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## Modern lifestyle and its impact on well being of B-School students: A case study of AIMS, Bangalore

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### Abstract

Most of the scientific findings have shown that physical inactivity and a negative lifestyle seriously threaten health and hasten the deterioration rate of human body. Physical activity is no longer a natural part of our existence. We live in an automated society, where most of the activities that used to require strenuous exertion can be accomplished by machines with the simple push of button, which is not exceptional to the B-School students also. They do more mental work than physical work. In most of the B-Schools, from the day one, primary concentration is getting them placed. In this process students community may get stressed and it influences their lifestyle and wellbeing. Living in fast-paced contemporary societies, stress has become a prevalent malady that afflicts people of all ages and cultures. In this scenario, the researcher has tried to find the lifestyle and well being of the B-School students in every day stressful life. This is purely primary data based study; the data has been collected through well designed questionnaire. All the questions are basically on the nine factors. After collecting data, made an attempt to analyze the data by applying various statistical tools and based on the findings drawn meaningful conclusions.

**Keywords:** Modern lifestyle, well being, study, study, students

### 1. Introduction

*Healthy Body is a sanctum of Soul whereas a sick body is a prison*

It is an evident fact that the healthy human beings are always activated and regenerated through the healthy physical, mental and social well being. However, some scientific findings have shown that the physical and mental inertia and the negative lifestyles have seriously threatened the health factors and hastened the deterioration rate of the human body movement. Indeed, the physical activities are the basic functions on which the human organisms were created.

Evidently, the Advancement in science and technology has become an immediate contributing factor for drastic and unhygienic changes in the current life styles. Consequently, these life styles have lead to welfare addiction among the people and this factor has almost eliminated the necessity for physical exertion in daily life. We live in an automated society wherein; most of the activities that demand strenuous physical exertion are complemented by the machines with the simple pull of a handle or push of a button.

The concept of way of life or lifestyle has been defined in many ways. Most of the definitions include at least one of the following aspects (Vuolle *et al.*, 1986) [4]:

- The sum total of the most common and most important activities found in the overt behavior of individuals and communities;
- The physical, economic and social conditions of life; and
- The individual's cognitive goals, wishes and attitudes.

During recent decades, TV-watching and playing or working with computers and other sedentary behaviors have taken centre stage in public debate on young people's use of leisure as they have been seen as reasons for the inactivity and obesity of young people. However, a Meta-analysis of the relevant literature has shown that the negative significant correlation (-0.096) between sedentary behaviors and physical activity is too small to be of much clinical or practical significance (Biddle, 2003) [2].

The impact of Physical Inertia on B-School Students with reference to AIMS – Acharya Institute of Management and Sciences, Bangalore: AIMS is one of the esteemed B-schools in India with a good number prestigious accolades like Grade ‘A’ (NAAC Accredited), ISO Certification etc... The institution has discovered the importance of physical and mental competency among the students that lead them towards academic, professional, personal and social excellence. However, the students on AIMS campus are very much driven by their academic and professional excellence. Moreover, it is a natural phenomenon that the students of management studies focus much on their academic scores and placements in the esteemed companies.

It is observed on AIMS campus that the students are preoccupied during their course of examinations, projects completion and placement interviews. During this situation, the students are much prone to many physical and psychological infirmities like anxiety, stress, and stress oxia from multiethnic backgrounds with varied diet cultures and life styles. It is also an evident fact that most of the students are unknowingly being victimized by passive psychosomatic disorders like obesity, cardiovascular problems, problems related to calcium deficiency, stress and so on.

Unhealthy behaviors are contributing to the staggering U.S health-care costs. Risk factors for disease such as obesity and smoking carry a heavy price tag. An estimated 1 percent of the people account for 30 percent of health-care costs.

Because of the unhealthy lifestyles that many young adults lead, their bodies may be middle aged or older! Healthy choices made today influence health for decades.

Health related fitness is related to the ability to perform activities of daily living without undue fatigue and is conducive to a low risk of premature hypo kinetic disease.

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.

Substance abuse remains one of the most serious health problems afflicting society, chemical dependency is extremely destructive, having ruined and ended millions of lives. Perhaps more than with any other unhealthy behavior, education is vital when addictive behaviors are at issue.

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 health care costs, lost productivity, and absenteeism. Many medical and stress researchers believe that stress should carry a “health warning” as well.

To enjoy health, we require clean air, pure water, quality food, adequate shelter, satisfactory work conditions, and personal safety and health relationships. Health is affected negatively when we live in a polluted toxic and unsafe environment.

Emotional wellness involves the ability to understand your own feeling accept your limitations, and achieve emotional stability. Furthermore, it implies the ability to express emotions appropriately, adjust to change, cope with stress in a healthy way, and enjoy life despite its occasional disappointments and frustrations.

Most of the risk factors are reversible and preventable. Having a family history of heart disease and some of the other risk factors because of neglect in lifestyle does not mean you are doomed.

## 2. Methodology

### 2.1 Objectives

The study identifies the following objectives for the application of the study, which includes:

1. To understand and analyze the current lifestyle habits of B-school students with reference to AIMS.
2. To help the respondents to take necessary changes for future health and wellness of B-school students in AIMS.

### 2.2 Sampling

The sample size was 90 (out of which 77men and 13women) age group of the respondents is 20–25years from AIMS in Bangalore; the population of the study was 180 students, those who are studying in MBA program in AIMS out of total population for the present study has been selected 50% through random sampling. Permission to carry out the questionnaire in each student was obtained from teachers. The questionnaire was administered in the classroom. The purpose of the study was explained and the directions were given for completing the questionnaire. It was emphasized that the questionnaire was designed to measure students’ Modern Lifestyle and its Impact on Well Being. The questionnaire took approximately 10–12 minutes to complete. The students were assured that their answers would remain confidential.

### 2.3 Measures

The modified version of wellness lifestyle a standardized questionnaire (Dr. Hoeger, 2004) was used for measuring the nine different types of factors in modern lifestyle using a five-point scale (1=always to 5=never). There are thirty-six Items with each four item related one factor total of nine factors and it is converted into three point scale.

Sample Item

1. Enter the score you have circled for each question in I participate in vigorous aerobic activity for 20 minutes on three or more days per week, and I accumulate at least 30 minutes of moderate-intensity physical activity on a minimum of three additional days per week.

Always	Nearly always	often	seldom	never
5	4	3	2	1

How to Score

Enter the score you have circled for each question in the spaces provided below. Next, total the score for each specific wellness lifestyle category and obtain a rating for each category according to the criteria provided below.

Each factors four items e.g. Health Related Fitness

1  2  3  4

Total

Rating:

Category Rating

Excellent (E) =  $\geq 17$  your answers show that you are aware of the importance of this category to your health and wellness. You are also knowledge to work for you by practicing good habits.

Good (G) = 13-16 your health practices in this area are good, but you have room for improvement.

Needs Improvement (NI) =  $\leq 12$  your health risks are showing. You may be taking serious and unnecessary risks with your health.

**2.4 Data analysis**

List wise deletion was used to remove the missing values from the data set. After that, the responses to questionnaire of 90 students were subjected to data analyses. To test the structural construct of the intention subscale the total sample of 90 participants was randomly selected.

**Table 1:** Health Related Fitness Factors (H)

S. No	Health Related Fitness Factors	Respondents	Percentage
1	Excellent	12	13.33
2	Good	17	18.88
3	Need to be Improved	61	67.77
Total		90	100.00

Source: Questionnaire Survey

The above table’s shows that out of total respondents taken for the study 67.77% of students need health related fitness factors to be improved. 13.33% students are very excellent. It shows that Physical activities of students of AIMS need to be improved.

**Table 2:** Nutrition Factors (N)

S. No	Nutrition Factors	Respondents	Percentage
1	Excellent	8	8.88
2	Good	34	37.77
3	Need to be Improved	48	53.33
Total		90	100.00

Source: Questionnaire Survey

The above table’s shows that out of total respondents taken for the study 53.33% of students need Nutrition Factors to be improved. 8.88% students are very excellent. If you look at the table it shows the negligence of students on their health.

**Table 3:** Avoiding Chemical Dependency Factors (AC)

S. No	Avoiding Chemical Dependency Factors	Respondents	Percentage
1	Excellent	59	65.55
2	Good	18	20.00
3	Need to be Improved	13	14.44
Total		90	100.00

Source: Questionnaire Survey

The above table’s shows that out of total respondents taken for the study 14.44% of students need Avoiding Chemical Dependency Factors to be improved. 65.55% students are very excellent. If you look at the table many of the students are not having bad habits. But few students those who have need to be improved.

**Table 4:** Stress Management Factors (SM)

S. No	Stress Management Factors	Respondents	Percentage
1	Excellent	19	21.11
2	Good	50	55.55
3	Need to be Improved	21	23.33
Total		90	100.00

Source: Questionnaire Survey

The above table’s shows that out of total respondents taken for the study 23.33% of students need Stress Management Factors to be improved. 21.11% students are very excellent. If you look at percentage of good and need to be improved 78% of students should give attention to lifestyle wellness.

**Table 5:** Personal Hygiene/ Health Factors (PH)

S. No	Personal Hygiene/ Health Factors	Respondents	Percentage
1	Excellent	34	37.77
2	Good	43	47.77
3	Need to be Improved	13	14.44
Total		90	100.00

Source: Questionnaire Survey

The above table’s shows that out of total respondents taken for the study 14.44% of students need Personal Hygiene/ Health Factors to be improved. 37.77% students are very excellent. In this factor most of the students have taken care of their health but few of them are not serious about their health.

**Table 6:** Disease Prevention Factors (DC)

S. No	Disease Prevention Factors	Respondents	Percentage
1	Excellent	10	11.11
2	Good	45	50.00
3	Need to be Improved	35	38.88
Total		90	100.00

Source: Questionnaire Survey

The above table’s shows that out of total respondents taken for the study 38.88% of students need Disease Prevention Factors to be improved. 11.11% students are very excellent. In this factor as great word of “prevention is better than cure” 88% of students should care of health which is very important for study and normal life.

**Table 7:** Emotional Well-being Factors (EW)

S. No	Emotional Well-being Factors	Respondents	Percentage
1	Excellent	49	54.44
2	Good	36	40.00
3	Need to be Improved	5	5.55
Total		90	100.00

Source: Questionnaire Survey

The above table’s shows that out of total respondents taken for the study 54.44% of students need Emotional Well-being Factors to be improved. 5.55% students are very excellent. In this factor most of students have taken care of their health except 6% of students and it shows that emotionally they are very well.

**Table 8:** Personal Safety Factors (PS)

S. No	Personal Safety Factors	Respondents	Percentage
1	Excellent	41	45.55
2	Good	40	44.44
3	Need to be Improved	9	10.00
Total		90	100.00

Source: Questionnaire Survey

The above table’s shows that out of total respondents taken for the study 10.00% of students need Personal Safety Factors to be improved. 45.55% students are very excellent. In this factor most of students are aware of their personal safety except few.

**Table 9:** Environmental Health/ Protection Factors (EH)

S. No	Environmental Health/ Protection Factors	Respondents	Percentage
1	Excellent	46	51.11
2	Good	30	33.33
3	Need to be Improved	14	15.55
Total		90	100.00

Source: Questionnaire Survey

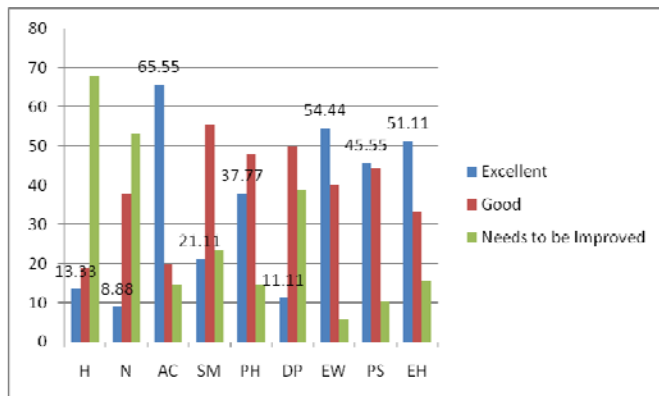
The above table's shows that out of total respondents taken for the study 15.55% of students need Personal Safety Factors to be improved. 51.11% students are very excellent. As the

previous factor same in this factor but still 49% students should take care of about their health.

**Table 10:** Overall Factors

H	N	AC	SM	PH	DP	EW	PS	EH	AVG
13.33	8.88	65.55	21.11	37.77	11.11	54.44	45.55	51.11	34.31667
18.88	37.77	20	55.55	47.77	50	40	44.44	33.33	38.63778
67.77	53.33	14.44	23.33	14.44	38.88	5.55	10	15.55	27.03222

The above table's shows that out of total respondents taken for the study 27.03% of students need all nine Factors to be improved. 34.31% students are very excellent. But if look at the first two factors (Health related fitness and Nutrition) students are very poor in their health and it shows over all factor not up to the mark. And 66% of students should take care of their health and it's all about their life style which is modified or changed for wellness of their lifetime.



**Fig 1:** Overall Factors of

**3. Results**

Figures 1 shows the overall wellness factors of the respondents based on nine different factors. Factor -1 is health related fitness (13.33 Per cent excellent), factor 2 is nutrition related (8.8 Per cent excellent), and factor 6 is disease prevention factors (11.11 per cent excellent) all these three are very low rated among all the nine factors. So it shows these three factors of the respondents have needs to be improved a lot. They are very low in rating and all other factors are moderate and it shows those two factors need to be improved among the students of AIMS.

**4. Conclusion**

- The influence of nine factors on the students vary from one student to another
- The first factor - Health Related Fitness Factors – the students are not up to the expectations
- Comparatively, the students have shown positive response in terms of personal hygiene, emotional well-being and others
- The students' practical difficulties in adopting and implementing healthy measures to ensure physical and mental well-being
- Further Research has to be carried out in order to discover a few more factors that influence health and mind of the students.

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