

The Social Practical Operation Investigation and Technical Analysis Research on the Importance of Healthy Life to People in Various Aspects

Haiyang Yang^{1, a}

¹School of Finance, Shandong Technology and Business University, Shandong 264003, China.

^aslyxyanghy@126.com

Abstract

Everyone's habits are different. A healthy lifestyle helps prevent disease and prolong life. However, many people do not know how to cherish their health and are not fully responsible for the health of the society, the family and the individual. To this end, the world health organization proposed and promoted a healthy lifestyle to the whole world. Its basic principles are: no smoking, little drinking, balanced diet and good exercise. This paper investigates whether some social groups have a healthy life and analyzes the importance of healthy life.

Keywords

Balance Diet, Exercise, Healthy Life, Life-style.

1. Introduction

A person who has everything is what he really has when he is free and healthy. No freedom is just a puppet, no health is just a substitute for others. Health is the capital that no one else can take away. With this capital, you can acquire more wealth and enjoy it for the rest of your life. Life tends to make us restless, and the elderly are too busy with their grandchildren and their bodies are overstretched. For my family, for myself, Be sure to take care of your body. Only when there is no sickness and no pain can we master life. Only when you are healthy can you take good care of your family! All is but health. Health alone is worth a lifetime pursuit! Because of these things, my research question is what do students at SDIBT think are the factors necessary for a healthy life in regards to diet, exercise, and lifestyle.

2. Literature References

In a study done in 1996, more than 90% voted against smoking in university classroom buildings. Those in favour of this ban wanted to create more taxes in regards to the purchase of cigarettes. (Himes, p.435) It's commonly understood that smoking does great harm to human beings, there is a definite link between smoking and bronchial troubles, heart diseases and lung cancer. According to Michael (1999), many doctors believe that tobacco smoking and exposure to environmental tobacco smoke (ETS) have both been implicated in a number of acute and chronic medical problems including heart and lung disease and several cancers. Tobacco is the second major cause of death in the world. The majority of American students reported that they were less likely to want a smoker for a roommate, date, or potential spouse.(Hines,1996) Most nonsmokers were bothered a great deal by environmental cigarette smoke and would want a smoke-free residence if living with a smoker.

To have a healthy life, it is necessary to eat more fruits which are good for our health. Watermelon is one of the fruits that are good for the body. Watermelon, containing citrulline, arginine components, can help urea formation, diuresis, and micturition can take away part of

the heat in the body, so watermelon has the role of heat. (Zhiyong,2017). Although lemon is sour, it still has high nutritional value. The efficacy of lemon is to reduce blood fat, prevent tumor, reduce weight and prevent cardiovascular disease, especially to whiten skin and maintain skin elasticity. (Singh,2010).

Regular exercise was defined as meeting the criterion of exercising for an average of 30 minutes a day at least three times a week. Psychological well-being was measured by a Well-being Profile, composed of well-being components of mood, lifestyle, satisfaction with life, sense of coherence, fortitude, stress management, coping and total well-being score.(Edwards ,2016) . Regular exercise is very good for the body, such as regular running, playing basketball, playing football, playing tennis, boxing, swimming and many other forms. Edwards (2016) found results. "The main findings were that regular exercise was associated with significant improvements in total well-being score and especially in the well-being components of mood, sense of coherence, fortitude, stress and coping."(p.36). A healthy lifestyle is important to reduce tobacco, eat more fruits that are good for our health, pay attention to maintaining good mood, exercise more, and welcome to explore the great world.

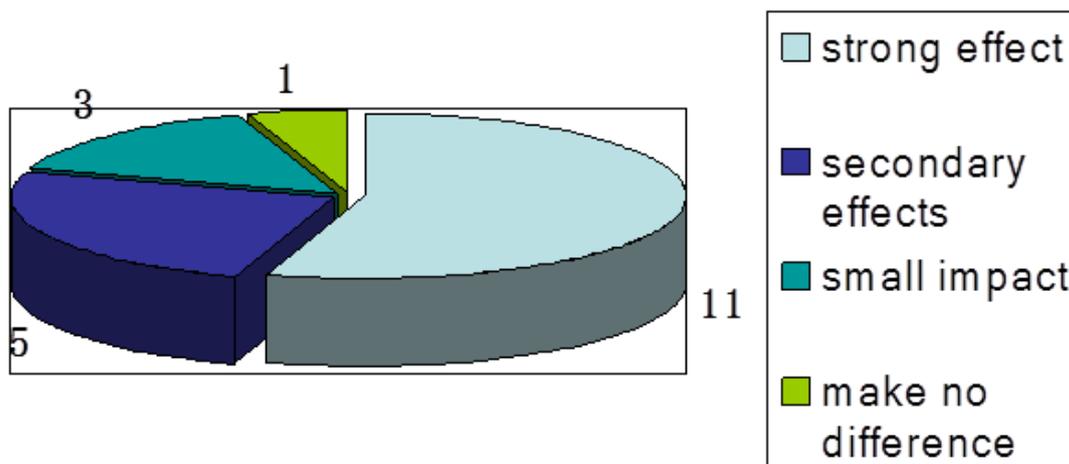
3. Methods

In the middle of September, 2018, in Shandong Technology and Business University. Under the guidance of my academic English writing teacher Kevin, I wrote ten questions about healthy life on my laptop and then printed them on the computer. A total of 20 copies were printed out. I used the time of the freshman's self-study in the evening class at room 3305 and distributed them to 20 freshmen, who were between 17 and 19 years old. After they were filled in, I collected them again.

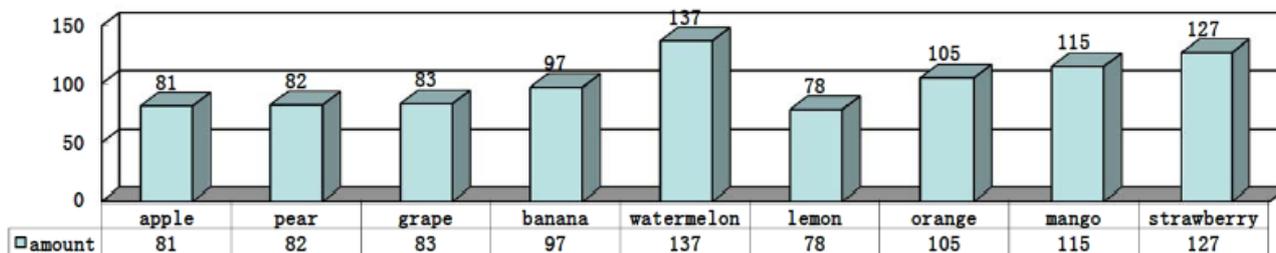
4. Results

Ninety percent of students agree or strongly agree that students should exercise regularly, only two students, that is, 10 percent of the students, think that exercise should not be done. And fifteen of the twenty students surveyed agreed that a balanced diet has some effect on health. What's more, most students reported that teenagers should not smoke, only one student that he think it's OK. According to the survey, most students think adverse mental mood has strong effect to physical health. Then the students believe that blood donation affect the same number of people as it does not. To my surprise, as with blood donations, the same is true for the number of people who prefer meat to vegetarianism. We surveyed 20 students, half of whom were 10. By the way, most students will choose run and swim to exercise, basketball and tennis came next. However, the students who love basketball, football and table tennis sparring are not many, only one or two in the survey data. In addition, according to the report, the students' favorite fruit was watermelon, with the highest number of votes, up to 137. And then there's strawberry, which is 127 votes. Next came mango (115), orange (105), banana (97), grape (83), pear (82) and apple (81). One fruit with the lowest number of votes was lemon, 78.

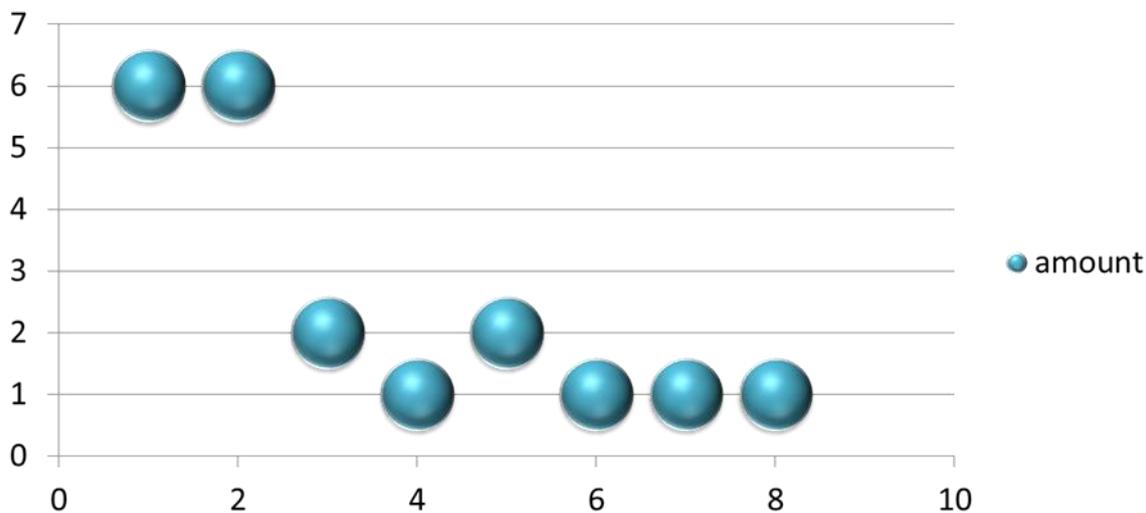
Is adverse mental mood big to the influence of physical health?

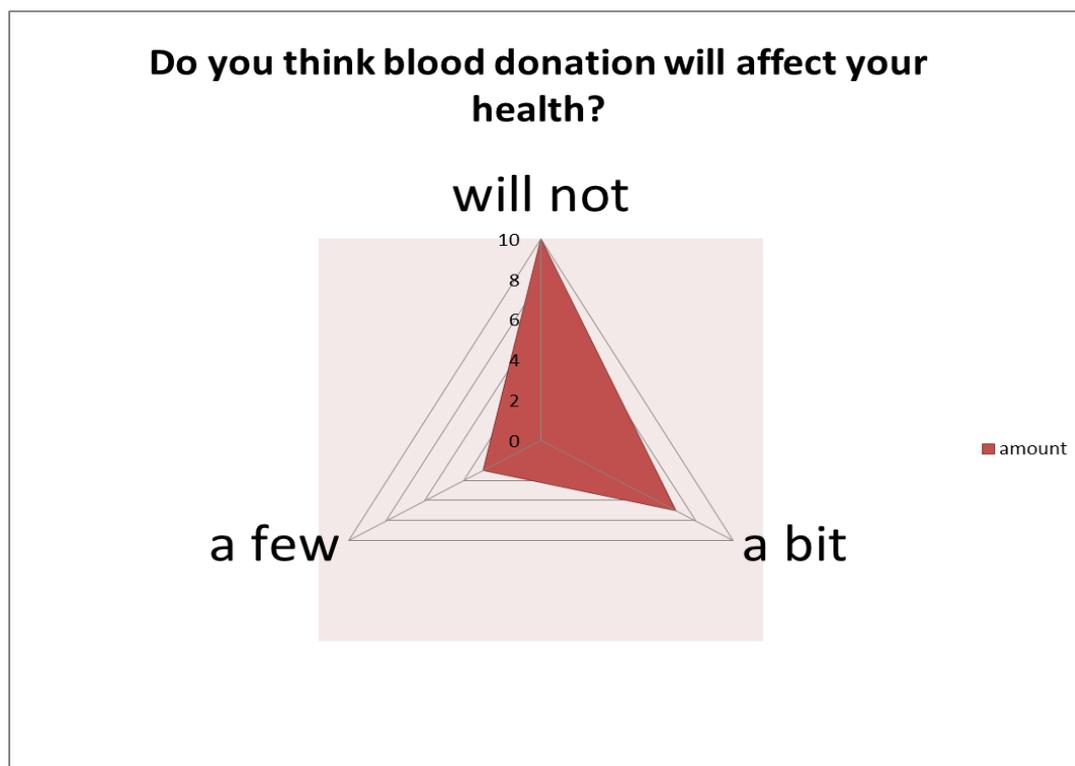


What's your favorite fruit? List in order of preference from most to least.



Which of these sports do you like best to keep fit?





Mention that compiled questionnaire results can be found in Appendix A.

5. Discussion

In the data from these surveys, most people think that teenagers should not smoke, which is within my expectation. But one of the twenty students in the survey thought that teenagers could smoke, which was beyond my expectation. I think teenagers can't smoke a cigarette, that's absolutely and beyond question. It is well known that smoking is harmful to human health. There is a definite link between smoking and bronchial troubles, heart diseases and lung cancer. And tobacco is the second major cause of death in the world. Half of those who smoke end up being killed by tobacco, and, most ominously, second-hand smoke has a greater impact on people's bodies. Tobacco also increases the risk of cancer. To sum up, teenagers should be completely smoke-free. One of the teenagers in the survey thought it was ok to smoke, but the result only shows that many teenagers are still suffering from tobacco poisoning nowadays. We should call on the state to put up signs in public places such as schools to curb the harmful effects of smoking.

The second type of big data is about healthy fruit, and I was not surprised to see the highest number of watermelon votes, because the time for this survey was so hot that families were buying them. Watermelon contains a lot of water, has the role of heat relief. I was surprised to see the lowest number of lemons because I thought they were really sour, probably few people would like to eat them, and I didn't think they were very nutritious. But that's not true. Lemons are very acidic, but they are very nutritious, contain lots of vitamins, can resist scurvy, can prevent colds, can prevent and eliminate pigmentation on the skin, and so on.

The third important physical benefit is exercise. In these statistics, I am surprised that not many students choose to play basketball and football to exercise, which makes me feel very strange, because most boys would like to play basketball, football and table tennis. In both exercises, I added sparring and boxing, to be expected, almost no one would choose, because this kind of sport is not common and boxing is not well known in international Olympic sports compared with basketball and football. The students who choose running and swimming are the most,

which is to be expected, because running costs are the lowest and implementation is the easiest, swimming is very interesting.

All in all, a healthy lifestyle is important to reduce tobacco, eat more fruits that are good for our health, pay attention to maintaining good mood, exercise more, and welcome to explore the great world. Based on these data, I think contemporary college students should enrich their extracurricular life and learn more about the correct way to exercise, so that our life of contemporary college students will be more colorful.

6. Conclusion

Write about any reasons we should not trust your data (e.g. not enough students answered, questionnaire questions were not clear, research question was not clear).

The number of people investigated is too small, only 20, and the number of people is limited.

The age range of the investigated population is between 17 and 19 years old, and the age limit is too large.

The ratio of male to female is not 1:1, because the ratio of male to female in Shandong industrial and commercial college is about 3:7. Although the place I sampled is in international business school, the ratio of male to female is not as large as the large gap, but it still has an impact on the result.

Whether the students donated blood or not was investigated. The people I chose to investigate were freshmen just entering the campus. Most of the students were well protected by their parents at home, and they basically did not donate blood, so they did not really know whether giving blood would have an impact on their health.

Limitations of occupation of the respondents. The 20 respondents were all students of the same age who had not yet entered the society.

What would you do differently if you were to do the survey again?

If I were asked to do the survey again, I would correct some of the questions, for example, 4. What equipment do you use to measure fitness data? _____ Because I found that students could not accurately understand the meaning of this question when answering this question, and they could not understand it, I think I need to change to a more understandable question that can be accurately understood and answered. And 10. How much do you like salt? hate it/ dislike it/ like it/ love it. This question is a little boring, but has no great reference value, I can change to a more targeted question.

What should we do about the answer to your research question?

To have a healthy lifestyle, we must choose to reduce tobacco, eat more fruits that are good for our health, pay attention to maintaining a good mood and exercise more to explore the great and magical world.

Appendix A: Questionnaire Results

Statement	Response								
1. What's your attitude towards exercise?	Strongly Disagree			Disagree			Agree		Strongly Agree
	2			0			10		8
2. I think it's important to eat a balanced diet.	5			0			4		11
3. What do you think of teenagers smoking?	Ban			Disagree			Understandable		Agree
	9			10			0		1
4. Is adverse mental mood big to the influence of physical health?	Strong effect			Secondary effects			Small impact		Make no difference
	11			5			3		1
5. How much do you like salt?	Hate it			Dislike it			Like it		Love it
	0			7			12		1
6. Do you think blood donation will affect your health?	Will not				A bit				A few
	10				7				3
7. Do you prefer meat to vegetables?	Yes					No			
	10					10			
8. Which of these sports do you like best to keep fit?	Run	Swim	Basketball	Football	Tennis	Dumbbell	Free combat	Boxing	
	6	6	2	1	2	1	1	1	
9. What equipment do you use to measure fitness data?	Weighing scale			Iphone		Sports bracelet		Fitness tester	
	2			15		2		1	
10. What's your favorite fruit? List in order of preference from most to least.	Apple	Pear	Grape	Banana	Watermelon	Lemon	Orange	Mango	Strawberry
	1	5	6	4	9	2	7	8	3
	4	1	5	2	9	3	6	7	8
	7	6	1	5	8	2	3	4	9
	5	4	3	7	2	6	1	9	8
	1	3	4	7	8	9	6	5	2
	5	8	3	7	9	1	4	2	6
	2	1	3	8	9	7	4	6	5

	4	3	2	5	8	1	7	9	6
	3	2	1	4	9	5	6	8	7
	7	6	2	3	8	1	5	4	9
	4	3	7	1	8	2	6	9	5
	1	7	3	8	9	2	5	4	6
	9	4	5	8	7	2	6	1	3
	4	6	1	2	8	9	8	5	7
	4	1	6	3	2	8	5	9	7
	2	3	4	5	6	1	9	8	7
	3	9	8	1	6	7	2	5	4
	5	2	8	1	4	7	6	3	9
	4	3	2	8	7	1	6	5	9
	6	5	9	8	1	2	3	4	7
TOTAL	81	82	83	97	137	78	105	115	127

References

- [1] Hines,D.(1996). Nonsmoking College Students' Attitudes toward Smokers and Smoking. <https://doi.org/10.2466/pr0.1996.78.3.860>
- [2] Michael,B.(1999). The Impact of Cigarette Smoking and Environmental Tobacco Smoke on .Nasal and Sinus Disease: A Review of the Literature. <https://doi.org/10.2500/105065899781329683>
- [3] Zhiyong, Z.,Jiusheng,H.,Man,Z.(2017). Research on the Inverse Kinematics Solution of Robot Arm for Watermelon Picking.
- [4] [http://www.cnki.net/KCMS/detail/detail.aspx?QueryID=5&CurRec=1&filename=IEEE201712001280&dbname=IPFDLAST2018&dbcode=IPFD&pr=&urlid=&yx=&uid=WEEvREcwSljHSldRa1FhcTdWajB1aTj4eXR6b1dXdStxU1hhMXo3N3htND0=\\$9A4hf_YAuvQ5obgVAqNKPCYcEjKensW4IQMovwHtwkF4VYPoHbKxJw!!&v=MzIxMzc5Yk5yWTlGWmVrSERCTkt1aGRobmo5OFRuanFxeGRFZU1PVUtyaWZadTV1Rml2Z1U3Yk5KbDBUTENqT2E3RzRI](http://www.cnki.net/KCMS/detail/detail.aspx?QueryID=5&CurRec=1&filename=IEEE201712001280&dbname=IPFDLAST2018&dbcode=IPFD&pr=&urlid=&yx=&uid=WEEvREcwSljHSldRa1FhcTdWajB1aTj4eXR6b1dXdStxU1hhMXo3N3htND0=$9A4hf_YAuvQ5obgVAqNKPCYcEjKensW4IQMovwHtwkF4VYPoHbKxJw!!&v=MzIxMzc5Yk5yWTlGWmVrSERCTkt1aGRobmo5OFRuanFxeGRFZU1PVUtyaWZadTV1Rml2Z1U3Yk5KbDBUTENqT2E3RzRI)
- [5] Singh, B.K., Punhani, A., Nigam, R. (2010). Performance Evaluation of Sigmoid Functions with Hybrid Computational Method for Optimizing Lemon Grass Oil Production.[http:// www. cnki.net/ KCMS/detail/detail.aspx?QueryID=42&CurRec=11&filename=IEEE201007010081&dbname=IPFD9914&dbcode=IPFD&pr=&urlid=&yx=&uid=WEEvREcwSljHSldRa1FhcTdWajB1aTj4eXR6b1dXdStxU1hhMXo3N3htND0=\\$9A4hf_YAuvQ5obgVAqNKPCYcEjKensW4IQMovwHtwkF4VYPoHbKxJw!!&v=MTIzMzgzdUZpdmdVN2JOSVZ3V0xDak9hN0c0SDIITXFJOUVaT3NIRFJOS3VoZGhuajk4VG5qcXF4ZEVITU9VS3JpZlp1](http://www.cnki.net/KCMS/detail/detail.aspx?QueryID=42&CurRec=11&filename=IEEE201007010081&dbname=IPFD9914&dbcode=IPFD&pr=&urlid=&yx=&uid=WEEvREcwSljHSldRa1FhcTdWajB1aTj4eXR6b1dXdStxU1hhMXo3N3htND0=$9A4hf_YAuvQ5obgVAqNKPCYcEjKensW4IQMovwHtwkF4VYPoHbKxJw!!&v=MTIzMzgzdUZpdmdVN2JOSVZ3V0xDak9hN0c0SDIITXFJOUVaT3NIRFJOS3VoZGhuajk4VG5qcXF4ZEVITU9VS3JpZlp1)
- [6] Edwards, S.(2006). Physical Exercise and Psychological Well-Being. <https://doi.org/1>