

Lifestyle of MBA Students who Reside in Campus and its Implication on their Health

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Abstract - This research focuses on the lifestyles of MBA students who live in remote area campuses and the long-term consequences on their health. It looks at what a student eats, whether they eat fiber foods or spicy foods, how many times a week they eat non-veg, how much water they drink on a daily basis, whether they use tobacco or alcohol, whether they have constipation issues, whether they lift heavy weights, and when they eat lunch and dinner.

Keywords - Lifestyle, Students, MBA, Health, Covid-19

1. INTRODUCTION

Way of life is a lifestyle embraced by people, gatherings, and countries that is formed by topographical, financial, political, social, and strict settings. The highlights of occupants of a domain at a particular period and spot are alluded to as way of life. People's everyday ways of behaving and works in the work environment, exercises, diversion, and diet are completely covered.

Scientists have become more keen on way of life as a huge determinant in well-being in late many years. According to WHO 60% of elements influencing individual wellbeing and personal satisfaction. Endless individuals carry on with undesirable ways of life. Subsequently, people face disease, inadequacy and even demise. Iron deficiency can create issues like metabolic sicknesses, joint and skeletal issues, cardio-vascular infections, hypertension, stoutness, hostility, etc. The connection

among way of life and wellbeing ought to be painstakingly thought of.

Individuals' lives have changed emphatically lately. Lack of healthy sustenance, an unfortunate eating regimen, smoking, liquor utilization, chronic drug use, stress, etc. are instances of undesirable ways of life that are broadly polished. Besides, inhabitants' lives are defied with new snags. Arising new IT innovations, for example, the web and virtual correspondence organizations, for instance, furnish our reality with a genuine test that jeopardizes individuals' physical and psychological well-being. The issue is inordinate and unseemly utilization of innovation.

Thus, in light of existing exploration, it very well may be reasoned that way of life significantly affects human physical and psychological well-being. Various kinds of such effects exist. Connection is a typical lifestyle in a few ethnic gatherings, and it can prompt hereditary issues. A decrease in the pace of genetic ailments can be accomplished by changing this unfortunate way of life. Abuse of medications is a significant unfortunate way of life in different nations. Iran is one of the main 20 nations that utilization the most drugs. They incline toward medicine over different types of treatment. Besides, 15-40% of the time, they use drugs without a remedy. In Iran, the most usually utilized drugs are torment medications, eye drops, and anti-toxins. Anti-microbials, for instance, inconveniently affect the invulnerable framework; yet, on the off chance that the individual is tainted, anti-microbials won't be helpful in treatment. By and large, 10% of people who self-cure will confront genuine outcomes like medication obstruction. A hypersensitive response to a medication can some of the time be deadly.

At last, way of life factors that impact wellbeing can be ordered into the accompanying classes:

1. Diet and BMI - Diet is the main viewpoint in one's way of life, and it has an immediate and positive relationship with wellbeing. In metropolitan civic establishments, horrible eating routine and its repercussions, like heftiness, are a boundless medical problem. BMI can be utilized to decide an unfortunate way of life. Metropolitan living adds to dietary issues like the utilization of cheap food and inferior quality food varieties, as well as other medical problems like cardiovascular sickness.
2. Exercise - It is engaged with a solid way of life to treat general medical conditions. Constant work-out joined with a nutritious eating routine further develops wellbeing. Some examination underlines the connection between a functioning way of life and joy.
3. Rest - Rest is one of the groundworks of a solid way of life. Life and rest are inseparably connected. Rest unsettling influences have various social, mental, monetary, and wellbeing suggestions. Rest evidently affects mental and actual wellbeing, and way of life can influence rest.
4. Sexual way of behaving: A solid sex relationship is fundamental for a blissful presence. Sexual relationship brokenness is an issue in many nations, and it significantly affects both mental and actual wellbeing. A broken sex relationship can prompt an assortment of family issues or sex-related diseases like Guides.
5. Substance misuse: Fixation is viewed as a hurtful lifestyle. Smoking and other medication use can cause an assortment of issues, including cardiovascular sickness, asthma, disease, and mind hurt.
6. Drug misuse: In Iran, this is a normal approach to using meds, and it is viewed as an awful approach

to everyday life. Self-treatment, sharing meds, utilizing meds without a remedy, recommending an excessive number of medications, endorsing an enormous number of each medication, superfluous medications, terrible penmanship in solutions, ignoring incongruous medications, dismissing destructive impacts of medications, and not making sense of medication impacts are instances of unfortunate medicine ways of behaving.

7. Use of current innovations: Present day innovation makes life more straightforward for individuals. Abuse of innovation can have negative repercussions. For instance, using a PC or other contraption till 12 PM might influence rest examples and cause rest disturbance. Cell phone habit is connected to misery side effects.
8. Amusement: A sub-variable of way of life is relaxation time. Recreation can have unsafe ramifications assuming it is dismissed. Individuals put their wellbeing in danger because of aimless preparation and awful entertainment. (Farhud, n.d.)

2. Literature Review

Researcher from the Harvard T.H. Chan School of Public Health conducted a massive study of the impact of health habits on life expectancy, using data from the well-known Nurses' Health Study (NHS) and the Health Professionals Follow-up Study (HPFS). This means that they had data on a huge number of people over a very long period of time. The NHS included over 78,000 women and followed them from 1980 to 2014. The HPFS included over 40,000 men and followed them from 1986 to 2014. This is over 120,000 participants, 34 years of data for women, and 28 years of data for men.

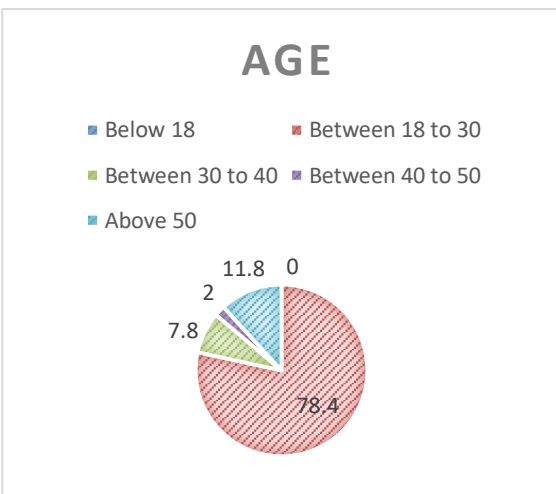
The researchers looked at NHS and HPFS data on diet, physical activity, body weight, smoking, and alcohol consumption that had been collected from regularly administered, validated questionnaires.

As it turns out, healthy habits make a big difference. According to this analysis, people who met criteria for all five habits enjoyed significantly, impressively longer lives. People who had none of these habits were far more

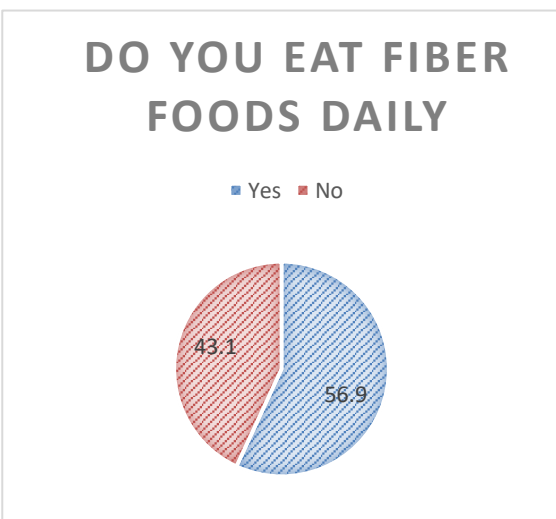
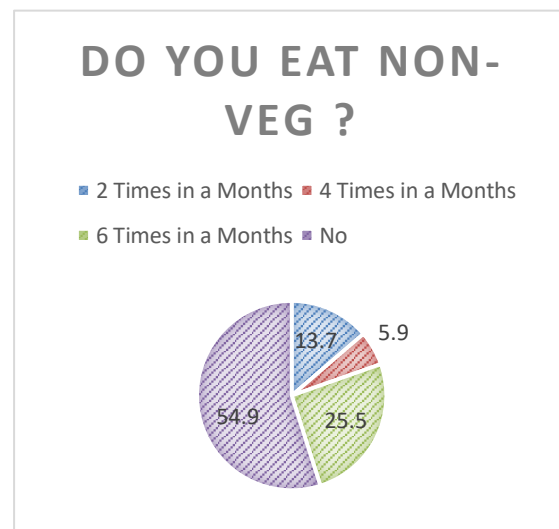
likely to die prematurely from cancer or cardiovascular disease.

Study investigators also calculated life expectancy by how many of these five healthy habits people had. Just one healthy habit (and it didn't matter which one) ... just one... extended life expectancy by two years in men and women. (Monique Tello, 2020)

4. Analysis of Data

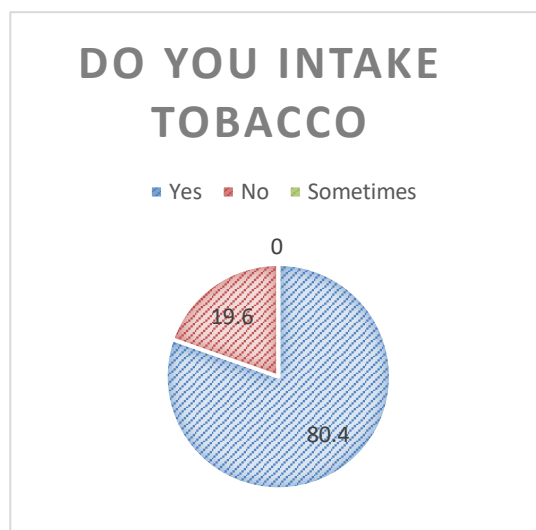


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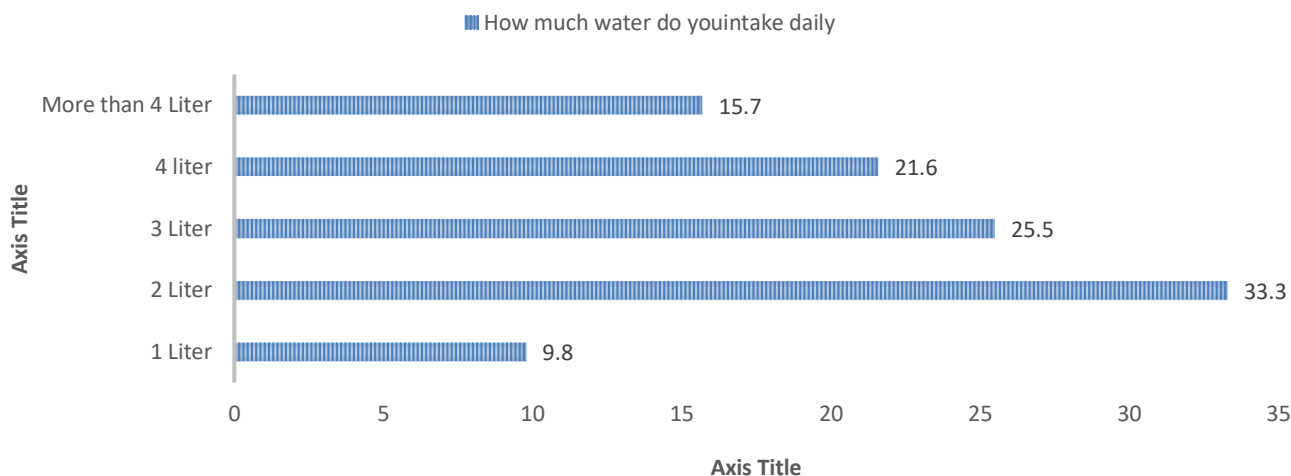


Research Gap

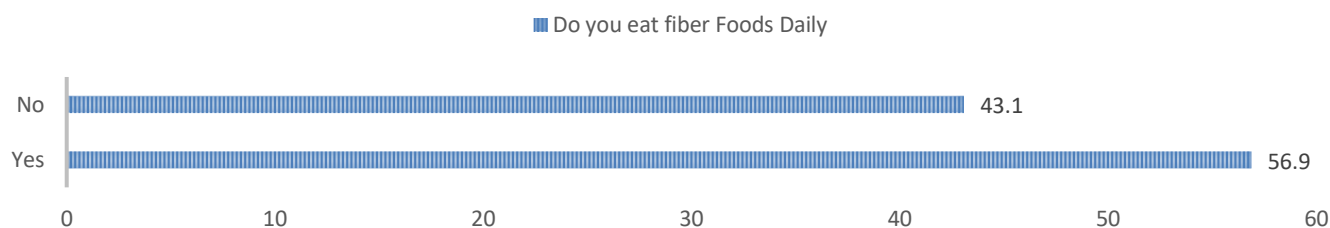
After analyzing various research papers, we came to know that researchers have missed to include lifestyle of MBA student who reside in campus and its implication on health on their research.



HOW MUCH WATER DO YOU TAKE DAILY

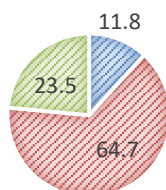


DO YOU EAT FIBER FOODS DAILY



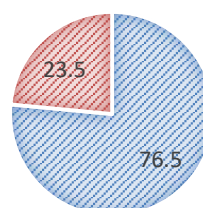
DO YOU CONSUME ALCOHOL ?

Yes No Sometimes

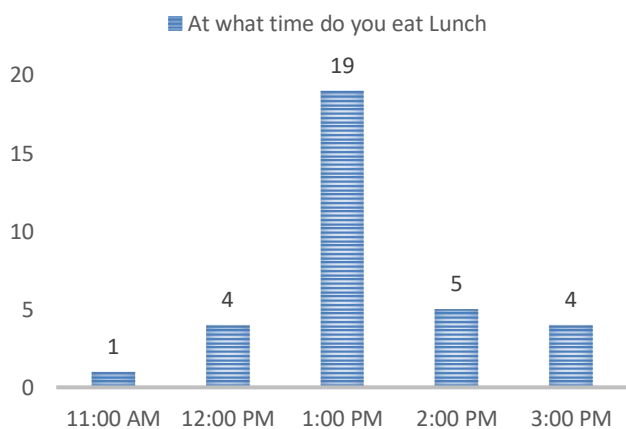


DO YOU LIFT HEAVY WEIGHT ?

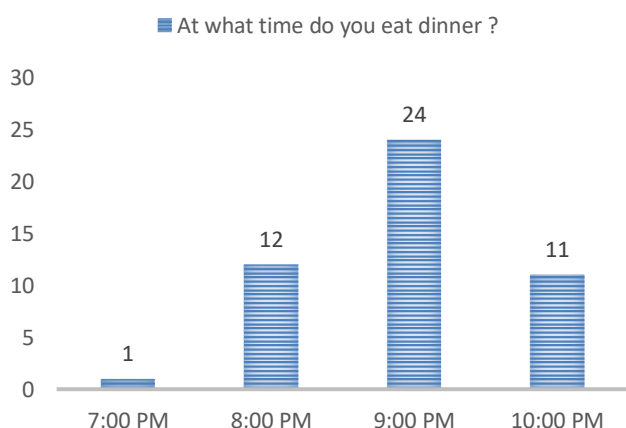
Yes No



AT WHAT TIME DO YOU EAT LUNCH



AT WHAT TIME DO YOU EAT DINNER ?



Conclusion and Interpretation

While conducting survey, student share their experiences that impacted their lifestyle. When colleges were shut down in the covid time students had to take their classes online for long period of time and because they were pursuing MBA programs, they were assigned with large number of group and individual assignments for which they had to connect with their team virtually, which increased their screening time and had an impact on their health.

When the number of cases of covid-19 decreased, some colleges opened in remote locations with the condition that students would not be allowed to leave campus. This had an impact on students' health because after a hectic week, students were not allowed to leave campuses on weekends, so they left with nothing to do on weekends, and they were also not able to meet their parents and families for long time.

Some of the health issue arised in the life of MBA students in the time of covid-19 were Depression, Anxiety, Eye problems, Back bone problem and physical health issues.

As we already know life of MBA student who resides in campuses is not easy because for many students it is the first time, when they are away from their parents which leads to home sickness for them. As we conducted our survey and taken responses from MBA college students, we get to know that out of 51 responses we have received 43.1% (Approx. 22) people don't eat fiber foods daily which may be a one of the major cause of various diseases and we also got to know that many people like to eat spicy foods from our sample size in that we got to know that around 61% people eat spicy food and out of that 46% people eat non-veg and further we also came to know that 68.6% student daily intake of water is 3ltr or less than that. In addition to that 35.3% people consume alcohol and 11.8% people have constipation problem. Further we also analyzed that majority of students have their lunch after 12:30 PM and dinner after 7:30 PM which can lead to high chance of digestion problem and further which can lead to proctology diseases.

So, we can see college students who reside in campuses are not able to follow proper diet plan due to various reasons and slowly there are urging towards various health issues.

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