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Contemporary Way of Life and Well-Being

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Abstract

The aim of the study is that in the modern era, due to being extremely busy in man's lifestyle, he is getting away from his physical, mental, social, etc. Over the past few centuries, human society has undergone significant transformation, and this "modernization" process has had a significant impact on people's lives. In this rapidly changing era, man is running in a race to move ahead, his daily life has become so busy that he has forgotten that the true wealth of a person is his health. This study has highlighted the busy lifestyle of a person, the importance of health, and how a person can take care of personal health while living a busy life.

Keywords: Modern lifestyle, health, personal and social life, diet

Introduction

In this modern and technological era, there has been a lot of change in people's lifestyles, and there has been a change in people's concepts and norms towards lifestyle. In this modernization and rapidly changing era, a person is rapidly adapting to it because new technologies are making a person's life easier. If you want to go from one place to another, you have various options to reach quickly. Food items are available in front of you in no time, you do not need to prepare them. You do not need to sit and study for hours in different libraries, because everything is available on your phone and laptop, you can study sitting at home. Washing machines have replaced washing clothes by oneself. In the summer season, you do not need to rotate the fan by hand, because electronic fans, coolers, and AC are present. This modernization has made man's life easier but at the same time, it has reduced the physical processes of the person. Due to the reduction in physical processes, this has had a direct impact on human health.

Reason for an Adapted and Sedentary Lifestyle

The modern lifestyle certainly has its charms, especially given the abundance of technological advances. It is exciting to imagine how these achievements can enhance our daily lives and provide new experiences. With the advent of smart homes, we can now have a personalized and automated living experience. From controlling lighting and temperature to securing our homes with a simple voice command or button, it's easier than ever to create a comfortable living environment that meets our needs. Digital nomadism has become a viable option for many people, allowing them to work remotely and explore new destinations worldwide. We

can escape the traditional office environment and live on our terms with a laptop and an Internet connection. These innovations make life easier and more convenient, break traditional barriers, and redefine how we perceive and experience the world. (Valerie Forgeard, 2023) ^[7]

Over the past few centuries, human society has undergone significant transformation, and this "modernization" process has had a significant impact on people's lives. The lives we lead now are very different from those of our ancestors who lived just five generations ago. There is a dispute on whether our lives are better now than they were in the past, which leads to arguments about whether modernization should continue or if we should try to slow it down. The longevity and happiness of a society's members can be used to gauge its level of quality of life. I evaluate whether life has been better or worse due to societal modernization using these metrics. I start by looking at the results of recent survey research. I began with a cross-sectional study of 143 countries between 2000 and 2008, and I discovered that people. (Ruut Veenhoven, 2009) ^[4]

Realizing the Need and Importance of Health

In our changing lifestyle and modernization era, the COVID-19 pandemic entered, which not only caused a lot of damage to society, but this pandemic has also made humans aware of health.

Some studies have found that awareness about the disease varies by age and occupation and that young people are more aware. (Alqahtani & Aldawsari, 2015) ^[3]

Poor-quality interiors increase depressive symptoms during lockdowns. While the quality of interior living spaces is very

important, green spaces in residential environments have become important for mental health. (Amerio *et al.*, 2020) ^[1]

A study conducted in Saudi Arabia found that, in this culture, family members of different generations feel discomfort in their homes due to the presence of many children. Problems such as pandemic-related stress, anxiety, depression, and domestic violence have emerged for both teachers and students. (Al Lily *et al.*, 2020) ^[2]

Conclusion

As man is adapting to this modernization and rapidly changing era, he should always be conscious of his overall health. Apart from the objectives of making one's daily life easier and achieving success in life, man should always give priority to his health.

- **To Make Your Daily Life Stress-Free and have Inner Peace:** you can include some points in your daily life, which are as follows-doing daily meditation, yoga, pranayam, etc.
- **For Physical Fitness:** To remain physically healthy, a person should take some time from his busy life and exercise daily for his health. When a person is extremely busy, he should do daily activities himself and not depend on equipment, like using CDs instead of using lift, washing clothes with his own hands and not with a washing machine, going to shops and markets on foot and not by car, etc.
- **Balanced and Healthy Diet:** A good and balanced diet is very important for a person's healthy lifestyle. We should choose food keeping in mind our body and daily activities. A good and balanced diet has a significant impact on our body's energy level and physical and mental development.
- **Personal and Social Life:** A person's health includes important aspects of his personal and social lifestyle, which affects the mental and emotional health of the person. Therefore, a person should make some good friends in his life and keep his family environment healthy.

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