

REVIEW ARTICLE

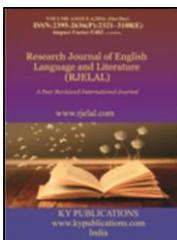


INTERNATIONAL
STANDARD
SERIAL
NUMBER
INDIA
2395-2636 (Print); 2321-3108 (online)

IMPACT OF LIFE STYLE ON HEALTH AND HAPPINESS OF PEOPLE

Dr. MITIMA SACHDEVA

Assistant Professor (III), Amity Institute of Education, Amity University,
Lucknow. mitima.sachdeva116@gmail.com, msachdeva@amity.edu



ABSTRACT

Happiness is experienced when we are in a sound health. But modern man is deprived of health and therefore is far away from happiness. In a quest to achieve more pleasure and happiness we adopt a wrong lifestyle and increase the risk factor and stress in our life. Ayurveda and yoga have suggested an ideal daily routine and also the life style as per the seasonal changes so as to maintain a perfect healthy condition. Scientific studies have revealed that the appropriate change in lifestyle can even reverse the process and enhance the healing potential in the human body. Yoga was a part of life style in India from the ancient time to promote and maintain healthy state of body, mind and happiness.

The present paper will deliberate to make people realize the significance of a proper life style for health and happiness. An ideal lifestyle includes moderation in exercise and /or yoga, diet, sleep, physical and mental relaxation, positive thinking and cultivation of a proper mental attitude.

Key Words: Health, Positive thinking, mental attitude, happiness.

©KY PUBLICATIONS

Lifestyle includes the behavior and activities that make up our daily life. This includes, the work we do, our leisure activities, the food we eat, the interaction with family, friends, neighbors, coworkers and strangers.

People make decisions about their life, based on beliefs, attitudes, and values. Personal behavior is affected by the information we learn at home and school, and from the radio, newspapers, and television. Our life experience and interaction with others also shape our thoughts and actions.

Lifestyle is a way used by people, groups and nations and is formed in specific geographical, economic, political, cultural and religious text. Lifestyle is referred to the characteristics of inhabitants of a region in special time and place. It

includes day to day behaviors and functions of individuals in job, activities, fun and diet.

In recent decades, life style as an important factor of health is more interested by researchers. According to WHO, 60% of related factors to individual health and quality of life are correlated to lifestyle. Millions of people follow an unhealthy lifestyle. Hence, they encounter illness, disability and even death. Problems like metabolic diseases, joint and skeletal problems, cardio-vascular diseases, hypertension, overweight, violence and so on, can be caused by an unhealthy lifestyle. The relationship of lifestyle and health should be highly considered.

Today, wide changes have occurred in the life of all people. Malnutrition, unhealthy diet, smoking, alcohol consuming, drug abuse, stress and so on, are

the presentations of unhealthy life style that they are used as dominant form of lifestyle. Besides, the lives of citizens face with new challenges. For instance, emerging new technologies within IT such as the internet and virtual communication networks, lead our world to a 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: lifestyle has a significant influence on physical and mental health of human being. There are different forms of such influences. Consanguinity in some ethnicity is a dominant form of life style that it leads to the genetic disorders. Reformation of this unhealthy life style is a preventing factor for decreasing the rate of genetic diseases. In some countries, the overuse of drugs is a major unhealthy life style. Most countries are using medications. They prefer medication to other intervention. Furthermore, in many cases they use medications about without prescription. Pain relievers, eye drops and antibiotics have the most usage.

The variables of lifestyle that influence health are categorized below:

1. Diet and Body Mass Index (BMI): Diet is the greatest factor in lifestyle and has a 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 BMI. Urban lifestyle leads to the nutrition problems like using fast foods and poor foods, increasing problems like cardiovascular.

2.Exercise: For treating general health problems, the exercise is included in life style. The continuous exercise along with a healthy diet increases the health. Some studies stress on the relation of active life style with happiness.

3.Sleep: One of the bases of healthy life is the sleep. Sleep cannot be apart from life. Sleep disorders have several social, psychological, economical and healthy consequences. Lifestyle may effect on sleep and sleep has a clear influence on mental and physical health.

4.Sexual behavior: Normal sex relation is necessary in healthy life. Dysfunction of sex relation is the

problem of most of societies and it has a significant effect on mental and physical health. It can be said that dysfunctional sex relation may result in various family problems or sex related illnesses like; AIDS.

5.Substance abuse: Addiction is considered as an unhealthy life style. Smoking and using other substance may result in various problems; cardiovascular disease, asthma, cancer, brain injury.

6.Medication abuse: It is a common form of using medication and it is considered as an unhealthy life style. Unhealthy behaviors in using medication are as followed: self-treatment, sharing medication, using medications without prescription, prescribing too many drugs, prescribing the large number of each drug, unnecessary drugs, bad handwriting in prescription, disregard to the contradictory drugs, disregard to harmful effects of drugs, not explaining the effects of drugs.

7.Application of modern technologies: Advanced technology facilitates the life of human beings. Misuse of technology may result in unpleasant consequences. For example, using of computer and other devices up to midnight, may effect on the pattern of sleep and it may disturb sleep. Addiction to use mobile phone is related to depression symptoms.

8.Recreation: Leisure pass time is a sub factor of life style. Neglecting leisure can bring negative consequences. With disorganized planning and unhealthy leisure, people endanger their health.

9.Study: Study is the exercise of soul. Placing study as a factor in lifestyle may lead to more physical and mental health. For example, prevalence of dementia, such as Alzheimer's disease is lower in educated people. Study could slow process of dementia.

Maintaining a healthy lifestyle requires persistence and dedication, but not without reward. Regular exercise, not smoking, limited alcohol consumption, adequate sleep and a balanced diet are all aspects of a healthy lifestyle. These choices can improve your health in nearly every regard, with benefits extending past the widely known lower risk of disease.

The exercise doesn't need to be intense. Walking, for instance, increases our energy and improves our mood. Research shows that the

number of steps we take each day directly affects our happiness, self-esteem and even conscientiousness about our health and diet.

Intriguingly, although mental fatigue doesn't affect the functioning of the heart or muscles, our physical performance and endurance decrease when we begin working out following a period of mental exertion. This may partly explain why we're less inclined to exercise when we feel stressed out or depressed, even though our emotional well-being would benefit from it.

And it's not just about exercise -- increased happiness may be just a sound night's sleep away. Poor sleep patterns have long been viewed as a product of poor mental health, but much like the two-way cause-and-effect street that links health and happiness, it seems that poor sleep may also be a strong contributing factor to depression. In fact, sleep disorders -- and their effects on mood, cognitive ability, and behavior -- are often mistaken for other mental illnesses

10 things to make life better

1. Exercise

I'm sure you've experienced that great feeling of being energized and uplifted after doing some sort of physical exercise. This is because the brain releases the feel good chemical endorphin and helps us to relieve stress. Choose your favorite physical activity and start right away. It doesn't need to be something hard and demanding. Even a couple of sets of pushups will do the job in the beginning. Feel the endorphin flow in your body and see your mood changed almost instantly

2. Laugh

When was the last time you can remember holding your stomach and not being able to stop laughing? Has it been awhile? It is said that laughter is the best medicine, so choose to spend time with people that make you laugh. Find activities that will provoke the same effect, such as reading funny stories, or watching funny movies, and feel the flow of happiness.

3. Have a good night's sleep

Getting adequate sleep will indeed rejuvenate you. You will be more balanced, more rested, have dramatically decreased stressed levels, and experience a more stable mood throughout the

entire day. Start going to bed early, and walking, to get your sleep on the right track.

4. Feel the light of day

How do you feel when you're trapped indoors with no windows for long periods of time? Do you feel more stressed and anxious? I bet many of the best moments you can think of include being outdoors enjoying the weather. Not only is being outdoors enjoyable but it can boost our Vitamin D which is an important part of a healthy body and mind. Leverage this to your advantage and start going out more often, even if it's as long as just couple of minutes at a time.

5. Get in tune with your senses

Of course you use your five senses, but I was thinking more about staying focused in the moment. Try noticing the smell of food before you eat it; try tasting it more fully while in your mouth. Try feeling the grass on your feet and hearing the sound of insects and birds while you go for a hike. It will surprise you how much you were taking for granted and passing by while not being mindful.

6. Move more, think less

This may sound quite similar to exercising but it is different. The way many people live nowadays is more about the mind than body, so we find ourselves more prone to sitting still and just using our mind. We are occupied by television, internet, and cell-phones and end up living a sedentary lifestyle. That's why it's good to go out for a walk, make breaks while you are working to stretch and change your body position. Our ancestors were moving all the time, so reclining in front of the TV or computer isn't what our body was created for. Even if you're tired, make a habit to walk around from time to time, and use your body more often.

7. Go out with friends

We are social creatures, and as such staying alone makes no sense. Our ancestors were also always in a community, tribe, or clan. Embracing individualism more and more by the day, we find ourselves facing more solitude, and more alone time. And while this may be great in some occasions, it can get in the way of our well-being. Call your friends and go out for coffee, ride your bikes, or take a walk together. Have a conversation that challenges

you to interact and learn. Connect more on daily basis with the people you are fond of. It will indeed change the quality of your life.

8. Experiment with smell

Smell is the sense most tied to memory. Explore how your sense of smell relates to your memories. What scents do you find relaxing, and which of them elevate your mood. Find perfumes, baked goods, or environments that take you to a happy place and allow you experience uplifting emotions.

9. Get a massage

Many of you out there have a roller-coaster schedule – constantly on the go and no time to relax. Detaching from all the clutter for a moment and drifting away from worries is the best thing to do sometimes. A massage does just that, plus it releases the tension you were feeling as a result of your hectic lifestyle. The body and mind will be more rested and relaxed, and you will be more rejuvenated.

10. Enjoy the moment

Breathe and try rendering yourself from everything that clutters your mind. Focus on the moment, on your breathing. Take a moment and rest your mind in solitude. We are constantly doing things, going somewhere, running different scenarios in our mind, so try and stop for a moment. You will refresh your mind, and have more clarity to enjoy the simple things in life. As society has progressed we have become more materialistic. We seem to forget the notion that “*money cannot buy happiness*”, and go on forcing ourselves to accumulate more and believing that we will be happy after having this or that. It’s good to have the nice new car, great looking body, more accomplished kids; but everything in the world will not do enough if you don’t know how to enjoy the moment and appreciate the little things.

To sum up, different modern life style patterns affect our health in different aspects physically, psychologically, and socially. I think that if the people are not aware about these effects, this may lead to dangerous consequences in the near future. Adopting this life style pattern and especially sedentary life style for long time might threaten the life of people. If this happens then the community

health will be affected and we will be having high percentage of diseased and disabled persons, which will finally reduce the productivity and development of the community. The best way for reducing the effect of these modern patterns of living is by educating people about its ill effect on their lives. Particularly concentrating in educating children as changing the way these children live will affect future generations coming after them as well. Another part of resolving the problem is the proper use of high technology machines and advanced transportations. Such proper way means correct use in benefiting the humanity not affecting it and increasing the self-dependency in doing different tasks of the day. Promoting healthy life style which includes proper eating, physical activity, and better way of communicating and socializing in the community will have its positive impacts. Furthermore, it will reduce the risk of getting so many diseases which cardiovascular diseases and cancers are at the top of them. Finally, maintaining the health of people is a primary goal of any country that probably would spend millions of dollars to achieve it as people are the real wealth of a country.

Reference

- [1]. www.ncbi.nlm.nih.gov/pmc/articles/PMC4703222/ retrieved on 23-2-2017.
- [2]. www.ashg.org/pdf/'How%20Lifestyle%20Impacts%20on%20Your%20Health'%20Brochure.pdf retrieved on 23-02-2017.
- [3]. www.ukessays.com/essays/sociology/modern-life-style-effects-sociology-essay.php retrieved on 23-02-2017.
- [4]. www.academic.oup.com/ije/article/28/6/1073/771516/Change-in-lifestyle-factors-and-their-influence-on.retrieved on 23-02-2017.
- [5]. www.healthyeating.sfgate.com/effects-healthy-lifestyle-7740.html.retrieved on 23-02-2017.