

19. Impacts of Modern Lifestyle

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Abstract :

With the advancement of science and technology, men have conquered many aspects and achieve things beyond our imagination. Scientists, technocrats and all the resource persons in different fields changed our world in a place of abundance, comfort, luxury and convert the most complex phenomenon into a simple form. But, the mankind is still in danger. The research in medical and health eradicate most of the communicable diseases and people are no longer lives but much more of those lives spent living in ill health. The quality of life deteriorated gradually. It is found that seven out of every ten deaths are caused by conditions like heart disease, stroke, diabetes, kidney damages. One of the major causes this health problems is modern lifestyle habits. The modern lifestyle gives us with comfort and convenience, but the people do not take care of their health. Our materialistic greediness day by day increases like acquisition of more sophisticated consumer and household items, purchasing of new plots or flats, more jewellery items, luxury vehicles etc. that troubles our mind and our mind became uncontrolled. The environmental pollution, lack of noble thoughts and virtues, depended and more crazy towards junk food and sedentary lifestyle habits also leads to a daily stressful life and these are the cause of all troubles in modern life.

Introduction :

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 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. Iran is one of the 20 countries using the most medications. They prefer medication to other intervention. Furthermore, in 15-40% of cases they use medications about without prescription. Pain relievers, eye drops and antibiotics have the most usage in Iran. While self-medications such as antibiotics have a negative effect on the immune system, if the individual would be affected by infection, antibiotics will not be effective in treatment. Overall, 10 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.

The general public's view of modern diet and human health has undergone drastic changes in recent years. There is general harmony that many chronic health problems, first noted in Western countries but progressively flourished worldwide, relate mainly to diet. There is far less consensus, however, about the dietary factors implicated in such health problems. This lack of understanding has opened the door to a propagation of different recommendations as to the best diet for modern humans. Diet conscious like the mainstream populace, are now getting the message that wise dietary fat choices offer essential fatty acids, blood lipid management, maintained endocrine and immune function, inflammation control, metabolic effects and even potential body composition and performance benefits. Toward this end, many companies now sell specialty dietary fat supplements and recognized health authorities have begun recommending them to certain population.

Common risks of the modern lifestyle and their causes

As we all know that a coin has two sides, similarly the modern lifestyle has both advantages and disadvantages. The advantage of modern lifestyle is development of Nation. Due to rapid introduction of new technology particularly mobilephone and computer make us easier to travel, communicate and work so on. The education system also developed with the help of internet. Every year, the civil, mechanical, electrical, electronics and automobile engineering works are rapidly in progress. The new sophisticated medical equipments and disease preventive medicine has been invented by the medical scientist for the benefit of humankind. The disadvantages of the modern lifestyle are more complicated. Modern living has made people weak, unhealthy and disease prone. A sedentary lifestyle coupled with a rich food habit, has made us all prone to disease and illness. Now a days, most of the people are depending on fast food which affects their health. Even food habits particularly in younger generation has changed. The numbers of people are suffering from cardiac and thoracic diseases. Now a days, diseases like diabetes and cancer are very common in our country. All these ailments are the result of our lifestyle habits. In India, the percentage of obesity has also been increased comparable to past and childhood obesity is also a serious threat to the entire mankind. Long working hours at desk jobs particularly in software industry and banking sector are prone to hypo-kinetic diseases like low back pain, knee pain, cervical spondylitis and hypertension etc. The environmental condition particularly global warming, air, noise and water pollution are all serious threats for the entire world. The garbage problem is another issue in every country. Moreover, the new generation gradually forget their own culture and tradition. All these problems are associated with:

- Attitude towards more easy and comfort life
- Lack of self-discipline and self-control
- Greed and money oriented
- Selfish attitude
- Unexpected desires and ambitions
- Over busy life that leads to stress
- Self-discipline and self-control
- Over population
- Urbanisation
- Industrializations

Modern Diet

Basic nutrients, such as carbohydrates, fats, and proteins, are the basis of all life activities. They constitute the carbon skeleton of various functional molecules, and provide energy through oxidative decomposition. Traditionally, the main aim of nutrition is prevent and treat nutritional deficiencies. However, when nutrition is adequate or excessive, the body faces the problems of quantitative control of the nutrients absorption and storage. Over nutrition, especially absorption and storage of energy, can not only affect health but also cause many diseases such as diabetes, cardiovascular diseases, obesity, hypertension, and hyperlipidemia. Further, over nutrition reduces reproductive capacity and promotes the development of various cancers that will seriously affect quality of life, survival, and reproduction in human beings. Because of over nutrition, nutriology based on nutritional requirements cannot make recommendations for nutrient intake in daily life because nutrient absorption, energy storage, and oxidative energy supply control vary from person to person. Even during evolution, nutritional experience seems to be recorded in the nucleosomes and DNA, which involves all aspects of nutrient sensing, cell communication, metabolic regulation, gene expression, and epigenetic modifications. However, food intake is a fundamental activity of the human body and is a source of energy.

Modern diet relates to 'Junk food' that simply means an empty calorie food. An empty calorie food is a high calorie or calorie rich food which lacks in micronutrients such as carbohydrates, proteins, vitamins, minerals, or amino acids, and fiber but has high energy (calories). These foods does not contain the nutrients that your body needs to stay healthy. Hence, this food that has poor dietetic values is considered unhealthy and may be called as junk food. Junk food is an informal term applied to some foods which are perceived to have little or no nutritional value, but which also have ingredients considered unhealthy when eaten regularly, or to those considered unhealthy to consume at all. The term junk food was coined as slang in the public interest in 1972 by Michael Jacobson, Director of the Center for Science, Washington DC. What makes these foods to be called as Junk is that it contains high levels of refined sugar, white flour, trans fat and polyunsaturated fat, salt, and numerous food additives such as monosodium glutamate and tartrazine at the same time it is lacking in proteins, vitamins, essential minerals, fiber, among other healthy attributes. These foods have little enzyme producing vitamins and minerals and but contain high level of calories in their place. A food that is high in fat, sodium, and sugar and provides high calories yet useless in value is generally known as a junk food which the present generation has adapted it as modern diet. On the contrary, junk food is easy to carry, purchase and

consume. Generally, a modern diet is given a very attractive appearance by adding food additives and colors to enhance flavor, texture and for increasing long shelf life.

Recent variations and trends in food, nutrition, physical activity, overweight and obesity. People's diets reflect the times and situations in which they live. It is only relatively recent in history that urban-industrial ways of life have evolved, with many or most people living in towns and cities rather than in the countryside. In much of Asian and African countries most people still live in rural communities, and farmworker-agricultural and urban-industrial ways of life still coexist in most countries. Such patterns change very rapidly as countries become increasingly urbanized and industrialized. The different food systems and diets that are part of these diverse ways of life affecting people's levels of physical activity, their body composition and physique, their life expectancy, and patterns of disease, including cancer. With the move to urban-industrial ways of life, populations have become taller and heavier, their life expectancy has increased, and they are usually adequately nourished (although poverty, and even destitution, remains a major problem in most big cities). On the other hand, urban populations are at increased risk of chronic diseases such as obesity, type 2 diabetes, coronary heart disease, and also some cancers.

Conclusion

To sum up, different modern life style patterns affects our health in different aspects physically, psychologically, and socially. I think that if the people's awareness about these effects doesn't increase, this may lead to dangerous consequences in the near future. Adopting this life style patterns and especially sedentary life style for long time might threaten people's life. If this happens then the community health will be affected and we will be having high percentage of diseased and disabled persons. Which finally reduce individual's productivity and development of their own communities. The best way for reducing the effects of these modern patterns of living is by educating people about its effects 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. Nutrition, especially sensing and absorption of energy substances, not only plays an important role in the intensity of life activities and storage of energy substances but also controls aging and lifespan. More activity and rapid growth result in shorter life expectancy, and less activity and slower growth result in longer life expectancy. Awareness on junk food facts is lacking amongst every individual in the community.

Eating a healthy diet is a hard work. Furthermore, it will reduce the risk of getting so many diseases which cardiovascular diseases and cancers are at the top of them. Finally, maintaining people's health is a primary goal of any country that probably would make her spend a lot of money to achieve it as people are the 'real wealth of a country'.

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