

COMPARATIVE CHARACTERISTICS OF LIFESTYLE CHOICES OF YOUNG PEOPLE AND ADULTS

Olga Abramiv, Mariya Telychko, Izabella Bakay

*Lviv state university of physical culture, Lviv, Ukraine,
e-mail: oabramiv@hotmail.com*

Numerous factors contribute to people's health. Such factors as genetic predisposition to diseases and age are beyond our control, but some lifestyle choices can have a profound impact on person's wellness. Healthy lifestyle includes such basic components as physical activity, proper nutrition, rejection of smoking, taking alcohol and drugs, maintaining mental health and adequate rest.

Actuality. Nowadays healthy lifestyle choices are a serious problem for both young and adults. A large number of people suffer from various diseases. According to Ukrainian demographic statistics of 1990 cardiovascular diseases take the leading place, second – tumors, third – external factors, next are digestive and pulmonary disease. One of the main reasons of these disorders is unhealthy lifestyle.

Thus, the **research aim** is to disclose and justify the features of a healthy lifestyle of young people (18–23 years old) and adults (44–55 years old).

The research tasks are:

1. Conduct a survey among young people and adults.
2. To justify the features of lifestyle choices of young people and adults.

The **Object of the research** is: young people (18–23 years old) and adults (44–55 years old).

The **Subject of the research is:** the features of lifestyle choices of young people and adults.

Methods:

- scientific literature overview;
- case study;
- surveys;
- methods of mathematical statistics.

As it has been mentioned before a healthy lifestyle includes different components. First of them is physical activity. Daily physical activity can greatly improve quality of life and lifespan. Sedentary people are at a higher risk for developing problems with cholesterol, blood sugar, blood pressure and weight.

Next component of a healthy lifestyle is maintaining mental health.

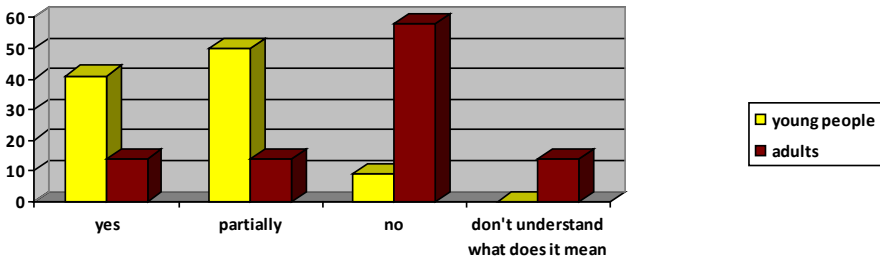
The state of our mental health has been increasingly focused on in the past years. Being in a state of unbalance, whether it's due to stress, anxiety, or other challenges, has been proven not only to cause weight gain, but to lead to other complications such as depression, digestive problems, asthma, heart disease, sleep issues and even memory and concentration impairment.

“Stress doesn't only make us feel awful emotionally,” says Jay Winner, MD, author of *Take the Stress Out of Your Life* and director of the Stress Management Program for Sansum Clinic in Santa Barbara, Calif. “It can also exacerbate just about any health condition you can think of.” That's why being aware of and adequately handling stress levels and overall mental health is integral to our well-being.

Research results:

The survey has been conducted and 79 people have been interviewed. 55,7 % of them were young people and 44,3 % – adults.

Primarily we tried to determine if respondents consider themselves as people who lead a healthy lifestyle and what healthy lifestyle means for them.



Picture 1 percentage of people who lead a healthy lifestyle and what healthy lifestyle means for them.

So, according to the results there are differences between the respondents. Young people claim that they lead a healthy lifestyle partially or entirely (in accordance 40,9 % and 50 %). Conversely adults responded that most of them don't lead a healthy lifestyle – 57 %.

The results show that the youth are more active and healthy than adults. They have less problems and are not very prone to stress. It can be due to physiological features of age. Thus we should do physical activity, follow the rules of proper nutrition, reject of smoking, taking alcohol and drugs, support mental health and an have adequate rest. These things are basic components of healthy lifestyle.

References

1. What does a healthy lifestyle mean? June 05, 2015[Electronic resource] – Access mode [<http://www.livestrong.com/article/386520-what-makes-up-a-healthy-lifestyle/>]
2. Angela Grassi. The 5 Essential Components Of A Healthy Lifestyle For PCOS/ Angela Grassi// Components of a healthy lifestyle. – 2016. – P. 1–5 [Electronic resource]- Access mode: <http://www.hardindental.com/blog/>
3. Belaski A. Practice points: challenge for nutritionists/ Belaski A. // Journal of the American Dietetic Association. – 2001. – P. 101–105. [Electronic resource] – Access mode: <http://gymlad.com/what-is-proper-nutrition/>