

# Awareness on Lifestyle Disorders among Youngster of Chhattisgarh

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DOI: <https://doi.org/10.51244/IJRSI.2026.13010140>

Received: 06 January 2026; Accepted: 12 January 2026; Published: 07 February 2026

## ABSTRACT

Awareness of any subject causes may be lifestyle disorders and imbalance. In which Disorders that are associated with the lifestyle of an individual or the way of living are known as lifestyle disorders. Lifestyle disorders are ailments that are primarily based on the day to day habits. Also termed as non communicable diseases (NCDs) as they do not transmit from one person to another when diagnosed. The major causes for dealing with Non-Communicable Disease are poor dietary intake, eating junk food, lack of physical activities, sleep variations, chronic stress, undesirable behavior, addictions of different types. To know the lifestyle disorders among college students of Chhattisgarh is the objectives of the studies. This study has adopted descriptive cross sectional and primary data based research design. A purposive sampling technique was utilized to select a subset of 150 individuals from various stream youngsters students. Data collection has been done online on a platform of Google Form shared by Massaging, mailing, and scanning code from selected government colleges of Janjgir-Champa District of Chhattisgarh. Percentage technique has been used to analysis for data. Finding of the studies that major students was found such type of lack of awareness and disorders causes of irregular lifestyle habits. Lifestyle disorders are preventable if the proper balanced nutrition diet would be followed.

**Keywords:** Life Style Disorder, Youngster, Awareness

## INTRODUCTION

Awareness of any subject causes may be lifestyle disorders and imbalance. In which Disorders that are associated with the lifestyle of an individual or the way of living are known as lifestyle disorders. . Lifestyle disorders are ailments that are primarily based on the day to day habits. Especially Youngster has those who can changes the condition and direction of their surrounding with their strength, habit and behavior. This is good practices not only for society but all human beings. But if youth followed indiscipline manner lifestyle they created various disorders and physical and mental problems. Lifestyle disorders are the major health issues observed all over the world. They can be defined as diseases linked to one's lifestyle. These are chronic and are not transmitted from one person to another, also known as non-communicable diseases (NCDs). The major causes for dealing with NCDs are poor dietary intake, lack of physical activity, sleep variations, chronic stress, undesirable behavior and addictions of different types (**Pandit 2023**). Similarly Obesity, Diabetics, Hypertension and Heart disease are diseases that come under the umbrella of Lifestyle disorder. Life style disorder are the disease that is not transmitted from one person to another or not from environment to a person but these are caused by unhealthy Lifestyle such as poor diet, bad eating habits, lack of physical activity, insomnia, psychological stress, smoking and intake of excessive alcohol (**Yadav 2023**). In presently Fast-paced industrialization and globalization have reduced physical activity levels and is making us lead an increasingly sedentary lifestyle (**Mathur p 2019**). In the same way According to the currently available research, the top causes of illness, disability, and death in India include hypertension, cardiovascular diseases, cancer, diabetes, lung disease, chronic renal disease, trauma, stroke, and chronic obstructive and mental disorders. Since 1980s, the Government of India has assisted the states through several vertical programs to prevent and control NCDs (**Sahu 2024**). Lifestyle diseases characterize those diseases whose occurrence is primarily based on the daily habits of people and are a result of an inappropriate relationship of people with their environment. The main factors contributing to lifestyle diseases include bad food habits, physical inactivity, wrong body posture, and disturbed biological clock (**Sharma 2009**). So that adopting a healthy lifestyle is a very good therapeutic tool for chronic diseases. Developing a therapeutic education communication tool can be the future of better health care management, which will fill the gap between

recommendation and implementation for adopting good lifestyle practices (Kshitij 2019). Above mentioned some review as a introduction part I have been selected Govt. T.C.L. Post Graduate college Janjgir , Chhattisragh for the studies. Which is oldest institute in higher education as well as wide range cover such rural areas.

**Objective of the study-**

To Know and explore the Awareness on Lifestyle Disorders Among Youngster of Chhattisgarh.

**METHODS AND MATERIALS**

This was carried out in Govt. T.C.L. Post Graduate college Janjgir Chhattisgarh with careful consideration given to the location. This study has adopted descriptive cross sectional and primary data based research design. A purposive sampling technique was utilized to select a subset of 150 individuals from various stream youngsters students. Data collection has been done online on a platform of Google Form shared by Massaging, mailing, and scanning code from selected government colleges of Janjgir-Champa District of Chhattisgarh. There are 2883 students have been studied in various program in the college. Eleven Government colleges run in the District, in which selected college is lead college of the district. Percentage Technique has been used for data analysis.

**RESULTS & DISCUSSION**

There are 150 respondents has been replied answers. Questionnaire was designed closed and open ended, mixed format as per objective of studies. Questionnaire was designed in six segments as a food habits, physical activity, routine based, and adductive pattern. Behavior, health and stress based. We can find weather

respondents categories lifestyle disorder or not. This aimed to find out to Explore the Awareness On Lifestyle Disorders Among Youngster Of Chhattisgarh. Its details discussion particular head wise below as -

**1 Food habits**

Food habits was the first title of the questionnaire .in this section I had six question included like Intake Healthy food , Limit food intake , Eat three Times meals each day , Intake Natural food , Intake Processed food , Intake junk food its detail below as table no.01

**Table – 01**

Food Habit

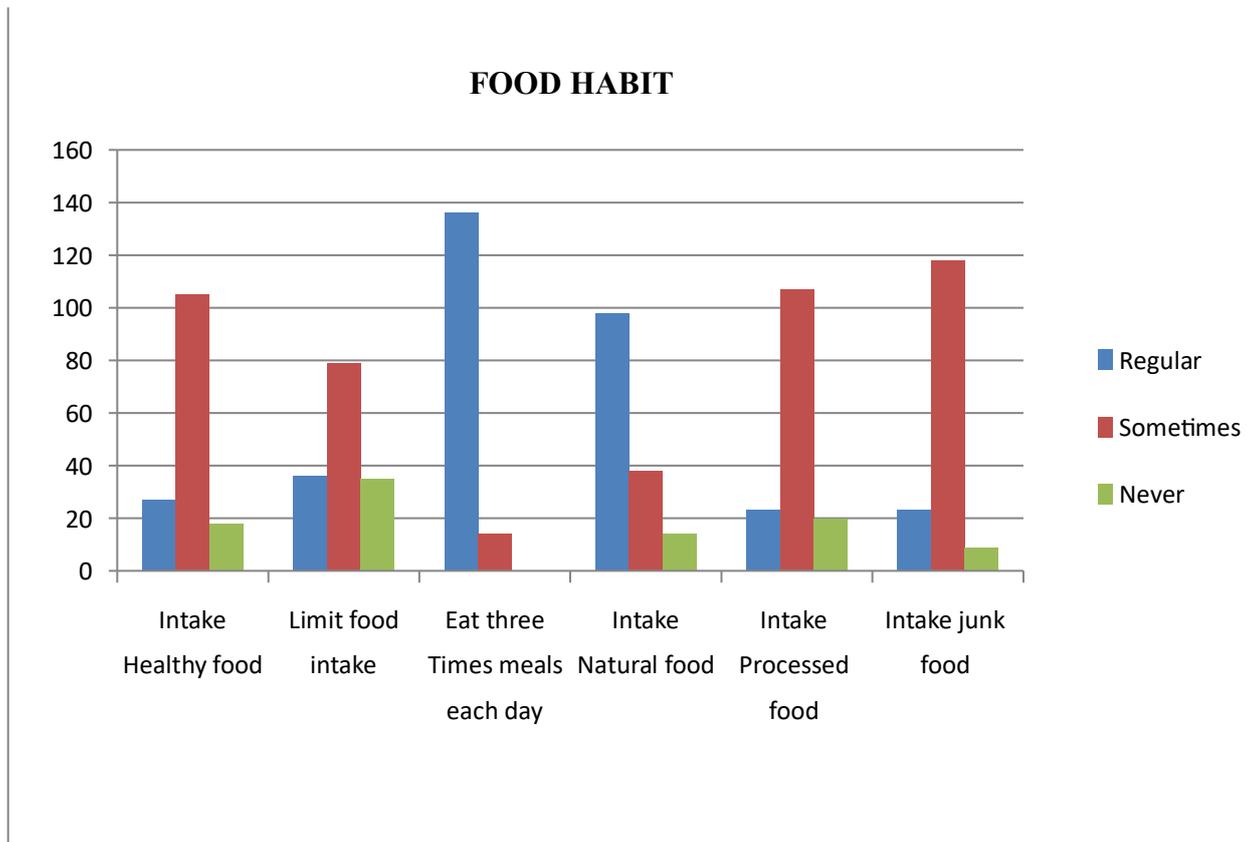
No of Respondents -150

S.N.	Particular	Regular	%	Sometimes	%	Never	%
1	Intake Healthy food	27	18%	105	70%	18	12%
2	Limit food intake	36	24%	79	53%	35	23%
3	Eat three Times meals each day	136	91%	14	9%	0	0%
4	Intake Natural food	98	65%	38	25%	14	10%
5	Intake Processed food	23	15%	107	71%	20	14%
6	Intake junk food	23	15%	118	79%	09	06%

Source – data collected during study.

Above table mentioned that maximum respondents belongs Eat three Times meals each day on regular basis, where as no any respondents had less three time meals. This is also shows below figure 1.

Result –there are 70% intake healthy food and 53% intake limit food in sometimes, similarly 71% Intake Processed food and 79% intake junk food habits same category . whereas highest 91% respondents having three times intake meals .Rest section shows poor percentage.



## 2 Physical Activity

Physical Activity was the second title of the questionnaire .in this section again sub categories as Physical Activity part 01 . There are four question in this section Knowledge of Importance of Sports , Exercise, Yoga and Meditation. It’s discussed below as table no.02 (A)

**Table – 02(A)**

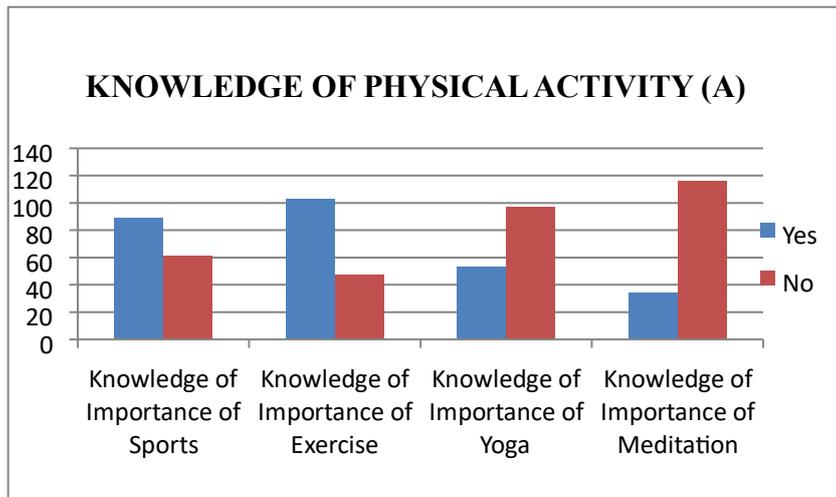
Knowledge of Physical Activity

S.N.	Particular	Yes	%	No	%
1	Knowledge of Importance of Sports	89	59%	61	41%
2	Knowledge of Importance of Exercise	103	69%	47	31%
3	Knowledge of Importance of Yoga	53	35%	97	65%
4	Knowledge of Importance of Meditation	34	23%	116	77%

No of Respondents -150

Table No. 02 shows that Knowledge of Importance of Exercise having more respondents while Knowledge of Importance of Meditation minimum respondents belongs this title. Which is also shows by figure 02.

Result – Under this physical activity head having Knowledge of Importance of Exercise 69% and 59% youngster having Knowledge of Importance of Sports whereas Knowledge of Importance of Meditation is lowest percent.



Physical Activity ( B ) -

This is the second part of physical activity. In this portion to know the respondents doing physical behavior such as Sports , Exercise, Yoga , Dance ,and Meditation, because they knows very well about merits and demerits of such physical activity for prevention any disorders. Respondents detail mentioned below table 2 ( B )

Table – 02 (B) Physical Activity

S.N.	Particular	Regular	%	Sometimes	%	Never	%
1	Sports	8	5%	69	46%	73	49%
2	Exercise	11	7%	72	48%	67	45%
3	Yoga	3	02%	22	15%	125	83%
4	Dance	5	03%	18	12%	127	85%
5	Meditation	0	0%	4	03%	146	97%

Source – data collected during study.

Result - there are highest 97% youngster never do meditation. As well as dance 85% , means regular activity work is lowest . such report present by Table – 02 (B). above data also shows by below figure 2(B).

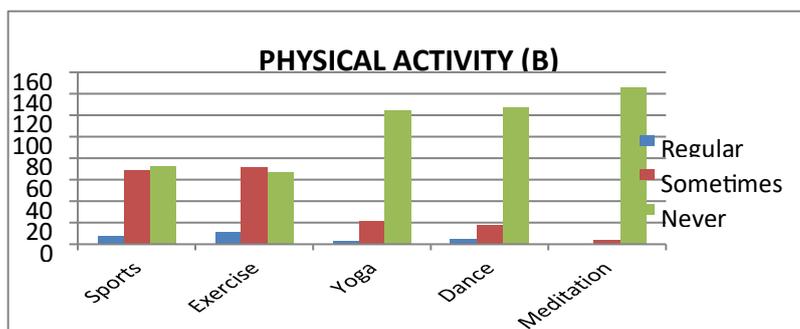


Table – 03

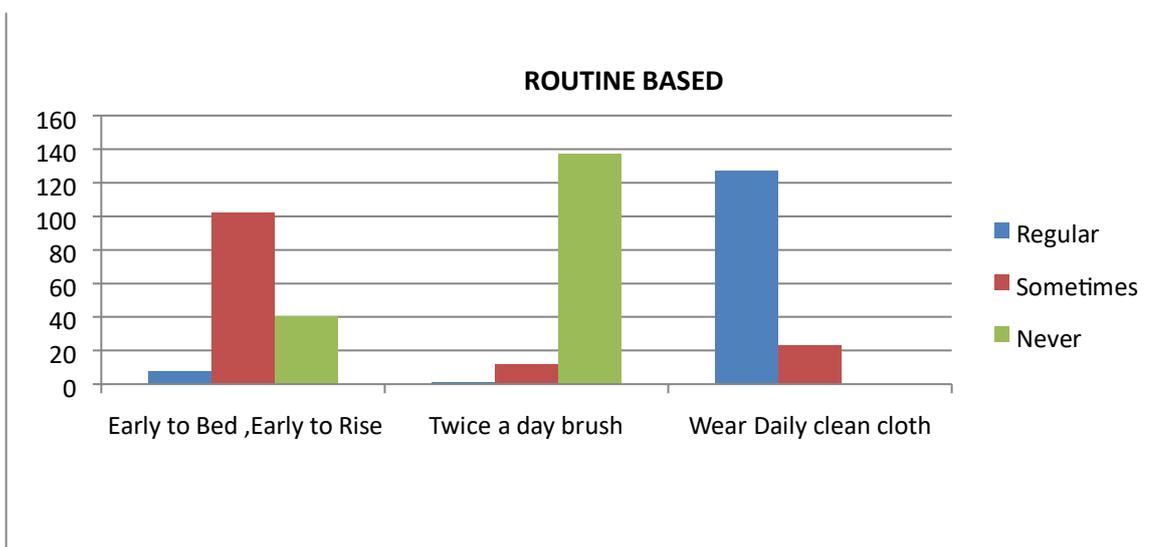
Routine Activity Based No of Respondents -150

S.N.	Particular	Regular	%	Sometimes	%	Never	%
1	Early to Bed ,Early to Rise	8	5%	102	68%	40	27%
2	Twice a day brush	1	0.6%	12	8%	137	91%
3	Wear Daily clean cloth	127	85%	23	15%	0	0%

Source – data collected during study.

Under this awareness study title routine based table 03 shows very severe data like only one respondents do twice brush daily and 08 respondents apply Early to Bed ,Early to Rise. Although maximum students wear clean cloth. This is shows below chart column.

Result - 91% youngsters never do brush twice a day, similarly 68% respondents practices Early to Bed ,Early to Rise although 85% students use Wear Daily clean cloth.



**Table – 04**

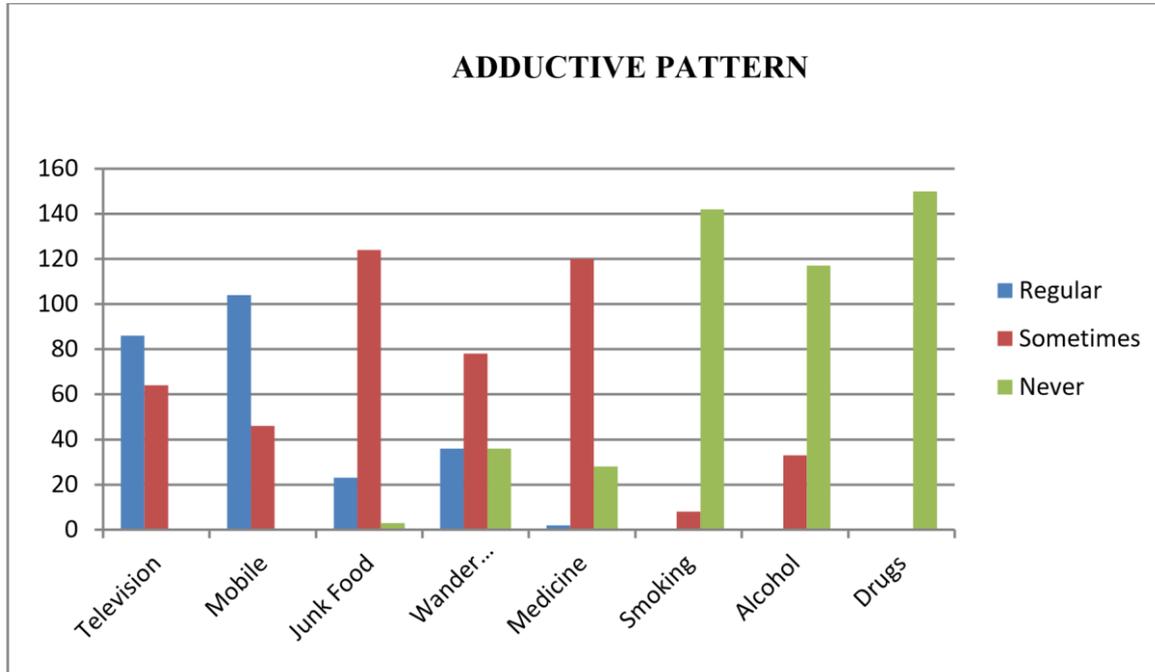
Adductive Pattern

No of Respondents -150

S.N.	Particular	Regular	%	Sometimes	%	Never	%
1	Television	86	57%	64	43%	0	0%
2	Mobile	104	69%	46	31%	0	0%
3	Junk Food	23	15%	124	83%	3	02%
4	Wander Aimlessly	36	24%	78	52%	36	24%
4	Medicine	2	01%	120	80%	28	19%
5	Smoking	0	0%	8	05%	142	95%
6	Alcohol	0	0%	33	22%	117	78%
7	Drugs	0	0%	0	0%	150	100%

Source – data collected during study.

Result - under this part 100% respondents never uses Drugs and 95% smoking never does., whereas 83% respondents uses Junk food sometimes. although 69% Respondents uses mobile in regular .



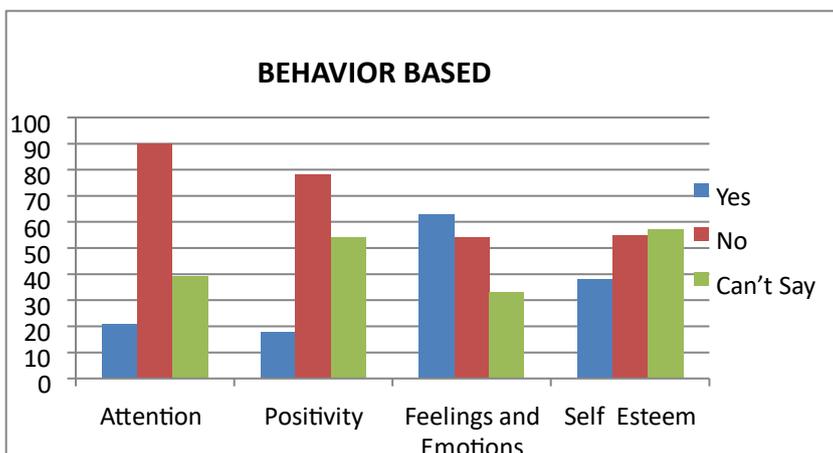
**Table – 05**

Behavior Based No of Respondents -150

S.N.	Particular	Yes	%	No	%	Can't Say	%
1	Attention	21	14%	90	60%	39	26%
2	Positivity	18	12%	78	52%	54	36%
3	Feelings and Emotions	63	42%	54	36%	33	22%
4	Self Esteem	38	25%	55	37%	57	38%

Source – data collected during study.

Result – there are 42% respondents having Feelings and Emotions ,whereas 60% have no attention.

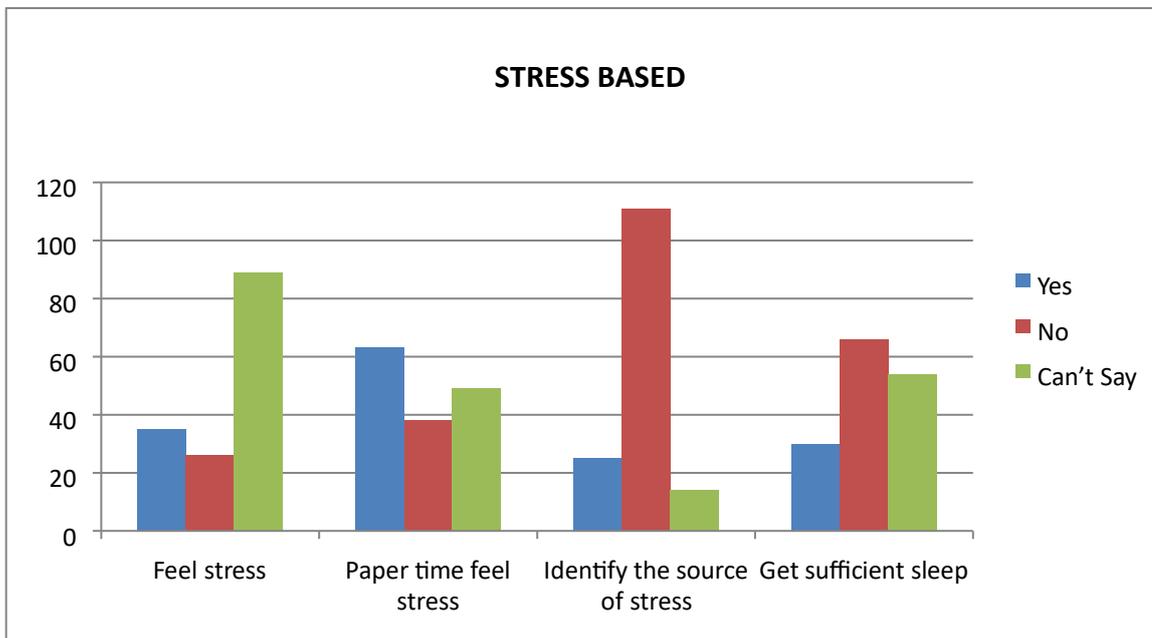


**Table – 05**

Stress Based No of Respondents -150

S.N.	Particular	Yes	%	No	%	Can't Say	%
1	Feel stress	35	23%	26	17%	89	60%
2	Paper time feel stress	63	42%	38	25%	49	33%
3	Identify the source of stress	25	17%	111	74%	14	09%
4	Get sufficient sleep	30	20%	66	44%	54	36%

Source – data collected during study.



**Table – 06**

Health Based

No of Respondents -150

S.N.	Particular	Yes	%	No	%	Don't know	%
1	Anemia	67	45%	27	18%	56	37%
2	Weakness	72	48%	39	26%	39	26%
3	Depression	36	24%	82	55%	32	21%
4	Other Problems	18	12%	81	54%	51	34%

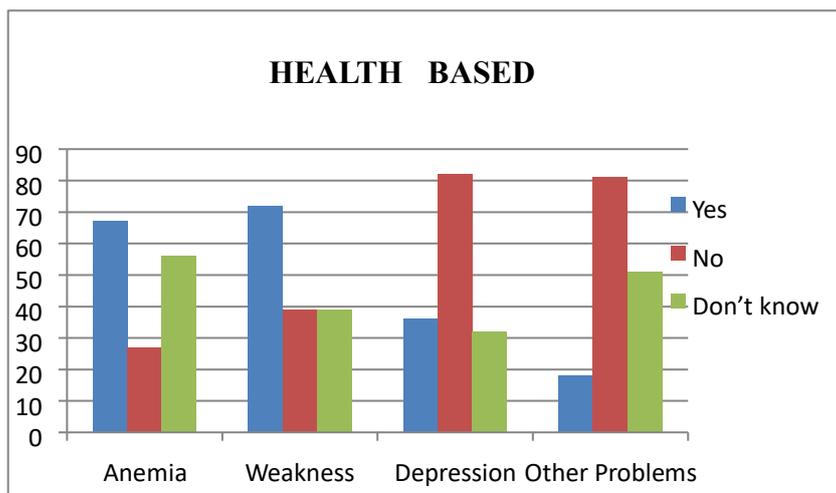
Source – data collected during study

Above table shows that 45% respondents was found anemic, 18% was Non Anemic, and 37% had No knowledge about anemia . In the same way 48% was felt weakness 26 % felt both Non Weakness and Don't have such type of knowledge. Similarly 24% found depression and 55% has no depression , whereas 21 % Don't know found depression category, while 12% belongs other problem 54% having no problems and 34 % has Don't know about any problems.

Present study awareness of lifestyle disorders among youngster of chhattisgarh result found that mix lack of awareness among the youngster. youngster has not focus on systemic disorders that are linked to lifestyle issues. due to mix western lifestyle the effect of lifestyle disorder has not been specified. diet, behavior and lifestyle are the only cause and prevention for non- communicable diseases.

Similarly, another study highlights the awareness level of adolescents about different lifestyle diseases and the effectiveness of the education program for improving the knowledge on lifestyle diseases among adolescents and thereby in prevention of lifestyle disorders.

one other studies finding that all the participants had at least one risk factor in them. the awareness on the risk factors was significantly less among non professional students, but they had significantly better behavioral habits than the professional students. boys had significantly better habits than girls and students who were overweight significantly had unhealthy lifestyle habits.



## CONCLUSION

In this study Food Habit, Physical Activity, Routine Activity, Addictive Pattern, Behavior, Stress, Health, related term has been used for study Lifestyle disorders. According to such result find was mix Lack of

Awareness among the Youngster. Youngster has not Focus on systemic manner that are linked to lifestyle issues. Due to mix western Lifestyle the effect of lifestyle disorder has not been specified. Balance Diet, Balance Behavior and Balance lifestyle are the only cause and prevention for non- communicable diseases. It is to improve the knowledge about lifestyle related disorders and necessary to incorporate physical activity like sports, exercise, yoga in daily routine with proper intake of balanced nutritious diet. As well as uses of Mobile, T.V. as per need and avoidance of Junk Food, Alcohol and Smoking. It is also must need to sustained healthy future generation.

The review can be served as a guide to Well-being and healthy lifestyle by the elimination of non- communicable diseases. This paper may help the individual to make healthy choices and reduce the risk of developing lifestyle diseases. On basis of above explanation Furthermore it was conclude that balanced nutrition diet and adopted healthy lifestyle habits would be an effective way to prevent and control the cause of non-communicable diseases among the youngsters.

**Suggestion-** it is must to be needed to primary physical health fitness examine by recognized institution as well as good food habit practice also can be tested during the admission For better healthy lifestyle promotes physical, mental and social health . this will be ultimately leads to symptomatic improvement.

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