

# Effect of Modern Lifestyle Choices on Mental and Physical Health of Youth

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**Abstract:** *Modern lifestyle choices have significantly transformed the daily routines of young people. In recent years lifestyle of young people has changed rapidly due to a lot of changes in their lifestyle changes includes reasons like excessive use of smartphones, social media, irregular sleep cycles, fast food consumption, reduced physical activities in their daily routines. So the present study examines the effect of modern lifestyle choices on the wellbeing of young people through both secondary and primary research. The finding indicates that Increased screen time, reduced physical activity, irregular sleep patterns, fast-food consumption, and social media engagement have become common among youth aged 15–25 and strong association between excessive screen time, poor sleep quality, and higher levels of stress and anxiety.*

*Additionally, sedentary behavior and unhealthy dietary habits were linked to fatigue, weight gain, and reduced overall fitness. However, moderate use of digital tools for education and social connection showed positive outcomes. The study highlights the importance of balanced lifestyle habits and increased awareness among youth to promote long-term health and well-being.*

**Keywords:** Modern lifestyle choices have significantly transformed the daily routines of young people. In recent years lifestyle of young people has changed rapidly due to a lot of changes in their lifestyle changes includes reasons like excessive use of smartphones, social media, irregular sleep cycles, fast food consumption, reduced physical activities in their daily routines.

## I. INTRODUCTION

Over In the past two decades, modern lifestyle has become an important part of everyday life, especially among our youth, also technological developments and social changes have changed how youth live. Things like smartphones, online streaming games, sedentary routines have changed how we spend our time, how we interact with others and manage our daily habits and routine. social media sites, online entertainment, and fast-food cultures create a huge part of people's lives every day. Although these technologies allow for convenience and allow for worldwide connections, they also have an impact on how people keep their daily routines, sleep routines, eat healthy food, and are physically active. Young adults aged 18 to 25 are particularly susceptible to health issues related to their lifestyles because of their current physical state and mental state. They have many stresses associated with school/college/universities, job placement, and being compared to other younger adults. The mental health of young adults is crucial in fact continues to become more problematic when such patterns are kept continued for longer time it can worsen the mental health of the person due to their modern lifestyle choices, but they also are being inactive and eating poorly, causing them to experience physical problems such as extreme tiredness, gaining weight, and not having a lot of energy. The purpose of this research study is to examine how modern lifestyles impact the mental and physical health of today's youth. It will look to do this by examining existing research and primary survey data to determine current trends.

## II. LITERATURE REVIEW

### Modern Lifestyle and Youth

Modern lifestyle refers to the daily habits and patterns that have become common in the youth due to a lot of factors influencing such as technological advancement, urban living, changing food culture, and depending on digital gadgets.

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Modern youth lifestyles are characterized by high engagement with technology, social media, and digital platforms. Pew Research Center (2021) reports that adolescents spend an average of 7–9 hours daily on screens for entertainment, communication, or academic purposes. Excessive screen time has been associated with increased anxiety, depressive symptoms, and attention difficulties (Twenge & Campbell, 2018).

#### **Physical Health Implications**

Sedentary behavior and unhealthy dietary habits are critical contributors to physical health concerns among youth. According to the World Health Organization (2020), insufficient physical activity and high consumption of processed foods increase the risk of obesity, cardiovascular disease, and type 2 diabetes. Studies indicate that youth who engage in at least 30 minutes of daily exercise demonstrate better physical and mental health outcomes (Guthold et al., 2020). Low levels of physical activity are also a major cause and concern.

#### **Mental Health Implications**

Social media usage and online interactions can significantly affect mental health. A study by Keles et al. (2020) shows that prolonged social media engagement is linked to heightened levels of anxiety, depression, and social comparison. Cyberbullying and online peer pressure further exacerbate mental health issues in youth populations.

#### **Survey-Based Insights**

Primary research through surveys has become a valuable tool to examine lifestyle behaviors in real-life contexts. Survey data can reveal actual patterns of screen time, diet, physical activity, and stress, complementing literature findings and enabling targeted interventions (Viner et al., 2019).

### **III. RESEARCH METHODOLOGY**

#### **Research Design**

This study employed a quantitative survey design to examine the impact of modern lifestyle choices on youth health. The survey method allows for collection of primary data directly from participants and provides measurable insights into lifestyle behaviors. This study follows a descriptive research design based on a survey method.

#### **Sample and Participants**

The research targeted college students aged 18–22, using a convenience sampling method. The study is based on both the kind of data collection method includes primary data collection through questionnaire and secondary data collected from books, articles, journals, online sources related to the youth and their health and how modern lifestyle has affected it. A total of 12 participants from a local college volunteered to complete the survey.

Participants were informed about the purpose of the study, and ethical consent was obtained before participation.

#### **Data Collection**

Data was collected using a structured questionnaire containing 12 questions covering:

Average daily screen time  
Frequency of social media use

Dietary habits (fast food and processed foods)  
Physical activity frequency

#### **Sleep duration and quality Stress levels**

Perceived effect of lifestyle on mental and physical health

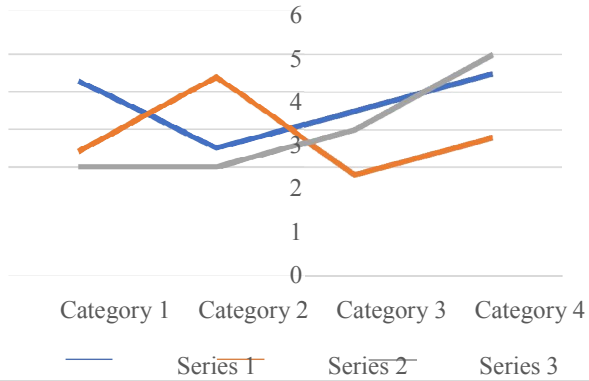
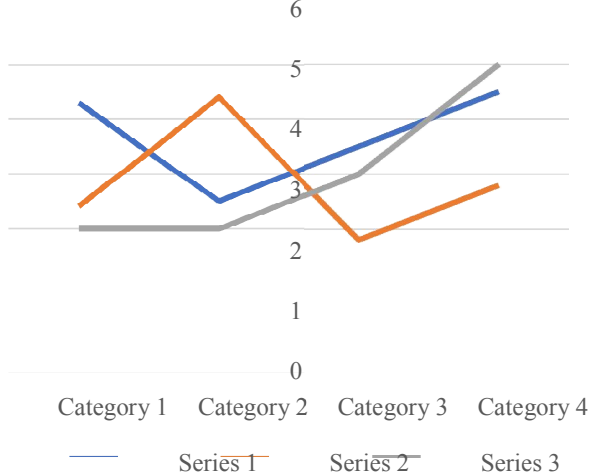
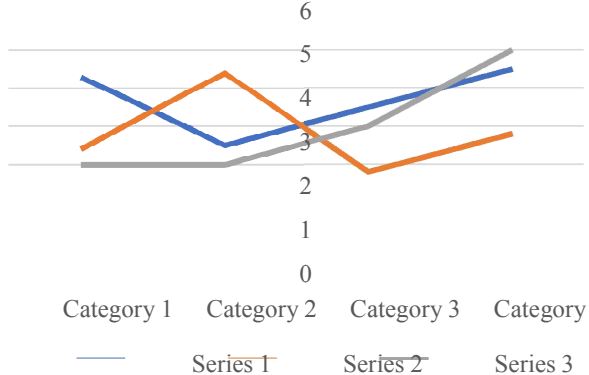
Participants answered using a mix of multiple-choice, Likert scale, and open-ended questions. Responses were anonymized to ensure privacy.

### **IV. DATA ANALYSIS AND FINDINGS**

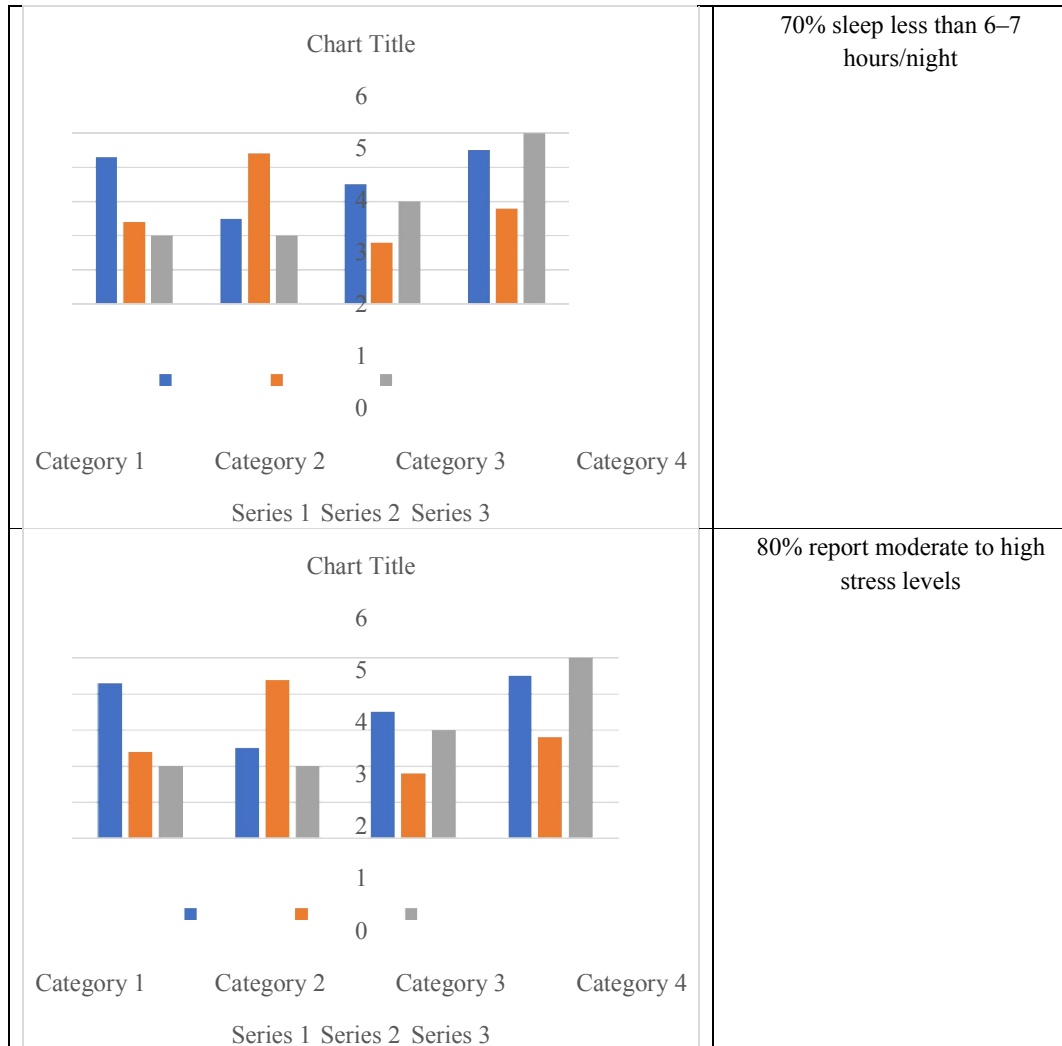
Survey results revealed significant patterns consistent with literature findings: Factor Observation (12 Students)



Chart Title

<p>Chart Title</p>  <p>Category 1 Category 2 Category 3 Category 4</p> <p>Series 1 Series 2 Series 3</p>	<p>6–9 hours</p>
<p>Chart Title</p>  <p>Category 1 Category 2 Category 3 Category 4</p> <p>Series 1 Series 2 Series 3</p>	<p>60% eat fast food <math>\geq 3</math> times/week</p>
<p>Chart Title</p>  <p>Category 1 Category 2 Category 3 Category 4</p> <p>Series 1 Series 2 Series 3</p>	<p>50% rarely engage in regular exercise</p>





**Interpretation of Findings:**

Screen time: Participants reported spending most of their day on devices for academic, social, and entertainment purposes. Most of the respondents showed dependence on digital devices, irregular lifestyle patterns, and also they were aware about how these habits affect their daily life and productivity levels. Those with higher screen time also reported higher stress and sleep disruption.

Dietary habits: A majority rely on fast food due to convenience, particularly during busy academic periods, contributing to poor nutrition and low energy. Physical activity: Half the participants engage in minimal exercise, increasing risks associated with sedentary lifestyles.

Sleep and stress: Irregular sleep patterns were common, and stress levels were elevated, highlighting a correlation between lifestyle choices and mental well-being.

These results illustrate how technology, diet, and activity levels interact to affect overall youth health, confirming trends identified in previous research.



### **Screen Time**

A large number of respondents reported spending several hours per day on phones or digital devices. This says that this is one of the major cause that impact their lifestyle. High screen time may be connected with reduced physical movement, distraction, disturbed sleep, and lower productivity in daily life.

### **Exercise**

The number of youth participating in a regular exercise program was less than expected, thus it could be inferred by the small number of youth exercising that the participants were not meeting minimum levels of weekly exercise.

Minimal participation in organized sports and/or formal exercise will negatively affect (exhaustion) levels and/or overall fitness (stamina) levels, and physical and mental focus of many youth in today's society.

### **Mental Health**

The mental health responses from the participants indicated similar but also much different answers as to how they were all feeling about their current mental health (from their responses, some participants rated their current mental health as "great", some rated their current mental health as average and others rated their current mental health as "poor"). The discrepancies in responses signifies that youth's mental health could be affected by factors including (but limited to) stress, overconsumption of technology, not adhering to a balanced daily routine and peer pressure.

### **Impact of Technology on Sleep**

A major conclusion that came from the data collected in this study is that a large number of participants feel that consuming excessive screen time had a negative effect on their overall levels of sleep. This finding also indicates that poor digital habits of today's youth can potentially be disrupting the amount (or quality) of sleep that many youth experience, delaying the onset of sleep, contributing to feeling tired or having difficulty maintaining concentration throughout the day.

### **The Following Data Was Found from This Research, Both Primary & Secondary**

1. Young People Spend Lots Of Time Using Their Phones Every Day
2. Lots Of People Have Trouble Sleeping Because Of Too Much Screen Time
3. Stress, Anxiety, And Mood Swings Are Common in Youth
4. Not Everyone Gets Enough Physical Exercise
5. Many Respondents Have Unhealthy or Unbalanced Eating Patterns
6. Most People Feel That A Modern Lifestyle Will Impact the Health of Our Youth Negatively
7. The 4 Major Causes Found Affecting Youth Health Were: Amount of Screen Time (Too Much), Poor Diet (Imbalanced Diet), Too Much Pressure to Excel Academically, Comparing Their Lives Using Social Media
8. The Modern Lifestyle Affects Youth Mental & Physical Health as Well: Physical Health By Destruction Of Concentration, Productivity, Clarity Of Thought.

The Results of Our Study Show That Modern Lifestyle Choices Are Influencing Both the Physical and Mental Health of Youth. And the primary survey conducted among 12 respondents supports the view that actually how these habits and lifestyle choices have affected their sleep quality, emotional wellbeing, concentration level, productivity and their overall health. Ongoing Theme Found Through the Study Was the Increasing Use of Digital Devices in Youths' Daily Life, Due to Their Usefulness for Communication, Entertainment, And Learning, But the Overuse of These Devices Is Impacting Our Youth's Sleep, Attention Span, And Daily Activities.

Based on survey responses, young people are experiencing pressure on their minds from many different sources. Examples include; stress, varying moods, and average mental health rating score suggests emotional health is an increasing cause for worry. Academic demands, online exposure to others, inadequate time for rest, and continuous use of electronic screens all contribute to mental zero stress.

The impact from a physical health standpoint is also significant. Irregular physical activity, insufficient hours of sleep, and poor eating habits over time will affect strength/stamina, vitality, and overall physical health. Though these factors can be viewed as independent problems; they can also be viewed from a link of the preceding problems. An individual



may spend an excessive amount of time on their screen which can lead to going to bed late, waking up tired, skipping physical activity/exercise, missing meals, and having less productive time during the day.

On the other hand, the study highlights that it is not the technology itself that is causing the issue, but rather the lack of balance when using technology via a balanced daily schedule. That is by placing limits on daily screen time, having enough sleep each night, performing physical activities regularly, and eating healthier foods, would reduce the negative ramifications of using technology.

## V. CONCLUSION

In conclusion, the current study demonstrates how negative lifestyle behaviours can have a significant effect on both the mental and physical health of youth. Excessive screen time, inconsistent sleep patterns, decreased levels of physical labour, unhealthy eating, or excessive stress have become a trend in today's youth. The present study concludes that modern lifestyle choices have a meaningful impact on the mental and physical health of youth. Habits such as excessive screen time, irregular sleep, limited physical activity, unhealthy eating, and high stress levels are becoming common among young people. The primary survey conducted among 12 respondents supports the view that these habits actually has affected their sleep quality, emotional well-being, concentration, productivity, and overall health. Although modern lifestyle provides convenience and access to opportunities, its unhealthy side cannot be ignored. Youth must become more aware of their daily habits and take active steps to maintain balance. Parents, teachers, and institutions also have a role in encouraging healthier routines and lifestyle awareness. A balanced modern lifestyle is possible, but it requires discipline, awareness, and conscious choices.

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