

Lifestyle practices of adolescents in a tertiary care centre in India

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Background:

The objective was to assess the lifestyle practices, the relationship between domains and its association with demographic and clinical variables of adolescents in Christian Medical College, Vellore, India. The hypothesis tested was, there is a relationship between various lifestyle practices of adolescents. Adolescents are individuals in the 10-19-year-old age group; there are 253 million adolescents in India. Good diet, physical activity, sleep, and screen time are pillars of good health.

Methods:

Written consent and assent were obtained, demographic and clinical variables were collected using interviews, and the lifestyle practice was assessed using a modified YRBS questionnaire.

Results:

70.8% of the study participants were early adolescents, the number of boys and girls were almost equal (46.2% & 53.8%), 73.6% lived in nuclear families, and an equal number lived in rural and urban areas. The majority (19.4%) had a BMI of 23 adult equivalent. Most (39.8%) adolescents had a healthy lifestyle, but a very close number also had an unhealthy lifestyle (32.2%). Among the individual domain, an equal number (39.8% & 38.6%) of adolescents had healthy or moderately healthy dietary habits. Most adolescents (41.2% and 48.7%) had moderately healthy physical activity and screen time, whereas an equal number (34.9%, 33.9% and 31.1%) of them had healthy, moderately healthy, and unhealthy sleep practices. There was a significant relationship ($p < 0.001$) between the domains of lifestyle among adolescents, such as Dietary habit and Physical activity, Dietary habit and Sleep, Dietary habit and Screen time, and Sleep and Screen time. There was also a significant association ($p < 0.001$) between the lifestyle and age, gender, religion, type of family, and residence of the adolescents.

Conclusions:

The study signifies that an equal number of adolescents had a healthy and unhealthy lifestyle. This also provides insight into the practices of a heterogeneous population since it was conducted in a tertiary hospital.

Disclosure of Interest Statement:

The author declares that she has no conflict of interest in the research paper described.