



Varied Dimensions Of Changing Lifestyle In Youngsters– An Analytical Study

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The lifestyle of today's youngster is confined only to pubs and discos. They don't know what is happening around the world, and have no any interest in national and domestic affairs. They prefer night out's longing in the pubs, tapping feet to the rocking music in disco. Today's generation is limited to gizmo gadgets, two wheelers and night life."All that glitters are not gold" is a saying which is true indeed in its own way, but its value is perhaps lost somewhere. Spending quality time with their parents or helping to them are the special moments, but youth today prefer spending most of their time in discos and pubs. They forget their primary responsibility.¹

The decline in young people's physical activities happens at the same time, instead of doing more physical exercise many young people eat less. Today we well know about the fact that one out of five children go to school without taking breakfast in the morning. This is a result of a busy and modern lifestyle, that the family rarely takes breakfast and many children don't bring food to school and they buy potato chips, chocolate and soft drinks. A modern family tends to skip common meals. Food is taken in a hurry in the kitchen, snacks bar or in the office. Regular meals, healthy food and the time spend at the table are important for our health.²

Mass media is an informative weapon of modern era. Young people are greatly influenced by mass media. Every day people all over the world watch TV, read newspaper and use internet. Alcohol ads and junk foods have negative impact on youth. Violence is transmitted from different types of mass media which create additional

problem. Everyday children and youngsters feel the impact of advertisement. This type of advertisement has a negative effect on the psychology of youngsters, and this negative impact can have dangerous consequences. They get messages from different source of media. Advertisers of tobacco and alcohol provide negative information about their products. As a result young people often do not know what the health risks are when they use these products. Advertisement of thin women and athletic man create unrealistic perceptions which result in nervous exhaustion. Violence is another problem created by mass media. Youngsters see violence on TV every day and feel frustration, stress, and become aggressive. In the beginning violence is perceived like something unnatural, but later on they get used to it. Such process is called "AVIDS – Acquired violence immune deficiency syndromes"³. These syndromes have a direct impact on the level of violence among youngsters.

Television has the potential to influence youngsters. Not all television programs are bad but data showing the negative effect of exposure to violence, inappropriate sexuality and offensive language are convincing. Media can be a powerful teacher for youngsters. Watching 'Sesame Street' is an example of how youngsters can learn valuable lesson about racial harmony, kindness, corporation and improve reading and learning skills.⁴

The present youngsters assume western values as culture. They have been openly pushing further lifestyle of a modern community as an open challenge to our traditional customs and values. They ape



western culture and act like the models, actors and actress. Communities have a responsibility to provide an appropriate education for all youth to save discipline and secure cultural environment.⁵ Youngsters should not be indecency and vulgarity in the name of advancement of modernization and civilization. The youth should behave with decency and decorum in public society. Youngsters should have basic moral values and a deep respect for our traditions and customs from a tender age. It is high time that we all realize the boundaries of freedom and individual rights. Dr. Sarvapalli Radhakrishnan said that civilization is what we have, culture is what we are. Our country, India is like a tree whose roots are tradition, culture, harmony and brotherhood but today it is replaced by western culture.⁶ For today's youngster in this age of modernization, everything is to become modern with stylish haircut, outlook, dress and attitude. They like to talk in English and love to make fun of our mother tongue. The mentality is totally changed which brings the evil things out and the crime rates are too high. Corruption has gone to higher level and we cannot imagine. The basic moral values seem to have vanished. They feel ashamed touching the feet of elders and going to the temples, but like to visit bars have late night parties. Today's concept the more you expose the more modern you are which is followed by youngsters. They just go on doing this to get name fame and power without even giving it a thought. Also, by adopting western culture our youth are becoming more independent confident and self depended which is extremely good for our society. But I feel that there is no harm in adopting the western culture that too much of anything is never good. To learn things of other nation is not wrong but they should not be done at the expense of our culture and tradition. On one hand we called INDIA- Incredible India, and on the other side we are so influenced from western

culture that our ethical and moral values are degrading.⁷

India is well known for its traditions and shift from old to a new world of ideas, and the tradition has been extinct among youngsters now a days. They are modern and have no culture. Tradition is considered unnecessary in modern time. Each year comes with moderation, where youngsters are moving towards modern values and gradually forgetting their moral values. Life is like a running stream where modern becomes traditional in the long run of time. But the traditional gives way to joint families in the society. Tradition represents the actual identity of our society and keeps us united, but modernity usually takes us apart from each other. It is well said that 'old is gold' and should be preserved carefully. But it is also a fact that old is to be given up for good to enter the new era. We cannot go to strike our past customs and tradition because they have came by inheritance. The world has to move on and they must maintain a proper balance between tradition and the modernity. Today youth are facing trouble in blending tradition with modernity.⁸

India is setting on the way of progress and move towards modernization. Great technical and professional advancement and youth are employed in these sectors. India's youth force is the highest in the world. They are extremely ambitious and confident. They are contributing to the country's economic development. Majority of youngsters have desire to earn fast and make more money. It is observed that the lifestyle of urban young population is different from the traditional one, and the life style adopted by the youth is extremely disorganized, unhealthy and faulty. Time is converted to money and corporate interest. Personal ambitions are being kept over health priorities. Long working hours are fixed by the employers, and young employees are constantly engaged in front of computer screen. They are moving



towards insecure future and becoming unhealthy. They have number of chronic diseases like heart disease, stroke, cancer, diabetes, obesity, stress, respiratory infection at very young age. Faulty lifestyle and dietary habits can be seen in them. The rise in fast food in all over the country and a western “HIP” culture of clubbing, especially in the metropolitans has only the progress of “progression towards recreation”, customary lifestyle becomes a disease, and gradually working as a slow poison. India is the diabetes capital of the world, and the possibility of Indians suffering from a lifestyle disease is 5% more than the other countries. This is the grim and dark side of the picture of “India Shinning”. They need to be fit with suitable lifestyle and find time for regular physical exercise in their busy schedule. They also need to spend equal time for better social life and go back to the old popular saying is “Early to bed and early to rise makes a man healthy and wise”.⁹ Diet and lifestyle are major factors for many diseases. Drug abuse, tobacco, smoking, alcohol drinking, and lack of exercise increases the risk of disease later in life.¹⁰

Healthy habits contribute to a good night sleep, adult need seven to eight hours sleep per night. Avoid alcohol intake. Maintain a healthy weight and lose excess weight because gaining weight makes you prone to diseases. Smoking is harmful for lungs. Regular health checkup is needed. Your provider will check how well your treatment is working and make treatment plan if necessary.

National and International programs are necessary to promote a major change. Youngsters have must learn about the consequences of an inactive physical lifestyle. They have physical activities in everyday life and should promote everyday activities like biking instead of using the car and taking the stairs instead of lift. In urban areas we should always leave space for playground, for sports and outdoor activities.

The public authorities carefully follow the development of young people's nutrition. Promotion of healthy food with more fruits and vegetables is an important supplement. Public campaign inspires us to create meals of a higher nutritional value. The older generation should understand the modern period and their individual identities. They should be friends with their children and provide love, security and encouragement to them.

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