

# Exploring the awareness of health and life promotion from the differences in the life styles of young people before and after the epidemic

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During the outbreak of COVID-19, strict preventive measures have been taking in all countries, such as city lockdown that makes the working, production, school activities being suspended, as well as the flight restrictions in some areas, while people are encouraged to implementing home isolation to prevent the further spread of the epidemic. Therefore, this condition has affected people's daily activities habits, especially for the young generation who has more diversified lives style. A study showed that abnormal changes in daily life habits can harm human health. As a result, this study investigates the life patterns differences of young people before and during the pandemic. It also makes an analysis study of the changes in related life patterns that may affect the health factors. Nonetheless, this study hopes to explore how to raise young people's awareness of health and life promotion during epidemics.

In this study, in order to increase the interest of research and the participation of young people, a "Life Stripe Project" method created by Japanese designers: Kenai Yamada and Hiro Kobayashi are introduced in this research study, then based on it, we revealed 21 kinds of different pattern activities such as sleeping, eating, reading, shopping then specified by different corresponding colors. After that, the Variable stripes of thicknesses are used as the representative of each activity's length in a day that would analyzable in visual information. Put this design method as a research template, the life stripe activity questionnaire was derived through the online survey tool to 57 students in Mainland China as the object participants to measure their habits due to pre and during the pandemic time condition. The color life stripe provided the visualization of the changes in target participants' personal life pattern routine to be examined. Besides, the six factors of health-promotion are integrated into some daily routine, for instance: sports and leisure, nutrition, stress management, interpersonal relationship, health responsibility, spiritual growth, etc. which contains the 21 activities defined in the life stripe used as the comparison of life patterns data before and during the pandemic, together to understand the health risks of affection. In the end, a service design methodology is used to provide viable solutions for guiding the group of young people to tackle the various health risks. On the other hand, this research wants to design the plan, and Adjustment activities for the young generation in order to promote better health awareness of their life.

## Summary

Keyword: Epidemic, Life styles, Awareness of health and life promotion, Life Stripe, Difference analysis, Service design

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