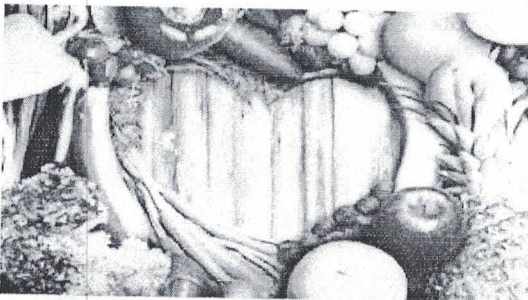


Developmental needs of Young Adult

Components

- Nutritional need
- Work and leisure
- Physical fitness and exercise
- Rest and sleep
- Sexuality

Nutritional need



1) Nutritional need

- Nutrition is the process of obtaining the food necessary for health and growth.
- Among the young adult, Calorie intake should be based on occupation, amount and duration of physical activity, emotional state, age, body size, climate, individual metabolism, and presence of disease.

- Women have a 5% to 10% lower metabolism than men; thus in the healthy, non-pregnant state, women need fewer calories than men.

Overall the diet of young adult should include:

- Young male need about 2,800 calories per day while female need 2,200 calories per day. Young adults who are active in sports or other physical activities may require more calories.
- If pregnant, at least 300 calories should be increased for women.
- During lactating, at least 500 calories should be increased.

- Young adults should aim to consume 50 to 60 percent of their total calories from carbohydrates.
- Plenty of grain products, fruits and vegetables.
- They need a moderate amount of protein (about 12% of total calories)
- Young adults should consume no more than 30% of their daily calories from fat.
- Moderate amounts of sugar and salt.

- Fibre should be included in diet to prevent constipation.
- Eight glasses of water should be ingested daily.
- To maintain bone density, the daily dietary intake for women should be 1000mg calcium.

Health Problems Related to Nutrition and food habits

- **Obesity:** Obesity is related to restricted activity, psychological and body image problems. Different diseases like diabetes, hypertension, cardiovascular disease and premature mortality is common in client with obesity.
- **Constipation:** It may be due to lack of fibre in diet and low amount of water and liquid intake.

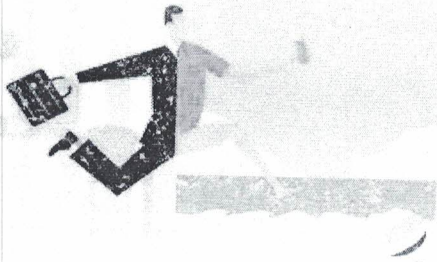
- **Anaemia and vitamin deficiency:** It is due to shift of diet of fruits, vegetables and grains to one based on fat and sugar.
- **Other diseases:** related to diet are diverticular diseases of colon, colon cancer, appendicitis, haemorrhoids.

Nursing Considerations

- Teach the client to take supplementary calcium, iron and vitamin b-complex if animal proteins, eggs or milk are inadequate in diet.
- Teach about the need for fibre in diet which can prevent constipation.
- Teaching on caloric restriction combined with mild exercise can result greater fat loss and reduces weight.
- Encourage for consumption of fruits, vegetable and whole grain.

- Decrease consumption of food or beverages which are high in refined sugar.
- Decrease consumption of food high in animal fat.
- Avoid deep frying and encourage to use baking, boiling.
- Avoid excessive intake of any nutrient.
- Limit intake of alcohol.

Work and leisure



2) Work and leisure

- Work is something that involves physical or mental effort, especially as part of job. The choice of vocation, education or profession depends to a great extent on person's self-concept, personality, educational status, opportunities and interest.
- Along with the males, majority of young adult women are in the work force. Many women are working to maintain occupational skills, self-esteem, and independence.

- Balancing work and family life responsibilities is often stressful for the woman who is single parent or a divorced parent.
- Due to the overload in work situation, the young adult may face burnout syndrome.

Burnout is the problem/stress related to overload of work situation that the person undergoes physiological and psychological changes. The physical and emotional exhaustion is accompanied by sense of frustration.

Features of burnout

- Loss of control over anger
- Not doing a good job or negligence
- Depression
- Neglecting the family
- Job turnover
- Low self-esteem and low morale

Ways of overcoming burnout

- Initiate new ideas and values into the work
- Keep your to-do-lists minimal
- Change of scenery
- Meditate
- Establish new workplace relationships
- Become more selfish
- If there is feeling of emotional, mental and physical stressed, that's usually a sign to take some time off or go for a vacation.

Leisure

- Leisure is freedom from obligations and formal duties of paid work and opportunity to pursue, at one's own pace, mental nourishment, pleasure, and relief from fatigue of work.
- Various factors influence the use of leisure time: sex; amount of family, home, work, or community responsibilities; mental status; income and socio-economic class; and past interests.

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Utilization of leisure time:

- Physical exercise is important for both physical and mental health.
- Reading books.
- Maintaining friendships is a healthy use of leisure time.
- Take classes. The most successful people in the world are the ones who make a commitment to never stop learning.

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- Getting closer to friends, rather than making more friends, is the way to reduce loneliness.
- Doing volunteer work with a favorite community group is a way to use non-work time.
- Many networking events exist outside the formal world of corporate hours. They include weekend breakfasts, cocktail hours, and after-hours gatherings for conversation and usually food and drinks.

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Physical Fitness and Exercise



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3) Physical Fitness and Exercise

- Physical fitness is a combination of strength, flexibility, balance, speed and power. Physical fitness allows a person to work for sustained period with vigor (physical strength or energy) and pleasure without undue fatigue.
- Regular exercise, proper nutrition, adequate rest and relaxation are necessary for physical fitness. Exercise is as important as food intake.

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- Exercise is not only to burn calories but to maintain muscle tone, elimination, circulation, to regulate sleep and to release tension.
- For conditioning the cardiovascular system, improving lung capacity, or raising metabolic rate, 20 minutes of exercise 4 to 5 times a week is necessary.
- Aerobic exercise, brisk walking and bicycling may actually be better exercise than jogging.
- These activities stress bone to promote bone building, thickness, and strength and increase circulation throughout the body.

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Regular physical activity has been viewed as a natural tranquilizer. There are many benefits of exercise:

- Reduce anxiety and muscular tension.
- Helps to increase appetite.
- Burns calories.
- Control fat accumulation.
- Improve muscle tone.
- Enhances cardiac function.
- Aids sleep and improve overall well-being.

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Rest and sleep



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4) Rest and sleep

- Sleep is a complex biological rhythm. Sleep is a naturally recurring state of mind and body, characterized by altered consciousness, relatively inhibited sensory activity, inhibition of nearly all voluntary muscles, and reduced interactions with surroundings.
- Factors such as emotional and physical status, occupation, and amount of physical activity determine the need for rest and sleep.

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- The person may think he or she is immune to the laws of nature and can go long periods without sleep but someday they feel ill.
- Setting aside certain periods for quiet activities such as reading, sewing, watching television, and various hobbies is restful but not as beneficial as sleep.
- Each person has his/her own sleep and cycle. The young adult should have 7-8 hours' sleep.

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Factors affecting sleep

- Emotional and physical status, occupation and amount of physical activity.
- Workers who alternate between day and night shifts frequently feel exhausted and need more sleep than people who keep regular hours.
- Surgery, illness, pregnancy, postpartum state all require more sleep.
- Mother of infants, toddlers, and preschools may need day time sleep.

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Problems related to sleep

- Sleep deprivation: Sleep deprivation, also known as insufficient sleep, is the condition of not having enough sleep. It can be either chronic or acute. Sleep deprivation occurs when an individual gets less sleep than they need to feel awake and alert.
- Some people such as older adults seem to be more resistant to the effects of sleep deprivation, while others, especially children and young adults, are more vulnerable.

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- Although occasional sleep interruptions are generally no more trouble, ongoing lack of sleep can lead to excessive daytime sleepiness, emotional difficulties, poor job performance, obesity and a lowered perception of quality of life.

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Insomnia

- Insomnia is a sleep disorder that regularly affects millions of people worldwide. In short, individuals with insomnia find it difficult to fall asleep or stay asleep. The effects can be devastating.
- Insomnia commonly leads to daytime sleepiness, lethargy, and a general feeling of being unwell, both mentally and physically. Mood swings, irritability, and anxiety are common associated symptoms.
- Insomnia has also been associated with a higher risk of developing chronic diseases. 10-15% of adults claim to have chronic insomnia.

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- There are two types of insomnia: primary insomnia and secondary insomnia.
- **Primary insomnia:** Primary insomnia means that a person is having sleep problems that are not directly associated with any other health condition or problem.
- **Secondary insomnia:** Secondary insomnia means that a person is having sleep problems because of certain health conditions, medications or substance like alcohol.

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We can help the insomniac by suggesting following measures:

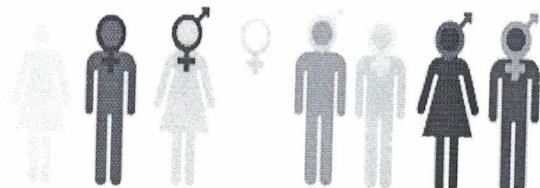
- Get enough exercise, at least 20 to 40 mins., 3 to 5 days a week.
- Maintain regular schedule.
- Reduce caffeine intake (tea, coffee, soft drinks)
- Avoid strenuous activity in the evening.
- Try a glass of warm milk.
- Limit alcohol intake.

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- Limit cigarette smoking.
- Avoid high- fat diet or hard to digest food near bed time.
- Improving the sleep environment.

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Sexuality



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5) Sexuality

- Sexuality is the way people experience and express themselves sexually.
- Young adults are very sexually active. Compared with earlier generations, contemporary adults display a wider range of sexual choices and lifestyles, including cohabitation, marriage, extramarital experiences, and orientation toward a heterosexual or homosexual partner.

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- Changes in sexual interest and behavior occur through the life cycle and can be a cause of conflict unless the partners involved can talk about their feelings, needs, and desires. Many misunderstandings arise because of basic differences between the male and female in sexual response.
- The more each can learn about the other partner, the greater will be the chance of working out a compatible relationship for successful marriage, and intimacy.

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Basic values taken by young adult towards sexuality

- **Absolutistic:** Their views are, sexuality is existing for purpose of reproduction.
- **Hedonistic:** View sexuality as a pleasure and is interested in ultimate fulfillment of human sexual potentials.
- **Relativistic:** is based on research and has become the basis for the new morality which says that, acts should be judged on the basis of their effects.

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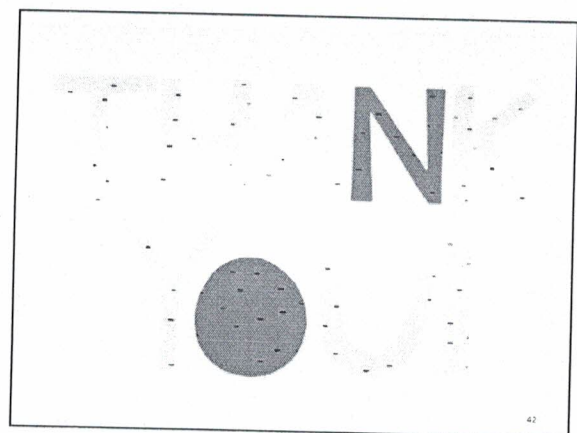
- Menstruation is a part of sexuality in women. Discomforts and disabilities associated with menstruation may be caused by social, cultural, and emotional factors and hard physical labor, not just by changing hormone levels. Many women learn to react to menstruation as "the curse" and treat it as an illness with medication and rest.
- Young adults are sexually active and abortion is more common. HIV/AIDs is leading cause of death among 25 to 44 yrs. old.

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Sex education for young adults

- Unplanned Pregnancy
- Sexually Transmitted Diseases (STDs)
- Sexual Violence (e.g. rape, abuse, and harassment)

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