8.33
Occasionally (1-2 times in a month)	14	23.33
Rarely (Once a month or less)	17	28.33
Regularly (1-2 times a week)	10	16.67
Never	14	23.33
Total	60	100.00

The table describes the respondent's avoidance percentages of high sugar, carbohydrate, oily foods, etc. And we can find out that out of 60 respondents, 5 respondents, e.g., 8.33% avoid those types of foods daily, 14 respondents e.g., 23.33% avoid occasionally, 17 respondents e.g., 28.33% avoid rarely, 10 respondents have e.g. 16.67% have those are avoided regularly and rest 14 students e.g. 23.33% never avoid any high sugar, carbohydrate, oily foods.

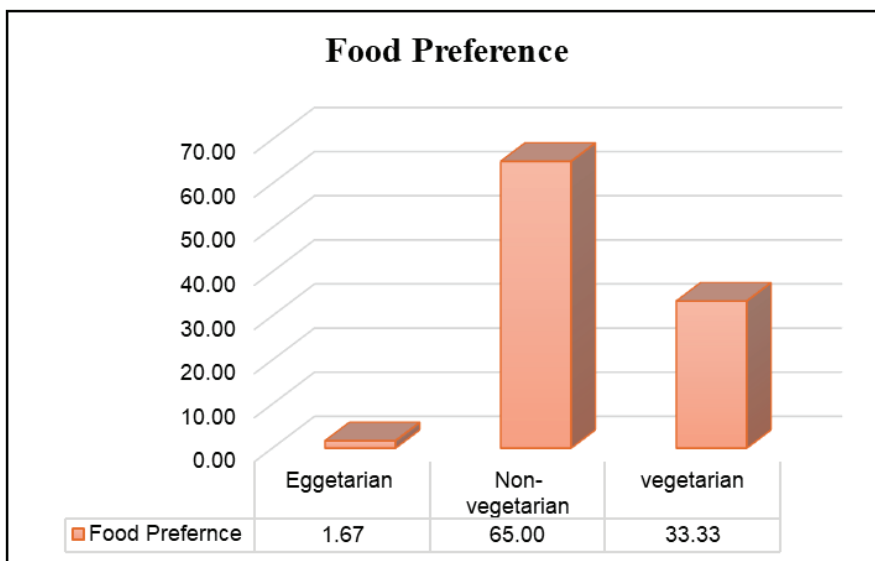


Figure No. 3 Food Preference

The figure shows the students' food preferences, and out of the total respondents, 65% of respondents prefer non-veg foods, 33.33% of students prefer veg foods, and the rest 1.67% students prefer only egg-containing foods.

Table No. 3 Daily Diet Pattern

Daily Diet Pattern		
Information	Frequencies	Percentages
Balanced (a mix of fruits, vegetables, lean proteins, and whole grains)	36	60.00
Mostly healthy (primarily whole foods, limited processed foods)	14	23.33
Mostly unhealthy (high in processed foods, sugary drinks, etc.)	10	16.67
Total	60	100.00

The table describes the respondent's daily diet pattern, that is, which types of food they prefer to eat. There were 36 respondents i.e. 60% eat balanced food like a mix of fruits, vegetables, lean proteins, and whole grains, 14 respondents, i.e. 23.33% eat Mostly healthy like primarily whole foods, limited processed foods and the remaining 10 respondents i.e. 16.67% prefer mostly unhealthy foods like high in processed foods, sugary drinks, etc.

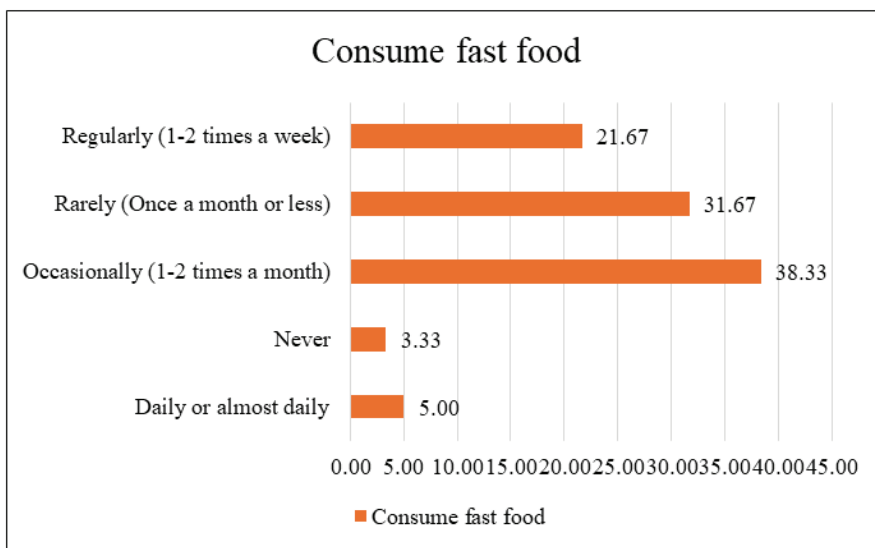


Figure No. 4 Fast food consumption

The figure shows the student's fast food consumption percentages and we can see that out of the total respondents, 21.67 % of students eat fast

food regularly (1-2 times a week), 31.67% of students eat rarely (Once a month or less), 38.33% students eat occasionally (1-2 times a month), 5% student eat daily or almost daily and remaining 3.33% students are prefer to not eat any fast foods.

Table No. 4 Fruits & Vegetables Preference

Fruits & Vegetables Preference				
SL No	Information		Frequencies	Percentages %
1	Fruits	Daily	13	21.67
		Never	1	1.67
		Less than once a week	10	16.67
		Once a week	12	20.00
		Several times week	24	40.00
2	Vegetables	Yes	43	71.67
		No	3	5.00
		Sometimes	14	23.33
Total			60.00	100.00

The table shows the student's fruits and vegetables eating preferences in their daily life. And there we can see on the Sl. No. 1 21% of students eat fruits daily basis, 1.67% do not eat any fruits, 16.67% eat less than once a week, 20% once a week, and the remaining 40% of students eat fruits several times a week. Accordingly, the Sl. No. 2 described the students' vegetable eating preferences during their eating times and showed that 71.67% of students prefer to eat vegetables, 5% of students do not prefer to eat any vegetables, and the remaining 14% of students sometimes prefer to eat vegetables.

Have you ever faced this kind of problem?

60 responses

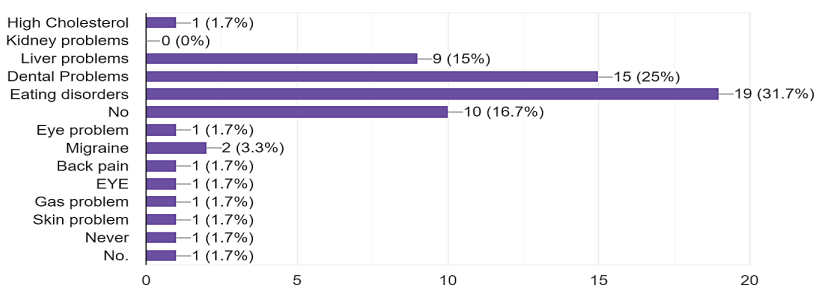


Figure No. 5 Physical Problems

The figure shows the physical problems that students face in their daily lives. There we can see that out of the total respondents, most of the students faced problems with eating disorders, and that percentage is 31.7%, many students faced dental issues due to their daily habits i.e.

25%, some students faced problems with their liver i.e. 15%, and also some students faced problems with high cholesterol, eye problems, migraine, back pain, gas problems, skin problems, etc.

Self-perception of your health status:

60 responses

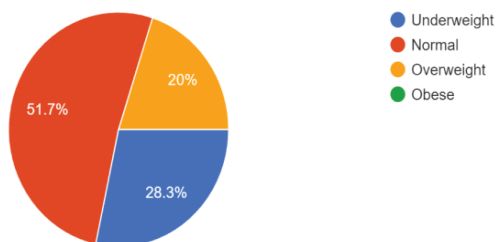


Figure No. 6 Self-Perception of Health

The figure shows the students' self-perception about their health, such as how they feel about it. We can see that from the figure 51.7% of students or respondents feel that they are normal in their health, also, 28.3% of students are worried about their health, and they feel that they are overweight, are remaining 20% of students are feeling that they are underweight due to various reasons in their life, and we can also see that no one reported obese.

Table No. 7 Expenses Management & Savings

Expenses Management & Savings				
SL. No	Information		Frequencies	Percentages
1	Managing necessary expenses from	Pocket money	35	58.33
		Savings	9	15.00
		Own incomes	13	21.67
		F a m i l y income	3	5.00
2	Savings apart from expenses	Yes	33	55.00
		No	8	13.33
		Sometimes	19	31.67
Total			60.00	100.00

The table shows the students' expense management and their savings from their daily life expenses. And we can find out from the Sl. No. 1 that 58.33% of students manage their expenses from their pocket money, 15% of students manage from their savings, 21.67% of students manage from their incomes, and the remaining 5% of students manage from their family. Accordingly, from the Sl. No. 2 We know about their daily life savings, and

it shows that 55% of students save money from their expenses, 13.33% of students do not save any money for their future needs or expenses, and the remaining 31.67% of students are not sure about their savings, and they save their money as per their needs.

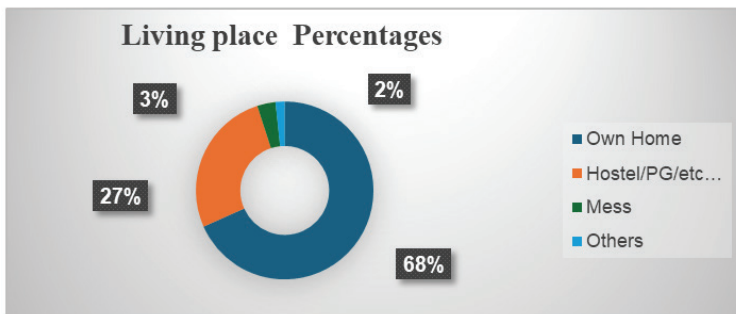


Figure No. 8 Living Area

The figure shows the respondents' current living places, such as their own homes, hostels, PGs, messes, or others. And they're out of the total respondents, most of the students live in their own homes in current i.e. 68%, 27% of students live in a hostel, PG, etc. 3% of students live in a mess and the remaining 2% of students live in their relative's homes and other places in their current study life.

Mode of transport to university every day:
60 responses

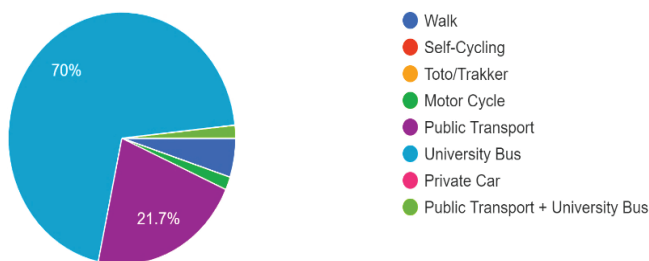


Figure No. 9 Mode of Travel

The figure describes the students' traveling mode to go to their studies. It shows that 70% of students go for their studies by university bus service, 21.7% of students go to university by other public transport, and some students go for their studies by walking, cycling, motorcycle, car, etc.

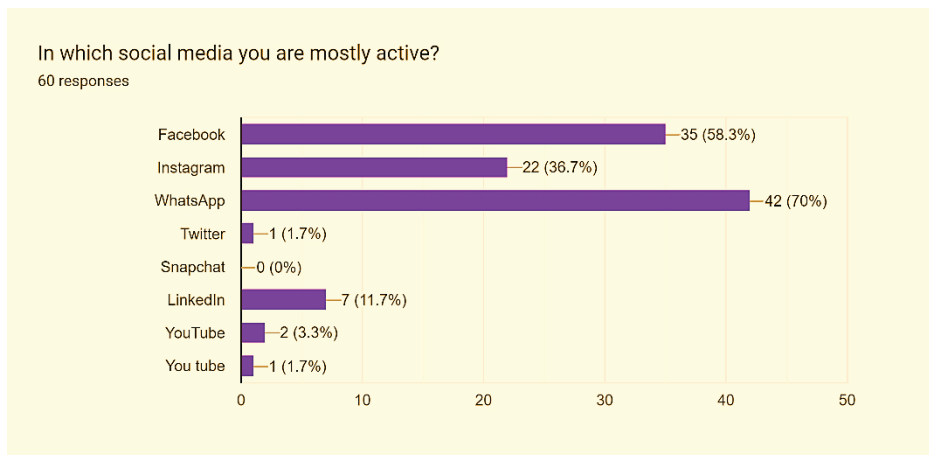


Figure No. 10 Social Media Uses

The figure describes the students' social media use percentages and which platforms they are using more. It shows that most of the students spend their time on WhatsApp, Facebook, and Instagram, with percentages that are very high. Also, some students are active on Twitter, YouTube, LinkedIn, etc. So, we can say that excessive use of social media use affects their attention in other areas.

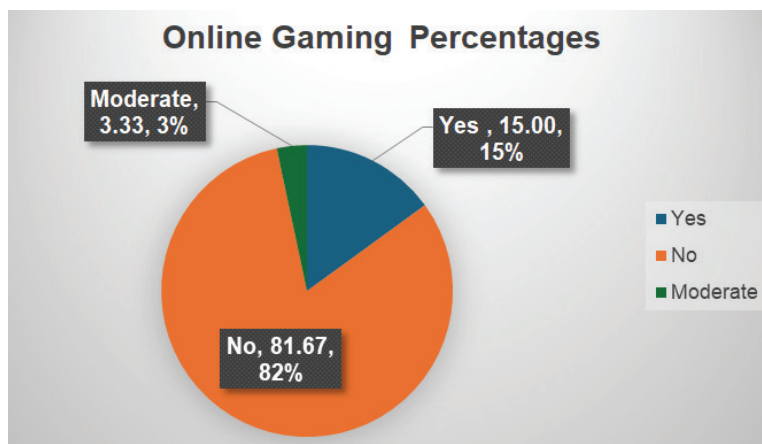


Figure No. 11 Online Game Uses

This figure shows the students' gaming addiction, and we can see that very small percentages of those who are playing online games, i.e., 15% and 3% of students, have those who sometimes play online games, and 82% of students do not play or are addicted to any online games.

Table No. 6 Screen Time

Active screen time apart from study or work time		
Information	Frequencies	Percentages %
1-2 Hours	19	31.67
2-3 Hours	19	31.67
3-5 Hours	16	26.67
More than 5 hours	6	10
Total	60	100

The table shows the student's total screen time apart from their study or work on a study or working day- how much time they use their phone, laptops, etc. So, we can see that 31.67% of students' total screen time is 1-2 hours a day, 31.67% of students use 2-3 hours a day, 21.67% of students use 3-5 hours a day and some students have i.e. 10% using phone, laptops, etc. more than 5 hours that affects their health in many ways.

Table No. 7 Students' suggestions on how social media affects our overall health (Physical, Mental, & Social Health) positively, negatively, or both.

Students' understanding of social media's effects on Health		
Information	Frequencies	Percentages %
Positively	3	5.00
Negatively	2	3.33
Both (Positively or Negatively)	41	68.33
No Idea	14	23.33
Total	60.00	100.00

The table describes students' perception of social media's effects on physical, mental, and social health. This shows that very few percent of students i.e. 5% say it's had a positive impact on health, 3.33% of students say that social media negatively affects our health and also in the side most of the students i.e. 68.33% say that social media effects in both ways positively or negatively and remaining 23.33% of students have no idea about social media effects on health.

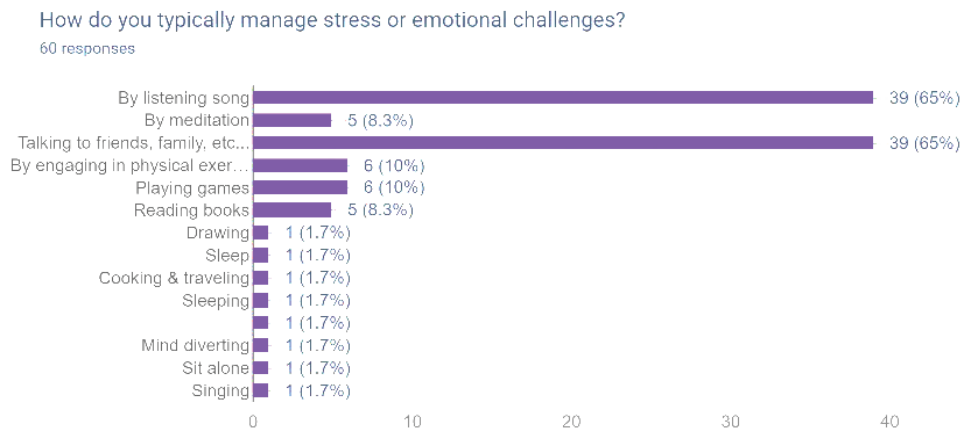


Figure No. 12 Manage stress and emotional challenges

The figure shows the student's stress management and emotional stress management activities. It shows that most of the students manage their stress by talking to their friends and family and by listening to various songs; also, many students do meditation, physical activities, play games, and read books. Although some students try to manage their stress by drawing, sleeping, cooking, traveling, singing, etc.

Table No. 8 Physical Activity

Physical Activity Level		
Information	Frequencies	Percentages
I don't engage in physical activity regularly	19	31.67
Lightly active (e.g., walking, minimal exercise)	26	43.33
Moderately active (e.g., regular exercise or sports)	4	6.67
Sedentary (little to no physical activity)	9	15.00
Very active (intense physical activity or training)	2	3.33
Total-	60.00	100.00

Table No. 9 describes the students' physical activity level and how much time they are active for their physical fitness. It shows that many students i.e. 31.67% are not engaged in any type of physical activity, 43.33% of students are lightly active like walking, or minimal exercise, and 6.67% of students are moderately active like engaging in regular exercise or sports, and 15% of students are Sedentary active like little to no physical activity and 3.33% of students are very active or conscious about their health and they regularly doing physical activity training, etc.

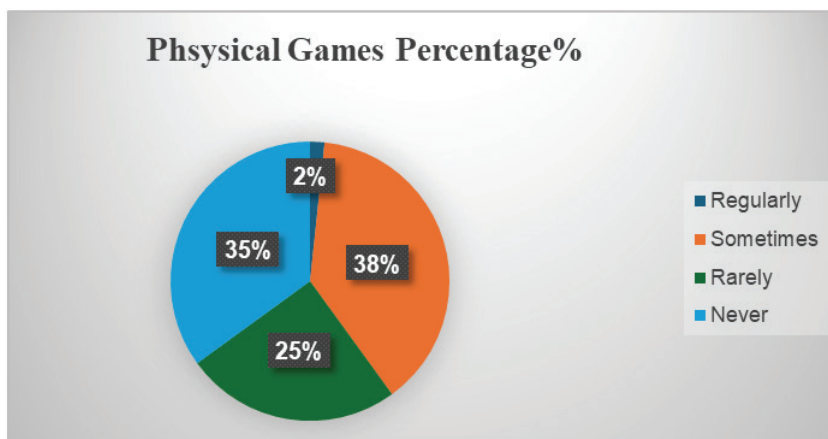


Figure No. 13 Physical game activity

The figure describes the student's physical activities percentages and there we can see that a very low percentage of students i.e. 2% are regularly active in their physical activities, 38% of students are doing sometimes as per their moods, 28% of students are rarely active on physical activities and remaining 35% of students are not active any types of physical activities.

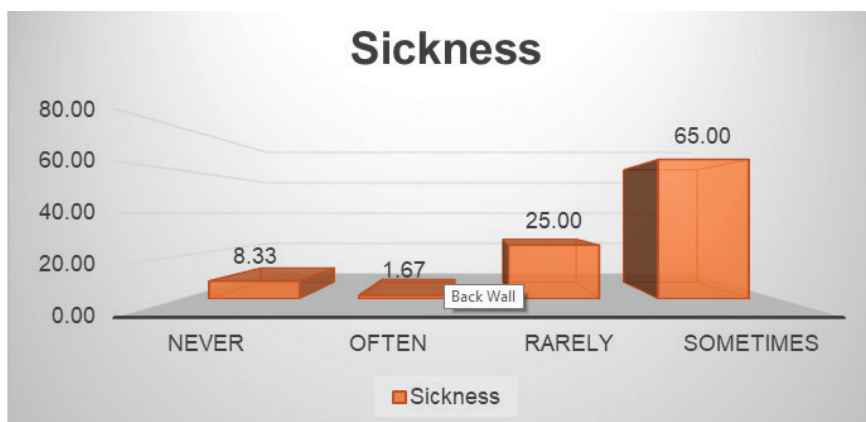


Figure No. 14 Feel Sick or Unwell

This figure describes the feelings of the respondents regarding sickness or unwellness. It shows that from the total respondents, 8.33% of respondents do not feel sick, 1.67% of students are feeling unwell often, 25% of students rarely feel unwell, and 65% of students are feeling sick sometimes.

Table No. 9 Soft drinks/Alcoholic beverages & Tobacco consumption status of the students

Soft drinks/Alcoholic beverages & Tobacco consumption status of the students			
S. No.	Information	Frequencies	Percentages

1	Soft drinks, energy drinks, etc.	Always	2	3.33
		Sometimes	30	50.00
		Occasionally	12	20.00
		Rarely	9	15.00
		Never	7	11.67
2	Use tobacco products	Yes	3	5.00
		No	57	95.00
3	Alcoholic beverages	Regularly (1-2 times a week)	1	1.67
		Rarely (Once a month or less)	5	8.33
		Never	54	90.00
Total			60.00	100.00

Table No. 9 shows the soft drinks/Alcoholic beverages, & Tobacco consumption status of the students. From the Sl. No. 1 found that 3.33% of students always consume soft drinks or energy drinks, 50% have those consumed sometimes, 20% have those consumed occasionally, 15% of respondents have those are consumed rarely, and the remaining 11.67% of students have those are not consumed any type of soft drinks or energy drinks.

Also, the Sl. No. 2 shows that only 3% of students are using tobacco-related products, and 95% of students do not use any type of tobacco products. Hence, from the Sl. No. 3 The alcoholic beverages of the students, i.e., 1.67% of students consume Regular (1-2 times a week) alcohol, 8.33% of students Rarely (Once a month or less) consume alcohol, and 90% of students do not consume alcohol.

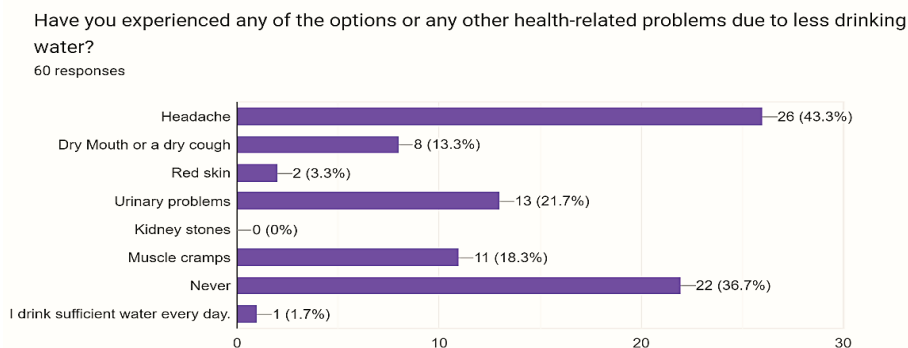


Figure No. 15 Fewer drinking water issues

The figure described the low drinking water intake issues in student life, and this shows that most of the students face headaches from low water intake, some face dry mouth or a dry cough, urinary problems, muscle

cramps, red skin, etc. also we can see many students are intake sufficient percentage of water so they are not facing any types of problems.

Table No. 10 Faced Diseases by students

Faced Diseases				
SL. No.	Information		Frequencies	Percentages
1	Chronic Diseases	Yes	3	5.00
		No	57	95.00
2	Hereditary Diseases	Yes	3	5.00
		No	57	95.00
Total-			60.00	100.00

The table shows the student's diseases that they are facing in their life like chronic and hereditary diseases, from the Sl. No. 1, we can see that 5% of students face various types of chronic diseases in their lives, and 95% of students are safe from those problems. Accordingly, from the Sl. No. 2 we can find the same percentage of students, i.e., 5% and 95%, are facing hereditary diseases.

Table No. 11 Mental health issues

Mental Health Status				
S. No	Information		Frequencies	Percentages
1	Feel very angry, sad, down, or hopeless?	Very often	18	30.00
		Less often	19	31.67
		Rarely	19	31.67
		No	4	6.67
2	Faced mood swings or irritability?	Yes	22	36.67
		No	10	16.67
		Sometimes	28	46.67
3	Feeling depressed due to financial reasons?	Yes	27	45.00
		No	10	16.67
		Maybe	23	38.33
4	Feeling worried about career, future, etc.?	Yes	38	63.33
		No	22	36.67
5	Faced a mental dilemma with a relationship	Yes	21	35.00
		No	39	65.00
Total			60.00	100.00

The table describes the overall mental health status of the students, such as feeling sad, hopeless, mood swings, future tension, mental dilemma, etc. So, from the Sl. No. 1, we can see that from the total respondents, 30%

of students very often feel angry, sad, down, or hopeless, 31.67% of students feel less often, 31.67% of students feel rarely, and the remaining 6.67% of students have never faced any problems. Accordingly, from the Sl. No. 2 36.67% of students face mood swings or irritability, 46.67% of students face it sometimes, and the remaining 16.67% of students have never faced any problems with mood swings or irritability.

From the Sl. No. 2 We can see that 36.67% of students face problems with depression due to financial reasons, 38.33% of students face it sometimes, and the remaining 16.67% of students do not face any financial problems. The Sl. No. 4 shows the worries of the students due to their career or future tensions. There, we can see that 63.33% of students are worried about their future, and the remaining 36.67% of students are feeling free from their career tension. Accordingly, we can see from the Sl. No. 5 35% of students are faced with various mental dilemmas in their lives, and the rest 65% of students are happy with their lives and do not face any mental dilemmas.

Table No. 12 Social Health

Social Health Status				
S. No.	Information		Frequencies	Percentages
1	Feel about your bond with your close friend	Strong	24	40.00
		Very strong	9	15.00
		Moderate	22	36.67
		Weak	4	6.67
		Very weak	1	1.67
2	I like to interact with different people	Yes	34	56.67
		No	9	15.00
		Sometimes	17	28.33
3	How much do students interact with neighbors, friends, etc?	Daily	25	41.67
		Weekly	18	30.00
		Monthly	6	10.00
		Rarely	9	15.00
		Never	2	3.33
4	Participation in social occasions	Yes	44	73.33
		No	5	8.33
		Maybe	11	18.33
5	Student personality type	Introvert	20	33.33
		Extrovert	13	21.67
		Ambivert	27	45.00
Total			60	100.00

This table describes the social health of the students in their lives, like their interaction, bonding, relationship, participation, etc., and we can see

from the Sl. No. 1 is the bonding of the students with their close friends: 40% of students have strong bonds, 15% of students have very strong bonds, 36.67% have moderate bonds, 6.67% of students have weak bonds, and the remaining 1.67% of students have very weak bonds.

The Sl. No. 2 describes the students' interaction percentages with different people, and there we can see 56.67% of students interact with people, 28.33% of students sometimes interact, and the remaining 15% of students do not interact with different people. Accordingly, Sl. No. 3 describes the interactions with friends and neighbors, etc., and it's described that 41.67% of students interact daily, 30% of students interact weekly, 10% of students interact daily, 15% of students interact rarely, and the remaining 3.33% of students are never interacting with their friends or neighbors.

The Sl. No. 4 described the respondent's participation in various social occasions, and it was found that 73.33% of respondents participated in social occasions, 18.33% of respondents participated according to their mind, and the remaining 8.33% of students didn't participate in any social occasions.

Also, the Sl. No. 5 describes the student's personality, and it shows that 33.33% of students feel that they are introverted personalities, 21.67% of students feel they are extroverted personalities, and the remaining 45% of students feel that they are ambivert personalities.

Figure No. 16 Support system through friends, family, or support groups

This figure shows the support system of the students when they are facing any kind of problems in their life and it's shows that the students have a good support system as the diagram above shows i.e. 65%, also 25% of respondents feel they are not sure about their supportive persons, left 10% respondents feel they haven't any supportive persons in their bad times.

Table No. 3 WHO Wellbeing Index

Well-being Status of the Students						
Information	5 Wellbeing Index Questions					
	All of the time	Most of the time	More than half the time	Less than half the time	Some of the time	At no time
I have felt cheerful and in good spirits.	8.33%	35%	11.67%	8.33%	31.67%	5%
I have felt calm and relaxed.	5%	33.33%	11.67%	20%	28.33%	1.67%

I have felt active and vigorous.	8.33%	31.67%	25%	13.33%	21.67%	00
I woke up feeling fresh and rested.	10%	45%	11.67%	11.67%	21.67%	00
My daily life has been filled with things that interest me.	15%	35%	15%	10%	23.33%	1.67%

The table described the five WHO well-being index questions and it shows that 8.33% of students all of the time felt cheerful and in good spirits, 35% of students most of the time, 11.67% of students more than half the time, 8.33% of the student less than half the time, 31.67% some of the time, and left 5% of students at no time felt cheerful and in good spirits.

Accordingly, 5% of students felt calm and relaxed, 33.33% of students felt most of the time, 11.67% of students felt more than half the time, 20% of students felt less than half the time, 28.33% of students some of the time, and remaining 1.67% of students felt calm and relaxed.

Also, question no 3 shows that 8.33% of the students felt active and vigorous, 31.67% of students felt most of the time, 25% of students felt more than half the time, 13.33% of students felt less than half the time, and only 21.67% of student felt some of the time and no students have those are felt active and vigorous at no time.

Question no 4 described that only 10% of the students wake up feeling fresh and rested all of the time, most of the time 45% of students, more than half of the time 11.67% of students, less than half the time have 11.67% of students, some of the time have 21.67% of students, and no students have those are woke up feeling fresh and rested at no time.

The last question of the WHO Wellbeing Index shows that 15% of students have daily life filled with things that interest them, 35% of students have most of the time, 15% of the students more than half the time, 10% of students have less than half the time, 23.33% of students have some of the time and only 1.67% of students have those daily life has been filled with things that interest them at no times.

Findings

Lifestyle patterns of the students based on the current study

Today's unhealthy or modern lifestyles of the students have a significant impact on the youth's health and well-being. The present study shows the student lifestyle, and it can be seen from the table that the female respondents' rate is greater than the male, and all the respondents are

aged 20-24. The responses are collected from the postgraduate students of the University, and it is seen that, along with their current studies, they are involved in various other studies. Currently, many students are leading their relationship status, and some are in a complicated situation with their relationship. Also, on the other side, it is seen that some of the students are married.

This study found that the level of students drinking 2-3 liters of water on an average day is the highest, which is 41%. Also if the meal pattern of a working day is compared with a normal day then it can be seen that the percentage of students taking meals 2-3 times daily is 63.33% and the percentage of taking meals 4-5 times is 36.67%, on the other hand, if seen on a working day then the percentage of taking meals 2-3 times per day is higher than the percentage of taking meals on a normal day which is 83.33% and the percentage of taking meals 4-5 times per day is higher than that of a normal day comparatively less which is 16.67%.

The students' sleeping patterns are also a very important factor in leading a healthy lifestyle. This study found that the number of students waking up late in the morning and going to bed late at night is average, and most of the time, that affects their lifestyle and health also. The students are involved in various jobs with their current studies, and they manage their expenses and save money for the future, which shows their future consciousness about their lives. This study also shows that if the students face any kind of mental stress or pressure, then they try to overcome those problems by various activities like listening to songs. Talking to family, being active in extracurricular activities, doing exercise, etc.

The current study shows that most of the students are lightly active in any type of physical activity and physical games. Also, they are active in various extracurricular activities. Hence, this study found that a very small percentage of those who use tobacco products and consume alcohol.

Although it's found that the students have good social health conditions, they like to interact with different people, relatives, neighbours, and friends. They also participate in various social events. And if they face any kind of problem, then they prefer friends, mother, father, cousins, brother, sister, etc., as their support system. So, it can be understood that their social health or social status is not bad at present, which has an important positive effect on their health.

Effects on health

The current study showed that the youths are facing problems with their health like- High cholesterol, kidney problems, liver problems, dental

problems, eating disorders, migraine, eye problems, etc. due to unhealthy lifestyle choices i.e. less drinking water intake, meal patterns, consumption of high Sugar/Carbohydrate/ Oily foods, unhealthy diet patterns, fast food consume, etc. On the other hand, consciousness was seen in their daily diet pattern and fast-food consumption, and they like to eat vegetables and fruits in their daily life. So, it's good that the current generation is aware of their health in this matter.

Although, excessive use of social media like- Facebook, Instagram, WhatsApp, playing online games, and active screen time create various problems with their mental health also apart from physical health it creates stress, depression, increased sadness, and isolation, pressure to compare oneself to others, increased unhealthy sleeping patterns, eye problems, and it's also affecting youths' academic performance because of their excessive attention on social media. Also, spending less time with our family affects our family bond. Hence, nowadays, social media has another dark side, i.e., these social media evils create various traps, and by this, they want to influence or abuse sexually, psychologically, causing most of the youth to take the wrong path or commit suicide.

Also, those who engage in low physical activity or are not active in any physical activity are more likely to feel sick or unwell. Some people have also faced problems with chronic or hereditary diseases. The current study shows that the students faced various problems like Neck pain, Eye problems, poor sleep quality, etc., with social media, online games, and using computers. Also, they face problems with less drinking water in their day-to-day life, like Headaches, Dry mouth or a dry cough, red skin, urinary problems, muscle cramps, etc.

This study found that students in their day-to-day lives face various problems with their mental health- most of the time they feel angry, sad, hopeless, experience mood swings, and are depressed for financial reasons, worry about their career, future, etc. Also, they face problems with their relationship, like Family, Friendships, workplaces, romantic relationships, etc., that create obstacle situations in their life. Hence, sometimes they face problems with marriage pressure from their family, relatives, and society. As a result, they are getting involved in various mental problems like Stress, Depression, Obesity, and Sleeping Disorders, and also, some students have been diagnosed with such problems.

At the end of this study, most of the students rate their health as moderate and good. So, it can be said that they feel that their current lifestyle is filled with ups and downs, positive or negative. As a result, they face many types of health issues in their current situations.

Social Work Intervention Framework

The results of this research underscore the essential contributions of social work professionals to intervening in lifestyle-related health issues among university students on a holistic, person-in-environment basis. Social workers are best able to adopt multi-level interventions that target individual behavior change while also addressing systemic forces behind unhealthy lifestyle habits. At the micro level, social workers can offer one-on-one counseling with evidence-based methods of motivational interviewing and cognitive-behavioral skills to enable students to adopt healthy coping behaviors, manage stress, and change risky behaviors. At the mezzo level, group interventions and peer support interventions can be initiated to develop support environments that reinforce healthy lifestyle options, especially intervening with the 65% of students who use social systems of support. At the macro level, social workers can push for policy reforms within university institutions, such as healthier food choices being made available in campus cafeterias, provision of inclusive fitness spaces, mental health wellness programs, and designing integrative wellness policies that tackle the structural health determinants as highlighted in this study, including financial strain (impacting 45% of students) and career stress (impacting 63.3% of students).

Discussion & Conclusion

Modern lifestyles or unhealthy lifestyles have become a common problem in our present society, and the most affected among these problems is the youth of the current era. The modern lifestyle, which often includes an unhealthy diet, addictive behaviors, irregular sleeping patterns, long and unpredictable work hours, social isolation, and heavy reliance on technology, has become increasingly common among today's youth. These habits, however, take a toll on physical, mental, and social health, leading to various health issues. Many young people now face challenges like high cholesterol, kidney and liver problems, depression, anxiety, poor sleep quality, and also suffering from various chronic diseases. While there is some awareness among young people about the effects of these lifestyle choices, they continue to be influenced by societal and environmental factors. So, it is crucial for youth to adopt healthier lifestyle patterns to build and maintain good health in today's fast-paced world.

Limitations of the study

This study is limited by its focus on students exclusively from the University and a relatively small sample size of 60 participants. Additionally, the predominance of female respondents poses a limitation

in terms of gender representation. In future research, expanding the geographic scope, increasing the sample size, and achieving a more balanced gender distribution among respondents would enhance the robustness and generalizability of the findings.

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