

## Healthy Lifestyle Factors and Mental Health

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### Abstract

Several lifestyle factors have been perceived to play a vital part in emphatically altering restorative and psychiatric maladies and their related horribleness and mortality. These incorporate, eating sound nourishment, more noteworthy physical movement, cessation of smoking, evasion of liquor and unlawful substances. An extra way of life variables for sound living incorporate, a secure and tranquil environment, ideal rest, de-stressing and pleasant exercises, social connections/support and sound mental exercises. Doctors from the antiquated times, through the center ages to the early 20 th century have suggested the selection of solid way of life components such as eating less and working out to oversee restorative and psychiatric clutters without truly understanding their logical premise. In this brief paper, we examine the critical part way of life components play in horribleness and mortality related to numerous critical and common restorative and psychiatric infections. We investigate how and on the off chance that emphatically adjusting way of life variables can offer assistance to progress and or avoid therapeutic and psychiatric disarranges with specific accentuation on nourishment, slimming down and working out.

### Article History:

### Keywords:

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## 1. Introduction

Physical and mental health are intricately linked, forming the foundation of a healthy life. This understanding sheds light on crucial health issues and the power of lifestyle modifications. Research consistently demonstrates a strong connection between healthy habits and mental well-being (MWB). Regardless of age, individuals who prioritize nutritious foods, regular physical activity, adequate sleep, and positive social connections experience better mental health outcomes. These activities not only reduce the risk of depression and anxiety but also enhance overall quality of life.

Healthy behaviors trigger the release of endorphins, improving mood, while social support acts as a buffer against stress and strengthens coping mechanisms. A holistic approach, encompassing both media ethics and lifestyle modification, is crucial for comprehending the challenges and opportunities in improving societal health. This aligns with the emphasis on personalized lifestyle interventions observed in recent studies. Lifestyle choices significantly influence physical and mental health. Previous research has primarily focused on cross-sectional data, but longitudinal studies like the one examining the impact of smoking, alcohol consumption, physical activity, social activity, and diet on PWB over a decade provide valuable insights. Our environment also plays a significant role, with both physical and social aspects affecting our emotions, behaviors, and overall well-being.



*(Picture 1: Healthy Lifestyle)*

The World Health Organization (WHO) underscores the importance of lifestyle factors, attributing 60% of health outcomes to elements like diet, exercise, sleep, and substance abuse. Unhealthy practices like poor diet, physical inactivity, and medication misuse contribute to health problems like obesity and mental disorders. This highlights the need for systematic planning to promote healthier lifestyles at both individual and societal levels. University students, facing increased stress due to poor time management and limited access to healthy options, often fall victim to unhealthy lifestyle choices. Engaging in risky habits like smoking, alcohol consumption, unhealthy eating, and lack of exercise becomes prevalent, particularly during university years. Studies reveal a higher prevalence of smoking among male students as a coping

mechanism for stress, while female students tend to have poorer eating habits and are more sedentary.

## 2. Methods

The research data collection in the research was carried out by an online survey using Google Forms. The questionnaire distributed contained 10 questions, designed to investigate "The Influence of an Unhealthy Lifestyle (Lack of Sleep and Poor Diet) on the Mental Quality of Life of Adolescents". The survey link was distributed via WhatsApp groups and Instagram social media. Of the total 50 students who were the target sample, 50 students successfully filled in the questionnaire. This method was chosen because it was considered efficient and effective in reaching a large number of respondents in a short time.

NO.	EVALUATION	ASSESSMENT LEVEL		
		Agree	Sometimes	Disagree
1.	Does not getting enough sleep every night affect your mood and stress levels?	54%	44%	2%
2.	Do you find it easier to feel anxious or depressed after not getting enough sleep?	44%	52%	4%
3.	Does an unhealthy eating pattern (for example, frequently eating junk food) make you feel tired or unmotivated more easily?	36%	44%	20%
4.	Do you find it difficult to concentrate at school or in other activities when you don't get enough sleep?	68%	30%	2%
5.	Do you feel more irritable or irritable when you don't get enough sleep?	28,6%	44,9%	26,5%

6.	Do you feel dissatisfied with your appearance due to poor diet?	42%	40%	18%
7.	Do you feel more depressed or unhappy when you don't maintain a healthy diet?	32%	50%	18%
8.	Does poor sleep patterns make you feel less confident in interacting with friends?	30%	40%	30%
9.	Do you often feel mentally or emotionally exhausted after not getting enough sleep or eating unhealthy?	54%	38%	8%
10.	Have you noticed any changes in your mood or energy after you changed your sleeping or eating habits?	72%	26%	2%

### 3. Results

The results of research on "The Effect of Unhealthy Lifestyles (Lack of Sleep and Poor Diet) on the Mental Quality of Life of Adolescents" were obtained from an online survey involving 50 students. The survey consists of 10 questions that aim to assess how lifestyle factors influence mental well-being. The research revealed that a significant number of adolescents experienced negative impacts on their mental well-being due to unhealthy lifestyle habits. A majority of respondents (54%) reported that lack of sleep directly affected their mood and stress levels, while a substantial portion (44%) experienced occasional impacts. Similarly, many respondents (44%) associated inadequate sleep with increased feelings of anxiety or depression, with 52% experiencing this phenomenon intermittently. Additionally, a considerable number of respondents (36%) linked unhealthy dietary habits to heightened feelings of tiredness or lack of motivation, while 44% reported occasional occurrences. A substantial portion (68%) reported difficulty concentrating in academic and other activities when sleep-deprived.



*(Picture 2: Lack of Sleep)*



*(Picture 3: Poor Diet)*

The survey also highlighted the association between poor sleep and eating habits with increased irritability, dissatisfaction with appearance, and feelings of depression or unhappiness. A significant 72% of respondents noticed fluctuations in mood and energy levels following changes in sleep or eating habits. These findings strongly suggest a correlation between unhealthy lifestyle factors, such as poor diet and insufficient sleep, and lower mental quality of life scores among adolescents. These findings underscore the urgent need to promote healthy lifestyle practices to enhance mental health outcomes in this demographic.

#### **4. Discussion**

The discussion emphasizes the critical link between lifestyle factors and mental health, particularly among adolescents. Research indicates that unhealthy habits, such as inadequate sleep and poor dietary choices, significantly impact mental well-being. In a survey of 50 students, 54% reported that lack of sleep adversely affected their mood, while 44% associated insufficient sleep with increased anxiety and depression. Moreover, 36% linked unhealthy eating habits to feelings of fatigue and lack of

motivation. These findings highlight the necessity for targeted interventions to promote healthier lifestyles. Suggestions include implementing educational programs on nutrition and sleep hygiene, increasing access to mental health resources, and fostering supportive environments that encourage physical activity and social connections. Addressing these areas can substantially improve mental health outcomes in adolescents, ultimately leading to a healthier society.



(Picture 4: Mental Health)

## 5. Conclusion

The study underscores the significant impact of lifestyle choices on adolescent mental health. It reveals a strong link between unhealthy habits, such as insufficient sleep and poor dietary practices, and negative mental health outcomes. To address this issue, it is imperative to implement targeted interventions that promote healthier lifestyles. Educational initiatives focusing on nutrition and sleep hygiene can empower adolescents with the knowledge and tools to make informed choices. Furthermore, creating supportive environments that encourage physical activity and social connections can play a crucial role in fostering positive mental well-being. By prioritizing these factors, we can strive to improve mental health outcomes and contribute to a healthier society for future generations.

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