Chapter V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

Summary

Sedentary life style is proving a menace for subjects falling in this category. Reluctance towards physical work is main reason behind it. People who are living in the metropolitan cities are having ample facilities at their home and work place. To reach the office most of the people are using their own automatic vehicle or public transport system. Open areas for walking and exercise are very restricted in the cities. A number of electronic and electrical equipments are available for the people consequently minimizing the physical work. In society, possessing such luxurious items has become a status symbol. A large percentage of leisure time of the people has been captured by T.V., Computer and mobile phone, discouraging the people to work manually. Modern working trend of white colour jobs created more demand of mental work rather than physical. Most of the people have very positive attitude towards the sophisticated jobs which require less manual work. All these facts are creating a very congenial environment for leading sedentary life style in metropolitan cities.
Overweight, cardiac complication, diabetes hypertension, digestive disorders, back ache, insomnia, joint pain, depression etc. single or in combination are mostly affecting the subjects who are leading the sedentary life style. Dietary patterns and job profile has close link with the sedentary life style.

Conclusions

Following conclusions may be drawn from the study undertaken within the specified limitations:-

1. People who are leading the sedentary life style are very much prone to the health problems.

2. Sedentary life style has been nurturing various diseases amongst the different age groups.

3. Dietary habits are closely associated with the status of health.

4. Emergence of various diseases due to sendentariness is a slow process and affects the person in long run.

5. Sedentary life style affects the working efficiency of a person.

6. Sedentary life style has great impact on the GNH (Gross National Health & Happiness)
7. Nature of the job is very closely associated with the sedentariness.

8. To some extent sedentariness is an attitudinal problems in the people.

9. Most of the people believe that regular exercise is good for the health.

10. Family history of certain diseases also affects the people.

11. A considerable percentage of income is being spent on the treatment of diseases due to sedentariness.

12. People of more than 35 years are more health conscious.

**Recommendations**

In light of the above-mentioned conclusions drawn, on the basis of extensive research done on sedentary life style and related diseases, following recommendations are given:

1. It is recommended that more health awareness should be created amongst the people to control the menace of sedentariness.

2. It is recommended that medical practitioners, before prescribing any drug to the patient, must analyze the life style of the patient
concerned, so that corrective action may be advised if he/she is suffered due to sedentariness.

3. It is recommended that government should take initiative to encourage the people to be more physically active by availing the necessary facilities for the same.

4. It is recommended that sedentary life style should be phased out from different age groups. A definite percentage of physical work should be made compulsory for every employee by all government and non-governmental organizations.

5. It is recommended that people should be encouraged to take nutritious and fresh food and discouraged to take alcohol and junk food as it has significant effect on the health.

6. It is recommended that each year our Government should plan for GNH (Gross National Health and Happiness) along with GDP. As both factors have close link with the progress of our nation.

7. It is recommended that medical practioners should encourage their patients to lead active life.
8. It is recommended that efforts are needed to respect the physical work. A change in attitude of society towards the physical activity is indispensable to attain the better GNH (Gross National Health & Happiness) & GDP (Gross Domestic Product).

It is recommended that prophylactic guidelines against sedentariness should be issued to the people before joining who are likely to hold the job which requires more sitting on the chair.

10. It is recommended that a separate mode of treatment be developed for treating the sedentary life style related diseases.