

The Impact of Exercise and Nutrition on Stress Levels among Young Adults

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Abstract: Adulthood is characterized by developing secondary sexual characteristics in men and women, bringing significant changes in overall biological processes that sometimes bring stress. (Vedantu). Stress is the mental pressure or worry one experiences during challenging situations. (WHO, 2023). The bad diet quality can provide a link to stress, anxiety, or even depression. (Tewari, G., Pande, L., and Pande, K., 2022). The study aims to assess the nutritional status, fitness status, and stress levels of young adults. The study included 30 young adults of 20 to 30 years of age and the sample was collected from gyms located in Gumasta Nagar and Navlakha, Indore. The nutritional and fitness status was assessed by anthropometric, clinical, dietary and fitness assessments. The stress level was assessed by stress level assessment. The data is divided into 2 groups as stressed and non-stressed. The data was analyzed by using SPSS (version 16) & MS-Excel. Stressed group has a 66.6% overweight/obese rate, compared to 28.5% in non-stressed group. The non-stressed group has 66.6% normal weight, while stressed group has 33.3%. 88.8% of the stressed group had normal WHR, while 90.4% of the non-stressed group had normal WHR. The stressed group has 66.6% absence of clinical symptoms while non-stressed group has 85.7%. The dietary assessment indicated that the stressed as well as the non-stressed groups did not consume enough nutrients as per RDA. Compared to the stressed group, the non-stressed group showed higher cardiovascular endurance at 71.4% and 44.4%, respectively. The non-stressed group exhibited 88% higher muscular endurance compared to the stressed group's 44.4%. The flexibility of people in stressed group is low (22.2%) whereas non-stressed group's people is 47.6%. It can be concluded that stress has a significant impact on the overall health and well-being of young adults. The stressed group showed a higher rate of overweight and obesity, lower clinical symptom absence, and lower flexibility compared to the non-stressed group.

Keywords: Adulthood, Anthropometric assessment, Cardiovascular Endurance, Clinical assessment, Dietary assessment, Muscular endurance, Non-stress and Stress.

References

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