

Jeevan Study reveals daily lifestyle of youth



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Volunteers' association Jeevan Initiative has conducted a study based on a survey among the youths studying in various colleges and universities in Guwahati regarding their daily lifestyle. Interesting facts have emerged out of its findings mostly about their social media behavior. The study findings have been made public today.

30% male and 24% female in the [city](#) go to their bed after 12 midnight. Among them [8-9%](#) go to bed after [2](#) am. The survey has [found](#) that 40-41% youth surf social networking sites just before going to bed. 66% female and 35% male has a habit of afternoon nap. Whereas [7%](#) female and 11% male wake up only after [8](#) am.

52% female, 38% male [start](#) their day with
social networking sites

65% female, 56% male cannot survive a single
day without a mobile

Around 50% male students admitted of
consuming harmful substances

Of those surveyed, 52% female and 38% male [start](#) their day with Facebook or Whatsapp. Interestingly, 12-17% youth spend more than 9 hours in these social networking sites.

In this age of internet, how many days can a youth survive without their mobile phones? 65% female and 56% male responded that they couldnot survive even a single day. It is also worth mentioning that [10-18%](#) youth admitted that they had been using these sites even during their classes. 30% female and 11% male admitted that the first image that appears before them if they felt hungry was fast-food. 9% female were [found](#) to drink less than liter water daily. [10-11%](#) youth spend more than 3000 rupees monthly in the restaurants.

There comes an alarming fact that [10](#)% female and around 50% male [student](#) admitted of consuming harmful substances of intoxication, out of them a substantial percentage spend monthly up to 3000 rupees in buying these substances.

Of those surveyed 72-77% youth watch around [10](#) films a month in their mobile or computer screen. Most of them however could not remember if they watch any [Assamese](#) film ever.

Of total monthly expenditure, 5-9% spends more than [10](#),000 rupees whereas 23% male and 14% female spend 5000-10000 a month. Out of which, 14-15% youth spend more than 1000 rupees in their monthly cosmetics.

The survey consisting of 29 questions is one-of-its kind in Assam. Detailed report with analysis will be published in Jeevan magazine edited by Suresh [Ranjan](#) Goduka. It may be mentioned here that volunteers and coordinators of Jeevan Initiative supervised by Dr. Karabee Mahanta surveyed students of colleges and universities in Guwahati around various campus, [library](#), canteen, meeting points etc. The survey was conducted [as](#) per statistical format with 1573 random sample size.

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