



A Impact of Exercise and Healthy Lifestyle among the Youth in India

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ABSTRACT:

This paper is about the impact of exercising and a healthy lifestyle among the youth. The research's main objective is to examine the impact of exercise and healthy eating on the psychological, mental, and social well-being of youth, providing valuable information to empower them and healthcare professionals. It aims to investigate the role of motor activity in fostering a healthy lifestyle among student youth through physical education programs, promote fitness culture and sportsmanship among rural youth, and enhance the overall health and productivity of Indian youth. The research method employed is descriptive, with data collected from a sample of 200 individuals in Chennai, using convenience sampling methods. Physical education, a school course, emphasises physical fitness and the ability to enjoy daily physical activities with ease. The objective of studying the impact of exercising and a healthy lifestyle among the youth is to explore the positive effects of regular physical activity and healthy habits on their physical, mental, and emotional well-being. This research aims to provide evidence-based insights into how adopting an active lifestyle can contribute to improved overall health, reduced risk of chronic diseases, enhanced academic performance, and the promotion of lifelong healthy habits among the younger population.

Keywords: Exercise and healthy eating, human personality, lifestyle, sportsmanship, Human Resources.

INTRODUCTION:

The paper discusses the positive impact of exercise and a healthy lifestyle among the youth, exploring the connection between physical activity and healthy eating habits. It reviews evidence supporting the benefits of exercise for various body systems, including stress reduction, improved mood, increased brain power, and stronger muscles and bones. Additionally, the role of the government in promoting population health and reducing chronic diseases is highlighted, suggesting the establishment of facilities like swimming pools and jogging tracks to encourage physical activity and overall well-being. Exercise is incredibly beneficial for our overall well-being. It helps us maintain a healthy weight, reduces the risk of various health conditions and diseases, and boosts our mood and mental well-being. Engaging in regular physical activity enhances our energy levels, promotes better sleep, and can even improve our sex life. Exercise is not only a great way to stay physically fit but also provides opportunities for social interactions, making it fun and enjoyable. Furthermore, it contributes to better brain health, memory, and can alleviate chronic pain, leading to a more fulfilling and healthier life.

Here are the benefits of exercise :

- Helps maintain a healthy weight by preventing excess weight gain and aiding in weight loss.
- Combats various health conditions and diseases, improving overall health and reducing the risk of chronic illnesses.
- Boosts mood and well-being, leading to reduced stress and anxiety levels.
- Increases energy levels, making it easier to perform daily tasks and stay active throughout the day.
- Promotes better sleep patterns and contributes to a good sleep cycle.
- Enhances sexual satisfaction and can positively impact one's sex life.
- Offers fun and interactive opportunities for socialising while being physically active.
- Improves brain health and memory function, enhancing cognitive abilities.
- -Alleviates chronic pain, providing relief and improving quality of life. Engaging in regular exercise has numerous positive effects on our physical, mental, and emotional health, contributing to an overall healthier and happier lifestyle.

The government is responsible for public health, which encompasses ensuring a sufficient local public health infrastructure, promoting healthy communities and behaviours, preventing the spread of communicable diseases, safeguarding against environmental health hazards, preparing for and responding to emergencies, as well as ensuring access to health services. Further information on public health activities in these areas can be found online.

The research question investigates the effects of exercise and healthy eating on the youth, examining both positive and negative aspects. The research also focuses on the nurse's role in promoting physical activity and a healthy lifestyle. The paper reviews the evidence of exercise benefits for various body systems, including stress reduction, anxiety alleviation, happiness enhancement, improved self-confidence, increased brain power, memory enhancement, and strengthened muscles and bones. The thesis explores the positive and negative aspects of physical activity and a healthy lifestyle, examining their role in preventing and reducing heart disease, obesity, blood sugar fluctuations, cardiovascular diseases, and cancer. The research aims to provide a comprehensive understanding of the impact of exercise and healthy living. It also focuses on physical activity strategies and actions suggested by the committee, emphasising three primary goals: encouraging physical activity, reducing sedentary behaviour, and raising awareness about the importance of increasing physical activity. This thesis holds significance for the youth and can serve as a valuable resource for school nurses and public health nurses in educating and guiding young individuals. The research problem explores the impact of exercise and healthy lifestyle on the youth. The research question seeks to understand how physical exercise and healthy living influence the youth physically, mentally, and socially. **The aim of the study is to find out the role of motor activity in fostering a healthy lifestyle among student youth within the context of physical education.**

OBJECTIVE:

- To Empower the youth and nurses by providing relevant information.
- To Investigate the influence of motor activity on the development of a healthy lifestyle among student youth in physical education.
- To Promote and encourage a fitness culture and sportsmanship spirit among rural youth, encouraging its adoption as a lifestyle.
- Foster a healthy and productive human resource by empowering Indian youth with physical well-being.

METHODOLOGY:

The research method is empirical research. The data is collected through a questionnaire and the sample size is 200. Convenience sampling methods are adopted in this study to collect the data. The sample was collected from the public. The data was sourced from various public outlets, soulful books, articles, and research papers. The independent variables used here are age, gender, and the dependent variables are: Are you aware of what impact exercising and healthy eating have among the youth? .The study uses graphs, tables, and chi-Square for meaningful analysis.

REVIEW OF LITERATURE:

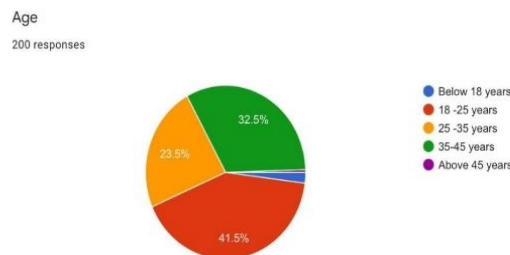
The paper explores how exercise and healthy eating impact the psychological, mental, and social well-being of young individuals(Kelishadi 2022). The research aims to uncover both the positive and negative effects of these behaviours, along with the (Quintana, Van Kirk Villalobos, and May 2012)nurse's role in encouraging physical activity and a wholesome lifestyle(Faigenbaum et al. 2019). Embracing a healthy lifestyle entails developing resilience against harmful influences and cultivating robust physical and mental health. The study delves into the correlation between Healthy Lifestyle Behaviours (HLBs) like regular consumption of fruits and vegetables and engaging in physical activity, and Positive Youth Development (PYD), which promotes well-being and positive functioning in youth(Goodyear and Armour 2018). The investigation centres on evaluating the influence of participating in a nutrition and fitness-focused summer camp on underprivileged youngsters(Bundy et al. 2017). The objective is to investigate how physical activity contributes to the cultivation of a healthy lifestyle among college students during their physical education journey(Cartwright et al. 2023). The study engaged 647 students aged 18-22, utilising research tools such as literature analysis, curriculum evaluation, questionnaire surveys, and statistical methods(Kapoor et al. 2023). Notably, overweight youth face an elevated risk of being victimised by peers, potentially exacerbating psychosocial issues and impeding physical activity engagement(Zhao, Tomita, and Dutta 2023), thus undermining the impact of professional and lifestyle-oriented weight loss programs(Palumbo et al. 2023). Limited insight exists regarding cyberbullying victimisation among obese adolescents and its correlation with psychosocial well-being and obstacles to adopting a healthy lifestyle(Pavlou et al. 2023). The study's aim was to evaluate both conventional and cyber-based victimisation experienced by severely obese teenagers, its association with psychological distress, and barriers to adopting healthier lifestyles(Ren et al. 2023). The research successfully assessed the feasibility, acceptability, and potential effectiveness of a comprehensive school-based intervention designed to prevent unhealthy weight gain among teenage boys(Ganesh et al. 2023). An experiment was carried out to demonstrate the effectiveness of this technology. The review explores how mobile apps can promote healthy nutrition, physical activity, and prevent overweight in adolescents and students(Denche-Zamorano et al. 2023). It describes the content, theoretical mechanisms, and lessons learned from the identified apps. Prioritising the development of a healthy lifestyle is crucial for families, schools, and society(Wayne 2013). In our modern society, technological progress and risk factors such as addiction to alcohol, illegal drugs, and smoking contribute to the growing number of young people leading sedentary, unhealthy lives(Chen et al. 2023). This study assesses the impact of an intervention by youth health care professionals on child health behaviours(Castro et al. 2023). The effects of the intervention on children's breakfast habits, consumption of sweet beverages, TV watching, and outdoor play were evaluated. Data were collected through the 'Be active, eat right' study, which was a cluster randomised controlled trial involving nine youth health care centres in the Netherlands. Physical fitness testing is commonly incorporated in schools and the physical education (PE) curriculum, with advocates arguing that one of the main purposes of testing is to promote healthy lifestyles and physical activity. Nevertheless, significant debate has arisen regarding the fitness testing of young individuals(Prayongrat et al. 2023). Throughout the last thirty years, systematic reviews have investigated the potential impacts of lifestyle interventions targeting changes in body weight and composition (such as weight, body mass index, fat mass, and waist circumference) among adults with intellectual disabilities (ID). However, the question of the potential effects of these interventions for youth with an ID

has remained unresolved since the mid-1980s(Foulkes et al. 2023). Promoting healthy lifestyles to prevent obesity in young people is a matter of public health importance. The European Youth Tackling Obesity (EYTO) project is a multicentric intervention initiative involving the United Kingdom, Portugal, the Czech Republic, and Spain. Childhood obesity has escalated into a nationwide public health crisis in the United States(Asiamah et al. 2023). The epidemic of childhood obesity could be attributed to physical inactivity and unhealthy eating habits. Interventions that promote healthy lifestyles within school settings hold promise for preventing and managing childhood obesity. Childhood overweightness carries both physical and psychological implications(Wavas et al. 2023). This study aimed to establish links between body mass index (BMI), beliefs and behaviours related to a healthy lifestyle, and mental health indicators among 5th- and 6th-grade children in a Title I school. A novel three-dimensional, truncated, and staggered pyramid with four faces and a base was introduced, offering a unique concept surpassing existing pyramids, with each face directed towards distinct objectives. Investigating the impact of wearable healthy lifestyle technologies on the motivation for physical activity in adolescents (aged 13-14) was the primary objective of this mixed-method sequential design study. The participant pool comprised 84 adolescents (44 girls, 40 boys) from six physical education classes. Although prior research has established a connection between individual health behaviors and adolescent suicide, the influence of health lifestyles on suicide remains inadequately explored. This study seeks to identify concealed patterns in health behaviors and their correlations with adolescent suicidal tendencies to enhance suicidality screening. A significant correlation emerged between cardiorespiratory fitness and activity-related healthy lifestyle practices, with skill acquisition, practice, and perceived support from physical education (PE) teachers lending some positive influence. The combined model for boys explained 21.8% of cardiorespiratory fitness variance, while the model for girls accounted for 15.9%.

ANALYSIS:

FIG.1

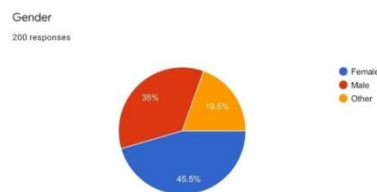
AGE:



LEGEND: From the graph, it is observed that it exhibits the age distribution of the respondents and their opinion on the awareness about what impact exercising and healthy eating have among the youth .

FIG.2

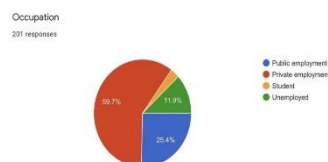
GENDER:



LEGEND: From the graph, it is observed that it exhibits the gender distribution of the respondents among different genders of the respondents and their opinion about what impact exercising and healthy eating have among the youth .

FIG.3

OCCUPATION :



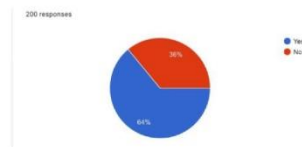
LEGEND: From the graph, it is observed that it exhibits the occupation distribution of the respondents among different genders of the respondents and their opinion on about what impact does exercising and healthy eating have among the youth

FIG.4

QUESTION 1:

Are you aware that what impact does exercising and healthy eating have among the youth

Are you aware that what impact does exercising and healthy eating have among the youth



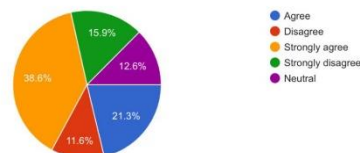
LEGEND: From the graph, it is observed that it exhibits the overall performance of the sample population regarding awareness about what impact exercising and healthy eating have among the youth .

FIG.5

QUESTION 2:

Do you agree that people who exercise and eat healthy food have a higher chance of living a healthy lifestyle

Do you agree that people who exercise and eat healthy food have a higher chance of living a healthy lifestyle



LEGEND: From the graph, it is observed that it exhibits the overall performance of the sample population regarding do you agree that people who exercise and eat healthy food have a higher chance of living a healthy lifestyle

RESULTS:

From graph 1, it is observed that the maximum response has come from the age category 18 to 25(41.5%) followed by 35 to 45(32.5%) followed by below 18 and 45 above. From graph 2, it is observed that it exhibits the gender distribution of respondents' among different genders. The maximum number of responses were collected from female respondents, that is(45%), the minimum number of responses were collected from male respondents(35%) whereas , the least responses were collected from other respondents (19.5%). From graph 3, it is observed that it exhibits the occupation distribution of respondents' among different occupations. The maximum number of responses were collected from private employees (59.7%) , the minimum number of responses were collected from public employees (25.4%)whereas , the least responses were collected from students. From graph 4, it is observed that 64% of the respondents answered yes to the question whereas 36% of the respondents answered No to the question. From graph 5, it is observed that 38.6% of the respondents answered yes to do you agree that people from poor and marginalised sections of the society are not aware ,whereas , 11.6% of the respondents answered No to the questions , and 12.6% of the respondents answered maybe to the question.

DISCUSSION:

From graph 1, it is understood that the maximum number of respondents are between the age group of 18 to 25 because those people have knowledge about what impact exercising and healthy eating have among the youth , which is very good because the current generation knows what is happening. where the minimum number of the respondents are between the age group of above 45 because those people aren't aware about what impact exercising and healthy eating have among the youth . From graph 2, it is understood that the maximum number of respondents are female, female shows more preference towards the impact of exercising and healthy eating among the youth . whereas, the minimum number of respondents are other , other respondents show less preference towards the impact of exercising and healthy eating among the youth . From graph 3, it is understood that the maximum number of respondents are from private employees because private employees have more knowledge and awareness about the impact of exercising and

healthy eating among the youth, whereas, the minimum number of respondents are from public employees and less number of respondents are from unemployment because they have less knowledge and awareness about the impact of exercising and healthy eating among the youth. My first research question is Are you aware of what impact exercising and healthy eating have among the youth. From graph 4, it is understood that the maximum number of respondents answered yes to the question, and minimum number of respondents answered no to the question. The reason behind this is many people are aware of what impact exercising and healthy eating have among the youth. The second question is: Do you agree that people who exercise and eat healthy food have a higher chance of living a healthy lifestyle? From graph 5, it is understood that the people from poor and marginalised sections of the society have less awareness about the question. The maximum number of respondents agreed to the question, whereas the minimum number of respondents disagreed with the question, and less number of respondents answered neutral. The reason behind this is many people think doing exercise and eating healthy food have a higher chance of living a healthy lifestyle.

LIMITATION:

The sample frame stands out as a significant constraint in this study. The sample frame is in homes and streets only where there is no route for educated responses. The restrictive area of sample size is yet another drawback of the research. The female respondents have answered more than male respondents.

RECOMMENDATION:

- To enhance community well-being, it is essential to create supportive environments for walking, biking, wheelchair rolling, and physical activity.
- Collaborate with various sectors to craft cohesive messages and promote them via the media.
- Implement public education campaigns focused on walking and walkability, connecting them to other initiatives aimed at increasing physical activity. Considering the literature review, it is evident that exercising and dieting have influenced youth's lifestyle and health both positively and negatively.
- To promote healthier lifestyle choices, the government bears a significant responsibility in encouraging individuals to adopt better habits.
- Enhancing school education to teach children about healthy eating and the significance of regular physical exercise is crucial.
- Implementing more prominent warnings on TV, illustrating the dangers of obesity and poor diets, can help raise public awareness and drive positive behaviour changes.
- Indeed, the government has powerful campaigns illustrating the health risks of smoking and drinking. Furthermore, there exists an opportunity for enhancing the promotion of healthy eating habits. Furthermore, increasing the availability of public fitness facilities such as swimming pools, gyms, and sports centres is essential, and their affordability should be prioritised to ensure accessibility for all.

CONCLUSION:

As a result, the nurse can easily provide straightforward guidance and motivation to young individuals, promoting safe and healthy ways to enhance both physical and mental well-being. This paper explores the evidence supporting the various advantages of exercise on the body's systems. Physical activity and exercise have the potential to decrease stress and anxiety, elevate mood-enhancing chemicals, boost self-confidence, enhance cognitive function, sharpen memory, and strengthen muscles and bones. The government's role in improving population health and addressing lifestyle behaviours, health disparities, and chronic diseases is crucial. There are numerous actions the government can take to enhance the well-being of its citizens. For instance, building swimming pools and parks with jogging tracks can encourage regular exercise and promote a healthy lifestyle. Implementing a nominal membership fee for facility maintenance could be considered. Many believe that regular exercise contributes to better mental health, emotional well-being, and reduced rates of mental illness. Alongside the government's efforts, individuals also bear responsibility for their own health. Despite the government's earnest efforts, obesity has become a significant health concern in many countries, primarily due to poor eating habits and a lack of physical activity. While the government could consider increasing taxes on junk foods, it may not be entirely effective, as the affluent can still afford them. This underscores the fact that improving people's health requires collective responsibility. Each individual must consciously strive to avoid unhealthy habits, such as eliminating junk foods from their diets and giving up smoking or excessive drinking. Research indicates that individuals who exercise regularly and maintain a healthy diet have a higher likelihood of leading a healthy lifestyle and reducing the risk of diseases like type 2 diabetes, depression, and cardiovascular issues associated with sedentary behaviour and lifestyle choices.

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