

SURVEY-BASED BEHAVIORAL ANALYSIS OF YOUTH LIFESTYLE HABITS

V. Aishwarya

CSE IV, Department of Computer Science and Engineering
Dr. Sivanthi Aditanar College of Engineering, Tiruchendur
aishwaryavas6@gmail.com

S. Bhuvaneshwari

CSE IV, Department of Computer Science and Engineering,
Dr. Sivanthi Aditanar College of Engineering, Tiruchendur
bhuvaneshwari9042@gmail.com

Dr. R.R. Bhavani

Associate Professor, Department of Computer Science and Engineering
Dr. Sivanthi Aditanar College of Engineering, Tiruchendur
bhavani@drsacoe.com

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Abstract

The habits of the younger generation play a significant role in shaping their physical health, mental well-being, academic performance, and social behaviour. Rapid technological advancement, increased screen exposure, changing lifestyles, and evolving social environments have brought noticeable changes in the daily habits of young individuals. This paper presents an analysis of habits of the younger generation with respect to lifestyle choices, food preferences, physical activities, entertainment patterns, and social behaviour. A structured survey-based approach was adopted to collect data from young individuals across different age groups. The collected data was analysed using statistical techniques and visualized through charts and dashboards for better interpretation. The findings highlight emerging trends such as increased screen time, reduced physical activity, changing food habits, and varied leisure activities. The study provides valuable insights that can help educators, parents, policymakers, and health professionals understand current behavioural

patterns and develop strategies to promote healthier habits among youth.

Keywords: Younger generation, habit analysis, lifestyle patterns, survey-based analysis, youth behavior, data visualization.

I. Introduction

The younger generation represents a vital segment of society, as their attitudes, behaviours, and habits strongly influence the social, economic, and cultural development of a nation. Habits formed during adolescence and early adulthood often persist into later stages of life, shaping long-term health, productivity, and personal growth. In recent years, rapid advancements in technology, increased internet accessibility, and the widespread use of smartphones have significantly transformed the daily routines of young individuals.

Modern youth spend a considerable portion of their time engaging with

digital platforms such as social media, online streaming services, and mobile games. While these technologies offer numerous benefits, including access to information, entertainment, and online learning opportunities, excessive usage can negatively affect physical activity levels, mental well-being, sleep patterns, and academic focus. At the same time, traditional habits such as outdoor play, reading, and face-to-face social interaction are gradually declining.

Understanding these changing habits is essential for parents, educators, and policymakers to guide youth toward balanced and healthy lifestyles. This project focuses on analysing the habits of the younger generation through a structured, data-driven approach. By collecting and analysing real-time survey data and presenting the findings visually, the study aims to identify common behavioural patterns and highlight areas where lifestyle improvements can be encouraged.

II. Problem Statement and Objectives

The habits and daily routines of young individuals have undergone significant changes due to the increasing influence of digital technology and modern lifestyles. Many youths spend long hours on mobile phones, social networking platforms, and online entertainment, often at the expense of physical activities, productive hobbies, and meaningful social interactions. Such imbalanced routines may lead to health concerns including physical inactivity,

stress, reduced concentration, and social isolation.

Despite the growing concern about these issues, there is a lack of structured and visually represented data that clearly explains the lifestyle habits of the younger generation. Without proper analysis and interpretation, it becomes challenging for institutions and families to understand youth behaviour and take corrective measures. This project addresses this challenge by developing a systematic approach to collect, analyse, and visualize youth habit data.

The objectives of this project are:

- To study and understand the lifestyle and habit patterns of the younger generation
- To analyse spare-time activities and screen usage behaviour
- To examine food preferences and dietary habits among youth
- To evaluate participation in physical activities and sports
- To compare lifestyle patterns across different habit categories
- To visualize behavioural data using charts and dashboards
- To provide insights that encourage healthier and more balanced lifestyle choices

III. Literature Review

Existing literature highlights significant changes in the habits of the younger generation due to rapid digitalization and lifestyle transitions. Studies by the Pew Research Center

report a substantial rise in internet and social media usage among youth, influencing communication patterns, learning behaviour, and daily routines. These findings indicate a shift toward digitally driven lifestyles with both positive and negative behavioural outcomes.

UNICEF reports emphasize that habits formed during adolescence strongly affect long-term physical and mental well-being. Irregular sleep patterns, unhealthy eating habits, reduced physical activity, and excessive screen time are identified as major concerns among young individuals. Health-related studies further confirm that such behaviours are associated with increased stress, poor academic performance, and lifestyle-related health risks.

Research focusing on Indian youth demonstrates that social media plays a significant role in shaping attitudes, self-expression, and time management. While digital platforms enhance connectivity, excessive usage often leads to distraction and reduced productivity. Studies on eating habits reveal a growing preference for fast food and irregular meal patterns influenced by academic pressure and urban lifestyles. Recent survey-based studies published in national and international journals commonly use statistical analysis and data visualization to identify behavioural trends. The use of web-based technologies such as PHP for data management and Chart.js for visual representation has proven effective in

presenting habit analysis results clearly. Overall, existing studies underline the need for an integrated approach to analyse multiple habit dimensions simultaneously, which forms the basis for the present study.

IV. Methodology

This study adopts a mixed-method research approach to analyse the habits of the younger generation by combining quantitative and qualitative techniques. The mixed methodology enables a comprehensive understanding of behavioural patterns while also capturing perceptions, motivations, and contextual influences that shape daily habits among youth. The study focuses on individuals aged between 13 and 29 years, representing school students, college students, and young professionals from diverse socio-economic backgrounds. A stratified random sampling technique was employed to ensure balanced representation across gender, education level, and residential location. The sample size was determined based on established youth behaviour research practices and was sufficient to ensure statistical reliability and meaningful interpretation of results.

Primary data were collected using a structured questionnaire designed to assess various habit-related dimensions such as digital media usage, eating patterns, sleep routines, physical activity, academic engagement, and social interactions. The questionnaire consisted

of multiple-choice and Likert-scale questions to quantitatively measure frequency, duration, and intensity of habits. The development of the questionnaire was guided by existing validated instruments and behavioural studies related to youth habits, health behaviours, and digital engagement. To enhance the clarity and reliability of the instrument, a pilot study was conducted prior to full-scale data collection, and necessary modifications were incorporated based on participant feedback.

In addition to the survey, qualitative data were gathered through focused discussions with a subset of participants to gain deeper insights into the reasons behind specific habits and lifestyle choices. These discussions helped contextualize quantitative findings and provided a richer understanding of emerging behavioural trends among the younger generation. Ethical considerations were strictly followed throughout the study, including informed consent, confidentiality of responses, and parental consent for participants below the age of eighteen.

Collected data were systematically organized and analysed using statistical tools to generate descriptive and inferential results. Descriptive statistics were used to summarize demographic information and overall habit trends, while correlation and comparative analyses were applied to examine relationships between variables such as screen time, sleep duration, and dietary

habits. Data visualization techniques played a significant role in interpreting and presenting results, with interactive charts and graphs created using Chart.js to clearly illustrate behavioural patterns and comparisons across different demographic groups.

For system-based implementation, the survey data were stored and managed using a backend developed in PHP, which facilitated efficient data retrieval and processing. The frontend visualization layer utilized Chart.js integrated with web technologies to dynamically display analysed data in the form of bar charts, pie charts, and line graphs. This integration enabled real-time representation of habit trends and enhanced interpretability for both researchers and end users.

The methodological framework and analytical approach were grounded in existing literature and global youth behaviour studies, including reports and research findings from reputable organizations and peer-reviewed journals. These sources provided benchmarks and comparative perspectives on digital habits, health behaviours, and lifestyle changes among youth populations. Reliability of the collected data was ensured through internal consistency checks, while content validity was maintained through expert review and literature alignment. Although the study provides valuable insights into youth habits, it is limited by its reliance on self-reported data and its

cross-sectional design, which may restrict causal interpretations.

V. Results

The survey results indicate increased screen time and reduced physical activity among the younger generation. Digital platforms dominate leisure activities, while outdoor and skill-based activities are less preferred. The findings highlight the need for promoting balanced and healthy lifestyle habits.

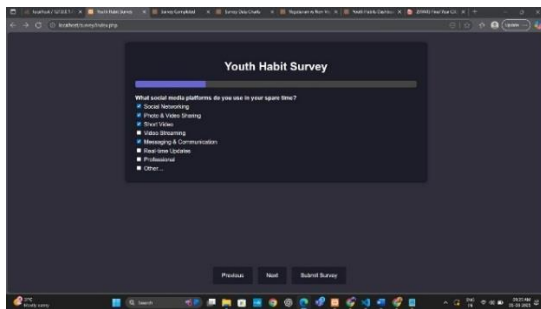


Fig. 1. Youth preferences on social media platforms

The survey includes structured questions aimed at analyzing social media usage habits among youth during their spare time. Participants are requested to indicate the types of social media platforms they frequently use, allowing multiple selections. This approach helps capture diverse online behavior patterns. The collected responses provide insights into prevailing digital engagement trends. Such data supports a systematic analysis of youth lifestyle habits. The results contribute to understanding the influence of social media on daily activities.

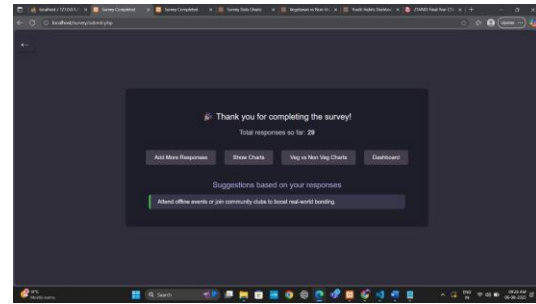


Fig. 2. Dashboard with total responses and suggestions.

The figure shows the survey completion output of the proposed habit analysis system. It confirms successful submission of responses collected from the younger generation. The system records and summarizes the total number of responses for analysis. Based on the submitted data, habit-related suggestions are automatically generated. This functionality enables immediate interpretation of user behaviour patterns. The interface supports efficient data collection and result presentation.

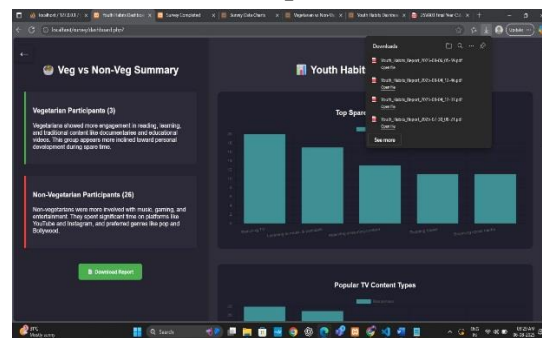


Fig. 3. Veg vs. non-veg participant summary

The survey data was analyzed to compare lifestyle patterns among vegetarian and non-vegetarian participants. Responses were grouped based on dietary preference to identify behavioral variations. Key parameters such as activity choices and spare time usage were considered in the analysis.

The results indicate noticeable differences in habits between the two categories. Graphical representations were used to simplify interpretation of the data. This analysis contributes to understanding the relationship between dietary habits and youth lifestyle behavior.

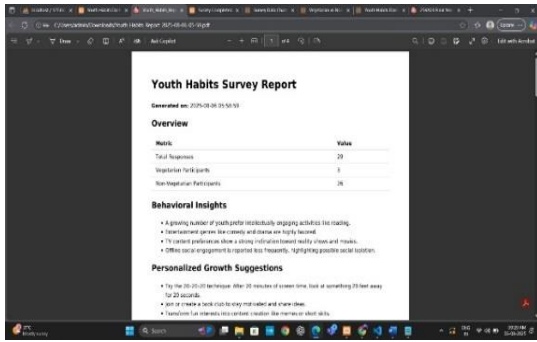


Fig. 4. Survey report summary.

The generated youth habits survey report presents a consolidated view of the collected responses. It summarizes participant data based on selected habits and preferences. The report provides insights into social media usage, lifestyle patterns, and spare time activities. Automated analysis is applied to interpret the survey results effectively. The structured output supports easy understanding of behavioral trends among youth. This report aids in data-driven assessment and decision-making.

VI. Future Work

The findings of this project have practical applications across multiple domains. Educational institutions can use the insights to design student wellness and awareness programs. Parents and guardians can better understand the lifestyle patterns of youth and provide appropriate guidance. Health professionals and Counsellors can

use the data to promote preventive health strategies, while policymakers can rely on such studies for youth development initiatives.

Future enhancements of this project may include expanding the survey to a larger and more diverse population, incorporating time-based habit tracking, integrating machine learning techniques for predictive analysis, and developing mobile application support. These improvements can enhance accuracy, scalability, and long-term usability of the system.

VII. Conclusion

This project successfully presents a comprehensive analysis of habits among the younger generation using a structured, survey-driven, and data-oriented approach. By combining technology with behavioural analysis, the system provides valuable insights into lifestyle patterns, digital usage, and activity preferences of youth.

The results emphasize the importance of promoting balanced habits that support physical health, mental well-being, and academic growth. Overall, the project serves as an effective tool for understanding youth behaviour and offers a strong foundation for future research and real-world applications aimed at improving the quality of life of the younger generation.

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