



**EVALUATION OF LIFESTYLE PATTERN AMONGST STUDENTS AND FACULTY MEMBERS OF A.D.I.T. CAMPUS (GUJARAT TECHNOLOGICAL UNIVERSITY/SARDAR PATEL UNIVERSITY), NEW V.V. NAGAR**

**\*KILLOL S CHOKSHI, DIVYESH B LADOLA, JAIMIN S SUTHAR, GAURAV V MORADIYA, USMANGANI K CHHALOTIYA, KASHYAP K BHATT.**

**Indukaka Ipcowala College of Pharmacy, New V.V. Nagar, Gujarat – 388120**

**Abstract**

**Accepted Date:**

**15/08/2012**

**Publish Date:**

**27/08/2012**

**Keywords**

Lifestyle

Questionnaire

Respondents

Survey

**Corresponding Author**

**Mr. Killol Chokshi**

Bhakti, Near Bavisgam  
School,  
Mahadev Area,  
Subhash Road,  
V.V.Nagar,  
Gujarat, India – 388120  
[Killol2004@gmail.com](mailto:Killol2004@gmail.com)

A total of 500 questionnaire were distributed in the college premises with respondent rate of 450(90%).majority of respondents, 73% were aged between 18-23 years, while 269(59.5%) were female and 181(40.5%) were male. The survey was conducted in the colleges comprising of Ayurvedic, Biotechnology, Engineering and pharmacy. The survey comprised of 290 students (64.4%) including both undergraduate as well as postgraduate students. the rest were faculty members (26.6%) and administration in charge (8.8%). The most prevalent disorder was found to be GIT disturbances (80.1%) and headache (69.9%) on daily basis. The students showed less inclination towards sports activity (54.05%) due to lack of time leading to various health problems like sleeplessness (66.19%). The general food habit was found out to be that the students preferred intake of junk food (64.2%) as well as fast food (46.8%) due to easy availability of junk food. The positive outcome of this survey came in a surprising manner that the amount of smoking (2.8%) was found out to be negligible as well as amount of alcohol consumption (2.7%) was very less.

## INTRODUCTION

Lifestyle plays a vital role in everyone's life especially when it's the age of developing as well as maturing. Considering the lifestyle pattern helps in improving one's own life as well as increasing life expectancy. Lifestyle is an important parameter to showcase their daily habits<sup>1, 2, 3</sup> and co-relate it with their diseased condition. It not only co-relates but also suggests the better way out of improving our health as well as quality of life with fewer efforts.

Lifestyle is a term to describe the way a person or an animal lives. A set of behaviors, and the senses of self and belonging which these behaviors represent, are collectively used to define a given lifestyle. The term is defined more broadly when used in politics, marketing, and publishing. A lifestyle<sup>4, 5</sup> is a characteristic bundle of behaviors that makes sense to both others and oneself in a given time and place, including social relations, consumption<sup>6, 7, 8</sup> entertainment, and dress. The behaviors and practices within lifestyles are a mixture of habits,

conventional ways of doing things, and reasoned actions.

## MATERIALS & METHODS

### 1. Questionnaire

The format consisted of different lifestyle parameters starting from the sleeping time to the various disorders faced due to different type of lifestyle. The questionnaire<sup>9</sup> was made up by the project team and was cross checked by the guide. It covered all the parameters starting from the food habits, the time distribution for various other activities, the habits and the diseased condition related to the lifestyle<sup>10-14</sup>. The Questionnaire was filled up by the students, faculty members as well as administrative staff of different branches in the college premises.

### 2. MS Excel

The opinion through the filled up questionnaire were calculated by the project team. The data so obtained was analyzed with the help of Microsoft excel and various results as well as conclusions were obtained. The graphical results were obtained through the Microsoft offices excel.

Questionnaire

**LIFESTYLE PROFILE**

➤ Weight:-

Height:-

➤ Sleeping time per day:-

HOURS	1-5hrs	5-7hrs	8-10hrs

➤ On a daily basis:-

	0hr	1-2hr	3-6hr	6-8hr
Studying time:-				
Sports activity:-				
Watching T.V:-				
Time on PC/laptop/mobile:-				
Time allotted for Yoga/exercise:-				
Communication With relatives/friends:-				
Working hours/College hours:-				

➤ Food habits:-

	No. of times a Day:-		
	0	1-2	3-5
Fruits/milk(natural food)			
Healthy food(low oil, fat, etc)			
Junk food(chips, biscuit, etc)			
Fast food(pizza, burger, etc)			

➤ **Other Habits:-**

	No. of times a Day:-		
	0	1-2	3-5
Smoking			
Drinking			
Drugs			
Others, Please Specify:-			

➤ **How often do you suffer from the following disorder?**

	Occasionally	Frequently	Always
Stomach disturbances			
Vomiting			
Hearing problem			
Headache			
Sleeplessness			
Excitation			
Lethargy			
Drowsiness			
Fever			
Anger			
Depression			
Others, Please specify:-			

➤ **Do you use eyeglasses?**

Yes

No

➤ **Disease Encountered recently:-**

## **RESULTS AND DISCUSSION**

The most prevalent disorder was found to be GIT disturbances (80.1%) and headache (69.9%) on daily basis. The survey also deduced a shocking fact that anger and depression were more prevalent in female. The habit of watching T.V.(67.3%) and time on P.C./laptop/mobile(64.65%) led to the increase in the eye problem(38.04%). Food habit, mainly junk food (64.2%) showed increase in number of GIT problems (80.1%).

The positive outcome of this survey came in a surprising manner that the amount of smoking (2.8%) was found out to be negligible as well as amount of alcohol consumption (2.7%) was very less. The majority of people were found out to be suffering sleeplessness (66.19%) due to various tensions as well as preoccupied schedule.

### **Discussions**

A total of 500 questionnaire were distributed in the college premises with respondent rate of 450(90%).majority of respondents, 73% were aged between 18-

23 years, while 269(59.5%) were female and 181(40.5%) were male. The survey was conducted in the colleges comprising of Ayurvedic , Biotechnology, Engineering and pharmacy. The survey comprised of 290 students (64.4%) including both undergraduate as well as postgraduate students. the rest were faculty members (26.6%) and administration in charge (8.8%).

Physical exercises like yoga (64.9%) for 1-2 hr proved to be helpful in decreasing the disorders faced by them and also providing them peace of mind. The students showed less inclination towards sports activity (54.05%) due to lack of time leading to various health problems like sleeplessness (66.19%). The general food habit was found out to be that the students preferred intake of junk food (64.2%) as well as fast food (46.8%) due to easy availability of junk food.

## **CONCLUSION**

The lifestyle pattern among the campus showed high prevalence of sedentary lifestyle consisting of less physical exercise and more consumption of unhealthy food

leading to suffering from various disorders at a much higher rate than expected. The various problems like sleeplessness, lethargy, depression can be easily solved without medication, if one improves the

lifestyle. The implementation of minimum 7-8 hour sleep, daily exercise of one hour and eating healthy diet will definitely improve one's own health and make them less succumbed to daily diseases.

**Table 1**  
**Co-relation of time spent on sports with lethargy and weight.**

Time	Time allotted for sports	Lethargy	Weight in control
0 Hour	54.05	81.8	6.6
1-2 Hour	39.8	16.3	20.2
3-6 Hours	0.6	1.4	42.8
6-8 Hours	0.03	1	37.7

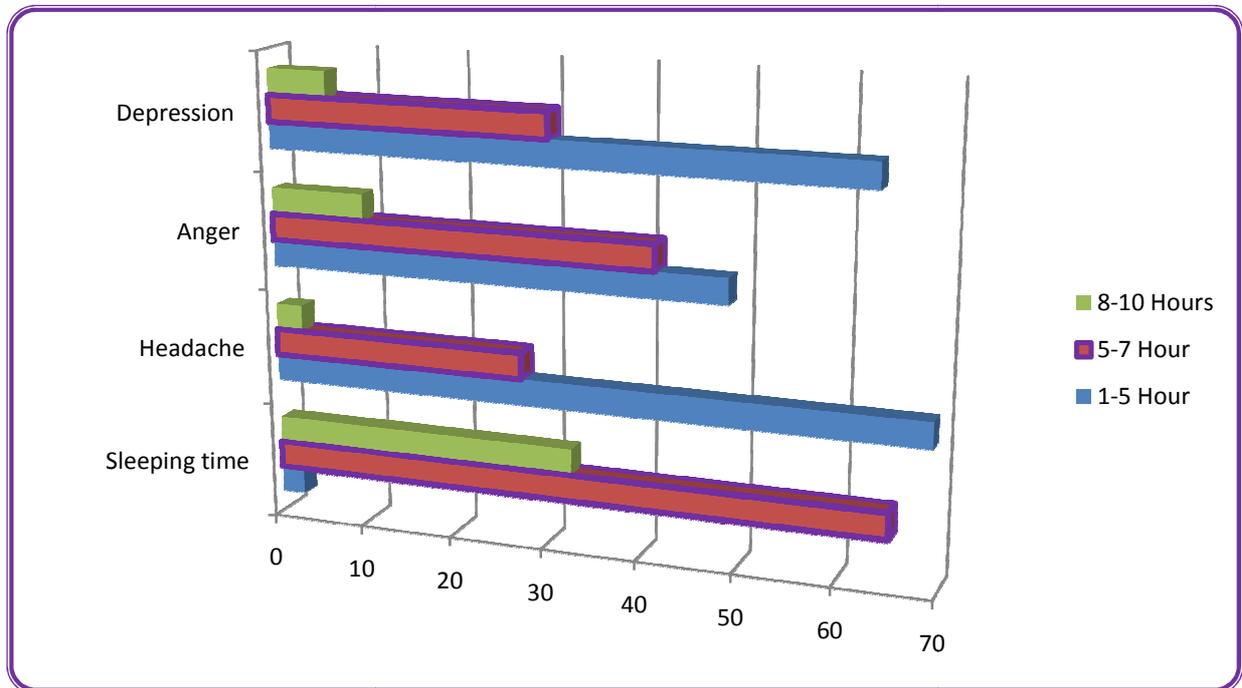
**Table 2**  
**Co-relation of time spent on sleeping with headache, anger and depression.**

Time	Sleeping time	Headache	Anger	Depression
1-5 Hour	2.4	69.09	48.8	63.3
5-7 Hour	65.04	27.2	41.3	30.28
8-10 Hours	32.5	2.8	10.04	6.3

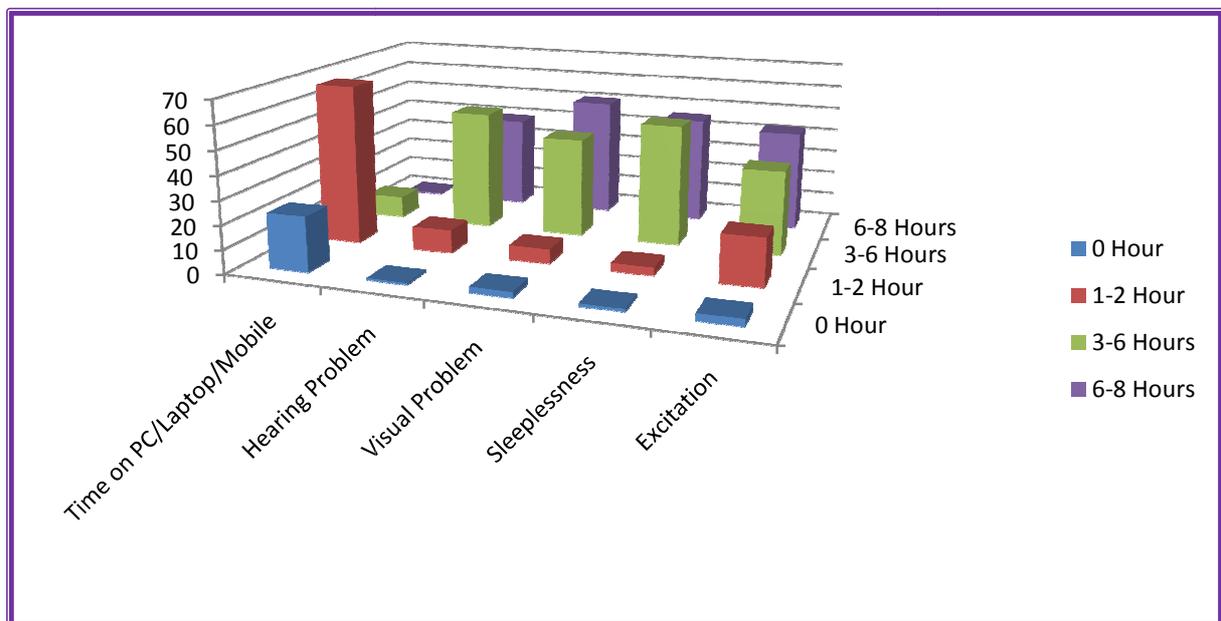
**Table 3**  
**Co-relation of time spent on PC/Laptop/Mobile with hearing problem, Visual problem, Sleeplessness and excitation.**

Time	Time on PC/Laptop/Mobile	Hearing Problem	Visual Problem	Sleeplessness	Excitation
0 Hour	22.98	0.8	2.4	1.2	3
1-2 Hour	67.3	9.6	6.1	3.3	20.1
3-6 Hours	9	50.4	42.1	51.1	35.5
6-8 Hours	0.6	39.2	50.4	45.4	42.4

Graphs:



Graph 1: Co-relation of time spent on sleeping with headache, anger and depression.



Graph 2: Co-relation of time spent on PC/Laptop/Mobile with hearing problem, Visual problem, Sleeplessness and excitement.

## *REFERENCES*

1. Davis AM, Giles A, Rona R: Tackling obesity: a toolbox for local partnership action. London: Faculty of Public Health Medicine. 2000.
2. Department of Health, Saving Lives Our Healthier Nation. The Stationery Office, London, UK. 1999.
3. Department of Health, Drug use, smoking and drinking among young people in England in 2001. Department of Health, London. 2002.
4. Chokshi KS: Survey of Self-medication Errors amongst Students and Faculty Members of Educational Campus (Gujarat Technological University/Sardar Patel University) of New V.V.Nagar. IJPRS 2012; 1(2): 54-58.
5. Kirkcaldy A, Robinson J, Barr W: The Liverpool and Sefton lifestyle survey: Main report. Report no. 94/03, HaCCRU, University of Liverpool, Liverpool. 2003.
6. OPNS, Drug use, smoking and drinking among young teenagers in 1999. Office for National Statistics, London. 2000.
7. Peeters A: Obesity in adulthood and its consequences for life expectancy: a life-table analysis. Annals of Internal Medicine, 2003; 138:24-32
8. Rix KJB and Lumsden-Rix E: Alcohol problems. A guide for nurses and other health professionals. London, Wright PSG. Department of Health website.
9. Chokshi KS: Evaluation of Medication Errors amongst Students and Faculty Members of Educational Campus (Gujarat Technological University/Sardar Patel University) of New V.V.Nagar. Novel Science International Journal of Pharmaceutical Science 2012; 1(4): 183-186.
10. World Health Organization, Global Strategy on Diet, Physical Activity and Health. World Health Organization, Geneva. 2002.
11. Friel S, Nic Gabhainn S and Kelleher C: The National Health and Lifestyles Surveys. Survey of Lifestyle, Attitudes and Nutrition and the Irish Health Behavior in School aged Children (HBSC) Survey 1998, Department

of Health and Children. Dublin: The Stationery Office. 1999.

12. FFQ Software, Version 1.0 (2007) Dublin: National Nutrition Surveillance Centre, School of Public Health and Population Science, University College, Dublin.

13. Goldberg GR, Black AE, Jegg SA, Cole TJ, Murgatroyd PR, Coward WA and Prentice

AM: Critical evaluation of energy intake data using fundamental principles of energy physiology: 1. Derivation of cut-off limits to identify under-recording', European Journal of Clinical Nutrition 1991; 45(12): 569-81.

14. Harrington J: Validation of a Food Frequency Questionnaire as a tool for assessing nutrient intake, MA Thesis, Health Promotion. Galway: National University of Ireland, Galway. 1997.