

# **Unhealthy Life Style And Anxiety Symptoms Among Adolescents**

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The study examined associations between unsystematic life style and symptoms of anxiety among adolescents. Lifestyle reflects the interests, opinions, behaviors, and behavioral orientations of an individual, group, or culture. Unhealthy life style means thinking and doing something in a manner that is marked by unstructured, unsystematic, not well planned, without any particular order or definite aim to it regarding protection of his/her health. It was hypothesized that subjects adhering to unhealthy life style. Would have greater amount of anxiety compared to those adhering to healthy life style. Sample of the study consisted of 150 adolescents of both sexes (Boys=100 and Girls=50), aged between 16-18 years, Mean age=17 years, drawn randomly from high school student's population. Research tools included Hyphantis et al's. (2018) Protection of Health Questionnaire, to measure Unhealthy Life style and Spielbeger's (2010) Test Anxiety Inventory Anxiety to measure anxiety symptoms of subjects. Result indicated positive association ( $r=.83p<.01$ ); moreover interaction between gender and unsystematic life style also proved to be significant ( $F=6.48$ ;)  $df=1/159$ ;  $p<.01$ ). Girls with more unsystematic life style showed more anxiety symptoms compared to their counterpart boys.