



## Lifestyle and Health in Post-Industrial Era

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### Editorial

All humans wish to live healthy and full lives. It is only natural for people to begin paying more attention to their health and take steps to manage their health as they get older. This holds true across the ages and in all cultures. So what do people do to improve their health? Ironically, most people eat and engage in whatever idling and leisure activities they like while hoping that they will remain in good health, forgetting that it takes a lot of patience and effort to be healthy.

More specifically, people wish to live long and healthy lives but fail to take steps to make this happen because it is not for free to change the life style. Happy lifestyle is a crucial factor when it comes to living a long and healthy life, although genetics play a dominant role in determining an individual's health and lifespan. Lifestyle can be broadly divided into three categories. The first is working habits, the second is leisure habits and the third is eating habits (diet). However, since many people do not have much control over their working habits, and there are few differences between individuals, this has less of an impact on health. Leisure habits and eating habits have a much greater influence on health and longevity as an individual factor. As a coming post-industrial era like as 4<sup>th</sup> industrial revolution due to develop of Artificial Intelligence (AI), the more important thing is how to managing the non-working time as leisure time than working time especially in coming super aged society. Japan already entered super-aged society, and China and Korea also will meet the same situation soon. Thus, non-working life style is much important.

One of the most difficult Korean words to translate into English is the word 'jeong', 'jeong' is an emotional feeling but irrational. Grasping this concept is an important part of understanding Korean culture. Therefore, instead of translating this word into English, it is more appropriate to simply transliterate it as 'jeong'. There is no English word that completely captures the nature of this Korean cultural trait, and attempting to translate it in this way is a fruitless endeavor. Another Korean phrase that is difficult to translate is the verb 'non-da'. This can be translated as 'to play' in English, but this is an incomplete translation. Words such as exercise, enjoy, be idle, be lazy, healing, rest and gamble also fail to capture the full meaning. The Korean verb 'non-da' means to relax both mentally and physically in a way that is healing to the body. It also means to enjoy oneself and have a good time. On the other hand, 'non-da' can also have a more negative connotation that denotes wasting one's time without doing anything productive in production economy era. Traditionally, Koreans did not place much value in leisure, having fun, exercise or resting, so the verb 'non-da' was used to refer to time that was spent on activities other than eating, working and sleeping. Thus, 'non-da' is a uniquely Korean concept, many people believe that it should be transliterated rather than translated into an English word. Of course, action of 'non-da' leisure is generally not something that is taught or learned. Nowadays, Koreans enjoy a greater amount of leisure time, but the fact that many people don't know how to 'relax (non-da)' is causing problems.

Knowing how to relax is important because our leisure habits ('no-neun'-style; style of 'nonda') are closely connected to our health and lifespan. Epidemiologically, the half-century before the last half-century (around 1920-1970), average years of life for men were shorter than those of women about 10-30 years in Korea. In that time, most Korean women extended their life without her husband to take over her bundle of difficulties of life as responsibility of taking care of little children and old parents by themselves. This epidemiological data tells us that in the era of Japanese imperialism, Korean men were unable to tolerate the plight of depriving their country and could not find healthy 'no-neun style' that could overcome them. Most men do not have a lot of work, so they drink, cigarette, gamble, and do not take care of their health during their leisure time, and eventually they die prior to their wives, so their wives are forced to live as widows. This is because they do not know how to 'non-da' enough to relieve extreme stress. Our 'no-neun' (adjective of 'nonda') - styles, cannot be not simply a 'leisure style' or 'play style'. Since 'no-neun' styles have a large impact on our health and lifespan, learning how to make proper use of our leisure time is very important. Of course, learning to use your leisure time in a healthy way is a difficult process that requires patience.

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Finally, it is necessary to improve our eating habits (dietary habits) to live a long and healthy life. We cannot tell them to 'non-da' except to eat. This refers to the type of foods we eat and how we eat them. Sometimes, what we choose to eat on any given occasion is less important. This is because our lifestyle is reflected in our eating habits. These dietary styles (eating habit) are important if we want to live a long and healthy life. However, most people only focus on what they eat and pay little attention to improving their lifestyle, which requires more patience and effort. They are complacent when it comes to changing their leisure or eating habits, instead hoping to become healthy through food choices alone. Of course, the substances contained in the food we eat still matter and the 'noneun' activities that accompany eating are also culturally more important.

Since many people do not have the ability to determine their own working habits, and 'noneun' habits are not learned, these habits can be difficult to change even if you invest money into fixing them. On the other hand, humans need to eat to survive. Most people eat three meals a day, regardless of their level of wealth. This means that everyone has three opportunities per day to fix their eating habits. Eating habits can be changed if you put your mind to it.

In order to help consumers improve their eating habits, they

need to be provided with accurate information about food, including safety, functions, traditions and culture. If no such data exists in a country, the government should invest in research to create scientific data. Without accurate, useful and up-to-date data, it is impossible to provide services to help people improve their eating habits.

Most experts believe that improving eating habits and lifestyle, as well as eating health foods, can extend an individual's lifespan by 5-6 years. Furthermore, if people are taught healthy 'noneun' (leisure) habits and receive a proper education when they are young, it can add another few years to their lives. Eating and leisure habits are individual choices, but they can contribute to better public health and longer lifespans. This helps to cut medical costs and reduces the government's financial healthcare burden, ultimately contributing to greater fiscal soundness. It is time that we learned about healthy 'noneun' habits. Experiencing diverse ethnic foods and culinary styles are more impact to improve eating habits for extending healthy life span.

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