

Exposure to the New Lifestyle Patterns and Its Consequences for Human Well-Being: A Review-Based Analysis

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Abstract: *The current study shows the patterns of lifestyle and human health. However, health and lifestyle are deeply interconnected in various ways. Human health is defined as the complete freedom of any physical and mental illness while lifestyle is a way of living with specific characteristics and social conditions. Moreover, people's lifestyles are dominated by different unhealthy presentations of malnutrition, unhealthy and imbalanced diet, alcohol consumption, smoking, stress, drug abuse and so on. In the modern era, social and physical activities are being limited because people do not do more physical and social activities hence they face an unhealthy lifestyle. Modern living style is manifold in social media and technological and changed pattern of communication is rapidly affecting human lives into tough to adjust to. The current study is based on a descriptive and conceptual analysis of human lifestyle patterns and human health. While, secondary data were reviewed and analyzed, and 30 articles were reviewed but 19 articles have been used because they were closely relevant hence they are the major sources of references. The researchers have made different themes according to the objects of the study. Finally, the physical work of an individual develops a kind of healthy lifestyle. It is observed that traditional and rural people have more physical work hence they have a more fit and healthy lifestyle due to their daily work-based activities. Human health is disturbed due to no proper physical activities and un-patterned intake of food consumption with changing lifestyles hence people are getting more stress and depression in their lives. However, a lack of physical activities leads to more weight that creates a kind of complications in the forms of diabetes, heart attack and hypertension.*

Keywords: Lifestyle pattern, human health, Sociological analysis, Human Well-being

1. Introduction

In the present decade, social researchers have been more interested in lifestyle patterns and their impacts on human health. Thus, the current research study mainly focuses on lifestyle patterns that have a large influence on human life over mental and physical well-being. Lifestyle depends on the way of people and their inhabitants' characteristics which refers the day to day behavioural activities and functions of human beings. However, time place, social, economic, cultural, political and religious aspects are related to the lifestyle of an individual. "Lifestyles are considered to interact between life conditions and individual patterns of conduct, which are determined by sociocultural factors and individuals' characteristics." Moreover, these factors contain the preferences and conducts of individuals while linked with intake of food consumption, recreation and physical activities and another pattern of consumption. In this way, it has been observed that extensive changes occurred in the life pattern of people's lives through various ways. In addition, the lives of people come across other new challenges in their life such as the emergence of technologies that lead the modern world into new and major threats of mental and physical health-related issues to individuals. These new challenges are linked to the misuse and abuse of the technologies.¹

Moreover, life without any physical activities is considered a sedentary lifestyle that is the one leading cause of various diseases and deaths in the world. The modern lifestyles in urban areas are associated with disorders that are largely affecting the youth population in various ways. The sedentary lifestyle has numerous effects on human beings and their metabolism, healthy outcomes and physical functions at large.² However, health has been defined in various ways such as quality of life and prosperity and free of any disease. Health is also associated with the socioeconomic and living environment status of a person based on the quality of life. Moreover, the world health organization has defined health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity and fundamental rights of every human being without distinction of race, religion, political belief, socio-economic condition." Similarly, the current analysis of health is related to food habits, overpopulation, urbanization and living style and environmental aspects. An unhealthy lifestyle becomes causes various diseases and problems such as

¹ Shivaprasad and Dr. SM Prakash. (2016). "Modern lifestyle and its impact on well-being of BS school students: A case study of AIMS, Bangalore." *International Journal of Physical Education, Sports and Health*, 3(2): 244-247.

² Al-Zalabani, A.; Al-Hamdan, N and Saeed, A. (2015). "The Prevalence of Physical Activity and Its Socioeconomic Correlates in Kingdom Of Saudi Arabia: A Cross-Sectional Population-Based National Survey." *J. Taibah Univ. Med Sci*, 2015, 10, 208-215.

hypertension, metabolic diseases, cardiovascular diseases, joint and skeletal being problems, overweight and many more.³

Lifestyle and health have a direct relation to human daily activities of work patterns. People have a lot of resources hence their lifestyle is transmitted in luxurious ways and their physical activities become limited. The work pattern is also changed from fields to offices hence the lifestyle completely becomes dependent on a single place. The food intake is also changed and people are largely dependent on fast food, and high use of sugar and fat made them inactive and unfit. People widely use junk and unnatural food in their routines which causes various diseases and complications in their lives. Furthermore, lack of social, and physical activities and intake of impure and improper intake of food lead to various major issues of insomnia, high blood pressure, stress and irritation. The rise of cases of obesity resembles with energy-rich diet and no proper physical exercise on daily basis. According to a study that obesity is an acute rising health-based risk to males and females. The consumption of a high intake of energy is a danger to the human kidney and heart in various ways. However, it has been disclosed that the modern diet and lifestyle have wide negative impacts on human healthy lifestyle in respect of increasing various complications in the human body and indication of occurring risk-based diseases. A study reveals that chronic diseases are classified with unhealthy lifestyles into the intake of fast food, consumption of tobacco and alcohol, extended office working hours and insufficient social and physical activities.⁴

“The World Health Organization (WHO) suggested that around 57 million deaths occurred worldwide in the year 2008, of which 36 million deaths almost two-thirds were because of NCDs, involving mainly cardiovascular diseases, cancers, diabetes and chronic lung diseases. The leading NCD risk factor globally in terms of attributable deaths are high blood pressure (13%), tobacco use (9%), diabetes (6%), lack of physical activity (6%), and obesity (5%).”⁵ “Lifestyle factors are the modifiable habits and ways of life that can greatly influence overall health and wellbeing, including fertility. Many lifestyle factors such as the age at which to start a family, nutrition, weight, exercise, psychological stress, environmental and occupational exposures, and others can have substantial effects on fertility.”⁶ The health of a person has been defined in various ways but according to WHO that health is “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” Some writers have given different factors that are largely affecting human health in various aspects such as pollution, poverty and population. These three factors are playing a significant role in the health of individuals but a part of these factors there are a huge number of factors that widely influence human health. The income of a person has also shown an important role in a healthy lifestyle and the majority of people who have wealth but are less prone to their healthy lifestyle. It is due to the changing lifestyle of people in respect of modern world hence their health is at risk and unsatisfactory.⁷

The lifestyle of people and families is dependent on the way of living while it is influenced by cultural and social changes prevailing in the world observed. Moreover, the lifestyle of individuals has brought major changes that directly and indirectly have a deep effect on human health status. From childhood, we have heard that “Early to bed and early to rise makes a man healthy wealthy and wise.” The sleeping factor has a great impact on human health and good sleep is essential for adequate health but now people have no proper and adequate sleep every day because modern technologies have invaded human life in various ways.⁸ According to a recent study that 90% of people who do not sleep properly then they suffer from heart diseases at young ages and in the present lifestyle human beings take less sleep which has more abruptly effects on physical and mental health.⁹

Social media has largely impacted human beings and that also has more harmful effects on human health. People are prone to check mobile phones and social media many times before going to bed which portrays people becoming habitual of social media and screen addiction. Extensive use of social media has negative results on human concentration and attention and cardiovascular-related diseases are related to more use of mobiles. According to a study mobile screens harm human eyes because people are continuously stacked with screens for a long time hence the eyes are being affected by the ultra-rays of the screen. Long hours and regular social media users are largely facing various issues of pain in the whole body.¹⁰ Furthermore, mobile phones have a potential

³ Coulson, J.; McKenna, J and Field, M. (2008). “Exercising at Work and Self-Reported Work Performance.” *Int. J. Workplace Health Manag.* 2008, 1, 176–197.

⁴ Wahyuniati, Nur. (2017). “Modern Lifestyle and Health.” *Februari*, 3(1): 185-189.

⁵ Hagger, M and Chatzisarantis, N. (2014). “An Integrated Behavior Change Model for Physical Activity.” *Exerc. Sport Sci. Rev.* 2014, 42, 62–69.

⁶ Mabry, R.; Koohsari, M.; Bull, F and Owen, N. (2016). “A Systematic Review of Physical Activity and Sedentary Behaviour Research in the Oil-Producing Countries of the Arabian Peninsula.” *BMC Public Health*, 2016, 16, 1003.

⁷ Apostu, Mihaela. (2013). “New Points of View on Concept of Health and Lifestyle.” *Procedia - Social and Behavioral Sciences*, 92 (2013):50 – 54.

⁸ Agahi, N and Parker, MG. (2008). “Leisure activities and mortality: does gender matter?” *J Aging Health*, 2008; 20: 855–871.

⁹ Sharma R., Biedenharn K. R., Fedor J. M and Agarwal A. (2013). “Lifestyle Factors and Reproductive Health: Taking Control of Your Fertility.” *Reproductive biology and endocrinology, RB&E*, 2013; 11:66.

¹⁰ Gautam, Monika. (2017). “Modern Lifestyle and Its Impact on our Health.” *International Journal of English Language, Literature in Humanity*, 5(5): 158-164.

risk of brain damage and more use of headphones also damages human ears because youngsters are using earphones for long hours to listen to music and other programs which may lead to various problems. Various road incidents happened due to the use of mobile phones while driving.¹¹

The use of mobile phones and computers make people in a confined place and people do not do exercises and physical activities. Remaining in a confined place leaves bad impacts on human health because people do not interested in physical activities which creates problems of obesity and the emergence of heart-related diseases increased.¹² Human beings became habitual in using vehicles for short distances and they do not walk therefore they have also avoided physical activities. Physical labour is also forgotten in the daily routine of people hence their physical exercises are no longer in their lives. People are also becoming habitual use of mobile phones and they do not visit for work which has reduced human moving around. The sedentary lifestyle and inhuman life have increased health-related problems, especially in young age people.¹³

The intake of food in human life also becomes changes and people use more and less food with improper time and inadequate food contributed to various problems such as malnutrition, diabetes, obesity, high blood pressure, respiratory diseases and so on. The busy schedule of human beings has also made them less prone to physical exercise hence people's lives experienced more stress and less relaxation. The use of junk food made people less active and high intake of calories have not been consumed in the proper way therefore human weight is being increased.¹⁴ The market is full of junk food with no adequate and required energy and these products are widely advertised hence most people and children are prone to attracted to the products easily. A huge amount is being spent on these unhygienic products with low calories that made people more habitual. At a young age, people have largely consumed these types of products which are become the cause of obesity. On other hand, people have also consumed low fabric, high unsaturated fat and sugar and fewer minerals and vitamins. However, these products have great importance in human health therefore adequate and proper consumption of food would lead to better health status for people.¹⁵

The intake of junk and unhygienic food is abruptly unfavourable to the digestive system and these products do not digest properly. The consumption of junk food makes people lazy and tired therefore people do fewer physical activities. The use of tobacco and alcohol became the fashion and functional among youth. People are less aware of the use of tobacco and alcohol respect of harmful to their health but yet they are using them in high amounts. The consumption of tobacco and alcohol portrays a kind of high social status in society hence people are more prone to consume them. The use of tobacco has various causes on human health such as lung cancer and insomnia and it also raises the issue of heart-related problems. Alcohol and tobacco consumption have adverse effects on human lives but yet people are spending much amount of money on these harmful things. People who became addicted and come out of these unhealthy habitual activities would take a proper and focused concentration and particular rehabilitation centres for saving human lives.¹⁶

2. Objective

- i. To find out the impact of lifestyle patterns on human well-being
- ii. To explain the unhealthy lifestyle pattern and challenges
- iii. To highlight modern lifestyle impacts on social and psychological aspects
- iv. To point out the measurable solutions to unhealthy lifestyle

3. Dimensions of lifestyle and human well-being

The human health and lifestyle of an individual are directly linked with each other while lifestyle has a deep influence on human health that is to be controlled. Environment and heredity play vital roles in the health status of the individual. The way of living is one choice that has affected human health conditions to a great extent. Lifestyle has referred to the process of living in day-to-day human activities. Some components of lifestyle may be under the control of humans but every individual has various ways of dealing

¹¹ Morales-Suárez-Varela M., Ruso Julve C and Llopis González A. (2015). "Comparative Study of Lifestyle: Eating Habits, Sedentary Lifestyle and Anthropometric Development in Spanish 5 to 15 Year Olds." *Iranian Journal of Public Health*; 44:486-94.

¹² AlQuaiz, A and Tayel, S. (2009). "Barriers to a Healthy Lifestyle among Patients Attending Primary Care Clinics at a University Hospital in Riyadh." *Ann. Saudi Med*, 2009, 29, 30–35.

¹³ Vaughan, C.; Ghosh-Dastidar, M and Dubowitz, T. (2017). "Attitudes and Barriers to Healthy Diet and Physical Activity: A Latent Profile Analysis." *Health Educ. Behav*, 2017, 45, 381–393.

¹⁴ AlQuaiz, AlJohara M, Ambreen Kazi, Turkey H. Almigbal, Ali M. AlHazmi, Riaz Qureshi and Khaled M. AlHabeeb. (2021). "Factors Associated with an Unhealthy Lifestyle among Adults in Riyadh City, Saudi Arabia." *Healthcare*, 2021, 9, 221): 1-13.

¹⁵ Jane, M.; Hagger, M.; Foster, J.; Ho, S and Pal, S. (2018). "Social Media for Health Promotion and Weight Management: A Critical Debate." *BMC Public Health*, 2018, 18, 932.

¹⁶ Vaughan, C.; Ghosh-Dastidar, M and Dubowitz, T. (2017). "Attitudes and Barriers to Healthy Diet and Physical Activity: A Latent Profile Analysis." *Health Educ. Behav*, 2017, 45, 381–393.

with the lifestyle that affects the well-being and health of people in both the short and long term.¹⁷ Health has been defined as a condition of the body in which all organs function normally and it also contributes to the balanced and comfortable process in human life. The concept of health deals with various components of physical, social, emotional, spiritual and intellectual.¹⁸

Health is widely associated with various beliefs, educational status, income, family system, community-based activities, and the mind and body of an individual and these factors are linked with each other. These factors have a large impact on a person's life that defines a kind of uniqueness of a person's health. These factors work together for the survival of human beings in numerous ways that an individual enjoys the living being.¹⁹ Individual health reflects various emotions and feelings for himself and the emotional aspects deal day to day stress and complication of health and understanding the resolution of problems to perform work satisfactorily. According to various physicians that human emotional status has a deep connection with stress management that resultantly leaves positive effects on humans in the process of reducing risk and disorders.²⁰

Spiritually, health includes feeling religious faith to develop inner peace in an individual life. Various studies reveal that religious attachment and affiliation portray a positive sign of being less prone to diseases. It means more religious people that have less rate of facing chronic diseases. On another hand, some people examined that religious roles and beliefs lead to various health problems. However, more shreds of evidence support religious practices as a form of sacral therapy therefore less prone to severe diseases.²¹ The intellectual aspect of an individual contributes to various essential decisions that maintain individual health and welfare. Every individual has a different intellectual level through which one can learn and acquire information to select an alternative for a healthy lifestyle. Mental and emotional health is linked with the intellectual health of an individual. However, mental health follows the ability to develop a kind of stress tolerance and reduce stress.²²

“Physical health refers to the state of the body and its responses to the aggression of a disease. To maintain a good physical condition and physical health it is important to embrace those behaviours that give us physical wellbeing.” This statement shows that the health of the human body is maintained with various essentials of adequate and inadequate activities such as no consumption of alcohol and avoiding smoking, proper diet and exercise for a healthy weight. The self-care skills also lead to the solutions to minor and basic health problems and complications. However, the health status of an individual is never based on a single entity. “Social health refers to the ability to be a citizen in an efficient comfortable and pleasurable way, without disturbing the climate of social ecology, protection of other persons.” Moreover, human emotions are important to complete social health factors and those who are deprived of these emotions would face unhealthy threats in life.²³

Each individual has a different lifestyle with various experiences and activities and these activities become habits in daily routine. Various physical activities make humans relaxed and fit therefore fewer health complications are associated with those who remain busy with different activities. Furthermore, people who have less consumption of alcohol and tobacco in their life would face various diseases in their life. Moreover, human health is largely depending on food intake because proper intake of food is an adequate way to keep the body healthy and normal. Consumption of high energy-related has also created complications to human health and unsaturated food items develop a kind of abnormality in the human body that leads to various health-related problems.²⁴

4. Unhealthy lifestyle and challenges

A healthy body is considered a pure soul whereas a sick body portrays a kind of prison. The health of human beings is based on mental, physical social well-being. The physical and mental disorder of a body shows negative effects on the lifestyle that treats human health while physical activities function the whole body in well-being aspects. The current lifestyle of humans is disturbed

¹⁷ Hallal, P.; Andersen, L.; Bull, F.; Guthold, R.; Haskell, W.; Ekelund, U. (2012). “Global Physical Activity Levels: Surveillance Progress, Pitfalls, and Prospects.” *Lancet*, 2012, 380, 247–257.

¹⁸ Cohen, S. (2004). “Social relationships and health.” *Am Psychol*, 2004; 59: 676–684.

¹⁹ Johansson, Sven-Erik and Jan Sundquist. (1999). “Change in Lifestyle Factors and their influence on health status and all-cause mortality.” *International journal of Epidemiology*, 28: 1073-1080.

²⁰ Rizzuto, D and L. Fratiglioni. (2014). “Lifestyle Factors Related to Mortality and Survival: A Mini-Review.” *Gerontology*, 2014; 60:327–335.

²¹ AlQuaiz, A and Tayel, S. (2009). “Barriers to a Healthy Lifestyle among Patients Attending Primary Care Clinics at a University Hospital in Riyadh.” *Ann. Saudi Med*, 2009, 29, 30–35.

²² Shivaprasad and Dr. SM Prakash. (2016). “Modern lifestyle and its impact on well-being of BS school students: A case study of AIMS, Bangalore.” *International Journal of Physical Education, Sports and Health*, 3(2): 244-247.

²³ Hagger, M and Chatzisarantis, N. (2014). “An Integrated Behavior Change Model for Physical Activity.” *Exerc. Sport Sci. Rev*, 2014, 42, 62–69.

²⁴ Apostu, Mihaela. (2013). “New Points of View on Concept of Health and Lifestyle.” *Procedia - Social and Behavioral Sciences*, 92 (2013):50 – 54.

due to advancement in science and technologies by different ways of unhygienic changes that resultantly the lifestyles of humans also face complications in various aspects of physical and biological impediments in life. In modern life, human beings become dependent on different technological aspects hence physical exercises are faded away from human day-to-day life activities, therefore, more complication of health-based has emerged in the way of human health.²⁵

In the modern lifestyle, human has changed their behaviours in numerous traits hence people are being more materialistic which has also left negative notions on human social interactions in cognitive ways. The irritation in human behaviour is also seemed due to the adoption of material means and ends while the spiritual way of life is perceived as having fewer impacts on stereotypes and unnatural behaviour in human social and biological life. According to a research study that technology and advancement in science have a deep and abruptly impact on human social behaviour hence various complications are associated with human health. The complication to human health has plenty of effects on social, economic and physical conditions of human life therefore daily life-based activities of an individual are largely distortions. The use of computers, mobile phones and watching television has disturbed human life in the process of late sleeping, no physical activities and fewer social and religious-based activities hence individuals are largely being troubled by an unhealthy lifestyle.²⁶

Precisely, students are more inclined to physical and psychological illnesses of anxiety and stress due to various diet cultures and a new lifestyle of various campus life that greatly disturbed students' study and social life. The illness of obesity and deficiency of calcium is also related to students because of the nature of the intake of impure food. However, unhealthy lifestyles lead many youngsters towards various complications in the human mind. On one hand, healthy-related fitness creates an ability to accomplish fruitful activities on a daily based while without fatigue that develops low-risk-based diseases. "Scientific evidence has long linked good nutrition to overall health and well-being. Proper nutrition means that a person's diet supplies all the essential nutrients needed to carry out normal tissue growth, repair, and maintenance. The diet should also provide enough substrates to produce the energy necessary for work, physical activity and relaxation." Furthermore, the chemical dependency factor is also affecting the human body which has also ruined the lives of millions through various unhealthy behaviour.²⁷ "In an unpredictable world, that chance is with every new day. Most people find that stress has become the norm rather than the exception stress undermines our ability to stay well. Stress-related illness results in increased healthcare costs lost productivity and absenteeism. Many medical and stress researchers believe that stress should carry a health warning as well." Additionally, human health is largely based on pure intake of water, unpolluted air, quality-based food, suitable work conditions, personal safety and adequate shelter. In simple, human health is affected when an individual passes his life in an unsafe environment and polluted toxic but most risk factors may be preventable by passing life carefully.²⁸

Modern technologies and social media have taken human lives to the exhaustion of physical and mental aspects. It is white fact that advanced technology and social media have left a positive impact on human lives but there are plenty of negative effects of these variables because people are unable to do anything without these technology-based instruments. Mostly, adults are unable to perceive this world without these essential technological-based items hence the dependency factors are increased among youth that making them unable to intellectual growth and output. "Rates of technology and social media use are therefore swiftly climbing. Facebook and Instagram alone boast a combined monthly user base of 2 billion people. Social media and text messaging have become an integral part of how individuals interact with their social groups. In fact, for many teenagers and young adults, text messaging and social media communication are now more likely than in-person interactions. Being continuously connected in this way has been linked with higher stress levels. Moreover, 18 per cent of individuals have identified technology use as a significant source of stress." In this way, the use of social media has created stress and unexpected behavioural changes in humans therefore various other complexities are related to human health because of no proper sleep time and no social activities in our lives.²⁹

It is disclosed that those individuals who are more engaged in social media and technology experience a high level of stress because they are constantly checked and involved in these activities. A study reveals that frequently checkers of social media are more affected by mental and physical health than those who are non-constant checkers. The ratio of social interaction among non-

1. ²⁵ AlQuaiz, A and Tayel, S. (2009). "Barriers to a Healthy Lifestyle among Patients Attending Primary Care Clinics at a University Hospital in Riyadh." *Ann. Saudi Med*, 2009, 29, 30–35.
2. ²⁶ Cohen, S. (2004). "Social relationships and health." *Am Psychol*, 2004; 59: 676–684.
3. ²⁷ Shivaprasad and Dr. SM Prakash. (2016). "Modern lifestyle and its impact on well-being of BS school students: A case study of AIMS, Bangalore." *International Journal of Physical Education, Sports and Health*, 3(2): 244-247.
4. ²⁸ Al-Zalabani, A.; Al-Hamdan, N and Saeed, A. (2015). "The Prevalence of Physical Activity and Its Socioeconomic Correlates in Kingdom Of Saudi Arabia: A Cross-Sectional Population-Based National Survey." *J. Taibah Univ. Med Sci*, 2015, 10, 208–215.

²⁹ Hallal, P.; Andersen, L.; Bull, F.; Guthold, R.; Haskell, W.; Ekelund, U. (2012). "Global Physical Activity Levels: Surveillance Progress, Pitfalls, and Prospects." *Lancet*, 2012, 380, 247–257.

constant checkers and more checkers of social media is also varied and they are also different in respect of social contact with their family members and peer groups. The physical interaction of frequent checkers of social media is also affected and they also have fewer visits to their family and friends.³⁰

5. Basic measures to maintain a healthy lifestyle

Human health is disturbed due to no proper physical activities and un-patterned intake of food consumption with changing lifestyles hence people are getting more stress and depression in their lives. However, a lack of physical activities leads to more weight that creates a kind of complications in the forms of diabetes, heart attack and hypertension. Therefore, some pre-curation measures are largely related to controlling different illnesses while focusing on and implementing those steps in daily life routines. Some multi-tasks are related to controlling the human body and also getting rid of those diseases which are widely reasons for some lack of care. "A healthy lifestyle has many benefits not only for the body but for the mind too. Also, if you follow a healthy lifestyle then you can reduce the risk of having cancer, heart disease, diabetes, obesity, and osteoporosis. We can say that there are various benefits to living a healthy lifestyle. Also, a healthy lifestyle has many benefits for your social as well as personal life. Besides, it improves the relationships in the family. Most importantly, the person who lives a healthy lifestyle lives longer as compared to those who do not."³¹

Firstly, human has to track the measurements of weight on a routine basis in respect of gaining and losing weight. Control of weight is essential because various diseases are emerged due to the reduction and increase of weight hence keeping watch on weight measurements will be a better step to making life balanced and planned manner. People usually pay less attention to their pattern of eating sometimes they eat more and sometimes they eat less hence their balanced diet would remain disturbed which leads towards the gain and loss of weight.³²

Secondly, the intake of unhealthy food is common among people therefore they face different diseases owing to food-based illnesses. However, healthy food makes human being fit and active for doing any social and physical activities while unhealthy food consumption makes humans more inactive and less able to face any diseases and health-based complications in their lives. It is common now that most people do not do their breakfast properly and regularly which pays way to physical problems of the body. It is a suggestive measure that does not miss breakfast while using proper nutritious meals with less sugar and fat but high consumption of protein and fibre. This proper consumption of food is a way to make humans fit and healthy hence fewer complications to health would have occurred.³³

Thirdly, people have not been using multivitamins in their meals therefore some deficiencies would occur in their bodies. However, the supply of multivitamins is essential for the body and they would also make the balance body in the nutrients level. The consumption of fruits and vegetables is also supplementary for the body to protect from health-based complications and they make the human body fit and active for any physical activities therefore micronutrients are essential for the human immune system. The proper supply of vitamins leads the human body to protection from various viral diseases and one can also get recovery from viral-based diseases. On another hand, the excessive use of vitamins is highly bad for human health hence balanced diet is essential for everyone to be fit and healthy.³⁴

Fourthly, proper water consumption is largely essential to a healthy body for staying hydrated while the adequate intake of drinking water would have various precautions steps from viral infections. On one hand, people are widely and regularly using sugared-based beverages that create various diseases and may create disorders in human organs therefore for a healthy body the use of various sugared-based drinks leads to more problems. According to a study that human has to use water after every fifteen minutes that will be hydrated a human and also will resolve various problems of dehydration and stress.³⁵

Fifthly, exercises make a human fit and healthy. Proper and regular exercises show positive results in a sense of physical fit and activity. People who have set exercises in their schedule would lead proper sleep and comfortable life. Sitting in a single place and doing at the office make the human body un-functional therefore doing exercises will lead towards positive and fruitful

³⁰ Mabry, R.; Koohsari, M.; Bull, F and Owen, N. (2016). "A Systematic Review of Physical Activity and Sedentary Behaviour Research in the Oil-Producing Countries of the Arabian Peninsula." *BMC Public Health*, 2016, 16, 1003.

³¹ Sharma R., Biedenharn K. R., Fedor J. M and Agarwal A. (2013). "Lifestyle Factors and Reproductive Health: Taking Control of Your Fertility." *Reproductive biology and endocrinology, RB&E*, 2013; 11:66.

³² Jane, M.; Hagger, M.; Foster, J.; Ho, S and Pal, S. (2018). "Social Media for Health Promotion and Weight Management: A Critical Debate." *BMC Public Health*, 2018, 18, 932.

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³⁵ Cohen, S. (2004). "Social relationships and health." *Am Psychol*, 2004; 59: 676–684.

results hence it is stressed that people have to do various exercises at home as well as outside of the home. A simple walk and running are suitable ways of exercise. One can also go walking with friends and family members which would lead towards a kind of simple outing while adequate conservation.³⁶

Sixthly, People often think that exercises are a loss and a waste of time but exercise highly fits human beings for those who are mostly working in a single place with their laptop and other technological items. Moreover, one has to reduce the sitting time while going outside with colleagues which will reduce the risk of diabetes and heart attack. More work on the computer will increase the risk of various diseases, especially the loss of eyesight and many more issues. A person has to spare time for a walk and going outside for some other work besides giving more time to the office and computers.³⁷

Seventhly, the life pattern has become the change and most probably every individual has their lifestyle but the worrying thing is that people have less time for enough sleep. Many health-based diseases and complications are related to not enough sleep because people give more time on different activities while they have less time to go to bed earlier. The issue of late and no proper sleeping time is a generally common phenomenon because various modes of entertainment have disturbed the lives of people. The quality and quantity of sleep make a huge impact on the human immune system because proper sleeping time makes the human immune system strong and more functional. The adequate timing of sleep is based on seven to eight hours and this enough time of sleep gives suitable results in human lives in respect of healthy life.³⁸

Eighthly, the use of alcohol and tobacco is common among young generations resultantly disturbing human health at large extent. One cannot imagine that alcohol and tobacco have how many effects on human health. It is a suggestive step that avoids the use of alcohol and tobacco because human health does not cover these kinds of risks in various ways of diseases. Tobacco and alcohol are enemies of human health in numerous ways because they may create the problems for heart, liver, kidneys and lungs. In this way, the consumption of alcohol and tobacco are highly effective for human healthy life hence various physicians are usually aware people about the negative impacts of these two major harmful things on a healthy body.³⁹

Finally, the human mind and body are dependent on various feelings and emotions but these feelings and emotions are controllable due to various burdens of life. Diseases and illnesses are largely related to improper lifestyle hence various emotions and feelings create other complications that harm the human body and mind. People cannot also control these emotions and feelings because they are framed into stress and anxiety forms therefore managing these are a big challenge to humans. A healthy and fit body is easily controlling feelings and emotions which are simply called emotions and stress management. During a pandemic, the human body is unable to overcome fear and anxiety because the body has fewer mechanisms to manage emotions in proper ways. The suitable way is to control emotions and feelings in various ways such as making concerns with physicians and o exercises. However, it is essential for every individual that does not to let emotions and feelings be heavy over mind and body because they will lead human health to more other unmanageable complications of stress, fear and anxiety.⁴⁰

6. Conclusion

Health is defined in various ways by different researchers but mostly health is concerned with freedom from any diseases and sicknesses. However, it is the socially and physically well-being of mind and body. Health is considered a king gift of the almighty with peace of body and mind. A healthy body can do a lot of work than capability no tiredness. Moreover, unhealthy diets are the major cause of various risk-based diseases of diabetes, heart attack, obesity and being overweight. The improper intake of vegetables and fruits leads to the risk of the emergence of diseases. According to a research study that low-income countries are largely facing the issues of unhealthy diets as compared to high-income nations because the lifestyle patterns and consumption processes of food are varies. An unhealthy diet is associated with high use of sugars, unsaturated fats and low vitamins, proteins and fabric foods. However, high use of fast food also leads to more risk of diseases hence various other health-related complications occur. A study has highlighted various factors of unhealthy diets such as unaffordable and unavailable fruits and vegetables are the main consequences of unhealthy food consumption in poor communities of both nations developed and developing.⁴¹

Furthermore, overpopulation and urbanization are also relevant issues to the balanced and adequate intake of diet therefore people are hardly paying the cost of various vitamins and fabric-related items. Increasing urbanization is also portraying the shift of

³⁶ Agahi, N and Parker, MG. (2008). "Leisure activities and mortality: does gender matter?" *J Aging Health*, 2008; 20: 855–871.

³⁷ Apostu, Mihaela. (2013). "New Points of View on Concept of Health and Lifestyle." *Procedia - Social and Behavioral Sciences*, 92 (2013):50 – 54.

³⁸ Morales-Suárez-Varela M., Ruso Julve C and Llopis González A. (2015). "Comparative Study of Lifestyle: Eating Habits, Sedentary Lifestyle and Anthropometric Development in Spanish 5 to 15 Year Olds." *Iranian Journal of Public Health*; 44:486-94.

³⁹ Coulson, J.; McKenna, J and Field, M. (2008). "Exercising at Work and Self-Reported Work Performance." *Int. J. Workplace Health Manag.* 2008, 1, 176–197.

⁴⁰ Wahyuniati Nur. (2017). "Modern Lifestyle and Health." *Februari*, 3(1): 185-189.

⁴¹ Gautam, Monika. (2017). "Modern Lifestyle and Its Impact on our Health." *International Journal of English Language, Literature in Humanity*, 5(5): 158-164.

burden over land and people do have less land to grow vegetables and fruits nearer to cities hence food-related items are largely unavailable and costly. The market pattern of selling and access to food is also changed due to the pressure of overpopulation and urbanization. In various countries, sugar and fat-based foods are largely available most cheaply and easily than access to vegetables and fruits. In this way, the policies related to food price and distribution process also varied from country to country which leaves a huge impact on food access and affordability. Healthy foods are costly and unavailable at markets while unsaturated and unhealthy food is easily accessible and cheapest. However, there is no check and balance over unhealthy food consumption and access to the issue of high prices is also no attention paid by food controllable authority.⁴²

Precisely, modern society has a varied way of passing life hence the lifestyle patterns are also different from person to person. However, to remain healthy is a kind of life choice while performing and adopting various healthy lifestyles. In this concern, a healthy mind and body are associated with various major habits of life such as doing regular exercises, eating proper food with a pre-settled time phrase, managing and avoiding stress and anxiety, knowing about the procure steps for any disease and complication, adopting good health habits, visiting physicians regularly for a routine check-up and finally do not use of alcohol and tobacco. These well-settled habits are highly helpful and essential to a human healthy lifestyle however they are generally advised by various health-related practitioners.⁴³

Concisely, a healthy lifestyle is different from the gender and age of an individual therefore unhealthy lifestyle is also varied from a person's age and gender. However, young and older people have various mechanisms of facing health problems at large and women and men have also different health complications. Women and older are largely facing the issues of numerous diseases and illnesses. While men and young people have more defence mechanisms for recovering from diseases. The lifestyle is also different to men and women as well as young and older therefore unhealthy life practices are varied for them generally. Additionally, social support is also playing a major role in the lives of women and men as well as young and older lives. Women and orders have fewer physical activities hence they are widely facing huge health complications because they are bound to a single place and their social activities are also limited.⁴⁴

Finally, health is influenced by various factors of access to health education and medical care that are beneficial to the social, physical and mental well-being of individuals. A healthy environment and social surroundings are largely positive factors to human healthy lifestyles. The consumption of pure water and air are playing a vital role to make humans more fit and prevents from various illnesses. In this way, some factors can be controllable and some factors hardly come under the control of humans such as hereditary diseases. Precisely, health-related knowledge to control diseases is widely helpful to every individual to get rid of unhealthy lifestyles by various pre-cautious complications.

⁴² AlQuaiz, AlJohara M, Ambreen Kazi, Turkey H. Almigbal, Ali M. AlHazmi, Riaz Qureshi and Khaled M. AlHabeeb. (2021). "Factors Associated with an Unhealthy Lifestyle among Adults in Riyadh City, Saudi Arabia." *Healthcare*, 2021, 9, 221): 1-13.

⁴³ Vaughan, C.; Ghosh-Dastidar, M and Dubowitz, T. (2017). "Attitudes and Barriers to Healthy Diet and Physical Activity: A Latent Profile Analysis." *Health Educ. Behav*, 2017, 45, 381–393.

⁴⁴ Johansson, Sven-Erik and Jan Sundquist. (1999). "Change in Lifestyle Factors and their influence on health status and all-cause mortality." *International journal of Epidemiology*, 28: 1073-1080.