

The Impact of Physical Fitness on Youth Lifestyle: A Study Conducted in Mysore

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Abstract

Keeping the body fit is one of the biggest contributors to a healthier routine, a stronger mind, and an overall better quality of life for young people. This paper, titled "The Impact of Physical Fitness on Youth Lifestyle: A Study Conducted in Mysore," tries to capture how being physically fit shapes the daily lives of young residents of the city. Specifically, it examines the ties between fitness and food choices, time use, mental state, and the factors that push or pull youth toward staying active. A descriptive design was chosen for this study. Data was collected directly from 98 participants via a structured survey using a convenience-sampling approach, and this was supplemented with secondary material pulled from books, journals, and web sources. The analysis combined descriptive statistics in SPSS with a Chi-square test, used to check for a meaningful link between fitness and psychological well-being. Findings indicate that close to two-thirds of respondents (65.98%) can handle their everyday physical activities without getting tired quickly — a sign of reasonably good overall fitness — and roughly seven in ten (70.10%) credit Mysuru's parks, open gyms, and sports facilities with encouraging them to remain active. physical activity levels reported higher instances of stress and reduced concentration in academic settings. These results emphasize the importance of accessible fitness infrastructure and structured wellness programs on campuses. The paper concludes by recommending targeted interventions to help Mysuru's youth build sustainable, health-focused habits early in life.

Key words : Physical Fitness , Youth Lifestyle , Mental Well-being , Sedentary Behaviour,

Physical Activity

INTRODUCTION

Physical fitness essentially means being capable of managing everyday activities without exhausting oneself, while keeping enough energy in reserve for leisure or sudden demands — and it's a cornerstone of overall health. With technology playing an ever-bigger role in daily life, screen time on phones, computers, social media, and gaming has cut into people's physical activity, making fitness a more pressing concern than it once was. Youth is the life stage where habits form and often persist for decades, so cultivating fitness routines early pays dividends well into adulthood, supporting long-term health, activity, and productivity. Exercise can take countless shapes — walking, jogging, cycling, team sports, gym training, yoga, and other recreational activities — and its rewards include stronger muscles, greater endurance, a healthier weight, a more resilient immune system, better flexibility, and reduced disease risk. The advantages aren't limited to the physical realm. Consistent exercise helps keep stress, anxiety, and low mood at bay, in part by prompting the release of endorphins that boost mood and confidence, and it's tied to clearer thinking, stronger decision-making, and improved concentration. Lifestyle more broadly spans daily routines, eating patterns, sleep, social interaction, and leisure activities, and physically fit individuals tend to eat sensibly, keep consistent sleep schedules, avoid harmful behaviors, and remain socially connected. The reverse also tends to be true — a sedentary pattern is frequently linked with weight gain, poor body image, and mental health difficulties. Mysore is itself a rapidly expanding city home to numerous universities, colleges, industries, and healthcare institutions, and is widely recognized as one of India's premier yoga destinations. Rising health awareness locally has driven growth in gyms, yoga centers, and sports complexes, yet even as more young residents focus on their fitness, many find it hard to prioritize amid demanding

coursework, busy schedules, and time spent on screens. This makes it worthwhile to take a closer look at how physical fitness

LITERATURE REVIEW

Eime et al. conducted a systematic review examining sport's influence on youth, reporting that participants gained ground on multiple fronts — higher self-esteem, sharper social skills, a more upbeat outlook, and reduced stress levels. Sustained participation in sport also helped these young people maintain an active routine over time. **Janssen & LeBlanc**, surveyed the evidence on physical activity's health benefits for school-age youth, determining that it improves cardiovascular fitness, muscle mass, and bone strength and overall body composition. Physically active youth also showed lower obesity and chronic-disease rates, prompting a recommendation of a minimum of 60 daily minutes of exercise for children and teens. **Strong et al.** synthesized results from numerous studies on youth physical activity and health, determining that exercise builds muscle strength, boosts flexibility and stamina, and aids bone development. They observed that active young people generally show better health outcomes and physical development compared with inactive peers. **Biddle & Asare** examined the mental-health effects of physical activity on adolescents, discovering notable reductions in depression, anxiety, and stress alongside gains in mood, confidence, and emotional health. They proposed exercise as a practical way to support teenage mental well-being. **Warburton et al** investigated the wider health returns of an active lifestyle, finding that physically active people tend to experience better overall health, fewer illnesses, and greater longevity. Among younger populations, exercise correlated with higher energy levels, better focus, and generally healthier habits, underscoring the benefit of building activity into life early on. **Tremblay et al** explored the consequences of sedentary behavior among children and teens, discovering that greater screen time on TVs and smartphones correlates with rising obesity, weaker fitness, and unhealthy routines, and called for less sedentary time in favor of greater activity. **Bailey** discussed the academic and social gains linked to physical education, observing that active children tend to build stronger social, leadership, and communication abilities, with sport also fostering discipline and character development. **Singh et al** studied the connection between exercise and academic outcomes, finding that consistent exercisers demonstrated sharper memory and concentration and, consequently, performed better academically than less active classmates — indicating a genuine link between fitness and school success. **Telama et al** tracked physical-activity patterns across adolescence and observed that exercise routines established in the teenage years tend to persist into adulthood, meaning youth who stayed active typically carried healthier lifestyles forward as adults. **World Health Organization** A report from the World Health Organization emphasized exercise as essential to healthy development in children and adolescents, noting its protective role against obesity, type II diabetes, cardiovascular disease, and mental health conditions, and recommended at least 60 minutes of daily physical exercise for maximum health benefit.

STATEMENT OF THE PROBLEM

Maintaining physical fitness has increasingly become a key concern for a healthy way of life. Rapid urban growth, advancing technology, and heavy reliance on smartphones and social media have, in recent years, taken a toll on fitness levels among young people. A lack of regular exercise leaves youth exposed to a range of issues — obesity, stress, anxiety, fatigue, low energy, and a general sense of ill-being. At the same time, more young people are recognizing the value of staying fit through gym workouts, yoga, or sport. Fitness doesn't just shape physical condition — it also touches mental state, social life, productivity, and daily habits. That said, how much of an effect it actually has on a young person's lifestyle can vary depending on factors like age, education level, and personal motivation

NEED FOR THE STUDY

Fitness is a core piece of overall well-being and plays a real part in a young person's physical, mental, and social development. In today's tech-driven world, the younger generation spends far more time seated in front of phones, computers, and social media than moving around, and this shift has fed into problems like obesity and stress. Since youth form such a large and important segment of the population, their health directly shapes how well the wider community develops going forward. Regular exercise and good physical fitness feed into better mental well-being, stronger self-respect, higher productivity, and healthier day-to-day habits, which is why it's worth taking a closer look at how physical fitness plays out in the lifestyles of young people

OBJECTIVES OF THE STUDY

- To Analyse the effect of physical fitness on the lifestyle of youth, including their health status, dietary practices, and daily activities.
- To Examine the effect of physical fitness on the mental well-being of the youth in Mysore.
- To Evaluate the motivating and de-motivating factors for the youth to participate in physical fitness activities in Mysore.

HYPOTHESIS

H₀: There is no significant relationship between the level of physical fitness and the psychological well-being (stress levels and self-esteem) of youth in Mysuru.

H₁: There is a significant positive relationship between the level of physical fitness and the psychological well-being of youth in Mysuru.

RESEARCH METHODOLOGY

Research methodology is the organized approach a study follows to collect, examine, and make sense of data so its objectives can be met. This particular study takes a descriptive approach and draws on both primary and secondary data to understand how physical fitness shapes the lifestyle of youth in Mysore.

Research Design: This study uses a descriptive design to examine how physical fitness relates to youth lifestyle.

Research Approach: The required information was collected through:

- Structured questionnaire
- Direct interaction with respondents

SOURCES OF DATA

- **Primary Data:** Gathered directly from young people across Mysore using questionnaires and face-to-face conversations.
- **Secondary Data:** Compiled from published books, academic journal articles, and reputable websites covering topics tied to fitness and lifestyle.
- **Sample Size:** The study drew on responses from 98 participants.
- **Sampling Technique:** Respondents were chosen using the convenience sampling method.

LIMITATIONS OF THE STUDY:

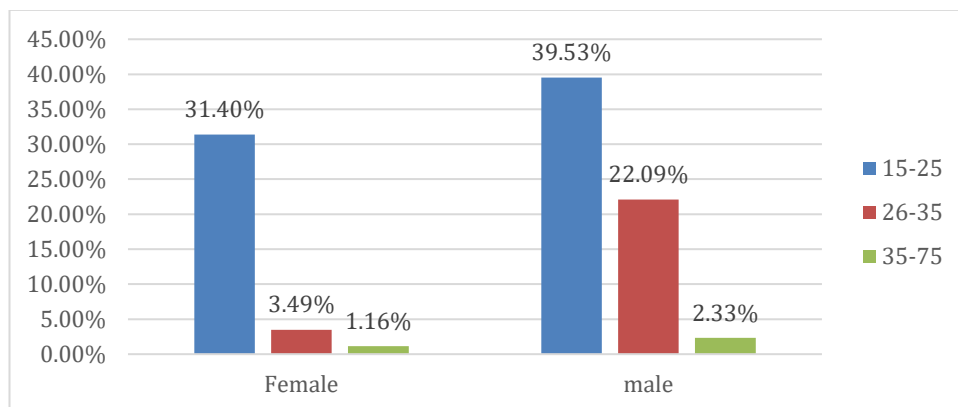
- This study covers only youth living in Mysore.
- Findings rest on a sample of just 98 respondents.
- Results rely on participants' self-reported opinions and experiences.
- Limited time and resources may have influenced the study's findings.

DATA ANALYSIS

1. Demographic Question

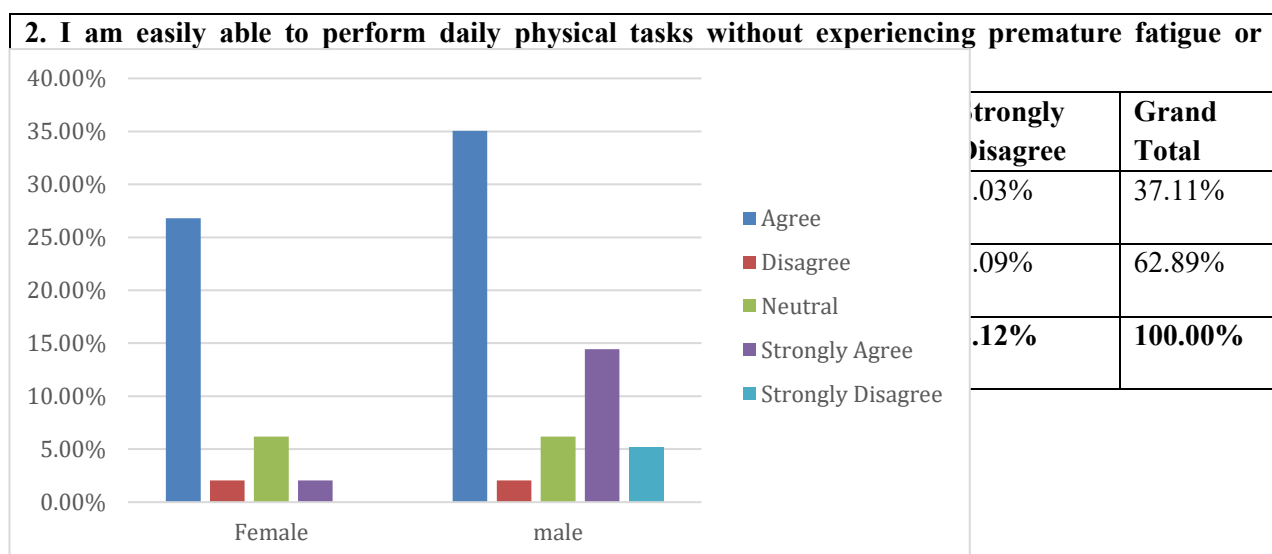
1.Age group				
1. Gender	15-25	26-35	35-75	Grand Total
Female	31.40%	3.49%	1.16%	36.05%

male	39.53%	22.09%	2.33%	63.95%
Grand Total	70.93%	25.58%	3.49%	100.00%



Interpretation: This gender-and-age breakdown reveals a sample tilted toward men (63.95% versus 36.05% women) and toward younger participants, with 70.93% falling into the 15–25 bracket, 25.58% into 26–35, and only 3.49% into 35–75. In effect, the study leans heavily on young male voices, leaving older age groups thinly represented.

Analysis: Men accounted for a bigger slice of the sample (63.95%) compared with women (36.05%). The 15–25 age bracket represents the largest portion at 70.93%, followed by the 26–35 group (25.58%) and the 35–75 group (3.49%). The same trend appears across both genders, confirming that the sample skews young, with older respondents making up only a small slice.

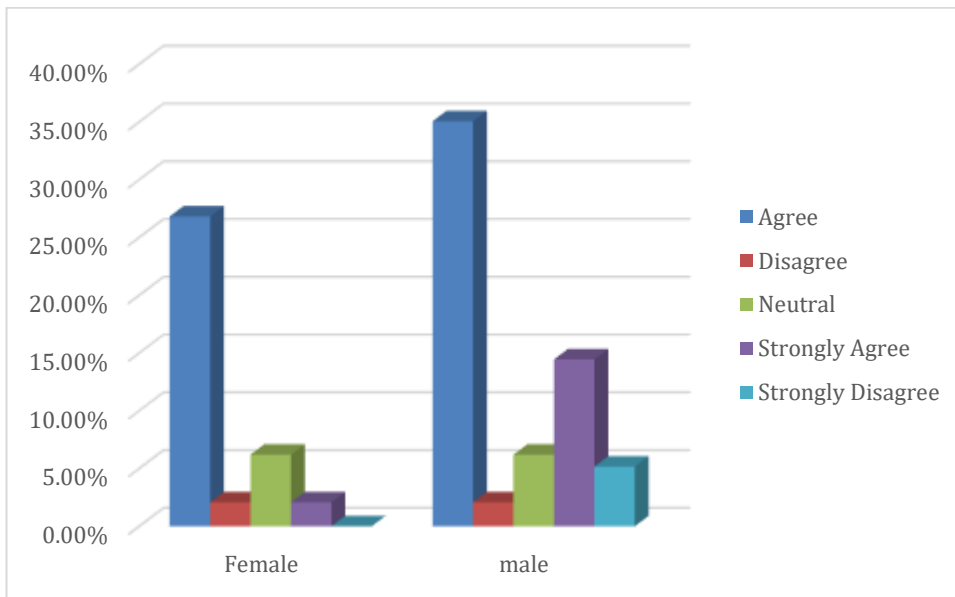


Analysis: Just over half of respondents (51.55%) agreed, and another 14.43% strongly agreed, that they handle daily physical tasks without wearing out early, while 21.65% remained neutral and a combined 12.37% disagreed to some degree. Men showed stronger agreement overall, with 30.93% choosing "agree" and 12.37% "strongly agree," outpacing their female counterparts.

Interpretation: Combining the Agree and Strongly Agree categories, close to two-thirds of respondents (65.98%) say they get through daily physical demands without undue tiredness, which points to a fairly solid baseline fitness level across the group. Men appear somewhat more assured of their physical stamina than women do, and on the whole the numbers suggest most participants have sufficient endurance for routine activities.

3. Mysuru's local infrastructure (parks like Kukkarahalli Lake, open gyms, sports clubs) actively encourages me to maintain my fitness routine

Age group	Agree	Disagree	Neutral	Strongly Agree	Strongly Disagree	Grand Total
15-25	30.93%	5.15%	15.46%	15.46%	3.09%	70.10%
26-35	16.49%	2.06%	1.03%	6.19%	1.03%	26.80%
35-75	1.03%	0.00%	2.06%	0.00%	0.00%	3.09%
Grand Total	48.45%	7.22%	18.56%	21.65%	4.12%	100.00%

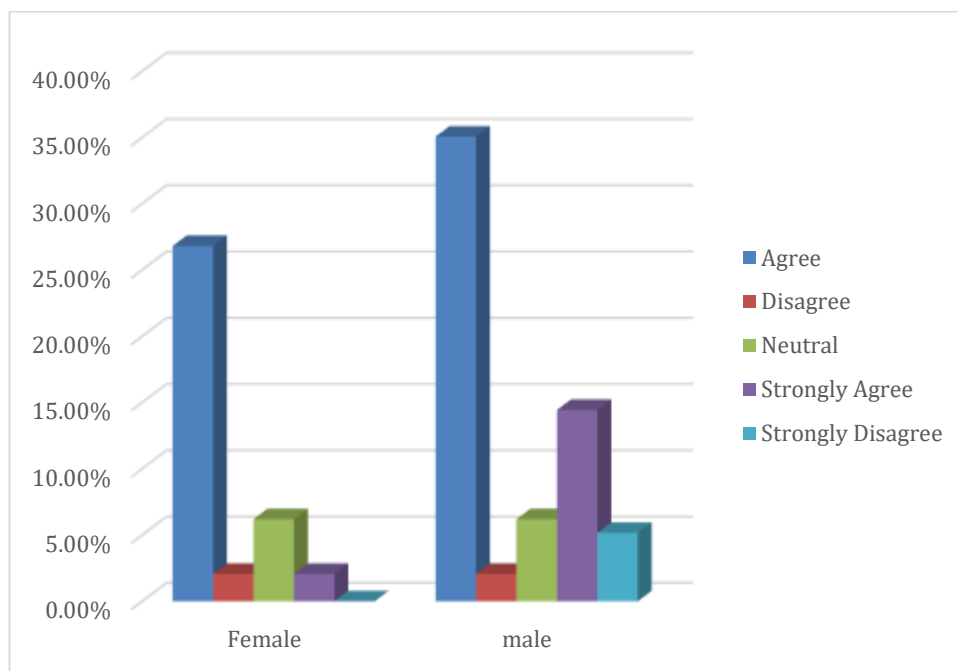


Analysis: Close to half the sample (48.45%) agreed, with a further 21.65% strongly agreeing, that Mysuru's local infrastructure — parks, open gyms, sports clubs — supports their fitness habits, while 18.56% sat on the fence and 11.34% disagreed to some extent. The 15–25 cohort responded most positively, posting 30.93% agreement and 15.46% strong agreement.

Interpretation: Since 70.10% of respondents landed in the Agree or Strongly Agree camps, it's evident that most view Mysuru's fitness infrastructure as a genuine boost to their activity levels, with the 15–25 group benefiting most visibly. This suggests that easy access to recreational and fitness spaces plays a meaningful role in encouraging healthy habits among the city's young people.

4. I consistently maintain a balanced diet that includes fresh whole foods, while actively limiting fast food or highly processed snacks.

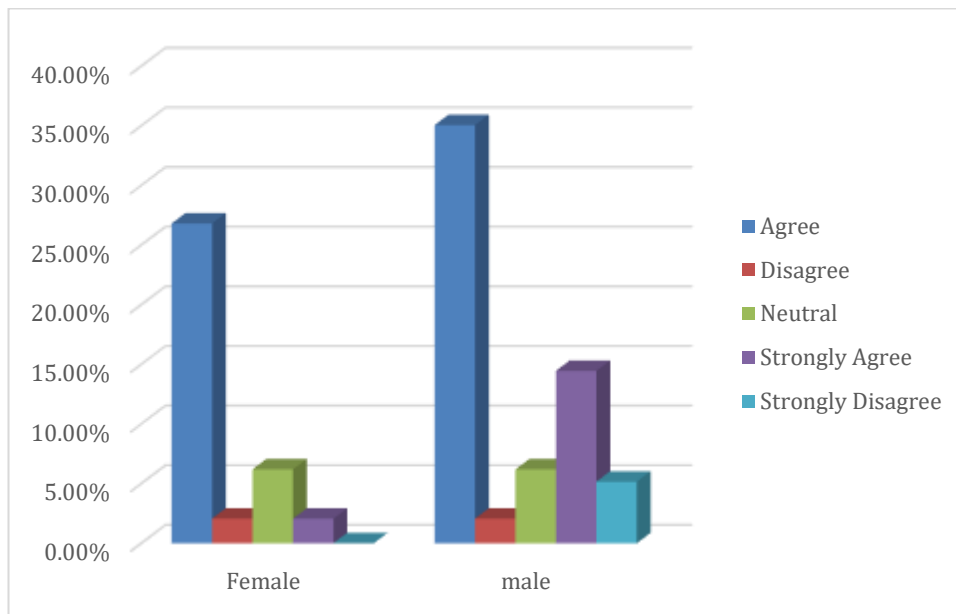
Age group	Agree	Disagree	Neutral	Strongly Agree	Strongly Disagree	Grand Total
15-25	25.77%	8.25%	19.59%	14.43%	2.06%	70.10%
26-35	17.53%	2.06%	1.03%	4.12%	2.06%	26.80%
35-75	0.00%	0.00%	3.09%	0.00%	0.00%	3.09%
Grand Total	43.30%	10.31%	23.71%	18.56%	4.12%	100.00%



Analysis: Together, 61.86% of respondents chose Agree or Strongly Agree (43.30% and 18.56% respectively) when asked whether they maintain a balanced diet and limit fast food and processed snacks; 23.71% were neutral, and 14.43% disagreed to some degree. As in earlier questions, the 15–25 bracket led the way, at 25.77% agreement and 14.43% strong agreement.

Interpretation: Adding the Agree and Strongly Agree figures together, 61.86% of participants say they follow healthy eating habits, choosing fresh whole foods over processed snacks, with the strongest adherence found in the 15–25 group. This reflects a reasonably solid level of nutritional awareness across most of the sample.

5. My daily lifestyle choices give me a high level of consistent energy and positive mental well-being						
Gender	Agree	Disagree	Neutral	Strongly Agree	Strongly Disagree	Grand Total
Female	26.80%	2.06%	6.19%	2.06%	0.00%	37.11%
male	35.05%	2.06%	6.19%	14.43%	5.15%	62.89%
Grand Total	61.86%	4.12%	12.37%	16.49%	5.15%	100.00%



Analysis: A clear majority — 61.86% agreeing and 16.49% strongly agreeing — believe their everyday lifestyle choices leave them with consistent energy and a positive outlook, while 12.37% were neutral and 9.27% disagreed overall. Once more, men reported stronger agreement (35.05% agree, 14.43% strongly agree) than women.

Interpretation: Adding the two agreement categories together, 78.35% of respondents connected their daily lifestyle choices to stronger energy and better mental well-being, implying that most participants maintain habits beneficial to both body and mind. Men, on the whole, reported somewhat higher well-being than women.

SPSS TEST

HYPOTHESIS TEST

The categories of 6. I dedicate at least 150 minutes per week to moderate-to-vigorous physical activities occur with equal probabilities.	One-Sample Chi-Square Test	.000	Reject the null hypothesis.
The categories of 7. I am easily able to perform daily physical tasks without experiencing premature fatigue or exhaustion occur with equal probabilities.	One-Sample Chi-Square Test	.000	Reject the null hypothesis.

N Par Tests

Descriptive Statistics

	N	Mean	Std. Deviation	Minimum	Maximum	Percentiles
						25th
8. I actively track or monitor my physical fitness progress	95	3.60	1.025	1	5	3.00
11.I consistently maintain a balanced diet that includes fresh whole foods, while actively limiting fast food or highly processed snacks.	95	3.61	1.034	1	5	3.00

Descriptive Statistics

	Percentiles	
	50th (Median)	75th
8. I actively track or monitor my physical fitness progress	4.00	4.00
11.I consistently maintain a balanced diet that includes fresh whole foods, while actively limiting fast food or highly processed snacks.	4.00	4.00

Chi-Square Test

Frequencies

8. I actively track or monitor my physical fitness progress			
	Observed N	Expected N	Residual
1	4	19.0	-15.0
2	9	19.0	-10.0
3	25	19.0	6.0
4	40	19.0	21.0
5	17	19.0	-2.0
Total	95		

11.I consistently maintain a balanced diet that includes fresh whole foods, while actively limiting fast food or highly processed snacks.

	Observed N	Expected N	Residual
1	4	19.0	-15.0
2	10	19.0	-9.0
3	22	19.0	3.0
4	42	19.0	23.0
5	17	19.0	-2.0
Total	95		

Test Statistics

	8. I actively track or monitor my physical fitness progress	11.I consistently maintain a balanced diet that includes fresh whole foods, while actively limiting fast food or highly processed snacks.
Chi-Square	42.421 ^a	44.632 ^a
Df	4	4
Asymp. Sig.	.000	.000

Findings

- Stamina & Fitness: Close to two-thirds (65.98%) of surveyed youth can complete their daily activities without becoming tired quickly.
- Infrastructure: 70.10% say Mysuru's open gyms, sports clubs, and parks such as Kukkarahalli Lake keep them motivated.
- Diet: 61.86% keep to a balanced diet and deliberately cut back on fast food.
- Mental Health: 78.35% report steady daily energy and a positive mental state as a result of their fitness habits.

Conclusion

Overall, the study shows that physical fitness has a real, positive bearing on both the physical stamina and the mental well-being of youth in Mysuru — the two clearly move together. Public infrastructure that's easy to access plays a major part in helping young people stay active and healthy.

Suggestions

- Academic Integration: Build short, mandatory fitness or sports breaks into the school day to offset heavy academic workloads.
- Infrastructure Expansion: Extend the open-gym and park model to Mysuru's growing residential neighborhoods.

- Female Inclusivity: Set up targeted, safe community wellness programs to encourage greater female participation in fitness activities.

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