

An Analytical Study on Health Issues among Modern Youth

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ABSTRACT

Addressing youth health issues is challenged by several significant obstacles that hinder effective intervention and long-term improvement. A major barricade is the lack of awareness and proper health education, which prevents young people from understanding the importance of nutrition, mental well-being, physical activity, and safe practices. Stigma surrounding mental health and sexual health further discourages youth from seeking timely support, often leading to delayed diagnosis and worsening conditions. The widespread influence of digital media and excessive technology use contributes to unhealthy lifestyles, reduced physical activity, sleep disturbances, and emotional instability. Academic pressure and competitive environments add to these challenges, as many youth prioritize performance over health, leading to stress, irregular routines, and burnout. Additionally, limited access to affordable and youth-friendly healthcare, especially in rural and low-income areas, restricts early treatment and preventive care. Unhealthy lifestyle choices, peer pressure, and family conflicts further complicate efforts to promote positive health behaviours, often increasing the likelihood of risky habits such as substance use or poor diet. Economic restriction also plays a major role, as many families lack the resources for nutritious food, proper medical services, or recreational facilities. Environmental barriers such as pollution, lack of green spaces, and unsafe surroundings reduce opportunities for physical activity and contribute to stress. Moreover, inadequate government initiatives and weak implementation of youth health policies limit the reach of awareness programs and support systems. Together, these obstacles create a complex environment that makes it difficult to effectively address the diverse health challenges faced by modern youth.

INTRODUCTION

Youth represent a dynamic and rapidly evolving segment of the population, marked by significant physical, emotional, and social transitions. In recent years, the health profile of modern youth has undergone notable changes influenced by shifting lifestyles, technological advancements, academic pressures, and evolving societal expectations. While this time on earth is often associated with energy and resilience, young people today face a wide range of health challenges that can have stable effects on their overall welfare.

Modern youth are increasingly vulnerable to both traditional and emerging health issues. These include nutritional problems, lack of physical activity, mental health disorders, substance abuse, lifestyle-related diseases, and digital-age concerns such as screen addiction and sleep disturbances. Rapid urbanization, changing family structures, peer influence, and competitive academic environments further contribute to these challenges.

Understanding these health issues is essential not only for protecting the current generation but also for building a more healthy future society. An analytical study of youth health concerns enables researchers to identify patterns, examine underlying causes, and evaluate their long-term outcomes. It also helps provide informed insights for policymakers, educators, parents, and health professionals to design effective interventions and preventive strategies.

This study seeks to critically examine the various health issues affecting modern youth, explore the factors contributing to these conditions, and highlight the significance of addressing them through awareness, education, and supportive health systems. By doing so, the research aims to contribute to a deeper understanding of youth well-being in today's changing world.

The Study's Objective

This study's primary goals are to examine the types and severity of health problems that contemporary youth face and to investigate the underlying causes that affect their social, mental, and physical well-being. In addition to highlighting new risks and providing insights that can direct the development of better health programs, awareness campaigns, and policies that support young populations, this research paper aims to produce a deeper understanding of youth health pattern.

Significance of Youth Health in the Modern era

- Foundation for future human capital.
- Influence on national economic growth.
- Prevention of early-onset lifestyle diseases.
- Support for mental resilience and emotional stability.
- Reduction in risky behaviours.
- Strengthening social responsibility and community health.
- Enhancement of quality of life.
- Improved capacity to adopt and sustain healthy habits.

Major health issues

Physical Health Issues

Nutrition

- Many modern youth follow irregular eating habits, which can lead to nutrient deficiencies.
- Increased consumption of fast food and processed snacks reduces overall diet quality.

Weight Management

- Sedentary lifestyles and lack of physical activity contribute to obesity and being overweight.
- Some youth also face the problem of being underweight due to an unhealthy diet or skipping meals.

Sexual Behaviour

- Lack of proper sex education can lead to unsafe sexual practices among youth.
- Risky behaviour may result in sexually transmitted infections (STIs) and unwanted pregnancies.

Substance Use (Alcohol, Tobacco, etc.)

- These habits increase the risk of cancer, liver damage, breathing issues, and heart disease.
- Early initiation of substance use can lead to addiction and long-term health complications.

Mental Health Challenges

Stress

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- Continuous stress affects concentration, sleep patterns, and overall mental well-being.
 - Long-term stress may lead to burnout and reduced productivity.

Anxiety

- Anxiety can cause restlessness, fear, overthinking, and difficulty in making decisions.
- If untreated, it can interfere with daily functioning and academic performance.

Depression

- It leads to persistent sadness, lack of motivation, and loss of interest in activities.
- Severe depression can affect physical health and may require professional support.

Emotional Instability

- Emotional instability affects self-confidence, communication, and decision-making.
- Without proper emotional support, it may escalate into more serious behavioural issues.

Lifestyle-Related Problems

Irregular Sleep Patterns

Late-night device usage and poor routine management disturb sleep cycles, affecting focus, mood, and overall well-being.

Excessive Use of Technology

Overuse of smartphones, gaming, and social media creates digital dependency and negatively impacts both physical and mental health.

Lack of Time Management

Youth often struggle to balance academics, personal life, and rest, which increases stress and reduce productivity.

Unhealthy Coping Mechanisms

To handle stress, some youth turn to harmful habits like oversleeping, binge eating, or substance use instead of healthy coping techniques.

Social Health Concerns

- **Social Isolation:** Youth interact more online than in real life, leading to loneliness.
- **Peer Pressure:** Friends influence habits and decisions, sometimes in unhealthy ways.
- **Family Conflicts:** Misunderstandings at home affect emotional and mental stability.

Environmental Health Concerns

- **Pollution Exposure:** Air and noise pollution affect breathing and overall health.
- **Urban Stress:** Crowded places and heavy traffic create daily stress.

- **Unsafe Surroundings:** Poor sanitation and lack of green spaces reduce safety and well-being.

Impact of Health Issues in Modern Youth

Decline in Academic Performance

Health problems such as stress, anxiety, poor nutrition, or lack of sleep can reduce concentration, memory, and learning ability, leading to lower academic results.

Reduced Physical Fitness and Stamina

Issues like obesity, lack of exercise, or poor diet decrease energy levels, resulting in fatigue and reduced participation in sports and physical activities.

Emotional and Psychological Strain

Mental health challenges—stress, depression, loneliness, and emotional instability—affect overall well-being, relationships, and decision-making abilities.

Long-Term Health Complications

Unmanaged youth health problems can develop into chronic diseases like diabetes, hypertension, obesity, and heart issues in adulthood.

Reduced Productivity and Career Growth

Poor physical or mental health limits focus, creativity, and motivation, affecting future employment and professional opportunities.

ANALYSIS AND DISCUSSION

The health of modern youth is influenced by interplay of each of these factors plays a role in overall well-being of young individuals, and neglect in one aspect often affects the others. Physical health challenges among youth, such as poor nutrition, weight issues, risky sexual behaviour, and substance use (alcohol, tobacco, and other harmful substances), remain significant. Poor eating habits, including overindulgence of fast food and skipping meals, lead to nutrient deficiencies and low immunity. Sedentary lifestyles and lack of exercise contribute to obesity, low stamina, and chronic illnesses such as diabetes and heart-related disorders. Unhealthy sexual behaviours, often influenced by lack of education or peer pressure, may result in sexually transmitted infections or unexpected pregnancies. Early exposure to tobacco, alcohol, or other substances increases the risk of addiction and long-term physical complications.

Mental well-being concerns are on the rise due to academic pressure, social expectations, and personal uncertainties. Stress, anxiety, and depression affect concentration, decision-making, and overall emotional stability. Many youth struggle with emotional instability, experiencing rapid mood swings or difficulty managing anger and frustration. Mental health not only affects cognitive functions but can also manifest physically, reducing energy levels and weakening immunity.

Lifestyle-related problems further aggravate these issues. Youth today spend considerable time on screens, through digital devices—including smartphones, computers, and gaming consoles leading to digital addiction, poor posture, and eye strain. Irregular sleep patterns caused by late-night usage and improper routines affect memory, focus, and emotional balance. Poor time management and unhealthy coping mechanisms, such as binge eating or substance use, increase stress and reduce productivity. Risk is heightened by low levels of physical activity and overdependence on convenience foods, contributing to physical and mental health problems. Social health concerns also play a major role. Social isolation due to over-dependence on digital platforms, peer pressure to conform to unhealthy behaviours, family conflicts, and relationship issues all contribute to emotional

distress. Young people without proper social support or guidance often experience low self-esteem and difficulty in building meaningful relationships, which can have long-term effects on both mental and physical health.

Environmental factors further exacerbate health challenges. Contact with air, water, and noise pollutants affects respiratory and cardiovascular health. Urban living conditions, including crowded areas, traffic congestion, and lack of green spaces, increase stress levels and limit opportunities for physical activity. Unsafe surroundings and poor sanitation increase the likelihood of accidents and communicable diseases. Climate-related issues, such as extreme heat or sudden environmental changes, may further threaten health and daily functioning.

Suggestions

- Strengthen health education in schools and colleges to raise awareness about nutrition, mental health, sexual health, and substance abuse.
- Promote regular physical activity by encouraging sports, exercise routines, and reducing sedentary lifestyles.
- Improve mental health support through counselling services, stress-management programs, and peer-support groups.
- Encourage balanced digital habits by limiting screen time, promoting healthy sleep routines, and preventing technology overuse.
- Enhance family and community support to provide guidance, emotional stability, and a safe environment for youth development.

CONCLUSION

In conclusion, youth health challenges are multifactorial and interconnected. Physical, mental, lifestyle, social, and environmental factors influence each other in challenging ways. For instance, stress from social or academic pressures can lead to poor eating habits, irregular sleep, or substance use, which in turn worsen physical and mental health. Addressing these challenges requires an integrative approach, including awareness programs, promotion of healthy lifestyles, mental health support, strong family and social networks, and improved environmental planning. Policies and interventions targeting these areas can empower youth to adopt healthier habits, enhance resilience, and achieve overall well-being.

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