# Relationship between Physiological Status and Healthy Life Style among University Youth of Delhi NCR

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## Abstract

The study is on relationship between physiological status and healthy life style among university youth of Delhi NCR. Healthy life style which is not new a reflection of any one physical dimension instead it is a holist approach toward wellbeing and health comprising of physical dimension, nutrition status, stress management, avoiding destructive habits, approach toward safe sex and safety habits, knowledge about first aids, personal health habits, medical advice, customer awareness, approach toward environment protection. Physiological parameter which are of importance among the youth towards overall development was hypothesized to have negligible relationship with healthy life style. The correlation statistics among 150 youth from various university of Delhi NCR did not reject the hypothesis. The sample studies reflected very low significant relationship between healthy life style parameter with BMI & WHR as physiological parameter.

**Keywords:** Health, Physiological Status, Life Style, University

**Introduction**

Health is a multidimensional concept which includes biological, physical, psychological, social, economic, cultural factors. WHO (1948) in its constitutional preamble, which was adopted at international health conference, New York after agreement from 61 states, enforced the definition of health as a state of a human body which makes him physically, mentally, and socially sound and not merely the absence of disease or infirmity. Health as defined by Marriam Webster (2003), is the level of functional or metabolic efficiency of a living organism. In humans it is the general condition of a person's psychic and physical state, usually meaning to be free from illness, injury or pain (as in "good health" or "healthy"). The term "healthy" has been prominently applied in perspective of objects and non living things and there influential benefits by human being, which can be witnessed in the healthy communities, cities or environments. As per the report of British Medical Association ( BMA, 2003) on adolescent health, importance of developing and inculcating healthy habits early in the childhood has been considered as an essential component. The report highlighted a distressing trend among teenagers to be obese and have a mass of unhealthy lifestyle habits, such as smoking and drinking. Helping children to develop healthier lifestyles in their initial years is an important step towards prevention of excessive weight gain.

**Physiological Composition of Health**

The concept of health from the physiological components include, overall living standards of an individual, which includes of sound body, freedom form disease leading to holistic health and wellness required for health life style. Its physiological dimensions include of anthropometrical factors, cardiovascular aspects, respiratory system functioning, Hormone secretion through endocrine glands, Musculoskeletal composition.

Anthropometric factors: A relative amount of muscle, fat, bone measured in width, circumference, length along with the stature height of individuals form the physiological composition which can be related to various dimensions of health. Healthy people have relative low instead of too low amount of measures of anthropometric dimensions.

**Cardiovascular Dimensions**

Cardiac output, heart rate, pulse rate, blood circulation system as part of physiological composition, associated with fuel supply and oxygen to the muscles and its ability to maximum utilize for continuing various types of activities. A healthy person acquires the ability to continue any activity for a longer duration of time under the condition of stress.

**Relationship Between Physiological Status and Healthy Life Style**

Physiological health features are influencers of an organism's healthy or normal implementation, whereas, healthy life style concept is permanent assurance to follow a healthy eating plan, administer body weight and do standard physical activities. The relationship between health status and healthy life style at older ages has been studied by (Wiggins, 2004) which reveals that the quality of life is not directly related to few physiological parameter and functioning of organs and systems alone, whereas, the quality of life at elderly stage is influenced by various other factors including, social bondage, loss of near and dear one's, which will reduce the influence of their past and immediate environment.

**Objective**

To study the relationship between physiological status and healthy life style of Delhi college youth.

**Selection of Subjects**

For the purpose of the study, non probability sampling was adopted where in the male subjects were identified belonging to the age category between 17-25 and studying in Universities and colleges in Delhi where considered for the study as they made up the composition of youth, which was pre-requisit for the study. The following stages were incorporated towards selection of subject:

Identification of Institutes:

Three institutes were identified for selection of subject, which are as following:

1. Amity School of Physical Education and Sports Sciences
2. Amity Business School
3. I.G.I.P.E.S.S , University of Delhi

**Identification of the Subjects**

| Institute | Course | Number (n) |
|---|---|---|
| ASPESS | BPE | 36 |
| ASPESS | BPEd | 14 |
| ASPESS | MPEd | 24 |
| ABS | BBA | 10 |
| IGIPESS | BSc | 66 |
| Total | | 150 |

*Sample size* – 150 subjects were selected on the basis of snowball sampling.

(Non Probability sampling technique)

Only male subjects were made part of the study.

Samples were selected from the universities and colleges of Delhi NCR.

**Tool for the Study**

Two questionnaire were used for assessment of healthy life style. Healthy life style questionnaire and Wellness Self Perception questionnaire was used was identified from the texts of 'Health, Wellness, Fitness, and Healthy Lifestyle: An introduction'.

Healthy Life Style Questionnaire: the tool aimed at analysis of lifestyle behavior and selection ability regarding positive health, wellness for the future. The healthy life style questionnaire consists of 30 questions related to. All questions were asked to be honestly answered and scoring information was provided for the assessment of the lifestyle.Wellness Self Perception questionnaire: the tool aimed at assessment of self-perception towards healthy life style, wherein, Emotional Wellness, Intellectual Wellness, Physical Wellness, Social Wellness, Spiritual Wellness. Total 15 questions were part of the questionnaire and the scoring was done on likert scale of 4.

**Administration of the Questionnaire**

The questionnaire was administered by the research scholar to 150 male subjects. All subjects answered the questionnaire separately without consulting others. The subject were exhorted to provide realistic and true opinion and the research scholar assured to the respondents that the information given by them would be kept confidential and utilized for the purpose of the study only.After establishing the scientific authenticity of the questionnaire, data was be collected.

**Statistical Procedure**

Correlation statistics will be used to measure the relationship between the physiological variables and the healthy life style components recorded through administration of questionnaire.

**Results and Findings**

**Table No.1: Correlation Metrics of Health Life Style and Waist Hip Ratio**

| | | Life Style | Wellness | df |
|---|---|---|---|---|
| Waist Hip Ratio | r<br>N | .022<br>150 | -.059 | 148 |

Table no. 01 reveals that the Pearson product correlation between Waist Hip Ratio and Health Life Style is -.155, Waist Hip Ratio and Wellness is .59, are not significant at .05 with df is 148. Thus the hypothesis stating that there will be not be any significant relationship between healthy life style and Waist Hip Ratio of University youth is not rejected.

Therefore, the result reveals that there is no relationship between healthy life style and Waist Hip Ratio. Waist Hip Ratio as one of the Physiological parameters has no influence on parameters of healthy life style as well as on the dimensions of wellness.

**Table No. 2: Correlation Metrics of Health Life Style and BMI**

| | | Life Style | Wellness | df |
|---|---|---|---|---|
| BMI | r<br>N | .161<br>150 | 0.259 | 148 |

Table no. 01 reveals that the Pearson product correlation between Body Mass Index and Health Life Style is -.155, whereas between Body Mass Index and Wellness is .259, which are not significant at .05 with df is 148. Thus the hypothesis stating that there will be not be any significant relationship between healthy life style and Waist Hip Ratio of University youth is not rejected.

Therefore, the result reveals that there is no relationship between healthy life style and Waist Hip Ratio. The results correspond to the findings of Kamper (2007) where in obesity (BMI) and abdominal adipose tissue disturb (WHK) reveals significant difference in the associations to various health variables. The results also support the evidence of Togo, Oster ( 2001) in which BMI have reflected to be

negatively associated with food patterns. Similar findings from Sorensen (2003) also suggest that the effect of lifestyle intervention cannot be solely associated to body weight reduction.

**Discussion of Result**

WHR as a measure of physiological status does not have a significant relationship with healthy life style and wellness damnations. The results are contrary various research (Togo, Oster 2001) which reveals a strong annunciation of healthy life style wellbeing with the physiological variables. No strong annunciations reflect in BMI with the healthy life style and wellbeing the findings lead to conclusion that even though physiological variables have strong annunciations with healthy life style and value (Kamper, 2007) where in deferent dimensions of physiological components are correlated more focus on isolated physiological components may not reveal prove the deductive theories developed from various studies. BMI and WHR where in they join as a part of anthropometrical composition in the dimensions of physiology need not impact the healthy lifestyle and wellness which are past of holistic approach towards health and include various dimensions of physical, mantel , emotional, social and spiritual wellbeing. It also support in concluding that healthy lifestyle parameter should not be judge according to the physical or anthropometrical status of individual.

**Recommendation**

1. Longitudinal study should be purposed for further refinement
2. The study should be extended to different demographic populations.
3. A study may be undertaken under controlled conditions by selection of residential students as the subjects.
4. Control groups can further be added to similar studies for ascertainment of the results.
5. Similar studies may be conducted on different physiological parameters to study the relationship on healthy lifestyle dimensions.

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