

**EFFECT OF LIFE STYLE ON THE HEALTH IN ADOLESCENTS****\*ARCHANA SINGH AND KAVITA SHARMA**

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**ABSTRACT**

The study was conducted to know the effect of Life Style on the health in adolescents. Selecting 100 adolescents of age group 12-18 years from two schools in Agra district. Significant effect of exercise, market made food, watching television *etc.* was observed on obesity among adolescents. Adolescents should be aware that consumption of high fat fast food may contribute to childhood and subsequent adult obesity.

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KEY WORDS :Dietary pattern, Life style

**Introduction**

Obesity is a menace to health and it is public health problem which refers to a condition when fat accumulation is excessive to an extent that is increase risk of ill health.

Good health not only implies freedom from disease but physical, mental and emotional fitness as well. Optimum and good nutrition is used to indicate that the supply of the essential nutrients is correct in amount and proportion<sup>5</sup>. A proper body weight is most conducive to good health, deviation of the body weight beyond certain limits from the

normal is not only detrimental to health but also predisposes to many others disorders. India is facing the epidemic of obesity and its associated diseases, especially in children and adolescents.<sup>6</sup> There is growing evidence that in present conditions, perhaps due to decreased physical activities, sedentary life style, altered eating and increased fat content of the diet. Children and adolescents are overweight as compared to their contemporaries in the past. In recent years increase of fast food consumption with constant low consumption or some recommended food are

**TABLE-1: Effect of type of work on health among the adolescents**

Type Of Work	Respondents			
	Total		Obese	
	Number	Percentage	Number	Prevalence
Light	24	24.00	10	41.67
Moderate	76	76.00	26	34.21
Total	100	100.00	36	36.00

**TABLE-2: Effect of sleeping hours on health among the adolescents**

Sleeping hours	Respondents			
	Total		Obese	
	Number	Percentage	Number	Prevalence
Upto 7	24	24.00	8	33.33
7 and more	76	76.00	28	42.42
Total	100	100.00	36	36.00

**TABLE-3: Effect of exercise on health among the adolescents**

Exercise	Respondents			
	Total		Obese	
	Number	Percentage	Number	Prevalence
Yes	26	26.00	9	34.61
No	74	74.00	27	36.48
Total	100	100.00	36	36.00

observed in the world.<sup>7</sup> The present study also throws some light on the importance and ill effect of sedentary life style which is most responsible factor to create several problems related to respiration circulation, metabolism and

complication related to health problems *i.e.* obesity *etc.* Hence, the present study is aimed to find out the life style of adolescents and the relationship of obesity with this.

**TABLE-4: Effect of vehicle used on health among the adolescents**

Vehicle used	Respondents			
	Total		Obese	
	Number	Percentage	Number	Prevalence
Cycle	15	15.00	4	26.66
Auto	44	44.00	20	45.45
Two wheelers	23	23.00	8	34.78
Others	17	17.00	4	23.52
Total	100	100.00	36	36.00

**TABLE-5: Effect of watching television on health among the adolescents**

Vehicle used	Respondents			
	Total		Obese	
	Number	Percentage	Number	Prevalence
Yes	98	98.00	34	34.69
No	02	2.00	2	100.00
Total	100	100.00	36	36.00

### Materials and Method

A survey was conducted on adolescents of Agra city in Uttar Pradesh, India. Multistage stratified random sampling technique was used for selecting 100 samples of age group 12-18 years from two schools in Sikandara ward of urban area of Agra district. Information was collected regarding general information, life style and dietary pattern among the adolescents. The 24 hours recall method was used in the present study. This is the most extensively used method of dietary survey and is often employed in interview.

### Result and Discussion

The following observations related to effect of life style on obesity among adolescents have been noted:

Table-1 reveals the prevalence of obesity among the selected adolescents. In the present study the prevalence of obesity was 36.0% which

was more among the students engaged in light work 41.67% as compared to students engaged in moderate work 34.21%.<sup>4</sup>

Table-2 reveals the prevalence of obesity was 36.0% which was more among the adolescents who reported that they slept more than 7 hours (42.42%) as compared to adolescents who slept upto 7 hours.

Table-3 reveals the prevalence of obesity was 36.0% which was more among the adolescents who reported that they did not do exercise (36.48%) as compared to those who did do exercise (34.61%).<sup>1</sup>

Table-4 reveals the prevalence of obesity was 36.0% which was more among the adolescents who reported that they go to school by auto followed by two wheelers were (34.78%) , (26.66%) in those who go by cycle minimum in others (23.52%).

**TABLE-6: Effect of food liking on health among the adolescents**

Prepared food at	Respondents			
	Total		Obese	
	Number	Percentage	Number	Prevalence
Home	78	78.00	14	17.94
Market	22	22.00	22	100.00
Total	100	100.00	36	36.00

**TABLE-7 : Mean intake of various nutrient intakes among the normal and obese adolescents.**

Nutrient Intake	Unit	adolescents				Statistical values	
		normal (n=64)		obese (n=36)			
		Mean	SD	Mean	SD	t	p
Calories	kcal	2535.96	133.88	2545.09	125.52	0.332	>0.05
Protein	gm	63.72	4.45	62.75	5.43	0.965	>0.05
Calcium	mg	875.21	260.73	866.48	187.06	0.177	>0.05
Vitamin A	mg	2415.23	145.09	2404.34	174.79	0.334	>0.05
Vitamin B <sub>1</sub>	mg	1.32	0.40	1.33	0.51	0.108	>0.05
Vitamin C	mg	42.35	4.82	42.28	4.33	0.072	>0.05
Iron	mg	32.93	4.40	32.49	4.34	0.504	>0.05
Fat	gm	37.54	8.39	36.99	8.96	0.307	>0.05
Riboflavin	mg	1.50	0.05	1.50	0.06	0.000	<0.05
Niacin	mg	17.59	2.34	17.58	2.25	0.021	>0.05
Carbohydrate	gm	223.21	46.98	217.69	30.19	0.649	>0.05
Fibre	gm	5.84	1.93	5.97	1.69	0.338	>0.05
Sodium <sup>1</sup>	mg	130.38	31.17	130.38	31.17	0.000	>0.05

Table -5 reveals the prevalence of obesity was 36.0% which was more in adolescents who reported that they watched television (34.69%) as compared to those who did not watch (100%).

Table-6 reveals the prevalence of obesity was 36.0% which was more among adolescents who liked food prepared at market (100.00%) as compared to those who liked home made food (17.94%).

Table-7 shows the mean intake of various nutrients among the normal and obese adolescents. Mean nutrient intake of protein, vitamin A, calcium, vitamin C, iron, fat and niacin riboflavin, carbohydrate and fiber were found more in normal adolescents as compared to obese adolescents. While the mean nutrient intake of calories, vitamin B<sub>1</sub>, niacin and sodium was found to be more in obese adolescents as compared to normal

adolescents. Statistically, no significant differences regarding all nutrient intake were observed between the normal and obese adolescents, even at 5% level of significance. <sup>2,3</sup>

### Conclusion

From our study it is evident that prevalence of obesity was more among the adolescents who engaged in light work as compared to those who were engaged in moderate work, significant effect of exercise, non-vegetarian diet, market made food, fast food addiction, sweets, ice-cream were observed on obesity among the adolescents. Mean nutrient intake of calorie was found to be more in obese adolescents as compared to normal adolescents. Sedentary life style, lack of exercise watching television was the factors which negatively affected the health of adolescents. The present study is likely to help the mothers of adolescents to

gain and understanding of the relationship between diet and health status of their child as well as methods and measures of prevention and control of major health hazards faced by them.

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