



**YOUTH VOICES ON LIFESTYLE AND SAFETY: UNDERSTANDING BEHAVIOUR
AND BASIC LIFE SUPPORT AWARENESS**

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ABSTRACT

This study, "Voices of Youth: Exploring Behaviour, Awareness, and Lifestyle Patterns," investigates the intricate lifestyle patterns, digital habits, and awareness levels among patha mupparu, Pedavegi mandal youth aged 15-24. Employing a quantitative survey-based research design with a structured questionnaire of 100 questions administered via convenience sampling, the research gathered insights into six key areas: demographics, food and health habits, social media usage, behavioral trends, sustainability awareness, and opinions/recommendations. Key findings indicate a demographic predominantly comprising 19–22-year-old females from low-income nuclear families, with moderate engagement in extracurricular activities and limited physical activity. The survey highlights significant concerns regarding junk food consumption (65% weekly, driven by taste and convenience), low awareness of associated health risks (34% not very aware), and prevalent fatigue. Digital habits reveal high social media usage (36% spend 1-3 hours daily, primarily on Instagram for entertainment), leading to productivity issues, distraction, and occasional addiction, although cyberbullying is rare. Behavioural patterns show youth grappling with stress, mood swings, impatience, and reduced attention spans, yet many manage digital-real life balance and do not report loneliness. Environmental awareness is limited (34% only somewhat aware of climate change), with inconsistent eco-friendly practices, though there's support for technology in sustainability and environmental education in schools. The youth recommend stricter regulations on junk food advertising and digital usage, enhanced mental health support in schools, and mandatory physical activity. This study underscores the need for collaborative interventions from educational institutions, families, and policymakers to foster holistic development, promoting healthier choices, mental well-being, sustainable living, and responsible digital citizenship among the youth.

KEYWORDS: Youth behaviour, Lifestyle patterns, Digital habits, Food consumption, Social media influence, Mental health, Sustainability awareness, Health awareness, India, Survey research.

INTRODUCTION

Food habits play a crucial role in shaping the health and well-being of youth, a demographic that is increasingly exposed to fast-paced lifestyles and easy access to processed and junk foods. With rising concerns about obesity, diabetes, and other lifestyle-related diseases, understanding the dietary patterns of young people has become more important than ever.

This study explores the eating behaviours of youth, including their preferences for homemade versus fast food, frequency of eating outside, and awareness of the health implications of their food choices. It also examines factors influencing unhealthy eating habits

such as taste preferences, convenience, and exposure to junk food advertising.

By analysing these food habits in conjunction with other lifestyle factors such as physical activity and social media influence, this project aims to identify key areas for intervention and promote healthier, more informed dietary choices among youth. The ultimate goal is to foster a generation that values nutrition and well-being while balancing modern-day challenges.

METHODOLOGY

1. Research Design

The study employed a **quantitative survey-based research design** to gather data on youth behaviour, lifestyle habits, digital usage, and awareness related to sustainability and health in patha mupparu village, Pedavegi mandal.

2. Sampling Method

A **convenience sampling** method was used to collect responses from a diverse group of youth participants, primarily within the age range of 15–24 years. The sample included both male and female respondents from various educational backgrounds and regions.

3. Data Collection Tool

A structured **questionnaire consisting of 100 questions** was developed and administered. The questions were both **closed-ended** (multiple choice, yes/no, Likert scale) and **opinion-based**, covering six key sections:

- Demographics
- Food and health habits
- Social media usage
- Behavioural trends
- Sustainability awareness
- Opinions and recommendations

4. Data Collection Process

The survey was distributed offline. Respondents voluntarily participated and were assured of anonymity and confidentiality.

5. Data Analysis

Collected responses were analyzed using **basic statistical methods** including percentages and frequency distributions. Trends and correlations were identified across different categories to extract meaningful findings and insights.

RESULTS AND DISCUSSION

The survey examined various aspects of youth behavior, lifestyle, digital usage, and sustainability awareness. Most participants were aged 19–22 and predominantly female. A significant portion belonged to families earning below ₹20,000 per month, with half living in nuclear families. Engagement in extracurricular and physical activities was limited, and many reported eating out frequently—2 to 3 times a week—while only 36% participated in regular physical activity. A small proportion was actively involved in social or community service, and independence in living was often related to agriculture-based livelihoods.

Junk food consumption was widespread, with 65% of respondents consuming fast food at least once a week, primarily driven by taste and convenience. Street vendors were the most common source, and monthly spending on junk food ranged from ₹500 to ₹1500. Although some youth consumed homemade meals occasionally, 20% rarely did. Health awareness regarding junk food was

low, with fatigue being the most commonly reported issue. While many occasionally drank soft drinks, most rarely checked food labels. Despite knowing the risks, respondents expressed enjoyment mixed with guilt when consuming junk food. Some showed signs of positive change, such as reducing intake, and 30% believed that greater health awareness could further reduce consumption. Advertising was noted to influence choices, though personal preference remained dominant. Opinions on policy regulation were divided, with some supporting restrictions in educational institutions and others unsure. A significant number indicated they would choose healthier food options if they were more affordable.

In terms of digital behavior, 36% of youth spent 1–3 hours on social media daily, with Instagram being the most popular platform. Entertainment was the main motivation for use, though many acknowledged that social media reduced productivity and caused distraction, especially while studying or working. A portion of youth had taken intentional breaks from social media to regain focus. Although cyberbullying was not widely reported, mood changes due to online content were common. About 38% used phones for 2–4 hours a day, with some exceeding 7 hours. While many did not believe social media promoted unrealistic standards, a few admitted to occasional self-comparisons. Sleep disruption from gadget use was reported by some, but most managed it well. A majority felt that social media had not significantly reduced face-to-face interactions and rarely experienced digital fatigue. Around half of the respondents occasionally verified news on social media and believed that while social platforms had both positive and negative impacts, stricter regulations were necessary—especially for younger users.

Behavioral shifts were also evident among youth. While many believed today's youth faced similar or slightly higher stress levels than previous generations, 34% had noticed behavioral changes due to social media but were managing them effectively. Mood swings, impatience, distraction, and procrastination were commonly reported. Though social disconnection due to digital interaction was acknowledged, many youths maintained a balance between online and real-world relationships. Arguments over screen time with family were occasional, and a significant number preferred real conversations over texting. Feelings of loneliness were not widespread, and opinions varied on whether youth were becoming more materialistic. Many respondents reported that excessive gadget use had not harmed their personal relationships. However, phone-checking habits remained frequent for some. About 40% supported digital detox programs to improve mental well-being, while others believed it was only necessary in extreme cases. Stress, anxiety, and reduced attention spans emerged as the most common behavioral concerns among youth.

Sustainability awareness among youth was moderate. While many understood the concept of climate change, daily practices such as using eco-friendly products, recycling, and reducing plastic use were inconsistently followed. Most respondents did not prioritize energy conservation or the use of public transport and were not conscious of their clothing choices with respect to fast fashion. However, many recognized the environmental impacts of gadget overuse and believed in technology's potential to support sustainable development. Environmental education in schools received strong support as a method to raise awareness. Although many rarely discussed sustainability with peers, they acknowledged the need for stricter waste management and sustainable policies. A majority believed that current lifestyle habits would negatively affect future generations.

In terms of opinions and suggestions, respondents highlighted mental health issues, stress, and overdependence on technology as key challenges. A large proportion believed that youth could maintain a healthy balance between technology and life by setting screen-time limits and engaging in outdoor activities. Most supported stricter regulations on junk food advertisements, although some believed personal choice was a greater influence. Reducing screen time through self-regulation, promoting offline hobbies, and prioritizing mental health education in schools were widely endorsed. Physical activity and healthy food options in schools were also recommended. Respondents believed that youth could contribute to sustainability through waste reduction, policy advocacy, green technology, and awareness campaigns. Suggestions to improve youth lifestyles included promoting healthier diets and fitness (16%), increasing mental health support (38%), regulating social media (26%), and encouraging work-life balance and stress management (18%). Parents were seen as crucial in helping manage digital habits and in educating children on responsible gadget use.

Overall Conclusion

The survey presents a mixed but insightful picture of youth behavior in India:

- **Positive traits** include environmental interest, physical activity, and emotional self-awareness.
- **Concerns** include poor diet habits, social media addiction, mental stress, and sustainability negligence.
- Respondents recommend **better education, stricter regulations, and more awareness** in schools and homes.

Recommendations

1. Improve Health & Nutrition Awareness

- Launch school and college-based **nutrition literacy campaigns**.
- Promote **homemade food** and highlight health risks of junk food.

- Encourage **reading food labels** and awareness about sugar/salt content.

2. Introduce Balanced Digital Education

- Add **digital well-being modules** in school curriculum.
- Conduct workshops on **screen-time management** and **cyber responsibility**.
- Promote **offline hobbies, group activities, and digital detox weeks**.

3. Support Mental Health & Emotional Regulation

- Integrate **mental health support and counseling** in all educational institutions.
- Normalize discussions around **stress, anxiety, and self-regulation**.
- Organize sessions on **mindfulness, emotional intelligence, and anger control**.

4. Promote Active & Outdoor Lifestyles

- Introduce **mandatory physical activity programs** in schools and colleges.
- Encourage youth clubs, **sports events, and weekly outdoor challenges**.
- Provide incentives for **community service and eco-volunteering**.

5. Strengthen Environmental Education & Sustainability

- Educate youth about **climate change, eco-friendly practices, and plastic waste**.
- Promote **sustainable fashion awareness, reuse practices, and eco-product use**.
- Involve students in **green school projects, tree planting, and recycling drives**.

6. Policy & Institutional Measures

- Implement **regulations on junk food ads**, especially near schools.
- Regulate **digital app usage** for youth with **age-appropriate screen time limits**.
- Provide **parent workshops** on youth guidance and **technology boundaries**.
- Encourage **government-school partnerships** to roll out **nationwide wellness and sustainability programs**.

CONCLUSION

The comprehensive survey offers valuable insights into the evolving lifestyle, habits, and perspectives of today's youth. It reveals a generation that is digitally active, socially aware, and increasingly health-conscious, yet often challenged by poor dietary habits, screen dependency, and psychological stress.

While a significant portion of youth engage in unhealthy eating practices and excessive gadget use, the findings also highlight a strong potential for positive change. Many respondents show willingness to improve their

lifestyle, support environmental initiatives, and adopt healthier digital habits—if guided and supported effectively.

However, the gaps in awareness around nutrition, mental health, and sustainability point to the urgent need for structured interventions through education, policy reform, and community engagement. Schools, families, and policymakers must work collaboratively to foster balanced growth by promoting mental wellness, sustainable living, and responsible digital behavior.

Overall, this survey underscores the importance of nurturing an environment where youth can make informed choices, build resilience, and contribute meaningfully to both personal and societal development. With targeted awareness programs and supportive systems, the youth of today can evolve into healthier, more mindful, and socially responsible individuals.

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