

## IMPORTANCE OF HAVING HEALTHY LIFESTYLE FOR THE PEOPLE

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**Abstract:** Nowadays, not only children but also adults are suffering from health problems and they can easily deal with some terrible difficulties such as obesity. That's why it is important for us to guide and educate the individuals, whether as direct support professionals or family members, on how to make healthy choices in their daily lives. We can offer support to help them choose nutritious meals and incorporate physical activity into their routines. By encouraging and assisting them in making healthy lifestyle decisions, we can help reduce their risks of obesity, heart disease, high cholesterol, and injuries. Furthermore, engaging in regular physical activity on a daily basis is crucial for maintaining good health. Physical exercise offers numerous benefits such as enhancing cardiovascular and respiratory fitness, boosting flexibility and stamina, warding off illnesses, and alleviating symptoms of anxiety and depression.

**Key words:** Healthy lifestyle, diet, obesity, symptoms, depression, respiratory, physical activeness.

**Introduction:** A problem that should be deep concern to each individual of society because everyone is responsible for their health. We were aware of the existence of numerous detrimental behaviors that impact our overall well-being. These behaviors not only pose a great threat to our physical health but also have negative consequences for society as a whole. Furthermore, these habits contribute to various social issues. The primary culprits responsible for undermining a healthy lifestyle include smoking, excessive alcohol consumption, indulging in unhealthy food choices, developing addictions, skipping meals, and relying excessively on medication. Being engaged in these activities can have severe repercussions on our bodily systems and organs, which are not easily replaceable. Moreover, they not only inflict physical harm but also have detrimental effects on our mental well-being. In this paper, I have looked at some of the reasons for this phenomenon and explored possible actions that can be taken to help remedy the situation.

Lifestyle is a way used by people, groups and nations and is formed in specific geographical, economic, political, cultural and religious text. Lifestyle is referred to the characteristics of inhabitants of a region in special time and place. It includes day to day behaviors and functions of individuals in job, activities, fun and diet. In recent decades, life style as an important factor of health is more interested by researchers. According to WHO, 60% of related factors to individual health and quality of life are correlated to lifestyle (Ziglio E & Currie C & Rasmussen VB, 2004, p. 204-206). Millions of people follow an unhealthy lifestyle. Hence, they encounter illness, disability and even death. Problems like metabolic diseases, joint and skeletal problems, cardio-vascular diseases, hypertension, overweight, violence and so on, can be caused by an unhealthy lifestyle. The relationship of lifestyle and health should be highly considered.

**Literature review.** The impact of adopting a healthy lifestyle on both individuals and society has been a matter of concern for both marketers in the health-related industries and public policy makers for a considerable period of time. The promotion of a healthy lifestyle is closely linked to consistently engaging in health-conscious behaviors such as giving up unhealthy habits like smoking, excessive alcohol consumption, or leading a sedentary lifestyle. It also involves adopting healthy practices such as regular exercise, maintaining a nutritious diet, managing weight, and effectively dealing with stress (Nahas & Goldfine & Collins, 2003). In essence, healthy lifestyle behaviors encompass actions taken to safeguard, promote, or sustain good health (Steptoe & Wardle & Vinck & Tuomisto & Holte &

Wichstrom, 1994), as well as an inclination towards preventive measures for the enhancement of personal well-being (Bloch, 1984).

Healthy lifestyle encompasses variety of behaviours such as healthy diet, tobacco-free lifestyle, regular exercise, substance use, cautious preventive practices, weight control and supportive environment (Omar, 2002). Most researchers work on healthy lifestyle behaviours have focused their research on diet and exercise (Divine & Lepisto, 2005). In addition, exercise and dietary behaviours have been recognised as the most visible lifestyle shift among consumers (Kraft & Goodell, 1993). Generally, people rely on regular exercise as a means to maintain both their physical health and psychological well-being (Plante & Rodin, 1990). There are increasing concerns about health and fitness among Malaysian especially among urbanite and higher social class groups. Health-conscious consumers adopt varying strategies at different intervention levels in an attempt to adjust their lifestyle behaviours. These strategies include healthy diet, regular exercise as well as efforts in balancing work stress. Some consumers go beyond these basic steps to seek fast results such as consuming health supplements, slimming and low-calorie diet, and the purchases of exercise equipment.

**Methodology.** Data were gathered from a group of 12th high school students in the Qiziltepa district, specifically from the eighth (n = 192) and tenth (n = 188) grades. To evaluate the lifestyle condition of the participants, the Healthy Lifestyle Screen (HLS) was employed. This assessment tool encompasses various components such as dietary behavior, exercise or physical activity, water intake, sunshine exposure, temperance or self-control, quality of air, quality of rest or sleep, and trust. A higher score on the HLS indicates a healthier lifestyle.

**Research results.** The findings indicated that participants in the research exhibit an unstable lifestyle status, as evidenced by their low average scores on lifestyle factors like hydration, sleep, and physical activity. The components of lifestyle assessed in the HLS revealed notable variations in terms of physical/mental, behavioral, and environmental dimensions in relation to the overall traits of high school students. In this research, the Healthy Lifestyle Screen (HLS) was employed as an evaluation tool to assess the lifestyle condition of the students. The HLS consists of three categories encompassing physical, mental, behavioral, and environmental aspects across nine areas of lifestyle, such as dietary behavior, exercise or physical activity, water intake, sunshine exposure, temperance or self-control, quality of air, quality of rest or sleep, and trust. It is a Likert-Scale questionnaire that measures the degree of agreeableness, with options ranging from strongly agree (4) to strongly disagree (1). The total score falls into three ranges: 36-71 indicates an urgent status, 72-107 suggests an unstable lifestyle, and 108-144 signifies a stable lifestyle. A higher score indicates a healthier lifestyle. Additionally, this study also incorporated general characteristics like age, gender, grade level, as well as life satisfaction, happiness rate, and health status.

**Conclusion:** The outcomes of this study underscore the significance of evaluating lifestyle status as a primary step towards promoting, sustaining, and establishing a well-rounded life, as well as preventing the rise of health-risk behaviors. This emphasizes the necessity of fostering healthy lifestyle behaviors among students through school-based intervention programs.

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