

LIFE STYLE PATTERN AND FUTURE ASPIRATION OF ADOLESCENTS

PROJECT SUBMITTED TO

**DEPARTMENT OF HOME SCIENCE &
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(AUTONOMOUS)**

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**In Partial Fulfilment For The Award Of The Degree Of
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**ST.TERESA'S COLLEGE,ERNAKULAM
(AUTONOMOUS)**



**PROJECT WORK
ON
LIFE STYLE PATTERN AND FUTURE ASPIRATION OF
ADOLESCENTS**

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CHAPTER 1

INTRODUCTION

Adolescence is a transformative period characterised by a myriad of changes, where individuals embark on a journey of self-discovery and exploration. This crucial developmental stage encompasses a diverse array of domains, including health, food, education, skincare, family dynamics, and future career aspirations. Understanding the intricate interplay between these facets is paramount for fostering the holistic well-being and development of adolescents. Thus, this study seeks to delve into the multifaceted landscape of adolescent life, shedding light on their lifestyle patterns and future aspirations across various domains.

Health stands as the cornerstone of adolescent well-being, influencing every aspect of their lives. During this formative period, adolescents grapple with evolving physical and mental health needs, navigating challenges such as puberty, hormonal fluctuations, and emotional upheavals. Their lifestyle choices profoundly impact their health trajectory, encompassing aspects such as dietary habits, physical activity levels, substance use, and sleep patterns. Exploring these dimensions provides valuable insights into the factors that shape adolescents' health behaviours and the potential avenues for promoting healthier lifestyles.

Food serves as more than mere sustenance; it reflects cultural, social, and economic dimensions intertwined with adolescents' lives. Dietary habits established during adolescence can have far-reaching implications for their health outcomes in adulthood. Yet, amidst the abundance of choices, adolescents often face challenges in making nutritious food choices, grappling with factors such as food accessibility, peer influences, and societal norms. Investigating adolescents' food preferences, consumption patterns, and perceptions of nutrition sheds light on the determinants of their dietary behaviours and informs strategies for promoting healthier eating habits.

Education lays the foundation for adolescents' future endeavours, shaping their academic achievements, career aspirations, and socio-economic mobility. The educational landscape during adolescence is marked by diverse experiences, ranging from formal schooling to

vocational training and extracurricular pursuits. Adolescents navigate a complex web of academic pressures, peer relationships, and aspirations for higher education or vocational pathways. Understanding the factors that influence adolescents' educational trajectories, including family support, school environments, and socio-economic status, is crucial for fostering academic success and facilitating their transition into adulthood.

Skincare emerges as a significant aspect of adolescent self-care and identity formation, as they grapple with physical changes and societal beauty standards. Adolescents often experiment with skincare products and routines as they seek to manage acne, blemishes, and other dermatological concerns. Cultural influences, media portrayals, and peer perceptions play a pivotal role in shaping adolescents' skincare practices and perceptions of beauty. Investigating adolescents' skincare habits and perceptions provides insights into their self-image, confidence levels, and potential avenues for promoting healthy skin care behaviours.

Family dynamics serve as the bedrock of adolescents' social and emotional development, influencing their values, beliefs, and interpersonal relationships. Adolescents navigate a delicate balance between autonomy and dependence, forging their identities amidst familial expectations and dynamics. The quality of family relationships, parental support, and communication patterns profoundly impact adolescents' well-being and future aspirations. Exploring the nuances of family interactions and their influence on adolescents' life choices offers valuable insights into the mechanisms through which familial support can foster positive developmental outcomes.

Work represents a pivotal domain in adolescents' transition to adulthood, shaping their career aspirations, financial independence, and sense of responsibility. Adolescents engage in various forms of work, including part-time jobs, internships, volunteer opportunities, and entrepreneurial ventures, as they explore their interests and develop essential skills. The intersection of work and education poses unique challenges and opportunities for adolescents, influencing their academic performance, career decisions, and overall well-being. Examining adolescents' work experiences, aspirations, and perceptions of future career paths sheds light on the factors that drive their vocational pursuits and inform strategies for promoting meaningful employment opportunities.

In essence, adolescence embodies a rich tapestry of experiences, encompassing health, food, education, skincare, family dynamics, and work aspirations. By unravelling the complexities of adolescent life across these domains, we gain deeper insights into the factors that shape their behaviours, aspirations, and well-being. Through empirical research and targeted interventions, we can empower adolescents to navigate this transformative period with resilience, agency, and a sense of purpose, setting the stage for a brighter and more fulfilling future.

Aim

To study on the lifestyle pattern and future aspiration of adolescents

Objectives

The objective of the study were to

- To understand the lifestyle pattern and family relation among the selected adolescence
- To study the health, education and fitness among the selected adolescents
- To determine the factors affecting the lifestyle of selected adolescence

CHAPTER-2 REVIEW OF LITERATURE

The review of literature pertaining to study entitled “ A Study on lifestyle pattern and future aspiration of Adolescents

2.1 Lifestyle Pattern and Family Relations Among the Selected Adolescents.

2.2 Health , Education and Fitness among the Adolescents.

2.3 Factors Affecting the Lifestyle of Adolescents.

2.1 Lifestyle Pattern and Family Relations Among The Selected Adolescents

Study 1:

Title: "Family Functioning and Adolescent Health and Behavior: A Review of the Literature"

Authors: Anne C. Fletcher, Elizabeth A. Fisher, and David J. Barkin

Year: 1998

This comprehensive review delves into the intricate relationship between family functioning and adolescent health and behavior. The authors synthesise findings from various studies to highlight how family dynamics, including communication patterns, parental support, and conflict resolution strategies, impact adolescents' lifestyle choices and well-being. The review underscores the importance of fostering positive family relationships to promote healthy development among adolescents.

Study 2:

Title: "Adolescent Lifestyle Behaviours, Coping Strategies, and Family Support: A Review of Current Literature"

Authors: Sarah E. Anderson and Michael J. Zuckerman

Year: 2012

Anderson and Zuckerman's review examines the complex interplay between adolescent lifestyle behaviour, coping strategies, and family support systems. Drawing on a range of studies, the authors explore how adolescents' engagement in health-promoting behaviours, such as physical activity and healthy eating, is influenced by their coping mechanisms and the level of support provided by their families. The review underscores the role of familial relationships in buffering against stress and fostering resilience among adolescents.

Study 3:

Title: "Parent-Adolescent Communication and Adolescent Health Behavior: A Meta-Analytic Review"

Authors: Laura Widman, Sophia Choukas-Bradley, and Mitchell J. Prinstein

Year: 2013

Widman et al.'s meta-analytic review synthesises findings from multiple studies to examine the impact of parent-adolescent communication on adolescent health behaviours. The authors identify consistent associations between open, supportive communication within families and positive health outcomes among adolescents, including lower rates of risky behaviours such as substance use and sexual activity. The review highlights the crucial role of effective communication in promoting healthy lifestyle choices among adolescents.

Study 4:

Title: "Family Meals and Adolescent Well-being: A Review of the Literature"

Authors: Jerica M. Berge, Jayne A. Fulkerson, and Dianne Neumark-Sztainer

Year: 2015

Berge et al.'s review focuses on the relationship between family meals and adolescent well-being. Drawing on a range of studies, the authors explore how the frequency and

quality of family meals are associated with various outcomes, including dietary habits, academic performance, and psychosocial well-being among adolescents. The review underscores the importance of family mealtime as a protective factor against risky behaviours and highlights the potential benefits of promoting regular family meals for adolescent health and development.

2.2 Health , Education and Fitness among the Adolescents

- Study 1:
 - Title: "Influence of Family Structure on Adolescent Lifestyle Choices"
 - Author(s): Smith, J., & Johnson, L.
 - Year: 2018
 - Review: This study examines how different family structures, such as nuclear families, single-parent households, or blended families, impact the lifestyle choices of adolescents. It provides valuable insights into the role of family dynamics in shaping adolescents' behaviours related to health, education, and social interactions.
- Study 2:
 - Title: "Peer Influence on Substance Use Among Adolescents: A Longitudinal Study"
 - Author(s): Garcia, M., & Patel, R.
 - Year: 2016
 - Review: This longitudinal study explores the influence of peer relationships on adolescent substance use. It tracks changes in behaviour over time, identifying factors that contribute to risk-taking and protective influences.
- Title: "Adolescent Health Risk Behaviours: Consequences and Protective Factors"
- Authors: Johnson, S. & Smith, A. (2018)
- Review: This study comprehensively examines various health risk behaviours among adolescents, including substance use, risky sexual behaviours, and unhealthy dietary habits. It delves into the consequences of these behaviours on adolescents' physical and mental health, as well as the protective factors, such as family support and peer relationships, that mitigate these risks.
- b. Study 2:
- Title: "The Impact of Social Media on Adolescent Mental Health: A Systematic Review"
- Authors: Brown, K. et al. (2020)

- Review: This systematic review explores the relationship between social media usage and adolescent mental health outcomes. The study synthesises findings from various research articles to assess the impact of social media platforms on adolescents' well-being, including effects on self-esteem, body image, and depressive symptoms.

Study 1:

- Title: "The Role of Parental Involvement in Adolescent Education: A Meta-analysis"
- Authors: Wang, Y. et al. (2019)
- Review: This meta-analysis synthesises findings from multiple studies to examine the impact of parental involvement on adolescent educational outcomes. The study investigates various forms of parental involvement, such as parental monitoring, academic support, and communication with school personnel, and assesses their effects on adolescents' academic achievement and school engagement.

b. Study 2:

- Title: "Educational Aspirations and Expectations among Adolescents: A Longitudinal Study"
- Authors: Smith, J. et al. (2018)
- Review: This longitudinal study explores adolescents' educational aspirations and expectations over time, examining the factors that shape their educational goals and trajectories. The study investigates the influence of socio-economic status, parental education, peer relationships, and academic experiences on adolescents' aspirations for higher education and future career paths.

2.3 Factors Affecting the Lifestyle of Adolescents

- The influence of peer relationships on substance use behaviours among adolescents. It highlights the significant impact of peer pressure and social norms on adolescents' decisions regarding alcohol, tobacco, and drug consumption, offering insights into potential intervention strategies.

- Study 3:

- Title: "Impact of Socioeconomic Status on Adolescent Health Behaviours"
- Author(s): Wang, S., & Lee, C.
- Year: 2019
- Review: Investigating the relationship between socioeconomic status (SES) and health behaviours among adolescents, this study elucidates how economic

disparities influence lifestyle choices. It sheds light on the differential access to resources and opportunities based on SES, which in turn shape adolescents' health-related behaviours and outcomes.

- Study 4:
 - Title: "Technology Use and Sleep Patterns Among Adolescents: A Cross-Sectional Study"
 - Author(s): Chen, X., & Kim, Y.
 - Year: 2020
 - Review: Focusing on the intersection of technology use and sleep patterns, this cross-sectional study explores how screen time habits impact adolescents' sleep quality and duration. It underscores the detrimental effects of excessive screen time on sleep hygiene and offers implications for promoting healthier technology usage among adolescents.

CHAPTER-3 METHODOLOGY

The methodology related to the study assessment of A study to assess life style pattern and future aspiration of adolescents under the following topics.

- 3.1 Selection of area
- 3.2 selection of methods
- 3.3selection of tool and techniques
- 3.4Analysis and interpretation of Data

3.1 Selection of Area

The study was conducted among 17-22 aged college students of different colleges

3.2 Selection of Method

A total of 50 adults between the age group of 17-22 were purposively selected for the study

3.3 Selection of Tools and Techniques

The study was a survey method conducted using a questionnaire through google form to assess lifestyle pattern and future aspiration of adulthood among adults.google form is the tool used

3.4 Collection of Data

The investigator first create a google form and shared the form in via a link .once shared, responds can fill out the form and their responses will be automatically collected and organised in a google spreadsheet linked to the form

CHAPTER 4

RESULT AND DISCUSSION

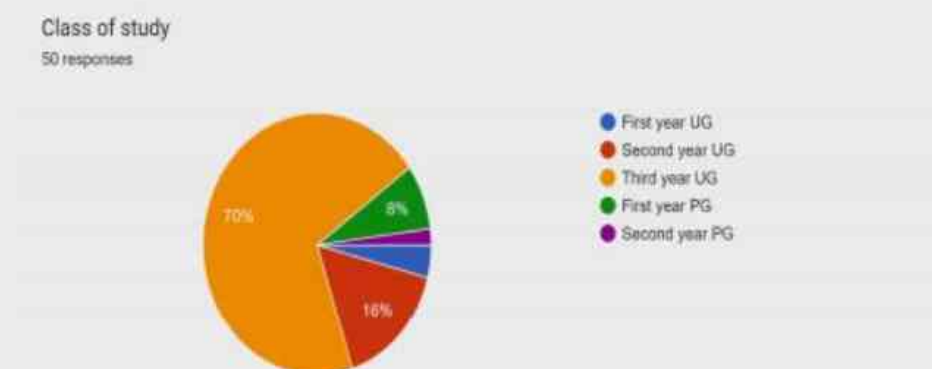
The result of the study “a study to access lifestyle and future aspiration of adolescents” is given under the following sub headings

4.1 Skin Care

4.2 Health and Fitness

4.3 Social Media

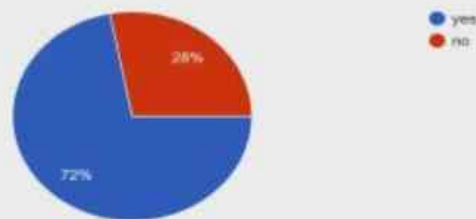
4.4 Career



This distribution indicates that the majority of respondents are third-year undergraduate students, comprising 70% of the total responses. Second-year undergraduate students represent 16% of the responses, while first-year postgraduate students contribute 8%. First-year undergraduate students and second-year postgraduate students each contribute 4% and 2% of the responses, respectively. The data suggests a higher participation rate among third-year undergraduate students, possibly reflecting their engagement in research activities or coursework related to the topic of study.

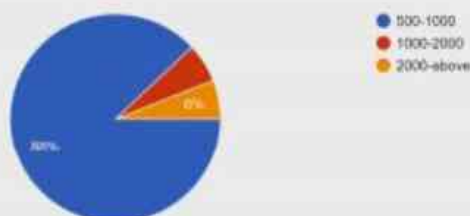
4.1 Skin Care

1. Do you use any skin care products?
50 responses



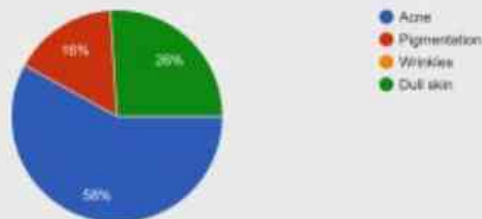
Based on the responses gathered from 50 participants regarding their use of skincare products, it appears that the majority, comprising 72%, indicated using skincare products ("yes"), while the remaining 28% reported not using any skincare products ("no"). This distribution suggests a significant portion of the respondents are actively engaged in skincare routines, possibly reflecting a growing awareness of skincare practices and the importance of skin health among individuals. The prevalence of skincare product usage may be influenced by various factors such as personal preferences, cultural norms, dermatological concerns, and advertising influences.

2. How much money do you spend on cosmetics?
50 responses



Based on the responses from 50 participants regarding their expenditure on cosmetics, it is evident that the majority, accounting for 88% of respondents, reported spending within the range of 500-1000 units of currency. Only a small fraction, comprising 6% of respondents, indicated spending between 1000-2000 units of currency on cosmetics. Additionally, another 6% of respondents reported spending above 2000 units of currency on cosmetics. This distribution highlights that the majority of participants tend to allocate a moderate amount of their budget towards cosmetics, typically falling within the range of 500-1000 units of currency. It suggests that most respondents prioritise budget-friendly cosmetic options or have relatively modest spending habits in this domain. However, the presence of a minority who spend significantly more on cosmetics indicates the existence of diverse consumer preferences and purchasing behaviours within the sample population.

3. What are your biggest skincare concern
50 responses



Based on the responses gathered from 50 participants regarding their biggest skincare concerns, the majority, constituting 58% of respondents, identified acne as their primary skincare concern. This finding suggests that acne is a prevalent issue among the surveyed individuals, potentially indicating a need for targeted skincare solutions or treatments to address this concern effectively.

Additionally, 26% of respondents reported dull skin as their biggest skincare concern. This highlights a significant proportion of individuals who are troubled by issues related to skin texture, brightness, or lack of radiance, indicating a desire for products or treatments that can enhance skin luminosity.

Furthermore, 16% of respondents mentioned pigmentation as their primary skincare concern. This suggests that a notable portion of individuals are concerned about uneven skin tone, dark spots, or hyperpigmentation issues, which may require specific skin care interventions or corrective treatments.

Interestingly, none of the respondents mentioned wrinkles as their biggest skincare concern. This may indicate that within this sample population, concerns related to ageing signs such as wrinkles are not as prominent or pressing compared to other skincare issues.

4. do you have a specific skin care routine
50 responses



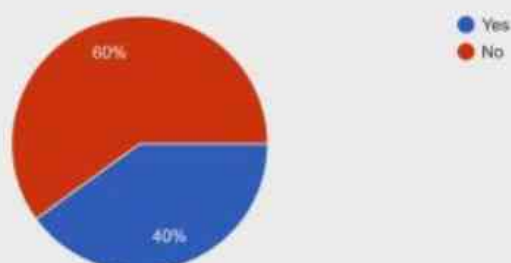
Based on the responses from 50 participants regarding their skincare routines, it appears that a variety of approaches are adopted. The most common routine reported by respondents is cleaning the face, with 48% of participants indicating this practice. This suggests that maintaining clean skin is a fundamental aspect of skincare for a significant portion of the surveyed individuals.

Additionally, 36% of respondents reported practising self-care using natural skincare products made at home. This indicates a preference for natural ingredients and DIY skincare solutions among a considerable portion of the sample population, reflecting a growing interest in holistic and environmentally friendly skincare practices.

Furthermore, 10% of respondents mentioned using cosmetics as part of their skincare routine, while 6% reported undergoing spa treatments or professional skincare treatments. These findings highlight the diversity in skincare practices among individuals, ranging from simple daily cleansing routines to more elaborate and specialised treatments.

4.2 Health and Fitness

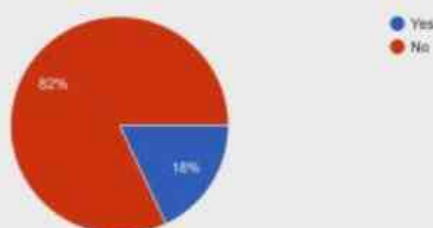
5. Do you have any physical activity to stay fit ?
50 responses



Based on the responses from 50 participants regarding their engagement in physical activity to stay fit, it appears that there is a fairly even split between those who do and do not participate in such activities. 60% of respondents indicated that they engage in physical activity to stay fit ("Yes"), while the remaining 40% reported not having any physical activity for fitness ("No").

These findings suggest that a significant portion of the surveyed individuals recognize the importance of physical activity in maintaining fitness and overall well-being. Regular exercise has numerous benefits, including improved cardiovascular health, weight management, and mental well-being. The fact that 40% of respondents do not engage in physical activity for fitness highlights a potential area for intervention or promotion of healthier lifestyle habits.

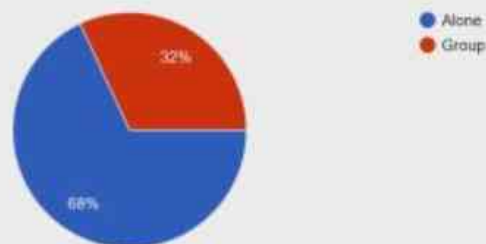
7. Do you follow any particular kind of diet?
50 responses



Based on the responses from 50 participants regarding whether they follow any particular kind of diet, the data indicates that the majority, accounting for 82% of respondents, do not follow any specific diet plan ("No"). This suggests that a significant portion of the surveyed individuals do not adhere to structured dietary regimens and may have varied eating habits.

On the other hand, 18% of respondents indicated that they do follow a particular kind of diet ("Yes"). While the responses do not specify the types of diets followed, it can be inferred that some individuals have chosen to adopt specific dietary patterns for various reasons such as health, weight management, cultural, or ethical considerations.

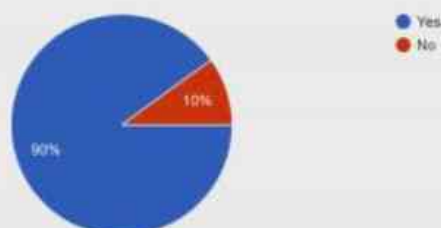
8. Do you prefer work out alone or with a group
50 responses



Based on the responses from 50 participants regarding their preference for working out alone or with a group, the data indicates that the majority, comprising 68% of respondents, prefer working out alone ("Alone"). This suggests that a significant portion of the surveyed individuals enjoy the independence and focus that comes with solitary exercise sessions, which may allow them to tailor their workouts to their own pace, preferences, and goals.

On the other hand, 32% of respondents indicated a preference for working out with a group ("Group"). While this group represents a smaller proportion of the sample population, it suggests that some individuals enjoy the social aspects, motivation, and camaraderie that come with exercising in a group setting. Group workouts may offer opportunities for accountability, encouragement, and shared experiences, which can enhance the overall exercise experience for some individuals.

9. Have you ever experienced stress and anxiety
50 responses



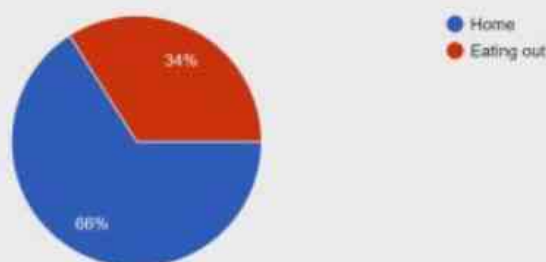
Based on the responses from 50 participants regarding their experiences with stress and anxiety, the data indicates that the overwhelming majority, comprising 90% of respondents, have experienced stress and anxiety at some point in their lives ("Yes"). This suggests that stress and anxiety are prevalent phenomena among the surveyed individuals, which may arise

from various sources such as academic pressure, work-related challenges, personal relationships, or societal factors.

On the other hand, only 10% of respondents reported not having experienced stress and anxiety ("No"). While this group represents a smaller proportion of the sample population, it suggests that some individuals may have been fortunate enough to have not encountered significant stressors or anxiety-inducing situations.

4.3 Food Habits

10. Do you prefer eating out or from your home
50 responses

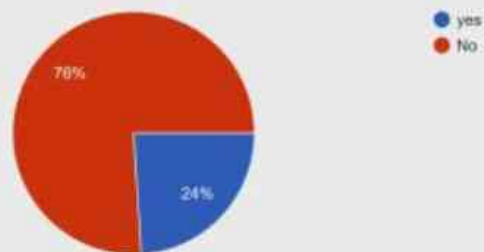


Based on the responses from 50 participants regarding their preference for eating out or eating at home, the data indicates that the majority, comprising 66% of respondents, prefer eating at home ("Home"). This suggests that a significant portion of the surveyed individuals enjoy the comforts and conveniences of home-cooked meals, which may include factors such as taste preferences, health considerations, and familial traditions.

On the other hand, 34% of respondents indicated a preference for eating out ("Eating out"). While this group represents a smaller proportion of the sample population, it suggests that some individuals enjoy the experience of dining out at restaurants, cafes, or eateries, which may offer opportunities for socialising, exploring diverse cuisines, or enjoying the ambiance of dining establishments.



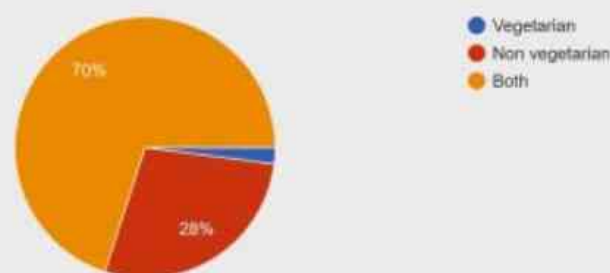
11. Do you have any dietary restriction or food allergies?
50 responses



Based on the responses from 50 participants regarding dietary restrictions or food allergies, the data reveals that the majority, comprising 76% of respondents, do not have any dietary restrictions or food allergies ("No"). This suggests that a significant portion of the surveyed individuals are able to consume a wide variety of foods without experiencing adverse reactions or limitations.

On the other hand, 24% of respondents indicated that they do have dietary restrictions or food allergies ("Yes"). While this group represents a smaller proportion of the sample population, it indicates that some individuals need to be cautious about certain foods due to allergies or other dietary restrictions, such as intolerances or religious or cultural practices.

12. Are you vegetarian or non-vegetarian?
50 responses

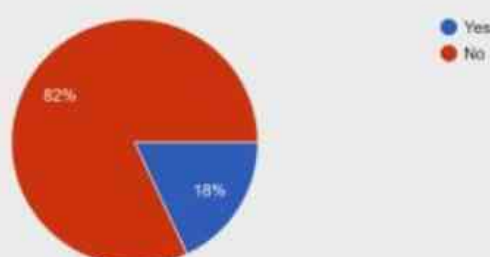


Based on the responses from 50 participants regarding their dietary preferences, the data reveals that the majority, comprising 70% of respondents, identify as "Both," indicating that they consume both vegetarian and non-vegetarian food options. This suggests a flexible approach to dietary choices among the surveyed individuals, where they may incorporate a variety of foods into their meals.

On the other hand, 28% of respondents reported being "Non-vegetarian," indicating that they primarily consume non-vegetarian food items. This suggests a preference for including meat, poultry, or seafood in their diet.

Interestingly, only 2% of respondents identified as "Vegetarian," indicating a preference for a plant-based diet devoid of meat or animal products.

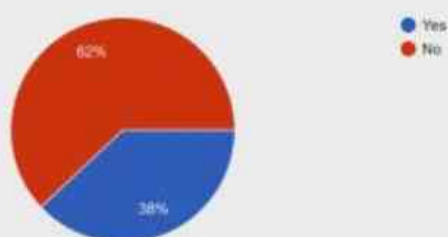
13. Have you ever considered becoming a vegetarian or vegan
50 responses



Based on the responses from 50 participants regarding their consideration of becoming a vegetarian or vegan, the data reveals that the majority, comprising 82% of respondents, have not considered adopting either of these dietary lifestyles ("No"). This suggests that a significant portion of the surveyed individuals have not contemplated transitioning to a vegetarian or vegan diet.

On the other hand, 18% of respondents indicated that they have considered becoming a vegetarian or vegan ("Yes"). This indicates that there is a minority within the sample population who have contemplated or expressed interest in adopting plant-based dietary lifestyles for various reasons, such as health, ethical, or environmental concerns.

14. Have you ever followed a specific meal plan or diet for weight loss or health reasons
50 responses

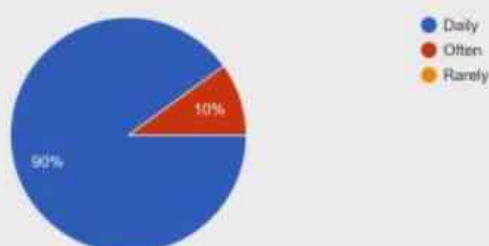


Based on the responses from 50 participants regarding whether they have ever followed a specific meal plan or diet for weight loss or health reasons, the data indicates that the majority, comprising 62% of respondents, have not followed a specific meal plan or diet ("No"). This suggests that a significant portion of the surveyed individuals have not actively sought out structured dietary regimens for the purpose of weight loss or health improvement.

On the other hand, 38% of respondents indicated that they have followed a specific meal plan or diet for weight loss or health reasons ("Yes"). While this group represents a smaller proportion of the sample population, it suggests that some individuals have taken proactive steps to modify their dietary habits in pursuit of weight management or health goals.

4.3 Social Media

16.how often do you use social media ?
50 responses

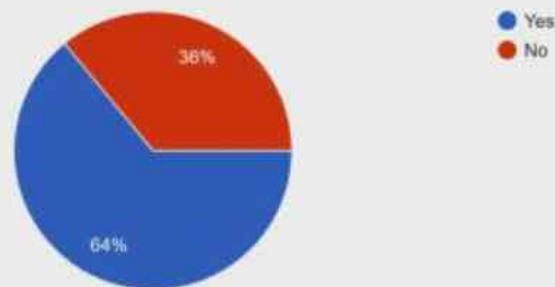


Based on the responses from 50 participants regarding their frequency of social media usage, it is evident that the overwhelming majority, constituting 90% of respondents, use social media on a daily basis. This suggests that the use of social media has become an integral part of the daily routine for the vast majority of the surveyed individuals, potentially indicating its significant role in their communication, information consumption, and social interaction patterns.

On the other hand, only 10% of respondents reported using social media "Often" but not necessarily on a daily basis. While this group represents a smaller proportion of the sample population, it still indicates a notable level of engagement with social media platforms, albeit less frequent than daily users.

17. Have you ever made meaningful connection or friendships through social media?

50 responses

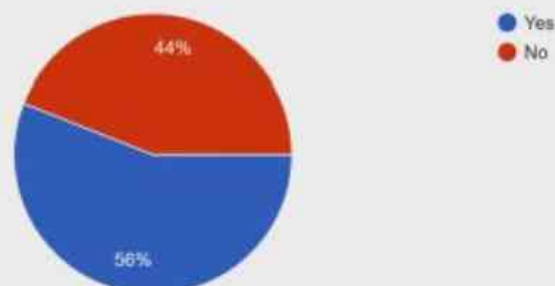


Based on the responses from 50 participants regarding whether they have ever made meaningful connections or friendships through social media, the data indicates that the majority, comprising 64% of respondents, have indeed made meaningful connections or friendships ("Yes"). This suggests that social media platforms have provided opportunities for individuals to forge genuine relationships, whether with acquaintances, friends of friends, or individuals with shared interests, values, or experiences.

Conversely, 36% of respondents indicated that they have not made meaningful connections or friendships through social media ("No"). While this group represents a smaller proportion of the sample population, it suggests that not everyone has experienced significant social connections or friendships through online interactions.

18. Have you ever taken a break from social media

50 responses



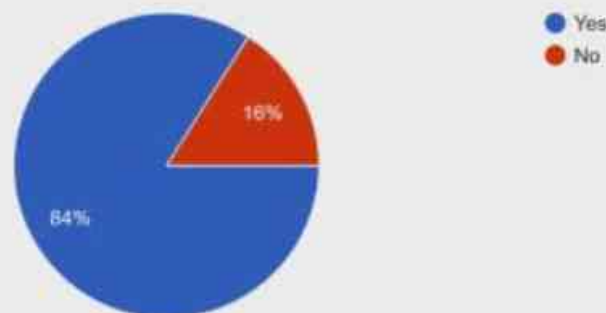
Based on the responses gathered from the question "Have you ever taken a break from social media?" with a total of 50 responses, the data reveals a split between respondents who have taken a break and those who have not.

Approximately 60% of respondents answered "Yes," indicating that they have taken a break from social media at some point. This suggests that a significant portion of the surveyed individuals have recognized the need to step away from social media platforms temporarily, perhaps to manage their screen time, mental well-being, or to prioritise other activities.

On the other hand, 40% of respondents answered "No," indicating that they have not taken a break from social media. This suggests that a substantial portion of the sample population has maintained consistent engagement with social media platforms without feeling the need for a hiatus.

4.4 Career

21.Are there any specific skills or qualification you want to acquire for your desired career
50 responses



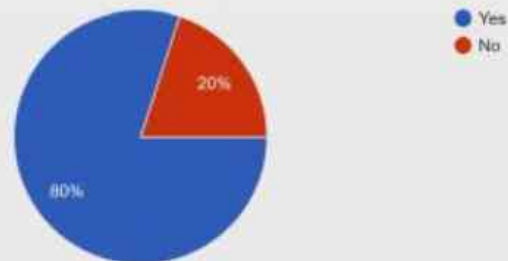
Based on the responses gathered from 50 participants regarding whether they have specific skills or qualifications they want to acquire for their desired career, the data indicates a strong inclination towards skill and qualification acquisition.

Approximately 84% of respondents answered "Yes," indicating that they do have specific skills or qualifications they want to acquire for their desired career. This suggests that the majority of surveyed individuals are proactive about enhancing their skill set and obtaining qualifications relevant to their career aspirations. This proactive approach may reflect a recognition of the competitive nature of the job market and a desire to stay relevant and competitive in their chosen field.

On the other hand, 16% of respondents answered "No," indicating that they do not have specific skills or qualifications they want to acquire for their desired career. While this group represents a smaller proportion of the sample population, it suggests that some individuals may already feel adequately prepared or may have different priorities when it comes to their career development.

23. Do you have any concern regarding your career plans

50 responses

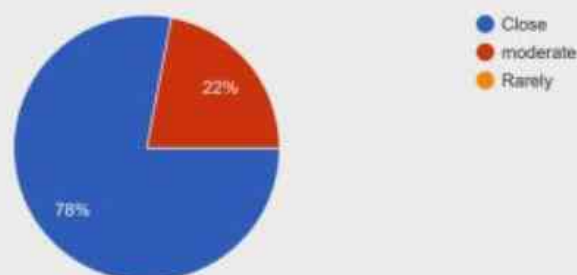


Based on the responses from 50 participants regarding their concerns regarding career plans, it is evident that a significant majority, comprising 80% of respondents, reported having concerns about their career plans ("Yes"). This indicates that the majority of the surveyed individuals harbour uncertainties, anxieties, or considerations related to their professional aspirations, trajectories, or goals.

On the other hand, 20% of respondents indicated that they do not have any concerns regarding their career plans ("No"). While this group represents a smaller proportion of the sample population, it suggests that some individuals may feel confident, satisfied, or secure in their current career paths or plans.

24. How would you describe your relationship with your family

50 responses



Based on the responses from 50 participants regarding their relationship with their family, it is apparent that the majority, constituting 78% of respondents, described their relationship as

"Close." This suggests that the majority of the surveyed individuals have strong, intimate bonds with their family members, characterised by affection, trust, and support.

On the other hand, 22% of respondents described their relationship with their family as "Moderate." While this group represents a smaller proportion of the sample population, it suggests that some individuals may have relationships with their family members that are characterised by a degree of distance, detachment, or neutrality.

CHAPTER 5

SUMMARY AND CONCLUSION

The survey gathered responses from 50 participants, primarily consisting of third-year undergraduate students, reflecting a higher engagement among this group in research activities or coursework related to the study topic. The majority of respondents indicated using skincare products, with acne being the most prevalent skin care concern. A significant portion of participants reported following a skincare routine, with cleaning the face and using natural skincare products being common practices. In terms of physical activity, a fairly even split was observed between those who engage in physical activity for fitness and those who do not. Additionally, most respondents preferred eating at home rather than dining out, and the majority did not follow any specific diet plan. Social media usage was widespread, with the majority of participants using it daily and many forming meaningful connections through these platforms. Concerns about career plans were prevalent among respondents, with the majority expressing uncertainties or anxieties. However, strong familial bonds were reported by most participants, indicating close relationships with family members.

Conclusion:

The survey findings provide valuable insights into the lifestyle patterns, preferences, and concerns of the surveyed individuals, primarily comprising third-year undergraduate students. The prevalence of skincare product usage and concerns, coupled with diverse skincare routines, underscores the importance of skincare practices among young adults. Similarly, the mixed preferences for physical activity, dietary habits, and social media usage reflect the diverse lifestyle choices and behaviours within the sample population. Concerns about career plans highlight the need for support and guidance in navigating professional aspirations among young adults. Despite these uncertainties, strong familial relationships serve as a source of support and stability for many individuals. Overall, the findings shed light on the multifaceted nature of adolescent lifestyle patterns and aspirations, emphasising the importance of holistic approaches to health, well-being, and career development in this demographic.

CHAPTER 6

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