

A Study on Constipation Among Males 20-30 Age Group: A Study from Tamilnadu, India

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Abstract: Constipation is more common among males. It was assumed that men's regular consumption of junk food was a sign of their maturity. The study is being conducted at the Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital in Kulasekharam, Tamil Nadu, India, and involves men in the 20–30 age range. After the study's goals were explained, verbal agreement was obtained. This study included thirty questions. The questionnaire consisted of thirty questions. Numerous levies that were inadvertent or recalcitrant were also excluded from the study. The study's conclusions include the following life factors: the respondents' intake of healthy meals, rest, physical activity, adequate hydration, and discomfort in the abdomen. The goal of these areas should be to improve the general health and well-being of young men.

Keywords: Constipation, Dietary Fiber, Food, Bowel Movements, Water Drinking, Abdominal Discomfort, Poor Lifestyle.

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I. INTRODUCTION

One of the symptoms of constipation is having difficult, infrequent bowel motions, usually three or fewer times a week. Adult constipation rates range from 25 to 27 percent. Females are also affected by constipation after vaginal delivery. One of the most prevalent gastrointestinal disorders worldwide, it affects people of all ages, from newborns to the elderly, and is not sensitive to a person's gender, race, or financial status. Constipation is more simply not a symptom

but rather a condition marked by irregular bowel movements. A common ailment that frequently goes undiagnosed until the patient begins to experience aftereffects, such as anorectal diseases, is constipation. Constipation has several subcategories, each with unique characteristics and underlying reasons. The most common age group for functional constipation is children under ten years old. Another prevalent subtype of chronic idiopathic constipation is characterized by irregular bowel movements and trouble passing feces. The prolonged discomfort and irregularity in

feces associated with chronic idiopathic constipation have no obvious physiological or anatomical reason. It includes dietary adjustments, lifestyle adjustments, and, in certain situations, pharmaceutical interventions to reduce symptoms and enhance the patient's quality of life. A third subtype of constipation, secondary constipation, has particular reasons that include drugs, certain medical conditions, nutritional problems, or structural abnormalities in the gastrointestinal tract. When a person has fewer than three bowel movements each week, it is referred to as constipation. Bowel movement frequency varies from person to person and is impacted by individual habits. Either evacuation once every two or three days or elimination every day could be typical. Lack of appetite, headaches, coated tongue, and bad breath are all symptoms of constipation.

II. PATHOPHYSIOLOGY

Constipation-related defecation behaviors include straining, difficulty emptying, and infrequency. Both solid and soft, heavy feces can be caused by persistent constipation. Due to impaired colonic motility, feces travel through the colon more slowly in cases of slow transit constipation. Long colonic transit periods, usually longer than 72 hours, are found in transit investigations. Normal transit constipation happens when a patient has trouble defecating, yet their colonic transit time is normal. The inability to relax or improper contraction of the pelvic floor muscles during attempts at defecation is known as pelvic floor dysfunction. It involves a number of intricate elements that impact the neurological system, pelvic muscles, and digestive tract. Ineffective pelvic floor muscular contraction during defecation, delayed stool transit, diminished rectal sensation, and decreased colonic motility are common causes. A low-fiber diet, bad eating habits, dehydration, excessive alcohol use, drug use, a sedentary lifestyle, endocrine abnormalities, neurological diseases, and psychological factors are some of the many causes.

III. MATERIALS AND METHODS

At the Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital in Kulasekharam, Tamil Nadu, India, males aged 20 to 30 are the subjects of the study. After the goal of the study was explained, verbal consent was acquired from the young adults who participated in our research. Thirty people participated in this trial. The questionnaire consists of thirty questions. The study excluded those who refused to participate or did not cooperate. The investigation was conducted over the course of a month.

IV. RESULTS

The individuals that are part of this research are not vegetarians. All of the male subjects in this study are pile-free. The majority of men do not experience dyspepsia. 66.66% of them regularly consume junk food, while 33.33% do not. Of them, 76.66% and 23.33% suffer from dyspepsia. Males include non-vegetarian foods in their meals 86.66% of the time, while 33.33% do not. 10% of men do not often feel hungry, but 90% of men do. Men are more likely to eat late at night (86.66%), whereas 13.33% are less likely to do so. Of the male population, 26.66% have not altered their eating habits, while 73.33% have recently done so. While 26.66% of guys have faulty bowel movements, 73.33% have normal bowel movements. There are 53.33% of males who experience sleep disturbances and 46.66% who do not. 43.33% of men do not experience excessive perspiration, compared to 56.66% of men. Males who have had constipation in the past make up 36.66% of the population, while 63.33% are unaffected. Males who have previously received therapy for constipation make up 13.33%, while 86.66% do not. There are 26.66% of men who have additional stomach discomfort and 73.33% of men who do not. Males use home remedies for stomach discomfort in 53.33% of cases, while 46.66% do not use any additional home remedies. Of the male population, 30% feel fatigue, whereas 70% do not. 46.66% of people do not experience any disruptions in their everyday routines, whereas 53.33% do. Forty percent do not feel stressed, whereas sixty percent do. Of the male population, 26.66% regularly engage in physical activity, while 73.33% do not. 43.33% of people perspire normally, while 56.66% perspire excessively. Eighty percent of people drink enough water, but twenty percent don't. 36.66% of males eat at the appropriate hour, compared to 63.33% who do not. Males who frequently eat fruits and vegetables make up 23.33% of the population, while 76.66% do not. Ten percent of men occasionally drink, whereas nine out of ten do not. Passing stool is easy for 63.33% of females and 36.66% of males, respectively.

While 46.66% of people are not interrupted in their regular tasks, 53.33% experience disruptions. 60% of people experience stress, but 40% do not. 26.66% of males frequently engage in physical activity, compared to 73.33% who do not. Of those who sweat, 43.33% have normal sweating and 56.66% have excessive sweating. Twenty percent do not consume enough water, while eighty percent drink enough water. While 36.66% of men eat at the appropriate hour, 63.33% of men do not. Of the male population, 23.33% consistently consume fruits and vegetables, whereas 76.66% do not practice this habit. 10% of men have occasionally consumed alcohol, while 90% do not. Of the male population, 63.33% do not have any trouble passing feces, and 36.66% do not.

Table 1 Shows that the Result of Constipation Among Males.

S.NO	CONTENTS	YES(%)	NO(%)
1	Indigestion	23.33%	76.66%
2	Eat junk foods frequently	66.66%	33.33%
3	Vegetarian	0%	100%
4	Daily intake of non veg	86.66%	13.33%
5	Feel hunger	90%	10%
6	Previous history of constipation	36.66%	63.33%
7	Take any treatment for constipation	13.33%	86.66%
8	Any other abdominal complaints	26.66%	73.33%
9	Take any home remedies	53.33%	46.66%
10	Abdominal pain	26.66%	73.66%
11	Feel fatigue	30%	70%
12	Daily activity gets disturbed	53.33%	46.66%
13	Intake foods during late night	86.66%	13.33%
14	Sleep gets disturbed	53.33%	46.66%
15	Feel stressful	60%	40%
16	Food pattern change recently	73.33%	26.66%
17	Doing physical exercise regularly	26.66%	73.33%
18	Excess sweating	56.66%	43.33%
19	Drink adequate amount of water	80%	20%
20	Intake food in proper time	36.66%	63.33%
21	Intake fruits and vegetables regularly	23.33%	76.7%
22	Intake alcohol	10%	90%
23	Difficulty in passing stool	36.66%	63.33%
24	Blood or mucus while passing stool	10%	90%
25	Intake pain relieving drugs	16.66%	83.33%
26	Weight gain recently	26.66%	73.33%
27	Normal bowel movements	73.33%	26.66%
28	Previous abdominal surgery	1%	99%
29	Family history of constipation	16.66%	83.33%
30	Piles/hemorrhoids	Nil	100%

V. DISCUSSION

Every day, the majority of men eat non-vegetarian meals. A small percentage of them suffer from dyspepsia, and they often consume junk food. The majority of them eat late at night. 90% of males frequently experience hunger. They don't do much physical activity. 60% of men experience stress. Recently, a small number of them have gained weight. 80% of men have regular bowel movements and drink enough water. Few men 10% occasionally include alcohol in their routines, and the majority do not follow mealtimes. Few men 23.33% routinely consume fruits and vegetables, and the majority do not frequently consume them. Most of the men 56.66% are perspiring excessively. 53% of men experience sleep disturbances. Previously, some of the males 13.33% were receiving therapy for constipation. Some of the men had previously experienced constipation and have used home treatments.

VI. CONCLUSION

The study demonstrates that stress, food patterns, and lifestyle choices are the main causes of constipation, a problem that affects people of all ages. Awareness and early detection can help avoid constipation. Constipation can be prevented by taking steps like increasing fiber intake, drinking enough water, exercising frequently, getting enough

sleep, and managing stress. Constipation can be avoided with more study, education, and awareness.

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