

# THE CHANGING LIFE STYLE OF YOUTH: A BIG CHALLENGE TO MODERN INDIA

REENA SAHOTA

Assistant Professor, Department of Sociology, DAV College, Hoshiarpur, Punjab. India.  
Email – pawan.sahota7@gmail.com

**Abstract:** *The great human tendency is always to follow the latest life style in all walks of life. In recent years India has moved on the path of modernization, great technological and professional advancement. Today is become the age of globalization, so there is a great change coming in the life style that effects the values, culture, beliefs and traditions of young people and the life style of youth has changed a lot over the years. The present study highlights the changes that come in lifestyle of in young people or youth. Change in the lifestyle of youth in this ever change world has its impact on our whole society. They have openly starting pushing for a life style of a modern man and women as an open challenge to our traditional values and customs, belief and culture.*

**Key words:** *India, Youth, Lifestyle, Change, Modern, Culture, Society.*

## 1. INTRODUCTION:

Change is the law of nature. Social changes are necessary for the development of every society. Change occurs in every walk of life whether it is social, economic, cultural, traditional, technological or personal. It denotes to the variation in social life through time. (S.R.Myneni, 2008). This Law is governing almost everything in this Universe .India is considered to be one of the oldest nation. In recent years; India has a great transformation not only in economic standard but also in socio-culture factors. The traditional values, norms, and behaviours are being altered into most westnized and global values. Everybody is in mad race to improve their standard of living. This change in lifestyle affects the every type of class and generation in our country; especially it affects the young people or youth.

Youth are a major human resource for the development of a society. No society can hope of translating its dreams and vision into reality with the proper utilization of the potential of youth. But today is the age of globalization and India has moved on the path towards modernization and great technological and confident. The youth is seen as the prime agent for contributing to the country's economic and social development. (IOSR, Journal of humanities and social sciences, June, 2014.) Change in lifestyle of young people or youth in this ever change world has its impact on our society. They had openly started pushing for a life style of modern man and woman as open challenge to our moral values, tradition, customs, and culture. The life style of today's youth is confined only to internet, discos and pubs. They want to live a lavish life. .they doesn't have any interest in the development of a nation and don't even know what's happening around the world. They are becoming self centre. They do not realize where they are healing too.

## 2. YOUTH:

Youth are usually referred to as young persons of a nation. In India every third person in Indian city today is youth. Youth being enthusiastic, vibrate, innovative, and dynamic in nature is the most important section of the population. A country's ability and potential for growth is determined by the size of its young population. (Central Statistic Office, 2017).Our youth are capable of thinking about their own future and the future of the nation. They are the engine room of every society and activity of a society and determine the extent of growth and development in any given society. According to oxford dictionary.2010, "*youth as the time of life when a person is young, especially the time before a child becomes an adult.*"

Youth comprises of maximum population in India and they must show to the world that if they take some kind of responsibility even they can prove out to be the best. After all, youth is the world.

## 3. LIFE STYLE:

The term lifestyle can denote to habits, attitude, tastes, and moral standards, economic levels etc. that together constitute the mode of living of an individual or group. The term lifestyle was originally used by Austrian psychologist Alfred Adler. (Vimal Vidushy, 2016). It can be determined both in intangible and tangible factors. It may include views on politics, Religion, health, politics, instancing and more. All these aspects play important role in shaping someone's lifestyle. As the people lifestyle changes their attitude also changed with effect of their value patterns of a society.

Life style also may include views on politics, religion, health, intimacy. All of these aspects a role in shaping some one's life style according to Oxford Dictionary, "*The way in which a person lives.*" In short a life style is the typical way of life of a group or culture in the society.

#### **4. OBJECTIVES:**

The objective of the study is as follows:

- To explore the changes in the life style of the youth.
- To study the reasons and effect of the changes.
- To work towards reduction of this big challenge.

#### **5. METHODOLOGY:**

This study is based on secondary data which is collected from books, internet websites and journals.

#### **6. WHERE THE CHANGES DOES OCCURS IN THE LIFE STYLE OF YOUTH:**

Change in life style makes people materialistic. The change occurs in the life style of young person's as follows:

- Nowadays the dressing sense of the young generation has been changed. This change is entered in our life in terms of fashion. It has taken a very important spot in our lives. The most of the young generation follow fashion is corrupting the young minds and they are constantly thinking about the new fashion trends and way to get those trendy clothing and accessories. The most of young generation find the fashion world better than any other job. And they also think that that it is very easy to become a actor or an actress. The youth are becoming so obsessed with fashion and waste money and time only on fashion. Fashion consciousness is increasing day by day and everyone wants to look best.
- Technology has apparently become a dominate part of our daily lives. Gully cricket and gully-danda has now been substituted by Temple run or angry birds. Though there are countless pros of technology due to which the life style of young people has been positively affected. Every young person and enough money to spend on various new technological items.
- The food habits of young generation have been changed. Younger generation is much interested in Chinese food and other fast food instead of simple nutrition food. KFC and Mc Donald have become obligatory. The lunch boxes have been replace with thirty minute delivery from Dominos. This has caused growing concern in national health.
- Worship was a very important part of Indian life but the culture of worshipping seems to be declining in new generation as they are picking up the modern age philosophies of the personal choices of their religion on their own.
- Indian traditional system of joint family system also seems to be declining because young generations are deciding on nuclear system. They are choosing for more freedom oriented style of living prevalent in nuclear family lifestyle.
- There are so many lifestyle choices available in Indian youth today. A hundred years ago, Indians did not have to make cultural or life style choices like the youth do today. Today youth are not making a well informed choice. It is not that they have examines the pros and cons of the lifestyle which they choose or reject. It is simply a herd mentality which we all grow up with. We follow blindly whatever our peers do.
- Alcoholism, drug usage and partying at night are the present attitude of young generation which disturbs parents the most.
- The change in the life style of youth has caused the old Indian values to lose their luster and at the same time has allowed coming face to face with the boons of having a contemporary way of life.
- With the change in lifestyle women conditions in the society is improved. She moves in the outer world freely and this leads to the change in life style of young generation in India.

#### **7. REASONS BEHIND THE CHANGE:**

There are so many reasons behind the changing life style of youth as follows:

- Nobody can ignore the usefulness of modernization on our daily life, especially on how it makes life of humans easier. Modernization implies some typical forms of change in the social structure of societies. (Yogendera Singh, 1986). In modern India, it has affected the life style of young generation and has drastically changed the beliefs, social values, moral values, traditions and culture of Indian society.
- The rapidly urbanizing nation is involved in a huge shift of its population. Urbanization leads to the process of migration of young generation from the rural area to urban areas. This brings a huge change in the life style of the youth in India.
- The role of westernization has been very significant in understanding the socio-cultural changes of modern India. (C. N. Shankar Rao, 1990). Western culture has brought about a revolutionary to our society, especially

to the youth. The westernization is rapidly engulfing the minds and thoughts of our young generation. They are forgetting their culture and manner. Westernization does not mean that one should forget the culture of their own society. Modern thoughts mean to change the mind set not appearance.

- Globalization is another reason to change the life style of youth globalization is a process of growing and expanding to exist throughout the entire world.
- Consciousness of standard of life is an important factor of change in life style of young generation industrial and technological development has brought the economic prosperity to man. Everybody is in a mad race to improve his standard of living. The younger generation is much interested to improve their standard of living with all luxury items like colour television, microwaves, computers, cars, mobile phones etc.
- Less involvement of family members also change the life style of youth.

#### **8. EFFECT OF THIS CHANGE:**

Modern life style patterns of youth have a number of effects on health physically, psychologically and socially:

- Socially, modern life affects the social relations, especially with the use of internet to chat with others. People use internet use internet messenger to communicate with each other. This will lead to the situation of social isolation as a result of spending long time on the internet. As consequence, the person will isolate himself at home and declines the involvement of family members.
- Due to technological development, we could not ignore the degradation of values of our society. Younger generation speaks lie freely and they don't hesitate sending their parents at old age homes.
- Youth starts taking drugs and alcohol and violation of rules in fashion. They proudly admit that they drink, smoke and violate traffic rules.
- The new life style of young generation is harmful to health and environment. Various cosmetic products' harmful chemicals that pollute indoor environment and causes various skin diseases and health problems.
- The new life style of youth decline the values like truth, simplicity, honesty, loyalty, replaced by lie, lust, jealousy, anger, violation of rules, the disrespect of elders and so on.
- The young generation gives priority to personal values so conflict between personal and national values arises. Social and national values shifted to self interest.
- The young generation of India is addicted to social websites. Every day in newspapers and on televisions we hear thousands of cases of youngsters are hacking social sites and indulging in activities which are against the social norms of society.
- The youth of India have been in the mood of frustration and confusion and they don't know about the right decision and as a result they are often found to indulge in anti-social activities like drug peddling, smuggling to finance their flamboyant life style.

#### **9. STRATEGIES TO FACE THIS CHALLENGE:**

Making to shift to a more sustainable life style of youth and the value patterns are the most important challenges of modern India. The some strategies which can help out to cope this problem in the modern world:

- To provide life skill education to the younger generation.
- There should be constructive programs for the youth.
- To provide knowledge of proper use of modern technology.
- Need to involvement of family members.
- Awareness programs about health consciousness.
- Organizing more effective programs of moral values of our society.
- Provide full knowledge of our culture, traditions and norms.
- Redefining the notions of social prestige.
- Awareness about new cultural traits and their impact.

#### **10. CONCLUSION:**

From the above discussion we conclude that the Indian society is going under transition. Over centuries Indian lifestyle has influenced by a lots of changes. Indian people are becoming more modernized and they totally get involved in style. The lifestyle of all almost all the people of India has been changed. This change affects the every type of generation in our country, especially on younger generation. Change in the lifestyle of youth in this ever change world has its impact on our Indian society. Unfortunately today's youth get befuddled with modernization, westernization and globalization. Today's generation does not realize that where they are heading to. Their dressing sense has been changed. They live a lavish life. Today's generation is indulging in drugs. They are using internet and become self centred. Adopting this life style and value patterns for long time will surely destruct our country. So, it is a big challenge for modern India to guide youth in right direction and use youth power for building a strong nation.

For this, It is very important to know the taste of young generation. The best way for reducing these modern ways of living is by educating young people about the effect on their life. Our Government, NGOs, Education provide guidance to youth so that they make right choice in their life and we can save and preserve our culture. Youth generation has the key role of the future of a Nation. But when the youth may cause a big challenge to the reputation of a Nation, it may become a biggest threat to the country.

#### **REFERENCES:**

1. C.N.Shanker Rao, “principles of sociology with an introduction to social thoughts.” p 313, 318, 319. 1990.
2. Central statistics Office, “Social Statics Division, Youth in India” 2017.
3. S.R.Myneni, “Text book on sociology for law students.” p 321. 2008.
4. Oxford Advanced Learners Dictionary, International Students edition 8<sup>th</sup>, Oxford University Press.
5. Vimal Vidushy, “Revamping Indian Society in the Era of Modernization Issues and Dilemmas”.p-329, 366, 367.2016.
6. Yogendera Singh, “Modernization of Indian Tradition.” p-122.1986.

#### **JOURNALS:**

1. IOSR Journal of humanities and social sciences, “Youth and Moral values in a changing society.” V. 19, issue 6, Ver. 1 (June, 2014).

#### **WEB REFERENCES:**

- <http://www.google.co.in/amp/s/vigilanceeternal.wordpress.com/what-indian-youth-need-to>.Assessed on 25-10-2017.
- <http://www.easternmirrornagaland.com/changing-values-of-todays-youth> assessed on 12-10-2017.
- [www.ecademic.edu](http://www.ecademic.edu).assessed on 22-10-2017.
- <http://en.m.wikipedia.org> assessed on 9-12-17.