

11



373en11

AWARENESS OF LIFESTYLE DISORDERS



Note

Read an incident about how health issues were resolved through active lifestyle and yog.

Amit's father was facing age-related health problems especially high blood sugar, obesity and hypertension etc. along with sleeping disorders. His doctor advised active lifestyle. Amit wanted to know more about active lifestyle. He consulted physical education teacher regarding his father's problems because once he had discussed this topic in his physical education class. Teacher agreed to meet his father at home and during the meeting he suggested his father to start regular exercise or walking for at least one hour along with regular yog practice. His father started active lifestyle and was regular for the yog sessions, after few months his above mentioned problems were reduced and he started enjoying a healthy life.

This made his relatives and neighbors curious to know more about the ways and means to improve quality of life and reduce lifestyle disorders without medicine. In this chapter, you will read about the concept of life and how to manage lifestyle disorders through active lifestyle, exercise and yog.



OBJECTIVES

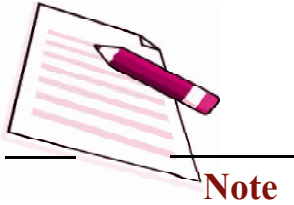
After studying this lesson, you will be able to:

- explain the concept of quality of life;
- explain the factors affecting quality of life;
- classify physical and psychological disorders;
- learn the management skills of lifestyle disorders and
- practise yog in day to day life.



Physical Education and Yog



**Note**

11.1 CONCEPT OF QUALITY OF LIFE

In contemporary civilization, lifestyle technological wonders are a mixed outcome, where concept of quality of life is new and exciting. World is evolving fast in the past five decades. Stress has increased due to increased technological and industrial growth. Lifestyles of people have changed dramatically resulting in increase in number of obesity cases. Inactivity, stress, tension also increase in the consumption of smoking, alcohol, tobacco etc. on rise. If we compare disease with accidents and war, lifestyle related problems are biggest killer in the world today.

WHO defines Quality of Life as “an individual’s perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns.” It is a broader concept which includes negative and positive aspects of life with regard to physical, mental and social environment of an individual. We can take an example of an individual. He/she is a physically disabled person, doing job in multinational company. We feels positive about her/his energy level, physical condition, having good social support, support from company and colleagues etc. And another individual having good fitness in the same company feels uncomfortable regarding his social recognition, pain in body, thinking about physical appearance etc. We can say that one person is having a good quality of life score, in an another example, a rich person is not satisfied with his life and poor person enjoy life with less money. In this case, poor person has good score in quality of life. It is important how we feel about ourselves with regard to our physical health, social relations, independence, environment etc. It should not be linked with health because health is one dimension of the quality of life.

11.1.1 Dimensions of Quality of Life

Quality of life covers subjective aspects of positive and negative approach of life. Quality of life covers a variety of domains including health, energy level, working status, recreational aspects, social functioning, living standards, happiness, emotions, expectation, judgments etc. but World Health Organisation (WHO) forecasts six dimensions of quality of life.



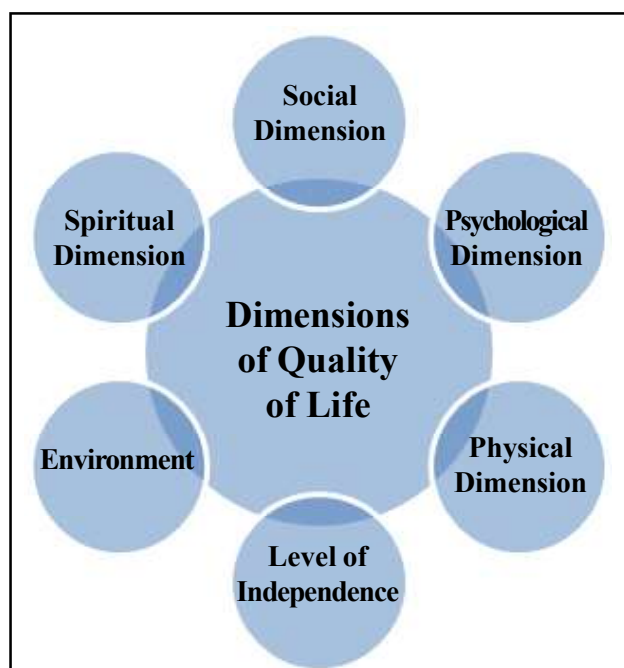
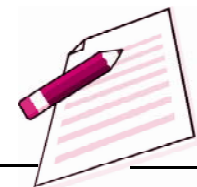


Fig: 11.1: Dimension of quality of life.



Note

Physical Dimension

An Individual should have enough energy with which he can perform day to day task without having any disease, fatigue, pain and discomfort. It is all about sound sleep and rest. It is a state of body where all the organs work at optimal level, expecting low fat, good complexion, bright eyes etc.

Psychological Dimension

In this domain, we focus on individual's self-esteem, positive and negative thinking, body image, memory, concentration etc. It is a state of balance between expectations of individual and the society.

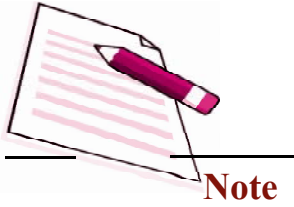
Social Dimension

Social dimension can be defined as individual's relationship with society. It is an individual's responsibility to maintain harmony with surrounding people and ensure the smooth social function in it. The social component means the ability to interact successfully with people and one's personal environment.

Spiritual Dimension

Spiritual health includes the aim of life, commitment to some higher being, integrity, principles and ethics, and belief in concepts. It talks about why we are





here?, what is life? etc, and provides direction in life. It should not be linked with religion or god.

Environmental Dimension

The environmental dimension focuses on improvement and development of quality of life in the community and consists of laws which help to protect physical environment. It includes health, financial aspects, safety, security, opportunities for obtaining new knowledge and skills of an individual in community.

Level of Independence

This domain is associated with mobility in life, activities of day to day life, dependence on medical substances and medical aids, working capacity etc.

11.2 FACTORS AFFECTING QUALITY OF LIFE

There are several impacts of eventful and competitive life style and technological advancements which may influence physical, mental, social and emotional functioning of an individual’s quality of life and well-being.

Factors Affecting Quality of Life			
Individual Characteristics	Coping	Personality	Environmental Characteristics

Fig: 11:2: Factor affecting Quality of life.

Individual Characteristics

Quality of life is influenced by an individual’s own characteristics that include how an individual thinks and recognizes about her/his life and how her/his attitudes, values, etc. are affected by the environment.

Coping

Quality of life is influenced by the individual mechanism of coping with the stress. An appropriate coping strategy applied by an individual on appropriate time with a focus on event helps in achieving a better solution.



Personality

An individual’s personality characteristics like optimism, self-efficacy and self-control etc. influence quality of life. Self-mastery, self confidence and self-esteem are positive indicators of quality of life.

Environmental Characteristics

Environmental factors like unemployment, poverty, pollution etc. are not under control of an individual and affect her/his quality of life. There are other factors also which influence quality of life of an individual like poor housing, income and education.



Note



DO YOU KNOW?

Factors affecting Longevity

- Lifestyle behaviours
- Heredity
- Social circumstances
- Medical care
- Environmental conditions



ACTIVITY 11.1

Visit your neighbouring garden and prepare collage of the physical activity performed by different individuals.



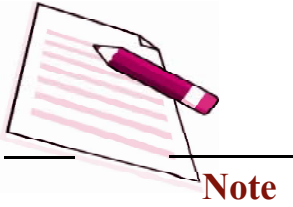
INTEXT QUESTIONS 11.1

Complete the sentences with appropriate words.

- 1) i) Physical Dimension of quality of life covers
- ii) Individual responsibility to maintain harmony with surrounding people comes under dimension of quality of life.
- iii) Dependence on medicinal substances comes under dimension of quality of life.



Holistic Health



- 2) Which one of the following factors does not affect the quality of life?
 - a) Individual characteristics
 - b) Coping
 - c) Regular physical activity
 - d) Environmental characteristics

11.3 PHYSICAL AND PSYCHOLOGICAL DISORDERS

Lifestyle has emerged as major modifiable determinant of health and disease. Many of the present-day lifestyle diseases are due to faulty ways of living. Environmental pollution, improper diet, sedentary lifestyle, lack of exercise, addiction to smoking, alcohol, and drugs, mental stress etc. are the main reasons for present day diseases. Following healthy lifestyle can easily prevent most of these diseases.

Lifestyle, physical disorders are heart related disease. Cancer, respiratory diseases, accidents, diabetes, hypertension, migraine, cervical and lumbar spondylitis, alcohol-related hepatitis, sexual dysfunction, miscarriages, etc. are becoming more common nowadays.

Lifestyle, psychological disorders also include stress in women, peer pressure among adolescents, anorexia nervosa, bulimia nervosa, stress, work load, work life balance etc. are common due to poor lifestyle.

11.4 MANAGEMENT SKILLS FOR LIFESTYLE DISORDERS

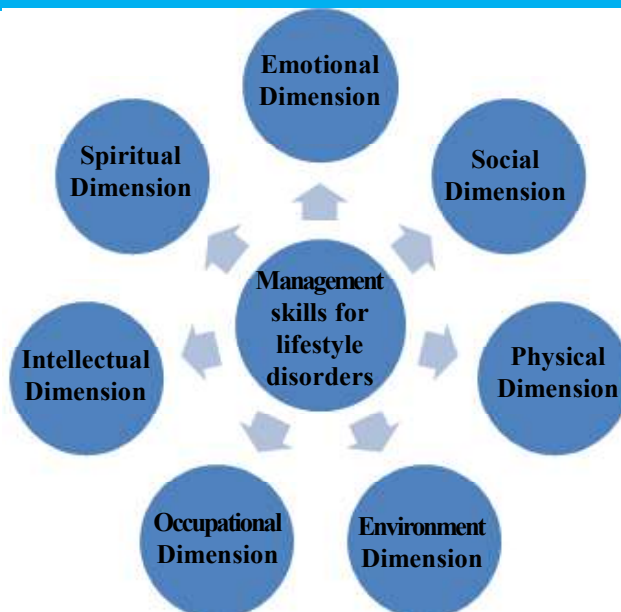


Fig 11.3: Management Skills for Lifestyle Disorder

Physical Education and Yog





ACTIVITY 11:2

Prepare a checklist of ten activities for promoting lifestyle. Collect information from 2 children, 2 women and 2 adults and compare their lifestyles.

Physical Dimension

An individual should form habits to do regular and vigorous exercises and establish healthy eating habits in day to day life. They should also keep focussing on safety related habits in their home, office, roads etc. (like seatbelts, fire, bike riding, etc.) and also establish firm attitude towards not to use tobacco, alcohol, smoking etc.

Social Dimension

A human being is a social animal, but now a days technology over shadows the social aspect of a society. Everybody is living her/his own life, sometime an individual feels isolated. An individual should seek companionship and show concern with others to socialize. An individual must have sense of responsibilities to step forward to show the willingness to share work responsibilities with others.

Emotional Dimension

In present scenario everybody is in stress and there is a variety of stressors. An individual should develop appropriate coping behaviour for a variety of situations and talk freely about her/his feelings with others.

Spiritual Dimension

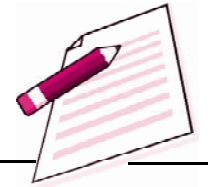
There are lots of pressure of work in which an individual can not focus on inner self. Individual should develop an awareness of life versus death and a sense of the importance and span of life. Individual should establish a value system that can distinguish between right and wrong and show compassion and forgiveness.

Intellectual Dimension

An individual should develop creativity and curiosity in his behaviour and develop skills. The focus should be on learning cause and effect concepts and recognizing the area of the world through a variety of experiences.

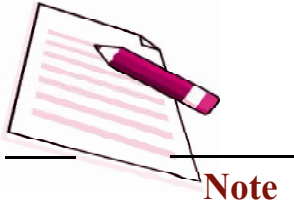
Occupational Dimension

An individual should be able to classify a variety of careers and jobs in life and he/she must understand the importance of work and money. Individual should start developing work habits from the beginning.



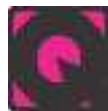
Note





Environmental Dimension

An individual should develop habits to recycle bottles, papers etc. and also display the habits for energy conservation like saving water, electricity etc. An individual should show respect towards nature by saving plants, wildlife, etc. and also encourage others to maintain the environment green and clean.



INTEXT QUESTIONS 11.2

Complete the sentences using appropriate word.

1. i) Regular and vigorous physical exercise is management skill of dimension.
 - ii) Hypertension comes under..... disorder.
 - iii) Anorexia nervosa comes under Life style disorder.
2. Which one of the following is not covered in intellectual dimension?
 - a) Creativity and curiosity behaviour
 - b) Establishment of value system
 - c) Establishment of skills
 - d) Cause and effect concepts

11.5 YOG FOR DAY TO DAY LIFE

Yog is an art of connecting soul with mind and body. It provides us strength, flexibility, mental peace, cleanliness of body and good health. Due to fast life, an individual faces lots of health related problems which can be solved by doing yog regularly. Yog gives energy which leads to efficient man power and help to make nation better. Everyone should be involved in performing yog daily to stay fit. There are lots of benefits in day to day life of which a few are discussed (See Fig. 5.1)

Inner Peace: Yog practice promotes inner peace which helps an individual fight with stress and other problems. Inner peace is directly related with stress which is a negative indicator of health. Doing Yog increases peace level and makes you more joyful resulting in more confidence. Decreased stress means that you will be healthy because it is scientifically proven that stress makes us unhealthy, but doing yog can prevent it.



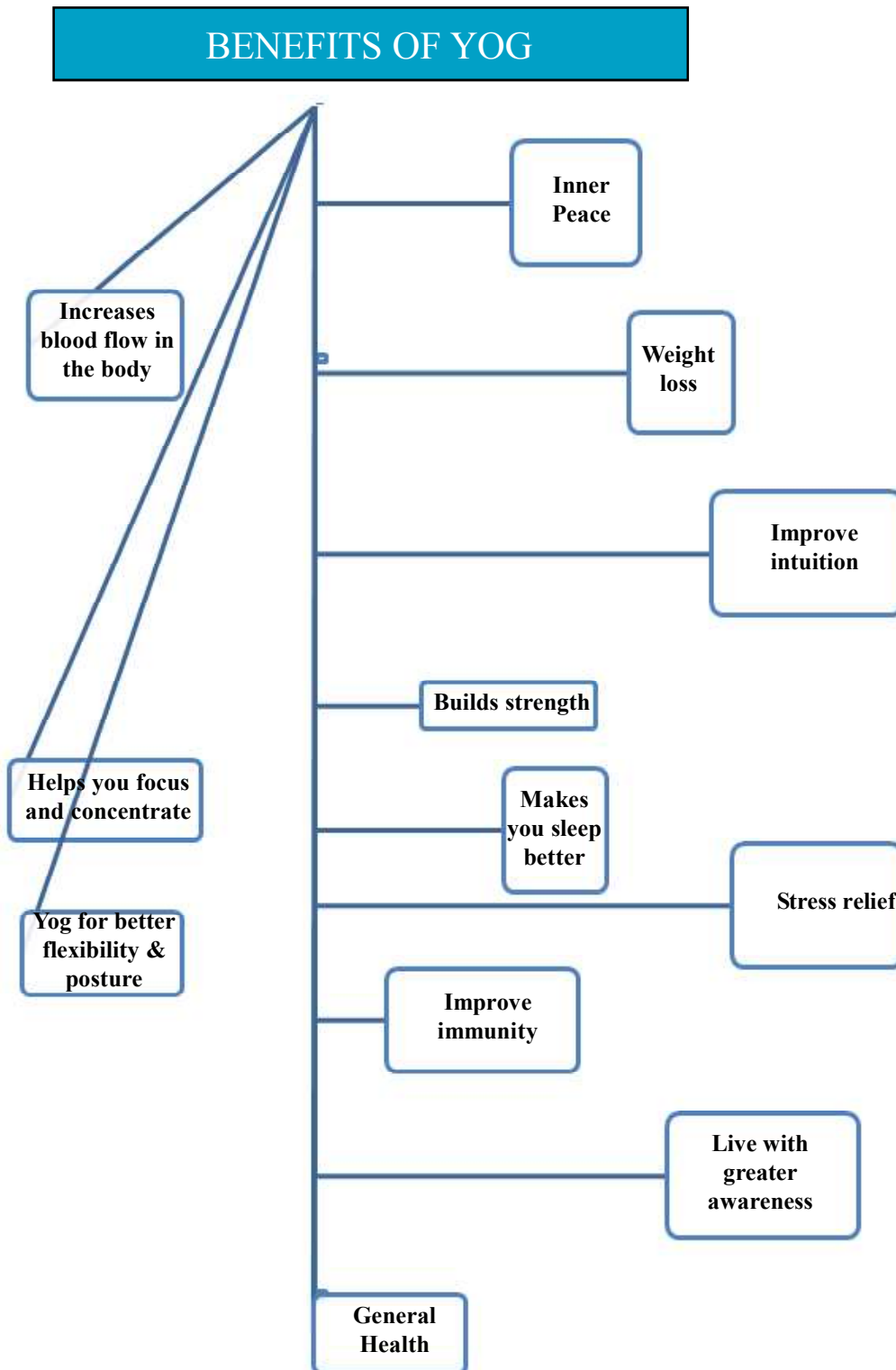


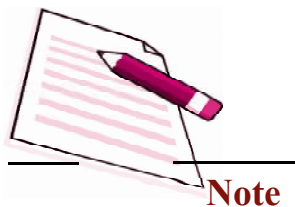
Fig. 11.4



Note



Holistic Health



Note

General Health: Modern life is very stressful, and there is more pollution in our surrounding. People living in big cities have to face several problems, and one of them is laziness. Even 10-20 minutes of Yog can awaken you fully. Better health means better life.

Better flexibility and posture: We must do yog regularly to make body flexible and stable and balance in posture. Regular yog practice, stretches and tones the body muscles and also makes them strong. It also helps improve your body posture when you stand, sit, sleep or walk. This would, in turn, help relieving your body ache due to incorrect posture.

Increases blood flow: Due to yog practice, metabolism increases blood flow. The body gets more oxygenated by doing yog, and heart works efficiently. Oxygenated muscles can generate good force; stay active, do work efficiently.

Helps increase focus and concentration: Yog helps your body to feel relaxed. This means that you are less stressed and can quickly focus on your work. That's why children and teenagers are also encouraged to do yog because it helps them focus on their study better.

Makes you sleep better: Stress free body and inner peace provide platform to relax body that promotes sound sleep without waking up in mid night and changing your body posture. A good sleep is required for a better day. If you are sleepy during the day, it is most likely you won't be able to do any better and may lose opportunities.

Builds strength: Practice of yog provides strength to the muscles and bones. It helps in maintaining good posture and developing confidence to do work.

Weight loss: There are different types of yogic practices which help in losing weight like Sun Salutation and Kapal Bhati pranayama. Regular practice of yog helps us to form a habit to sensitise our body and its needs which further check food intake and calories consumption.

Stress relief: Regular yog practice helps to calm down the level of stress that accumulate during traveling, house work or in office.

Improves intuition: Meditation is a powerful tool to improve intuition ability. An individual can realize, what is the need of a situation, and how to get positive results etc. Yog is a continuous process, regular practice gives reflective results.

Practising regular yog in day to day life leads to good health and better relation with community. Yog is not only to maintain health but also to cure diseases.





INTEXT QUESTIONS 11.3

- 1) Is yog helpful for weight loss?
- 2) Which one of the following is not a benefit of yog?
 - a) Improve immunity
 - b) Stress relief
 - c) Laziness
 - d) Focus and concentrate



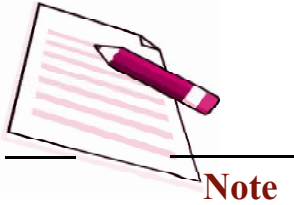
WHAT YOU HAVE LEARNT

- Concept of quality of life
- Dimensions of quality of life: Physical dimension, psychological dimension, social dimension, spiritual dimension, environment and level of independence.
- Factors affecting quality of life: Individual characteristics, coping and personality.
- Classify physical and psychological disorders: Physical disorders: heart disease, cancer, stroke, chronic respiratory disease, accidents, diabetes, hypertension, migraine, cervical and lumbar spondylitis, alcohol-related hepatitis, sexual dysfunction, miscarriages, etc. Psychological disorders: triple role stress in women, peer pressure among adolescents, anorexia nervosa, Bulimia nervosa, stress, work load, work life balance etc.
- Acquire the management skills of lifestyle disorders: Physical dimension, psychological dimension, emotional dimension, spiritual dimension, intellectual dimension, occupational dimension and environmental dimension.
- Yog for day to day life benefits: Inner peace, general health, yog for better flexibility and posture, Increases blood flow in the body, Helps you focus and concentrate, makes you sleep better, builds strength, weight loss, stress relief, Improve immunity, Live with greater awareness, improve intuition.



Note





TERMINAL QUESTIONS

- 1) Explain the concept of Quality of Life.
- 2) Explain the dimension of Quality of Life.
- 3) Highlight the factors affecting quality of life.
- 4) Classify the physical and psychological disorders of poor lifestyle.
- 5) Highlight important management skills of lifestyle disorders.
- 6) Describe the benefits of Yog for in day to day life.



ANSWERS TO INTEXT QUESTIONS

11.1

- i) Any of Physical dimension like disease, fatigue, pain and discomfort, sound sleep and rest etc.
- ii) Social Dimension.
- iii) Level of Independence
- iv) Regular Physical Activity

11.2

- 1) i) Physical
ii) Physical
iii) Psychological
- 2) Establishment of value system

11.3

- 1) Yes
- 2) Laziness

