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Modern Lifestyle and Effect on Well Being

ABSTRACT ::

There has been a tremendous increase in obese children all round the globe, with children opting for high calories- low nutrient food and end up with weight that is too high for their age and height. They are various research works done to find out the cause for high BMI - Body mass index, not just to know about the weight but also due to the fact that this weight hazard is associated with many health problems that are bound to cripple life in long run.

:: Introduction ::

Staying healthy keeps the body fit and all the systems well activate, while loss in doing so leads to unhealthy eating habits leading to disorders of various kinds. Being healthy should be thus cultivated and controlled right in the beginning, when it's the right time. Childhood is the best time to inculcate good diet habits with proper food habits and good nutrition; one can lead happy and healthy life.

Childhood feeding patterns play an important role in the growth of the person. Not only are the food habits responsible for improper weight, it can be a genetic makeup to that will define the growth in coming years. A well maintained diet will lead to physically and mentally fit adulthood whereas surviving on junk and oily eatables will lead to excess of weight - the ultimate of which is obesity. Obesity is in turn causative factors for various problems including attention disorders, Lack of physical activity, Depression and many more things and this in long run will also lead to a long list of a system disorder like Diabetes, Heart ailments, Joint aches, Respiratory, Joint aches, Respiratory disorders etc.

Of late, there has been a tremendous increase in obese children all round the globe, with children opting for high calories - low nutrient food and end up with weight that is too high for their age and height. They are various research works done to find out the cause for high BMI - Body mass index, not just to know about the weight but also due to the fact that this weight hazard is associated with many health problems that are bound to cripple life in long run.

Munny, fifth grade child loves to eat sweets, chocolate and fried and oily stuff. She wakes up has a glass of hot chocolate, goes to school in her personal car. Her lunch includes fried chips and lots of chocolate. After she is done with her classes, her driver drops her back from school and then she hurries with light meal of half a chapatti and goes to her tuitions and when she is back home, she enjoys watching her favorite cartoon network with a pack of chocolates besides her. Evening meals includes some rice and curry ending up with one of her favorite sweet dishes.

This is the kind of pattern we would normally see in each and everyone's house these days, with children having less time to have healthy food and the resultant of which are obesity and health problems that follow.

What is wrong in this kind of lifestyle is the lack of care and less importance given to healthy way of living. It has been seen that childhood obesity is rising day by day at an alarming rate and children need to be protected against this by developing healthy eating habits at the right time.

Reasons for modern lifestyle and effect on children :

- Lack of exercise
- Increased hours of inactivity due to
 - Increased academic pressure
 - Television
 - Video games

- Genetic factors
- Metabolic disorders
- Improper eating patterns
- Family history of obesity
- Rarely due to the overdoes of steroids

In addition to the above factors, obese children are bullied in school and they slowly start lacking self confidence, this set in a bad cycle of gloomy behavior, depression, avoiding socializing and playing with friends. The end result of such behavior is staying indoors in front of the television and eating junk food and increasing weight.

Health Risks for Childhood Obesity :

Diabetes, Hypertension and other obesity related disorder which was common only to adults is now commoner in children who have been overweight of obese.

Most of the obese children suffer from type 2 diabetes: due to glucose intolerance and higher levels of insulin.

Hypertension :

Obesity causes high lipid levels, leading to increases of atherosclerosis. Prolonged duration of obesity leads to increased chances adulthood obesity.

Asthma :

Due to breathing problems.

Psychological Disturbances :

Socially inactive, low self esteem, negative thinking, depression, withdrawal from peers.

Cardiac Risk Factors :

Children with obesity show higher than average blood pressure levels increased heart rate and increased cardiac output.

Orthopedic Problems :

Some of them include weight stress in the lower limb joints, bowed legs, tibia torsion, and slipped capital femoral epiphysis (especially in the boys)

Skin Disorders :

In the form of heat rash, intertrigo, monomelic dermatitis, acanthosis nigricans etc.

Taller Height :

Children with obesity are often 50th percentile in height.

Bad Habits :

Some children take on to habits like smoking in order to reduce weight.

Food for Children :

A well planned and healthy food rich in proteins, Vitamins and fat in proportion are required for the growing body.

A glass of milk is the right food for the start of the day as it will nourish the body with the required nutrients and keep the body charged for the rest of the day, along with providing the calcium for healthy bones.

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