

## **People, Health and Society – Change of lifestyle in Modern Times and its Management.**

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### **Abstract**

This article focuses on the change in the modern lifestyle and society and its impact on health that people face every day. Humans are not just merely born to lead their lives like other five sense living beings. Humans need to face their everyday hurdles in family, workplace, education and they are responsible to fulfil the duties that are assigned to them. There is a greater hinderance in everyone's life on running towards the future by crossing all the obstacles and hurdles. These challenging hurdles could be categorised according to each and every one's physical (the outward) and the mental (the inner self /being). The impact that stress causes on people is viewed in various dimensions at the perspective of modern lifestyle. This article showcases the various areas that everyman deals with such as family, workplace and on addressing to oneself by assessing all the negative and positive impact of events upon life. The role of stress is summed up with the areas that a person meets in a

routine way. This article lists down the areas in which a person meets (his/her) stresses in everyday life and the article concludes by providing certain basic rules to apply in life to lead a stress-free lifestyle.

## **Key Words**

Mechanical way, Challenges, Stress impact, Psychology, Physical and Mental being, Chronic Disorders, Hurdles.

## **Introduction**

In this modern world humans keep modifying their lifestyle. The need to lead a better life is the need that one possesses to lead a better life. This is a never-ending desire. Since ages there is a change in the evolution with consideration on lifestyle starting from food, way of dressing, way of reasoning, social interaction, social participation such as debate, dance, music and art etc. The never changing emotions such as anger, lust, ego, happiness, love sorrow are the qualities that human possess in a mixed proportion. In the modern times there is a change towards the way of acceptance and approach of life where each and every individual lead. There is a sensitivity deeply seen in each and every emotion. There is an imbalanced proportion of all these emotions (love, lust, joy, greed, jealous and anxiety). The society at the modern times triggers a person towards deep attachment upon any of these emotions. Mostly the stress – creating, stress – increasing emotions are produced by people at the modern times.

## **The Impact of Society at Modern Times**

There are certain areas that influences its change to occupy as a part of our life. The sections described below reflect the role of stress in various aspect that plays a major role by intervening our day's activities.

## **Stress and our Mechanical way of Living**

The impact of social media and growth of technology has their participation in our everyday living. The modern man at times feel captivated by social media. The world of android and other gadgets has kept a man under control. There is a need for spending most of the time on updating the applications on one's mobile/ laptop. Man spends most of his valuable time in this electronic world. He imagines a world of illusion, crimes everywhere, fake people around, clueless relationships, clash of social status and so on etc. There is a disconnect with his family as well as his own self by replacing all the talk, action and work i.e. the physical work with that of machine. He gets almost half of his work done through the aid of machines and electronic devices. His bills are paid, he could satisfy his appetite instantly through an online food order, he could engage in other works as such. At times certain people get entangled in the tough knots of depression. 'It is well known that first depressive episodes often develop following the occurrence of a major negative life event' says (Paykel 2001) in (Schneiderman et al 2005).

## **The Struggle from the Inner Self – Insecurity**

These days one could witness an increased focus on his/her self -consciousness. There is a kind of an unseen competition that is taking place on social media. People at recent times have developed a kind of being over self-conscious right from a five-year-old child till 70-year-old senior person. At recent times, through social networking websites, there is an

increase of people becoming over self – conscious over their looks, actions, words, thoughts, body language, personal status, need on possessing a house, car, jewel, the greed behind running after money, expensive clothing or watch. There is an increased competition and comparison over one's personal way of living with another. People have gained a mindset on rating their own self such as looks/ appearances/ beauty through number of 'likes and shares' – less likes leads to low self-confidence and more likes boasts one's beauty. Another most important observation in these days is fading of naturality i.e. natural feelings and emotions have been replaced by artificial emoticons. This is a way of masking up one's originality. This being on one side, there is also increasing amount of threats created through social media such as suicides, rapes, abuse of child and women, harassment, murder, theft, cyber-crimes etc. In this modern world there is a little measure of ensured safety. There is a negative impact on the children and adolescent age group which Schneiderman et al (2005) in their article substantiates the view of (Cicchetti 2005) 'The most widely studied stressors in children and adolescents are exposure to violence, abuse (sexual, physical, emotional, or neglect), and divorce/marital conflict'. Also, the abuse that women face is evidenced in a detailed research study by (Lemieux 1995) in 'Abuse-Related Posttraumatic Stress Disorder: Evidence for Chronic Neuroendocrine Activation in Women'.

## **Replacement of Physical with Mental activity**

Gone were the years where people worked hard with the aid of both their hands and legs. There were more jobs that included the act and function of all the limbs, muscles, tissues and sweat. There is an increased level of stress reported amongst people who work sitting at their workplace. The computer jobs, the jobs that include only mental activity - oriented work rather than physical nature of a job has brought more stress. It is the stress which became a

part of physical work had people to lead stressful lifestyle. There is an increase in BMI (Body Mass Index) value, rate of high Blood pressure, high Cholesterol (increase amount of bad cholesterol), variety of headaches, eye issues, digestive tract problems, nervous disorders etc. There is a decrease of lifespan as well. The very next major remarkable stress increasing factor is the noise that is produced by vehicles that leads to noise pollution. Most of the people spend their routine time on travel. Due to the increase in the transport people at the modern lifestyle are prone to more stress related to traffic noise. The views of (Ouis 1999) is supported by (Bluhm G et al 2004) 'Traffic noise is an increasing problem in the modern society and it is the dominating source of noise in the urban environment'.

## **Change in the Belief of Family System and Food**

In the recent times one could find the decrease on following the traditional values of one's family. Gone were the times where there were gatherings of relatives and other family members on a festival or any celebration. These days there are lack of ritualistic values in a family. Members of the family find no time and occasion to gather, celebrate and spread joy and happiness. There is an increase in the amount of diseases related to stomach with the arrival of increasing varieties of junk food. The food's that were not considered to be suitable for our country's climatic type or geographical region are consumed by people of these times. These days children in a family are mostly mislead by parents. Parents offer them the junk foods, canned and other processed foods. There is an increase or an urge for consuming these foods by children. They almost start to adapt the food chart / style of other countries. Children with that food intake operate in a different region and its climatic factor are prone to many health issues. This is due to the lack of availability of time that is required for a child to burn his/her calories (waste) from body. It lies with the parents or other elders of the family

to take charge over their children urge upon consuming the foods that doesn't suit our dietary chart. There are many ways where one can use kitchen to explore different kinds of foods within lowest budget. Homemade food could assure hygiene.

## **A shift upon the educational values at recent times**

Francis Bacon in his 'of Parents and Children' essay says, parents should choose the profession for their children provided with an exception if the child is an extraordinary. These days there are increase in amount of deaths that are caused by children who score less marks, who fail in an examination, who fail to be deserved to make their entry into a desired profession, who feel being mocked in front of many etc. There are also several suicidal attempts reported due to the stress caused by all the above-mentioned reasons. It is a very serious time for parents to focus on their children and get what is in their mind. Parents could offer them a counselling or put them under some friendly mentor to track their thoughts and to make their mind occupied with positivity. These days there is less level of communication that is happening within a family. There is a wider space among the family members.

In this challenging world, it is duty of every parent to prepare their child with courage to face the reality and to teach them the real art of surviving the challenges. There is decreased amount of faith and religious values in a family these days. The morals are lost if a person fails to follow his/her own religion. Education should prepare an individual. But due to the recent impact on 'scoring more', education system has lost its values. Education should provide students courage and confidence and moreover the respect of embracing the love to live needs to be brought among the students at the modern times.

## **Conclusion**

There are certain ways to manage being oneself by combating the stress that an individual face at school or college, workplace or home. There are three vital things that decide the promising health in our life. They are good food, proper exercise or any activity that makes our body to sweat, burn calories and removes fat. A person should follow all these three things to lead a simple and safe lifestyle. Too much of anything is dangerous -be it a wealth or food or any of our belongings. Leading a simple lifestyle would gain us more inner rewards the mental state receives happiness, peace, joy, satisfaction, and the love for living. The worldly possessions are temporary. The interest upon running behind these worldly possessions has to be kept under certain boundary. Therefore, it lies with a person to attain 'what he needs rather than what he sees'. A life without stress cannot be possible. There is stress in every aspect of our dwelling. One can take efforts to minimize their stress impact and restore their mental happiness and peace of mind. Any activity that involves our senses the physical state of being could lessen stress. The activities that we create such as singing, listening to music, planting a sapling, harvesting, fishing, gardening, sport activity, fitness activity, engaging in social clubs, writing, making clay or pottery, cooking, dancing, reading a book would rejuvenate our mind during the older days of our life. There lies the art of managing and balancing the stress.

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