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## Impact of modern lifestyle on the severity of acne in adolescents

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### Abstract

The present study has been conducted to evaluate the impact of modern lifestyle on the severity of acne in Adolescents. For research work test was developed by researcher. The total sample of 200 adolescence including 100 girls and 100 boys were selected. Survey was done and the data was analyzed. The study revealed that there is great impact of modern lifestyle in adolescence on severity of acne.

**Keywords:** modern life, adolescence, severity of acne

### Introduction

Acne is the most common problem of the skin and especially effects adolescence. Acne vulgaris or acne is a skin condition which is chiefly prevalent among the adolescents, though it may occur in old age groups too. It is characterized by pimples which make the facial skin look red and inflamed. Although acne occurs mainly on the face, it is sometimes seen on the back and the chest too. This condition begins around puberty, and between the ages of twelve and twenty – five acne appears to be at its peak. It is not uncommon to see acne in newly born babies too.

### Modern Life Style

Modern life style is a very controversial topic. Some people are open to changing their life style frequently while other prefer traditionalism. To take care of health many organizations conduct workshop and seminar to divert the attention of teenagers from fast food to healthy foods. People desire to live longer and don't want to have any problems with their health. To become a healthier persons, it is necessary to live a better life style and make some changes. Firstly, food habits need to be changed. Right food is not only about losing weight but it includes the right choice of food for optimum health. A proper amount of water should be included and the diet should include having vegetables and fruits. The type of foods symbolizes a person's health and fitness.

An open minded life, a desire to benefit from technology, people's physical conditions and the right mental attitude make a lot of difference. Modernity makes the life of human beings more sophisticated, more comfortable and equitable. We should make note of, what we get and what we lose in this modern age. Hence, changes in the modern life style should be carefully reviewed and then accepted. The development of beneficial health care which can save the lives of multitudes is an excellent example of the benefits of modernity. But the negative effect of modern life style pattern can be seen in social, physical and psychological issues.

An excessive intake of fast food is one of the best examples of the hazards of modern living. People like to eat fast food because they don't have enough time for making arrangements for healthy food. The human heart is adversely affected by the combination of fast food and lack of physical work. At the same time modernity can also be seen in the use of high technology machines. One can save one's time with the use of these machines but the wrong use of these machines affects the health adversely. Another advancement of modern technology is transportation which has reduced the time needed to travel and has made travelling enjoyable. At last it can be said that the best invention of modern technology is computer and the internet, which can be used for communication, information and entertainment. So lack of physical work and intake of fatty foods leads to the hazards of modern life style.

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### Some addictions of modern life styles are found in adolescents

- a. **Workaholic:** To earn more money, adolescents spend every minute of their lives in doing work.
- b. **Television Addiction:** Studies suggest that every person spends four hours a day on an average sitting in front of TV.
- c. **Exercise Addiction:** Drawn to the figure and physique of celebrity's adolescents devote much of their time on physical workout,. Sometimes it has a negative effect on their health.
- d. **Shopping Addiction:** It is called oniomania. Studies suggest that compulsory buying affects more than one in every 20 adults.
- e. **Sex Addiction:** Modern dysfunctional families are often blamed for turning a human urge in to sexual impulsive behaviour and some feel that easy access to internet porn has reinforced it.

**Addiction of Internet:** An excessive use of internet and a feeling of frustration and irritation when one is forced to withdraw from it can be called internet addiction disorder.

The most important part of modern lifestyle is technology and scientific modern inventions. Computer which has entered in to our daily life, help to solve difficult calculate and help us to work easily. We can search everything from network. We can communicate with one another all over the world. The growth of new technologies helps us to solve our problem, which were extremely difficult in the past.

### Objective of the research work

To evaluate the effect of modern lifestyle (like changing sleep patterns, stress, lack of exercise etc.) on severity of acne in adolescent.

### Hypothesis

There is a huge effect of modern lifestyle (like changing sleep patterns, stress, lack of exercise etc.) on severity of acne in adolescent.

### Locale of the study

The study was conducted in Kota city of Rajasthan state. Kota is known as the education hub /city all over the India. Students come from all the part of India for coaching. The number of schools and coaching institutes cannot be counted on finger tips. To know the acne problem in adolescents, the researcher selected school going adolescents because a good number of schools are found in Kota and data could easily be collected.

### Data Analysis

#### Modern Lifestyle

With the development of science and technology, facilities have also been developed for humans and consequently the human body has become a store house of disease. Modern life style has its own advantages and disadvantages. Psychological problems like depression, mental disorder and stress and physical disorder like asthma, constipation, joint pain, diabetes, high blood pressure are the main cons of this life style.

Busy schedule have become an integrated part of modern life. Thus resulting into lack of energy and vitality. Habits of late nights has become common among the youngsters and is the main cause of stress among them.

Short temper, irritable behaviour and mental stress is

commonly witnessed. The above mentioned emotional and psychological problems eventually result in physical problems like high blood pressure and diabetes.

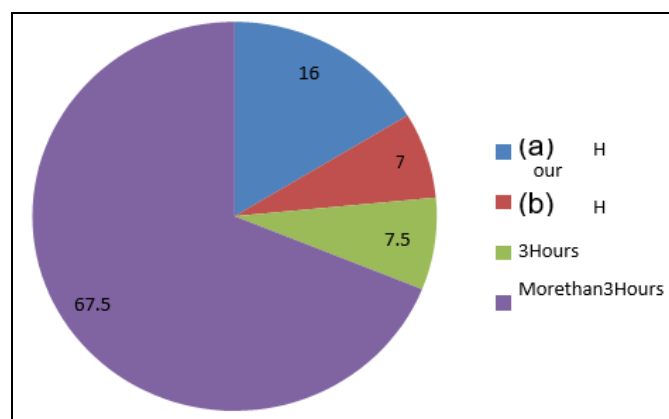
We are leading the sedentary life, lack of physical workout is affecting our bodies. Weak digestive system, irregular hours of eating and junk food which is devoid of nutrients value have a lot of negative effect. Under weight and overweight, early grey hair and hair fall and dull skin are common phenomena of today's life pattern.

Still we cannot blame the modern technology because it has made our lives very easy in many aspects. It can be a boon if we do not depend ourselves completely on it. It is our choice if we become slave of technology or masters.

### Survey Analysis -1

The majority of students is sleep after 12 o'clock because they like to study late in the night.

The survey reveals the result of the sleeping hours of adolescents 16% sleep for 5-6 hours, 8% sleep for 6-7 hours, 4% sleep for 7-8 hours and for 72% sleep 8-9 hours. The table reveals that the majority of adolescents, who sleep for 7-8 hours, feel fresh and stress free after sufficient sleep. It helps them to study with full concentration.



Graph 1: sleeping hours of adolescents

### Survey Analysis -2

The research reveals that 20% have sound sleep and 80% do not have sound sleep. The majority proves that study pressure make them mentally tired which further reduces their time sound sleep.

### Survey Analysis -3

The survey reveals that 5% responders wakeup only at one time, 12% wakeup two times, 10% wakeup three times and 53% wakeup more than three times in the night.

The highest percentage of waking up more than three times during the night shows that there is a lot of pressure of study

### Survey Analysis -4

According to the survey we find that 39% adolescents have trouble going back to sleep and 41% easily go back to sleep. Although mental pressure proves to be a hurdle yet mental fatigue takes them back to sleep.

### Survey Analysis -5

The survey reveals that 53% feels tired after waking up but 47% feel fresh and vitalized.

The majority proves that mental fatigue affects the physical energy which makes them feel exhausted and weary even after a night's sleep.

**Survey Analysis -6**

We can say that 8% wakeup in the night because of night mare, 14% because of nature’s call, 15% because of disturbance and 63% wake up because of restlessness.

The majority shows that they are exhausted physically and mentally could be long hours of study, continuous class, less physical work and metal stress.

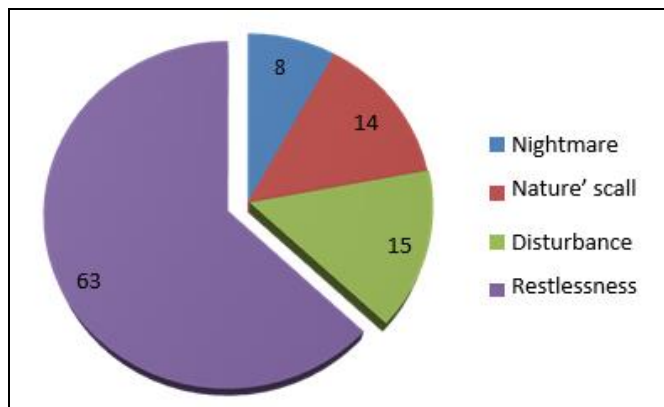
It is found that in maximum cases there is lots of pressure on the student to meet their parent’s expectations; therefore they

lose interest in their studies.

**Survey Analysis -7**

We can say according to the study that 18% adolescents spend one hour on internet surfing , 7% spends two hours, 7.5% spends three hours, and 67.5% spends more than three hours.

This age depends of internet completely. One needs internet for proves it everything for study material, online exams, news, shopping and last but not the least to get information.



**Graph 2:** Internet surfing Time

**Survey Analysis -8**

The survey reveals that 47% have time for hobbies and outdoor activities whereas 53% don't have such time.

Students devote most of their time to studies thus they do not have time to pursue their hobbies. Many students adopt studies as their hobby because they have forgotten the idea of hobby.

It has been observed that maximum students have digestion problem. Continuous sitting and high intake of carbohydrate and lack of proper diet are its reasons.

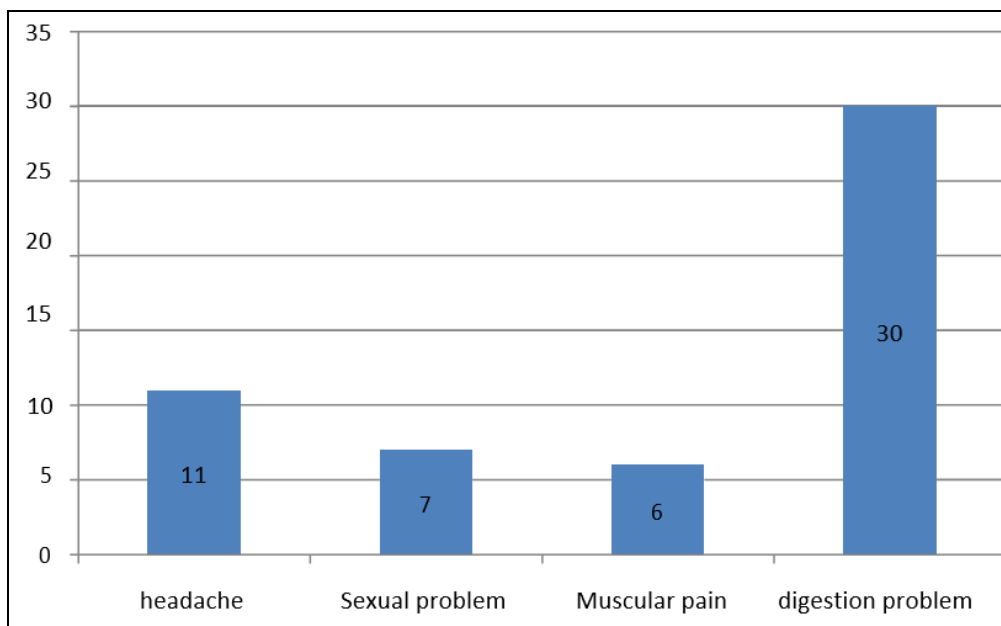
**Survey Analysis -9**

The survey reveals that 11% have headache, 7% have sexual problem, 6% have muscular pain and 30% have digestion problem.

**Survey Analysis -10**

The students reveals that 10% do exercise daily, 14% do thrice a week, 11% do twice a week, and 65% do exercise once a week.

Students do not devote a fixed time for exercise, they workout whenever they get free time.



**Graph 3:** Health Problems

**Survey Analysis -11**

The students reveals that 45% bath after exercise but 55% do not take bath after exercise.

Adolescents don't take bath after exercise because they are unaware of the infection caused by the perspiration.

**Survey Analysis -12**

The survey reveals that 43% feel hungry after exercise but 57% do not experience hunger after exercise.

After workout children are so tired so they don't feel hungry. The study announces that 48% like eating fruits but 52%

dislike eating fruits.

Majority proves that children don't like fruits because popularity of fast foods and artificial juices is increasing.

### Survey Analysis -13

The survey reveals that 70% like to eat fast food but 30% do not prefer it.

In the fast moving life people like to consume only that type of food which is available in short time, so that they can save their time, thus the preference for fast food is increasing rapidly.

Adolescents like to take cold drinks, lemon water, shakes and smoothies as beverages when they feel exhausted.

### Survey Analysis -14

The survey reveals that 44% suffer from acne at the early age before 13 years, 11% suffer at the age of 14, 20% suffer at the age of 15 and 25% suffer from acne after the age of 15 years. Increasing pollution, changing dietary habits and life style create genetic problems at a very young age and are believed to be the reasons of acne in youth of today.

### Conclusion

- Hygienic life style is very important to get relief from acne. An acne patient is suggested to properly clean the body; thus adolescents were instructed to wash their face two to three times in a day.
- The adolescents were advised about the negative aspects of fried and fast foods. These foods increase the production of sebum which is the cause of acne.
- Proper sleep is very necessary for every age group. Proper sleep reduces the risk of heart problem, cancer, inflammation and blood pressure. It also reduces the stress and depression and helps to improve memory and weight loss.
- One should take out time for exercise. Some physical workouts were suggested to adolescents that can be done at home and felt energetic and physically fit after doing these workouts. Exercise not only helps in weight loss but is also helpful in quality sleep and boosting energy level. Regular exercise is the key to living a healthy and balanced life.
- Stress is a normal condition of life. There are several reasons of stress. It can emerge from environment, circumstances, physical and mental problems. Stress can lead to the problems of insomnia, body ache, blood pressure and head ache. The adolescents were also suffering from stress.
- Mood swing is very common in adolescents, and it is very easy to control mood swing conditions. But if one lives a discipline life, it can be controlled. The selected adolescents were facing mood swing problems earlier but after using the packages, it was found that some adolescents could control their mood swings in negative conditions.

Fruits and vegetables are very necessary in our daily diet. They have many macro and micro nutrients which are helpful for a healthy and proper digestion. The benefits of adding fruits and vegetables in their diet were clearly seen in 89% adolescents according to the result. Their digestive system improved after adding raw fruits and vegetables in their daily diet.

- To improve digestion system, one should add salad also in one's diet. Lunch and dinner are generally full of carbs

and fat but fibres are also necessary for body, it is helpful for good digestion. One should add salad in diet to increase fibre intake. After increasing fibre intake in form of salad adolescents improved their digestion system.

- The adolescents were advised about the negative aspects of fried and fast foods. These foods increase the production of sebum which is the cause of acne. After being aware of the harmful effects of fast and fried food, the 81% adolescents reduced the intake and as a result there was a decrease in acne problem.
- It is impossible to survive without water. Water is not only life but also the intake of water is essential for healthy body. Water may be taken either plain or in the form of other fluids. It is necessary for a complete and healthy function of the body.
- Adolescents felt an increase in their power on concentration after meditating. Meditation is very helpful for adolescents. It helps them in increasing the function of the brain which in turn improves their academic achievements. It reduced depression and anxiety and destructive addiction and helps them to live confidently.
- All adolescents were suggested to spend time on hobbies and many adolescents felt physically and mentally energetic after devoting their time on hobbies. Hobbies not only have fun factor but they also help in fighting illness and delaying age. They certainly bring positivity in life and enhance one's creativity and concentration.
- One should take out time for exercise. Some physical workouts were suggested to adolescents that can be done at home and some felt energetic and physically fit after doing these workouts. Exercise not only helps in weight loss but is also helpful in quality sleep and boosting energy level. Regular exercise is the key to living a healthy and a balanced life.

### Suggestions

#### For Adolescents

1. Children should take eight to ten glasses of water in a day.
2. They should avoid fast food and fried food.
3. Sugar products should not be included in a large number of daily basis.
4. Instant food is also unhealthy for acne patients.
5. Adolescents should sleep and wakeup on time and at least take eight to nine hours of sleep daily.
6. They should clean their skin properly.
7. All nutrition should be included in their daily food.
8. Vegetables, fruits and salad should be the integral part of their meal.
9. Food should be fibre rich. It makes intestine clear and healthy.
10. Food should be chewed properly for healthy digestion.
11. Adolescents should not feel stress when commented on their acne.
12. Acne should not be popped up because it increases the number of pimples.
13. Treatment of acne should be taken completely.
14. Acne patients should avoid dairy products also.
15. Diet full of omega 2 is good for acne patients.

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