



Statistics

Explore–Journal of Research

ISSN 2278 – 0297 (Print)

ISSN 2278 – 6414 (Online)

UGC Approved List of Journals No. - 64404

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<http://www.patnawomenscollege.in/journal>

A Study of the Consequences of the modernised turbulent lifestyle pattern

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Received : November 2017

Accepted : March 2018

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Abstract: *The present study attempts to study the effect of living pattern on the health and welfare of the people of Patna. For this, samples of 100 people were taken from different localities of Patna from the age of 10 to 65 years by simple random sampling method. The obtained results demonstrate that absence of balanced diet, lack of physical activities, obesity, etc., have degraded the physical health of the people. Perpetual stress, frustration, adverse thoughts and addiction to internet have devastated the mental health conditions as well. Moreover, symptoms like frequent hearing of the false ringing of phones, often feeling fearful, social isolation, having no time for family and so on are destroying the composed and*

organised living style of people. Before these effects lead to remediless and fatal health issues, it is compulsory to take corrective steps. A major step towards minimising these effects lies in the hands of people themselves, i.e., by inculcating good and advantageous habits in their daily life such as, respecting the biological clock, regular physical activities, proper diet and sound sleep, meditation, breathing exercises, counselling therapy (if needed), giving proper time to family, society, etc. These can minimise the ill- effects of the modern lifestyle and make it possible to live a healthy and happy life.

Keywords: *Modern lifestyle, Human Well-being, Health Issues, Daily Regime, Self-awareness, Human life Aspects.*

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Introduction:

As stated by Marcus Valerius Martialis (known as Martial in English), a Latin poet, “**Life is not merely being alive, but being well**”. It is rightly said, “An unhealthy physique cannot have a healthy mind”. World Health Organization (WHO) has defined health not merely as absence of disease rather as a state of complete physical, mental and social well-being. Thus, when we talk about health, obviously our reference is not only to our external and internal organs, but also to the way we live with people in the society (Kishore, 2015). Health is always impacted by the lifestyle we adopt, as