ABSTRACT

The study entitled “Effect of mental health, life style and nutrient intake on the health of adolescents” is categorized into six chapters. The first chapter of “Introduction” focuses on the definition and concepts of adolescent, nutrient intake, mental health and life style. It goes into the depth of various aspects on the related issues. It talks about early adolescent, middle adolescent and Late adolescent and its relation to health and nutritional requirement in term of protein, carbohydrate, Lipid, vitamin and minerals. Various factors affecting the choices of food (psychological, physiological, social, family etc.) of the adolescent were studied in detail in this chapter. Mental health and life style of adolescents were explored through the information related to eating disorder, alcohol and drug abuse, adolescent sexual behaviour, conduct disorder depression and suicide risk among adolescent.

Second chapter is of “Review of Literature” which narrates about various studies done in the field of mental health, life style and nutrient intake among adolescents in India and abroad. The in depth knowledge about the finding on the related issues forms the data base for analysis in the later chapter of the research documentation.

The third chapter of “Methodology” provides in detail various techniques adopted for carrying out the research. It gives detail information related to study local “Etah City”. It gives the plan of the study under the following contents-

- Research design
- Locale of the study
Sampling procedure
Variables used in the study
Preparation of Interview schedule
Reliability and validity
Procedure of data collection

It includes the task which is exploratory in nature, their trends, techniques of data collection and interpretation in the light of desired objectives.

The fourth chapter “Result” includes the results based on the tabulated data collected from the field.

The fifth chapter of “Discussion” is based on analysis and interpretation of tabulated data in chapter four in the light of review of chapter two for studying the effect of variables i.e. mental health, life style, nutrient intake on the health of adolescents.

The sixth chapter “Summary and Conclusion” summarizes the study and draws conclusion from the results and discussion.

OBJECTIVE OF THE STUDY

General Objective:

1. To study the socio-economic and demographic characteristics of the adolescent.

2. To assess the mental stress, life style and nutrient intake of the adolescent.

3. To assess the health status of the adolescents through anthropometric measurement.
Specific Objectives:

1. To compare the mental health, life style and nutrient intake between the normal and diseased adolescents.

2. To compare the mental health, life style and nutrient intake between the adolescent boys and girls.

3. To correlate the health status with mental health, life style and nutrient intake among the adolescent boys.

For the present study, sample of three hundred adolescents were selected through multistage stratified random sampling technique from “Etah City”.

Some interesting finding of the study is concluded as follows –

**NUTRIENT INTAKE**

✓ Majority of them consumed homemade food and showed good health parameters. In Etah city, restaurants and hotels were not found much, so they do not consumed snacks and market made food frequently but they like to consume them because they know about this through mass media and consider it as medium of modernization.

✓ Majority (52.67%) of them skipped their meal. The skipping meals by the adolescents may be as one of the fact that they want to be slim and they observed more dieting by skipping meals.

✓ More number of adolescents (34.33%) liked spicy food.

✓ Among the healthy adolescents, majority of them liked vegetarian food. This difference might be due to costly non-vegetarian food as compared to vegetarian food and the selected adolescents did not
consume non-vegetarian food due to their custom and believes.

✓ Majority of healthy adolescents were regular in meal. The irregularity in taking meals by diseased adolescents can be attributed due to bad taste and poor digestive system due to medication.

✓ Mean intake of protein, calcium, vitamin B1, vitamin C, iron, riboflavin and niacin were consumed more by diseased adolescents as compared to healthy adolescents. Calories, calcium and vitamin A positively affect the health of the female adolescents, while calories, protein, vitamin A and niacin were affecting negatively the health of the male adolescents.

LIFE STYLE

✓ Among the adolescents most of them liked moderate work. This difference is due to the fact that diseased adolescents were economically poor and engaged as labour.

✓ Healthy adolescents liked sport while diseased adolescent liked reading. In adolescents’ age, during school time, they remained with their friends so they liked sports and games, and during stay in home they liked watching television.

✓ Diseased adolescent were more conscious of figure. Figure consciousness among adolescents attract opposite sex which is the growing area of interest among adolescents.

✓ Both healthy and diseased adolescents were found bold in attitude. Adolescents imbibed boldness from their families and environment.
Among the healthy adolescents, majority of them liked tea and Coffee. This difference can be attributed as per the advice by the doctor for not consuming tea/coffee by the diseased adolescents. The bad taste due to medicine and illness while healthy adolescents used more tea with their friends as they easily accompanied them to the hotel and road side dhabas and also consider the acts tea/coffee consumption associated to being identified as an adult.

Majority of healthy adolescents were commuting on foot, due to less distance between schools and homes.

Out of three hundred adolescents both (healthy and diseased) wear according to personality. Clothes according to personality attract more to opposite sex that is why they wear clothes according to personality as compared to fashion.

Adolescent preferred to parties with friends. Peer group influence is more during adolescence period hence they think mature enough to attend parties without parents.

Healthy and diseased majority of them liked interaction. Interaction with friends was more due to education and urbanization of the selected adolescents in the present study.

Majority of adolescents preferred 8 hours of sleeping, this is due to the fact that they consume more carbohydrate and their stress levels are low.

MENTAL HEALTH

Among the sample most of them did not have stress. This difference may be due to the fact that adolescents spend more time
with their friends and in school.

✓ Healthy adolescents liked intelligent and diseased liked honest friends. Social scientists have long suspected that friendship is not always reciprocated and those that reciprocated are likely to be more intelligent.

✓ Mean scores of emotional stability, overall adjustment, autonomy, self-concept and total mental health were found to be more among the diseased adolescents as compared to healthy adolescents while mean scores of security-insecurity and intelligence were found to be more among healthy adolescents as compared to diseased adolescents.

✓ Mean score of over-all adjustments, autonomy, security-insecurity, self-concept and total mental health were found to be more among the female sample as compared to male sample while mean scores of emotional and intelligence were found to be more among the boys as compared to girl.

✓ Emotional stability, overall adjustment and autonomy, self-concept and total mental health were found to be higher among the diseased person as compared to healthy adolescent.

✓ Overall adjustment, autonomy, security-insecurity, self-concept and total mental health were found better in female adolescents as compared to male adolescents while emotional stability and intelligence were found to better in male adolescents as compared to female adolescents.

✓ Autonomy, security-insecurity, self-concept and total mental health negatively effected the health of the male adolescents while
emotional stability, overall adjustment, intelligence and total mental health were significantly affected the health of the girl adolescents.

CONCLUSION

Study reveals that mental health, life style and nutrition affect not only the health of adolescent during early year of life but also affect the behaviour and adjustment. This is true especially in city with less exposure to modernization. However in “Etah” city the adolescents are aware about growing trend of junk food and social networking, but due to unavailability of restaurants, coffee cafes and cyber cafes they could not access the same. This keeps them away from unhealthy nutritional practices and unhealthy life style. On the other side personal interaction with friends and neighbors make them stress free. All of these enforces adolescent of “Etah” city in monitoring healthy life style which has positive impact on their nutritional status and mental health.

Adolescence is often considered as a period of “storm and stress”, any negligence on the part of individual at this stage leads to serious problem in later years of life, which is not only for the individual but also for all those who come in contact with them and for the society in which they live. Adolescents are the growing human resources of a family, society, nation and world. They need to be proper controlled, tackled to harness the best of their abilities. In order to nurture their mental health end general growth their life style and nutrient intake needs attention.