

Original Paper

Parents Financial Distress and Time Allocation with Youths Responsible for Increasing Trends of Risky Behaviours among Youths in Mumbai Metropolitan Region

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Abstract

Youths are powerful economic agent for any nation. An educated, healthy, hardworking youths are human asset for nation, society, and family in long term. Youths must have trained with quality education. It is job of government, families, and society to ensure that they will acquire maximum skills, knowledge, healthy behaviour, nutritional status. But male youths are driving four wheelers and female drive two wheelers without proper license and trend is increasing since 2013 to 2023. The smoking, alcohol consumption has increased among males. Youths are more depressed in region. They fight physically more and do not eat healthy diet. The incidence of risky behaviours became double in a decade. Few youths involved in multiple sex with opposite sex relationship with lack of understanding and use of contraceptives. Logistic regression model 2013 survey shows that multiple risky behaviours are co-related to youths walk to college, spend more time in college, travel by train and car. But 2023 survey, shows that multiple risky behaviours are co-related to age of youths, loans taken by parents. The role of parents is important in controlling risky behaviours such as risky driving, smoking cigarettes, drinking alcohol, depression, and opposite sex relationship. Parents must teach youths nutritious food habits, traffic rules, no smoking and alcohol, physical fight. Long term policies for youths and parents required to reduce risky behaviours on urgent basis in Mumbai Metropolitan Region.

Keywords

Behaviour, Sanitation, Health

Introduction

There is an increasing trend of risk-taking behaviour among adolescents in India, but little empirical

evidence exists on its determinants (Agrawal & Praveen, 2012). The risky behaviour, including illegal drug use, gambling, tobacco and alcohol use, delinquency, inappropriate aggressiveness and violence, school failure, and unsafe sexual activity; however, many studies focus on only one type of risky behaviour. Many adolescents, however, participate in more than one type of risk behaviour, and the combined effect of participation in multiple behaviours is concerning (Youngblade et al., 2006). The multiple risk behaviour and condition often exist together in the same individual, adding cumulative risk for poor health outcomes in later stages (Maurya & Priya, 2023). The risky behaviours among youths affect wellbeing of their life prospects. Youths do not have capacity of thinking through different problems. Factors associated with risk behaviours in adolescence health since they are significantly associated with several risk behaviours in adolescence. (Bozzini et al., 2021). Every day they come across different problems. But they do not have knowledge of alternative options available. Attitude of the youths towards risky behaviour is own decision-making process. Most of the time, they fail to solve different problems because they underestimate the situation. Maximum youths have problems with emotional control. Youths may overreact by allowing emotional states to resolve various uncertainties. The volatility in mood is a characteristic of youths with positive and negative swings in moods. It is an adolescent period where emotional, physical, psychological development takes place of youths. Maximum youths discount their future too much. Youth preferences are time inconsistent and not based on facts. One activity is engaged into some extent, the marginal risk from additional engagement is lower.

The risky activities are highly enjoyed by youths in region. They find out that if the risk in any activity is higher than they thought, they engage more because they have already borne the cost. That is why youths involved in driving, smoking, alcohol drinking, physical fighting, and undernutrition. Youths have high preferences for few activities than adults that create negative externalities. The sex relationship among young female is related to teenage pregnancy or AIDS. It may be because they are crazy for it or to impress peer group. Youths have day to day fluctuations in taste and preferences. Peer pressure temporarily influence their preferences for food, smoking drinking wine, physical fighting etc. The negative life events and some of personal and social competencies – cooperation and communication, empathy, self-awareness, and self-efficacy are associated to risk behaviours. Adolescents that present higher levels of negative life events or lower levels of these competences' present higher levels of disruptive behaviour (Celeste et al., 2012).

Trade-off is existing as short-term benefit and long-term cost of possibilities. For example, theft results into jail for youth. Smoking and drinking are related to future, health, and job prospects among youths. There are two types of youths in society. The sophisticated youths are fully aware of their future self-control problem, and they correctly predict how themselves will behave. The Navie youths are fully unaware of their future self-control problem. Driving of two and four-wheeler is an inherently risky activity. In modern times, the youths are more dependent on automobiles. For small distance, they required two and four wheelers. Maximum teens are aggressive drivers of two and four wheelers in

region. They are less likely to use safety equipment's such as seat belt for four-wheeler and helmet for two-wheeler. In accidents, youths' error is a single vehicle crash issue. Youth do not wear seatbelts or drive after drinking wine. They are those youths who take others health at risks through smoking cigarettes, drinking alcohol and physical fighting. Youths do not have financial resources that they can use to influence other people. Youths' consumption always exceeds their income.

Risky Behaviours among youths in Mumbai Metropolitan Region:

Mumbai is a financial capital of country. Families are earning high income based on education and experience. Both parents are earning high income and enjoying high standard of living in region. Youths are going to colleges, and they are out of house from morning till evening due to college, tuition, Gym, sports etc. They meet different types of friends every day. Youths drive vehicles of parents, friends, relatives etc. Few do not have learning licence. Those have two and four wheelers licence often drive fast on street. Few youths are regularly using vehicles to go to college, visit friends and relatives' house. During driving to different places, they supposed to wear helmet for two-wheeler and wear seatbelt for four wheelers. But they do not wear seatbelt or helmet. It may lead to accident and youth may stop learning in colleges. They need to spend time in hospital. It is very expensive affair for the family. Youths often smoke cigarettes at streets. They smoke while driving four wheelers. It may lead to health issues among youths. Youths drink alcohol and drive four wheelers. It may lead to accident and loss of life. They should not race of vehicle of highway. It may lead to accident and loss to vehicle and injury to youth. Youths have reported major accidents on highways and injury to them. The rich parents smoke in front of youths. Cigarettes are lying on the table in bedroom or hall of flat. Youths take such cigarettes and smoke. They feel that parents support their smoking. The peer influence clearly plays a very significant role in adolescent smoking (Sen & Basu, 2000).

Their friends also provide them cigarettes and they smoke. Smoking every day may affect their lung. Youths have depression due to stress of study, health issue, home level issue but it does not mean that they must smoke cigarettes. Youths often say that they have depression and anxiety. It may be due to study, travel, etc. Youths those fail to concentrate in study involved in number of other activities. They consume drugs which they try to get it from friends at lower price. If they do not get from friends at lower price. They borrow money from friends and order drugs. If some delay is getting drugs, they fight physically with them. It becomes the matter of police. They may put them in jail and study of youths may get affect. They go to doctor and get medicines but that is not enough. They may attempt suicide. It is big hardship for family to take care of such youths. Youths have friendship with different personalities, school/college level friends, tuition, Jym and other types of friends.

Most of the time friendship is related to practical things. They often fight on different issues such as betting, money lending, night parties, picnics, tourism etc. Physical fight is so severe that it may end up in police station. The youths need immediate medical help. Girls are assaulted by young people. They often carry chili powder or paper spray to fight with stranger. Police case is registered by youths in such cases. Youths do not prefer homemade food. They often have inertia to eat nutritious food. May be

due to less knowledge, peer group pressure, they prefer hotel food. Families provide cash as pocket money. They buy burger, pizza, street food which is less nutritious. They often feel weak and fall sick. Doctors' medicines and less quality food, stress of study effects on youth. They feel weak and do not study regularly. It reduces their total scores obtained and grades. Youths fail in their study. They visit doctor for weakness and other issues. Doctors provide medicines but youths do not take medicines on time.

Youths often involved in opposite sex attraction. They spend more time outside of house. Youths get involved with multiple sex partners. They do not have knowledge of condoms/pills. It may lead to pregnancy among young girls. Due to access of mobile and internet, youths watch porn movies. Few youths are forced to watch such movies. Once they watch such movies, they become habitual to watch it and act accordingly. Such youths do not concentrate on study often drop out and fail to complete study. Major objective of the study is to understand risk behaviours among youths. The risky behaviours have increased over the period. The study also aims to examine the smoking cigarettes, driving vehicles and eating behaviours among youths. Youths often feel depressed and do not eat properly. It is adversely effect on their health.

Data and Methodology:

For this study, we collected primary data of youth's risky behaviours and their family background in Mumbai Metropolitan Region. The primary data was collected from 1002 youths in 18-25 age group from Mumbai, Thane city, Thane district in February to March 2013. Again, after ten years, the primary data was collected from June to December 2023. Total 776 youths' data is collected randomly from 18-25 age group from metropolitan region. We covered Mumbai, Mumbai suburbs and Thane district.

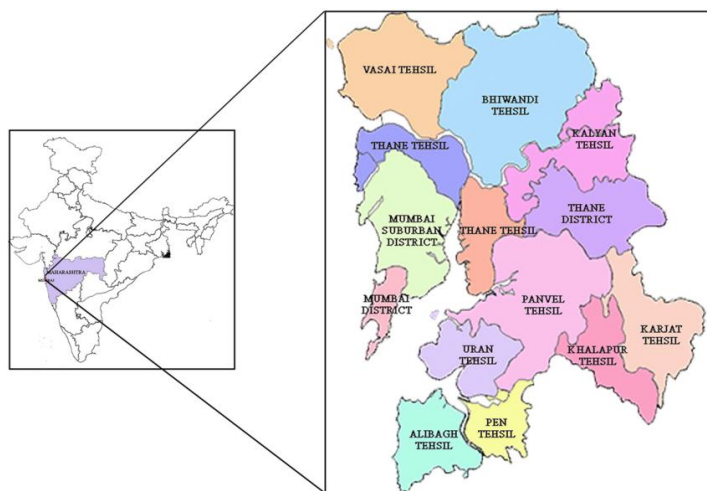


Figure 1. Mumbai Metropolitan Region

For data analysis, we have classified the youths from Central, Western and Eastern Suburbs, Thane city and Thane district based on responses of schedule. Youths' family background is used for analysis of data in region. In both surveys, the youths asked different questions related to driving vehicles,

smoking cigarettes, drinking wine, physical fight, Depression, malnutrition, and sexual relationship. We analysed both survey data in excel and SPSS@24 of different risky behaviours according to suburbs of region such as Central, Western and Eastern suburbs, Thane, and Thane district. We have used R software for logistic regression analysis to find different correlation with risky behaviour among youths. A logistic regression model is used to find the socio-economic and demographic reasons behind the risky behaviours among youths. Logistic model is also used to pool whole sample together with multiple risks among youths in region. Multiple risks among youths are further regressed on socio-economic and demographic variables.

Economic model:

We have developed economic model for various risky behaviours among youths in region.

$$\sum_{t=n}^i W = \sum_{t=n}^i u \quad (1)$$

Youths are willing to add utility by consuming various items. Wellbeing of youths depends on utility, and it is related to consumption of goods and services.

$$\sum_{t=i}^i = \sum_{t=1}^i D1 - \sum_{t=1}^i D2 \quad (2)$$

Utility depends on the discount factor between two period as D1 and D2. Youth learn to take risk and reduce the cost after practice of it.

$$\sum_{t=n}^i C = \sum_{t=n}^i C_2 - C_1 \quad (3)$$

Cost of utility depends up on the discount factor for youths. Youths think and take maximum risk.

$$\prod_{t=1}^n = \sum_{t=n}^i C - \sum_{t=n}^i R \quad (4)$$

Profit earning by youth is difference between cost and return to youth. As they take more risk, cost declines and benefit increase but it increases of risk to their health.

Cost -risk ratio youth have to accept. But few youths have self-control to accept only particular risk where Self Control <0.

Risky behaviours are modelled as follows.

$$\sum_{t=1}^n D = f(DL, IWD, WSH, DH, RH, MA, RCD, SWD, AD, DD) \quad (5)$$

where Driving Licence (DL), Injured While Driving (IWD), Wear Seatbelt and Helmet (WSH), Drive on Highway (DH), Racing on Highway (RH), Major Accident (MA), Receive Call while Driving (RCD), Smoke While Driving (SWD), Alcohol and Drive (AD), Drink and Drive (DD).

$$\sum_{t=1}^n S = f(PSP, SED, OTP, SDD) \quad (6)$$

Smoking is Supported by parents (PSP), Smoke Every Day (SED), Other Tobacco Products (OTP), Smoke Due to Depression (SDD).

$$\sum_{t=1}^i D = f(\text{MH, AS, CD}) \quad (7)$$

Depression is related to Medical Help (MH), Attempted Suicide (AS), Consume Drug (CD)

$$\sum_{t=1}^i PF = (PI, TPF, PC, M, A, CPS) \quad (8)$$

Physical injury is related to Treatment due to Physical Fight (TPF), Police Case (PC), Molestation (M), Assaulted (A), Carry Paper Spray (CPS)

$$\sum_{t=1}^i M = f(\text{MI, WS, VD, HMF, JF}) \quad (9)$$

Malnutrition is related to Malnutrition Issue (MI), Weakness in Study (WS), Visit Doctor (VD), Home-Made Food (HMF), Junk Food (JF)

$$\sum_{t=1}^i = f(\text{MSP, UC, UP, RSK, SE, FSR, WPM, FWM}) \quad (10)$$

Sexual behaviour is related to Multiple Sex Partners (MSP), Used Contraceptives (UC), Unwanted Pregnancy (UP), RTI/STI Knowledge (RSK), Sex Education (SE), Forced Sex Relation (FS), Watched Porn Movies (WPM), Forced to Watch Porn Movies (FWM)

Risky behaviours among youths

Every youth in region must live healthy life and study well. They must eat nutritious food, travel safely, and learn good skills to live happy life. They must focus on academic achievements and develop their carrier. They must get employment and live happy life. But youths in Mumbai Metropolitan region are not focused well on their study but they are involved in number of risky activities. We have studied the youth's behaviour for a decade and carried two surveys. We compared the two surveys statistics of risky behaviours and analysed the few risky behaviours among youths in region. They are explained in more detail as follows.

Table 1. Risky Behaviours among Youths in 2023 and 2013 (Percent)

Type of Risky behaviours	2023			2013		
	Male	Female	Total	Male	Female	Total
Drive two wheelers	14.24	54.55	37.26	36.3	43.73	39.21
Drive four wheelers	38.58	13.08	32.57	21.78	20.97	21.46
Smoke cigarettes	24.70	11.75	17.26	13.86	8.95	11.93
Alcohol consumption	37.31	22.45	28.87	12.54	10.99	11.93
Depression and anxiety	64.56	63.49	63.96	23.1	48.59	33.09
Physical fight	51.51	26.05	37.14	23.26	33.5	27.28

Sexual involvement	17.82	13.52	15.39	10.23	5.88	8.52
Malnourished	26.69	24.40	26.01	9.57	22.5	14.64

Source: Primary survey.

We can observe that the youths driving two wheelers is almost similar in 2013 (39.21 per cent) and 2023 (37.26 percent). The boys are driving two wheelers less (36.30 per cent) in 2013 and 2023 (13.08 percent). Two wheelers are easy to make balance and drive slowly. The girls drive it immediately and slowly on any road. Total youths driving four wheelers was 21.46 per cent in 2013. But in 2023, it is observed as 32.57 percent. The number of four wheelers have increased after covid 19. Male youths learn to drive four wheelers very easily and practice it. Youths those were smoking in 2013 was 11.93 percent but in 2023, it is observed as 17.26 percent. The smoking among boys increased from 13.86 percent to 24.70 percent. Due to stress and tension, the incidence could be increasing in region. The alcohol consumption among youths was 11.93 percent in 2013. But in 2023, it is observed as 28.87 percent. It became more than double over the ten years among youths. Alcohol consumption among youths have increased very fast in region. Alcohol consumption increased among boys from 12.54 percent to 37.31 percent. It means it has increased three times among males. There are number of reasons for it. For girls, it has increased from 10.99 percent to 22.45 percent from 2013 to 2023. After covid 19, most of the youths have observed that the parents take alcohol in front of them Depression level among youths increased from 23.1 percent to 64.56 percent. It is due to fees payment, transport cost and food habits and stress of study, future job. For girls, it has increased 48.59 percent from 2013 to 63.49 percent in 2023. Girls are equally stressed as compared to boys in region. Overall depression level among youths have increased from 33.09 percent to 63.96 percent over the period. It became almost double within ten years. Physical fights among youths were 27.28 per cent in 2013. But in 2023, it is observed as 37.14 percent. The physical fight among boys doubled from 2013 to 2023. Youths involved in sexual relationship was 8.52 percent in 2013. But in 2023, it is 15.39 percent. The involvement of boys increased from 10.23 percent to 17.82 percent. The girl's involvement increased from 5.88 percent to 13.52 per cent. Girls' involvement has increased more than double over the period of study. Incidence of malnourishment was 16.64 per cent in 2013 but in 2023, it is observed as 26.01 per cent. Malnourishment incidence among boys increased from 9.57 per cent to 26.69 per cent from 2013 to 2023. For, girls, the incidence has not changed much. The incidence of alcohol consumption, depression and anxiety, physical fight, sexual involvement, and malnourishment has increased among youths in region. Therefore it required detail study of such risky behaviours among youths in region.

Drive of vehicles by youths in region:

Risky driving behaviours are common among young people, particularly among young males prone to externalising behaviours (substance abuse, crime, and affiliations with deviant peers). Risky driving is strongly linked to traffic accident risk (Fergusson, 2003). Youths drive two and four wheelers in region.

They do not wear helmet during drive of two wheelers and wear seatbelt to drive four wheelers which is dangerous to their life. Accidents can take place due to heavy traffic on road.

Table 2. Driving Behaviour among Youths in Region of 2023 (Percent)

Suburbs	Western		Central		Eastern		Thane City		Thane District	
	M	F	M	F	M	F	M	F	M	F
Two wheelers	25.7 1	56.1 2	10.1 7	52.87	17.02	62.2	2.78	40.74	11.57	52.0 3
Four wheelers	38.5 7	21.9 5	40.6 8	12.98	36.17	11.32	30.5 6	22.22	40.5	11.49
Both type	10.0 0	6.16	6.78	6.11	8.51	3.77	11.11	0.00	6.61	3.38
Driving licence	52.8 6	24.3 9	55.9 3	28.79	68.09	24.5 3	80.5 6	29.63	59.8 4	22.3 0
Injured while driving	31.4 3	20.7 3	33.9	9.85	48.94	24.5 3	41.6 7	11.11	46.7 2	24.3 2
Wear seatbelt and helmet	74.2 9	55.5 6	69.4 9	46.97	74.47	45.2 8	72.2 2	51.86	75.4 1	45.2 7
Drive on highway	61.4 3	39.0 2	67.8	34.85	74.47	24.5 3	80.5 6	44.44	80.3 3	26.3 5
Racing on Highway	27.1 4	14.6 3	27.1 2	5.30	21.28	0.00	25.0 0	3.70	28.6 9	5.41
Major accident	8.57	8.54	1.69	1.52	2.13	1.89	2.78	7.41	9.02	3.38
Receive call while driving	28.5 7	10.9 8	40.6 8	22.73	36.17	15.0 9	52.7 8	3.72	55.7 4	16.8 9
Smoke while driving	2.86	2.44	5.08	0.00	8.51	0.00	0.00	0.00	5.74	0.00
Alcohol and drive	2.86	1.23	8.47	1.52	6.38	3.77	0.00	0.00	0.82	1.35
Drink and drive	4.29	1.23	1.69	0.76	2.13	0.00	0.00	0.00	1.64	2.03

Source: As per table one.

In Western suburbs, 25.71 per cent male drive two wheelers but in Eastern suburbs 62.2 per cent female drive two wheelers. Female drive two wheelers because it is very easy to make balance. Comparatively less traffic observed at eastern side of region. In Central suburbs, 40.68 per cent male drive 4 wheelers.

Nearly 22.22 percent female drive four wheelers in Thane city. Boys easily drive four wheelers in region. They quickly learn the driving of four wheelers and parents easily give access to four wheelers to them. Nearly 11.11 per cent boys drive both type of vehicles whereas 6.11 per cent female drive two types of vehicles. In Thane city, 80.56 per cent and 29.63 per cent female had driving licence. In eastern suburbs, 48.94 per cent male and 24.35 per cent female injured while driving vehicle. Due to traffic and new learner could be the cause of accidents. Total 55.56 per cent female from western suburbs and 75.41 per cent male from Thane district wear seatbelt and helmet while driving 4 and 2 wheelers. From Thane city, 80.56 per cent male and 44.44 per cent female drive on highways. The 28.69 per cent female and 14.63 per cent male are racing the car on highways. Total 9.02 per cent male from Thane district and 8.54 per cent female from Western suburbs said that they had major accident in past. They could have not drove vehicle properly. Around 8.51 per cent male from Eastern suburbs and 2.44 percent female from Western suburbs said that they smoke while driving. It is a very bad habit, but they are doing it while driving vehicles. From Central suburbs, 8.47 per cent male and 3.77 per cent female from Eastern suburbs took alcohol and drove vehicle. Around 4.29 per cent male from Western suburbs and 2.03 per cent female said that they drink and drive vehicles regularly. The numbers of female are very less those drink and drive vehicles but still it is concern for parents and police in region. The 2013 survey shows that from Western suburbs, 36.84 per cent female and 58.12 per cent male from Thane city drive two wheelers. Nearly, 44.44 per cent male from western suburbs and 19.54 per cent female drive four wheelers from Thane city. Total 49.25 per cent male and 28.74 per cent female had licence of two wheelers. The 38.89 per cent male from western suburbs and 14.94 per cent female from Thane city had licence of four wheelers. It is very low percentage of youths those have driving licence. There could be two reasons for it. One is that they would have not applied and got it, or they are not serious to get it. But it is a serious offence to drive vehicle without proper driving licence. Nearly 61.11 per cent male from western suburbs and 28.19 per cent female from Thane city drove vehicle of friend.

Table 3. Driving of Youths in MMR for 2013 (Percent)

Drive	Western		Central		Eastern		Thane city		Thane district	
	M	F	M	F	M	F	M	F	M	F
Drive two wheelers	50.20	36.84	47.55	31.33	50.10	21.67	58.21	33.33	54.32	29.69
Drive four wheelers	44.44	15.79	32.84	15.5	29.03	16.67	26.87	19.54	25.93	7.81
License of two-wheeler	33.87	10.53	35.78	14.39	33.87	11.67	49.25	28.74	30.86	15.63
License of four-wheeler	38.89	10.53	27.45	10.33	30.65	6.67	26.87	14.94	19.75	3.91
Vehicle of										

Friend	61.11	21.05	52.45	25.83	48.39	13.33	58.21	27.59	58.02	28.91
Parent	44.44	26.32	39.71	26.94	35.48	20.22	41.79	40.23	32.1	23.44
Relatives	38.89	15.79	40.2	19.19	30.65	11.67	29.85	20.69	44.44	18.75
Injured while driving	5.56	15.79	21.57	15.5	22.58	8.33	23.88	12.64	22.22	16.41
Wear seatbelt/helmet	50.20	36.84	50.49	32.1	40.32	25.50	58.21	39.08	48.15	19.53
Drive on highway	27.78	15.79	37.75	16.24	38.71	15.32	46.27	22.99	39.51	14.06
Racing on highway	27.78	10.53	13.73	3.32	11.29	0.00	14.93	4.62	9.88	3.13
Major accident	16.67	5.26	9.8	5.54	6.45	0.00	4.48	2.35	7.41	4.69
Smoke and drive	0.00	5.26	5.39	1.11	8.06	0.00	1.49	0.00	4.94	1.56
Alcohol and drive	0.00	5.26	3.92	1.85	6.45	1.67	1.49	2.38	3.78	0.78
Drink drive accident	5.56	10.53	3.92	2.21	4.84	1.67	2.99	2.32	3.74	0.78

Source: as per table one.

In 2013 survey, we found that total 44.44 per cent male from Western suburbs and 40.23 per cent female from Thane city drove vehicles of parents. Youths have very easy access to vehicle of parents. Total 44.44 per cent male from Thane district and 20.69 per cent female from Thane city drive vehicles of relatives. Most of the times, relatives come home with vehicles and youths get chance to drive vehicles. Nearly 23.88 per cent male from Thane and 16.41 percent female injured while driving vehicles. Without proper training and practices, such accidents are expected among youths. Total 39.08 percent female and 58.12 per cent male from Thane city wear seatbelt helmet while driving vehicles. Total 46.27 per cent male and 22.99 per cent female from Thane city drove vehicle on highway. The 27.78 per cent male and 10.53 per cent female from Western suburbs had racing on highway. It is dangerous to life of youth, but they are doing it. Total 16.67 per cent male from Western suburbs and 5.54 per cent female from Central suburbs had major accident while driving vehicles. Lack of practice and not followed proper rules and regulation of traffic could be the reasons behind accidents among youths. Around 5.26 per cent male and 8.06 per cent female from Eastern suburbs had smoke and drive the vehicles. Nearly 6.45 per cent male from Eastern suburbs and 5.26 per cent female from Western suburbs had alcohol and drove vehicle. It is dangerous activity of youth and could affect on others life too. Around 5.56 per cent male and 10.53 per cent female from western suburbs drink and drive and had accident. It could be an error of youths.

Smoking cigarettes by Youths in region

Youths smoke cigarettes due to peer pressure, depression. They do not know the health effect due to smoking but due to peer pressure they smoke cigarettes. It effects on their lungs and respiratory system

in long term (Aslam Z et.al 2023). The incidence of smoking cigarettes by youths is presented in following table.

Table 4. Smoke Related Issues among Youths, 2023 (Percent)

Suburbs	Western		Central		Eastern		Thane City		Thane District	
	M	F	M	F	M	F	M	F	M	F
Ever Smoke Cigarettes	17.14	13.58	13.56	9.09	27.66	20.75	36.11	14.81	29.51	8.11
Parents support smoking	11.43	6.17	5.08	6.82	8.51	3.77	5.56	3.76	9.02	5.41
Smoke every day	5.71	6.17	5.08	0.00	8.51	1.89	5.56	0.00	6.56	2.72
Other tobacco products	0.00	1.23	3.39	0.76	10.64	1.89	2.78	0.00	7.38	1.35
Smoke due to depression	0.00	2.46	5.71	1.52	6.78	11.32	8.51	7.41	8.33	4.73

Source: As per table one.

There is a true connection between anxiety, depression, and smoking cigarettes. Smoking exists in most people suffering from stress, anxiety, and depression. People suffering from anxiety and depression have many possibilities of smoking initiation after suffering some stressful events. Moreover, smokers with depression and anxiety can easily become addicted to smoking (Grapatsas et al., 2017). Nearly 36.11 per cent male from Thane city and 20.75 per cent female from Eastern suburbs were ever smoker of cigarettes. Boys from Thane city, smoke more cigarettes as compared to girls. Total 11.43 per cent male and 6.82 per cent female had parents support smoking. Youths either take money or cigarettes from parents and smoke. They could be rich parents and not recognising the health impact of smoking among youths. From western suburbs, 6.17 per cent female and 8.51 per cent male from eastern suburbs were smoking every day. The 10.46 per cent male and 1.89 per cent female from Eastern suburbs were consuming other tobacco products. Around 8.51 per cent male from Thane city and 11.32 per cent female from Eastern suburbs were smoking due to depression.

Table 5. Smoking among Youth in MMR in 2013 (Percent)

Smoke	Western		Central		Eastern		Thane		Thane city	
	M	F	M	F	M	F	M	F	M	F
Smoking	11.11	10.53	18.63	6.64	27.42	3.33	13.43	4.66	22.22	7.03
Because of friend	11.11	5.26	17.16	5.54	20.97	1.67	17.91	4.68	16.05	6.25
Parents	0.00	0.00	0.98	0.37	4.84	1.67	1.49	1.15	2.47	1.56

Relatives	0.00	0.00	1.47	0.00	4.84	0.00	1.49	0.00	2.47	1.56
Accompany	11.11	0.00	0.00	0.00	12.9	0.00	11.94	3.45	3.75	0.78
parent support	11.11	0.00	1.47	0.00	4.84	1.67	0.00	1.15	1.23	1.56
Family share	5.56	0.00	6.86	0.37	8.06	0.00	4.48	0.00	1.23	1.56
Friends gives cigarettes	11.11	5.26	0.00	0.00	14.52	0.00	0.00	0.00	0.00	0.00
Depression	5.56	0.00	6.86	1.11	9.68	1.67	4.48	1.15	7.41	2.34
Chew tobacco	5.56	5.26	1.47	0.00	3.23	0.00	0.00	0.00	0.00	0.00

The 2013 survey shows that 10.53 per cent female from Western suburb and 27.42 per cent male from Eastern suburbs smoke regularly. Males are smoking more cigars as compare females. The 20.97 per cent male from Eastern suburbs and 6.25 per cent female from Thane city were smoking because of friends. Their friends provide cigarettes, so it is a peer pressure responsible for smoking. Around 4.84 per cent male and 1.67 per cent female from Eastern suburbs were smoking due to parent's support smoke. Nearly 5.26 per cent female from western suburbs and 14.52 per cent male from Eastern suburbs smoke cigarettes because friends give cigarettes. The 2.34 per cent female from Thane smoke cigarettes due to depression. Now a days, youths often say they have depression due to number of reasons. But youths should not smoke cigarettes whatever could be reason.

Alcohol consumption by youths

Youths should not be allowed to drink alcohol. It effects on their academic performance, and they may score very low marks. But youths do not listen to their parents, teachers, and relatives. They visit to weekend night parties where they come across the drinking of alcohol and smoking cigarettes.

Table 6. An Alcohol Consumption by Youths in Region in 2023 (Percent)

Suburbs	Western		Central		Eastern		Thane City		Thane District	
	M	F	M	F	M	F	M	F	M	F
Never	70.65	81.48	79.66	83.33	68.09	73.58	63.89	66.67	67.21	82.43
Rarely	18.57	12.35	15.25	9.09	17.02	16.98	13.89	18.52	12.3	9.46
Occasionally	11.43	6.17	5.08	7.58	14.89	9.43	22.22	14.81	19.67	7.43
Regularly	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.82	0.68

Source: As per table one.

The 2023 survey shows that 79.66 per cent male and 83.3 per cent female from Central suburbs said that they never had alcohol. But 18.57 per cent male from Western suburbs and 18.52 per cent female from Thane city had rarely had alcohol consumption. The 22.22 per cent male and 14.81 per cent female from Thane city said that they had occasionally had alcohol. During birthday and weekend parties, few youths plan alcohol parties. From Thane district, 0.82 per cent male and 0.68 per cent female had regular consumption of alcohol. They must stop alcohol consumption because it affect on their academic performance.

Table 7. Alcohol Consumption in MMR in 2013 (Percent)

Drink alcohol	Western		Central		Eastern		Thane City		Thane district	
	M	F	M	F	M	F	M	F	M	F
Alcohol consumption	22.22	15.79	16.67	4.06	16.13	3.33	14.93	14.94	22.22	10.94
Health problem	5.56	0.00	4.41	0.00	1.61	0.00	4.48	0.00	2.47	0.78
Sex after drink alcohol	5.56	0.00	0.00	0.00	0.00	0.00	1.49	1.15	4.94	0.78
Contraceptive use	0.00	0.00	1.96	0.00	4.84	1.67	0.00	1.15	6.17	0.78
Drink drive accident	0.00	0.00	0.49	0.74	1.61	0.00	0.00	0.00	3.72	0.00

The 2013 survey shows that from Western Suburbs, 15.79 per cent female from western suburbs and 22.22 per cent male from Thane district had alcohol consumption. It is a concern of youth's consumption of alcohol consumption. The 5.56 per cent male from western suburbs and 0.78 per cent female from Thane district had health problem due to alcohol consumption. The 5.56 per cent male from Western suburbs and 1.15 per cent female from Thane city had sex after drinking alcohol. Nearly 1.67 per cent female from Eastern suburbs and 6.17 per cent male from Thane district had contraceptive use after drinking alcohol. Nearly 3.70 per cent male from Thane district and 0.74 percent male from Central suburbs had drink, drive, and accident issue. It is a serious issue among youths in region.

Mental health and subsistence use by youths:

Youths must be healthy and positive for their future carrier. But youths in region are always in pressure to study, find internship, jobs, help parents etc. Few youths do not compete with their peer group and find low interest in study. Parents have youths' expectation of their study and future assignments.

Table 8. Mental Health and Issues with Students in 2023 (Percent)

Suburbs	Western		Central		Eastern		Thane City		Thane District	
	M	F	M	F	M	F	M	F	M	F
Hopeless or sad sometimes	58.57	85.19	67.8	77.27	80.85	81.13	72.22	81.48	84.43	83.78
Medical help	18.57	28.42	17.24	15.63	23.91	21.15	13.89	11.54	21.31	27.78
An attempt to suicide	5.71	16.05	5.17	10.16	6.52	13.46	2.78	15.38	8.26	17.36
Consume drugs	14.29	0.00	5.26	0.00	4.35	1.96	0.00	0.00	7.38	4.17
Mental health and tobacco consumption	18.57	1.23	8.47	4.55	21.28	9.43	5.56	7.41	20.49	6.08
Health problem due to alcohol	10.56	3.72	8.47	0.76	10.64	5.66	5.56	0.00	14.75	4.05

Source: As per table one.

Total 84.43 per cent male from Thane district and 85.19 per cent female from Western suburbs said that they feel hopeless sometimes. From Eastern suburbs, 23.91 per cent male and 28.4 per cent female from Western suburbs had medical help for mental health issue. Nearly 8.2 per cent boys and 17.36 per cent female from Thane district said that they made attempt to suicide due to mental health problem. There could be number of issues related to mental health problem among youths. From Western suburbs, 14.29 per cent male and 4.17 per cent female from Thane district consuming drugs to reduce the mental health issue. In eastern suburbs, 10.64 per cent male and 5.66 per cent female had health problem due to tobacco. It is not good decision to consume tobacco or tobacco related products by youths. In Thane district, 14.74 per cent male and 4.05 percent female had health problem due to alcohol consumption. In the Thane district, 20.49 per cent male and 6.08 per cent female had mental health and tobacco consumption. Youths body is not suitable for alcohol consumption. They may find more health issues after consuming alcohol. It is also affecting on their academic performance.

Table 9. Mental Health Issue among Youths in 2013 (Percent)

Depression	Western		Central		Eastern		Thane		Thane district	
	M	F	M	F	M	F	M	F	M	F

Sad/hopeless	55.56	42.11	29.9	26.57	29.03	40.66	31.34	44.83	37.04	36.72
Occasional depressed	33.33	15.79	18.63	19.93	19.35	33.33	20.9	36.78	32.1	26.56
Medical treatment	0.00	0.00	6.37	4.43	3.23	3.33	2.99	4.68	7.41	6.25
Suicide tried	0.00	0.00	5.39	4.06	6.45	3.33	0.00	5.75	6.17	7.03
Drugs to relive depression	0.00	0.00	1.96	1.48	6.45	0.00	0.00	1.15	2.47	0.78

Source: As per table one.

From Western suburbs, 55.56 per cent male and from Thane city and 44.83 per cent female had sad/hopelessness issue which is seen in 2013 survey. Nearly 33.33 per cent male from western suburbs and 33.33 percent female from Eastern suburbs had issue of occasional depression. It is also affecting their thinking and work, study, and performance. From Thane district, 7.41 per cent male and 6.25 per cent female from Thane took medical treatment for mental health. Eastern suburbs 6.45 per cent male and 7 percent female said that they tried suicide due to depression from Central suburbs. It is a step they took due to different reasons of depression but finally saved themselves. Nearly 6.45 per cent male and 1.48 per cent female from Eastern suburbs took drugs to relive depression.

Physical fight among youths in region:

Youths fight physically with other youths on different issues. They meet different friends and people in the region. The reasons could be financial, personnel and others.

Table 11. Physical Fight and Related Factors in 2023 (Percent)

Suburbs	Western		Central		Eastern		Thane City		Thane District	
	M	F	M	F	M	F	M	F	M	F
Physical fight	45.71	28.4	49.12	28.13	52.17	29.41	47.22	26.92	57.38	21.53
Physical injury	30	14.81	31.58	12.5	32.61	7.84	19.44	7.69	34.43	10.42
Treatment due to physical fight	22.86	6.17	12.28	3.13	32.61	1.96	5.56	7.69	27.87	5.56
Police case	1.43	2.47	3.51	0.78	2.17	0.00	2.78	0.00	2.46	0.00
Molestation	7.14	33.33	3.51	17.19	4.35	27.45	5.56	26.92	8.20	29.17
Assaulted	8.57	9.88	5.26	12.5	2.17	13.73	8.33	3.85	6.56	12.5

Carry paper spray	12.86	28.4	10.53	19.53	6.52	37.25	13.89	19.23	5.74	34.03
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Source: As per table one.

As per 2023 survey, nearly 29.41 per cent female from Eastern suburbs and 57.38 per cent male from Thane district had physical fight in past. Total 34.43 per cent male from Thane district and 14.81 per cent female from Western suburbs had physical fight. The 3.51 per cent male from Central suburbs and 2.47 per cent female from Western suburbs had police case due to physical fight. Nealy 33.33 per cent female from Westen suburbs said that they had molestation cases. Total 13.73 per cent female from Eastern suburbs and 8.57 per cent male from Western suburbs said that they had assault in past life. Around 34.03 per cent female and 13.89 per cent male said that they carry paper spray due to molestation and assaults. Most of the time, strangers in the region identify youths and touch them and argue with them. It happens with female in city during travel in local trains and buses.

Table 12. Physical Fight among Youths in 2013 (Percent)

Physical fight	Western		Central		Eastern		Thane		Thane city	
	M	F	M	F	M	F	M	F	M	F
With friends	33.33	26.32	34.80	20.3	30.65	18.33	29.85	28.74	30.86	27.34
Injured	11.11	15.79	23.04	7.01	16.13	8.33	11.94	8.05	20.99	12.52
Police case	5.56	5.26	5.88	2.21	0.00	1.67	1.49	2.38	3.76	1.56
Medical treat	0.00	0.00	5.39	3.69	4.84	5.00	7.46	2.36	7.41	3.13

The 2013 survey shows that around 34.08 per cent male from Central suburbs and 28.74 per cent female from Thane city said that they had physical fight with friends. Around 23.04 per cent male from Central suburbs and 15.79 per cent female from Western suburbs said that they injured in physical fight. Total 5.88 percent male from Central suburbs and 5.26 per cent female from Western suburbs said that they had police case due to physical fight. Around 7.41 per cent male from Thane city and 5 percent female from Eastern suburbs said that they had medical treatment due to physical fight. The physical fight was very severe that they had no choice but to visit hospital and take medical care.

Malnutrition among youths in region:

Youths in region do not eat balanced diet. They wake up early in morning and take breakfast in canteen or at street. They eat local items which does not guarantee of minimum calories and protein. At the same time cost, hygiene and cleanliness is another issue. At afternoon, they eat at canteen. They do not carry homemade food. Outside food is not nutritious and it deteriorate their health. Such youths have stress of study and less time to focus on health.

Table 13. Malnutrition and Its Effects Among Youths in 2023 (Percent)

Suburbs	Western		Central		Eastern		Thane City		Thane District	
	M	F	M	F	M	F	M	F	M	F
Malnourished	16.67	24.71	37.93	27.87	27.27	23.53	25.90	22.22	28.21	23.45
Malnutrition related issue	30.33	35.80	35.09	42.19	39.13	47.06	30.56	57.69	36.89	45.83
Weakness in study	50.50	76.25	56.14	67.19	67.39	72.55	62.86	69.23	68.85	70.83
Visit doctor	27.14	36.25	21.05	31.25	17.39	25.49	11.43	26.92	22.13	34.72
Eat Home-made food	80.25	81.18	77.97	84.09	70.21	75.47	83.33	74.07	79.51	80.41
Eat Junk food	20.60	14.12	18.64	12.88	27.66	20.75	16.67	22.22	20.49	16.89

Source: As per table one.

From 2023 survey, we can observe that in Central suburbs, 37.93 per cent male and 27.87 per cent female were malnourished. But 39.13 per cent male from Eastern suburb and 57.69 percent female from Thane city had malnourishment related issue. Around 68.85 per cent male from Thane district and 76.25 per cent female from Western suburbs visited doctor due to malnourishment issue. 27.66 per cent male from Eastern suburbs and 22.22 per cent female from Thane city said that they eat junk food regularly. Outside food is mainly responsible for the poor health outcome among youths in region.

Table 14 Malnutrition issue in MMR with youths in 2013 (Percent)

Nutritional status	Western		Central		Eastern		Thane city		Thane district	
	M	F	M	F	M	F	M	F	M	F
Malnourished	44.44	36.84	19.12	23.99	3.23	6.67	10.45	8.05	2.47	3.91
Any physical problem	5.56	0.00	10.29	8.49	3.23	18.33	5.97	12.64	7.41	10.94
Weakness	22.22	21.05	23.53	22.14	12.94	40.20	20.9	21.84	40.74	25.78
Health care facility	11.11	0.00	14.71	16.24	4.84	23.33	8.96	14.94	11.11	14.06
Treatment taken	5.56	0.00	5.88	7.01	0.00	15.50	5.97	9.28	9.88	6.25
IHome made	88.89	84.21	96.57	96.31	93.55	91.67	91.04	93.15	95.06	91.41

food										
Outside food	27.78	10.53	39.71	38.38	33.87	36.67	44.78	39.08	41.98	44.53

In 2013 survey, it is found that 44.44 per cent male and 36.64 per cent female had malnutrition issue from Western suburbs. From Central suburbs around 10.29 per cent male and 18.33 per cent female from Eastern suburbs had physical problem due to malnutrition. They might be feeling physically weak due to malnutrition. Youths had high malnutrition issue in Thane district. Total 40.74 per cent male and 25.78 per cent female had weakness due to malnutrition. Around 14.71 per cent male from Central suburb and 23.33 per cent male from Eastern suburbs had health care visit due to malnutrition. They have no choice but to visit health care facilities due to weakness. Only 9.88 per cent male and 15 per cent female took treatment from doctor due to malnutrition issue. Only 9.88 per cent male and 15 per cent female took treatment due to malnutrition issue. Most of the youth avoid going to the doctor and take medicines for weakness and malnutrition. From central suburbs, 96.57 per cent male and 96.31 per cent female took home made food.

Relationship status of youths in region

Youths have different types of friends. Few are from college, residential colony and past school and college etc. We have asked friendship and sexual behaviour of youths in past life. The youths expressed their relationship with opposite sex.

Table 15. Relationship Status among Youths in 2023 (Percent)

Suburbs	Western		Central		Eastern		Thane City		Thane District	
	M	F	M	F	M	F	M	F	M	F
Single	64.29	71.25	63.16	64.84	45.65	58.82	60	61.54	54.92	70.14
Engaged with opposite sex	25.71	22.5	31.58	25.78	41.3	41.18	28.57	30.77	40.98	24.31
Married	4.29	5.30	1.75	3.13	4.35	0.00	0.00	0.00	0.00	2.08
Involved in sexual relations	14.29	10.50	15.79	12.5	21.74	21.57	14.29	11.54	20.49	13.89
Multiple sex partners	10.30	2.51	12.28	2.34	10.87	11.76	5.71	0.00	7.38	6.94
Used contraceptives	12.86	7.55	12.28	7.81	10.87	13.73	11.43	7.69	14.75	10.42
Unwanted pregnancy	0.00	1.25	0.00	1.56	0.00	0.00	0.00	0.00	0.00	1.39
RTI/STI	47.14	67.56	29.82	49.22	41.33	54.92	40.50	57.69	55.74	61.11

Knowledge										
Sex education	70.20	62.50	64.91	82.81	76.09	80.39	74.29	69.23	73.77	70.14
Forced sex	5.71	1.25	1.75	6.25	2.17	3.92	2.86	3.85	1.64	6.25
Watched Porn movies	34.29	18.75	31.58	20.31	54.35	31.37	37.14	19.23	55.74	29.86
Forced to watch porn movies	4.90	4.29	2.75	1.75	8.25	13.04	4.92	5.71	12.41	17.21

Source: As per table one.

The 2023 survey shows that from Western suburbs, 64.29 per cent male and 71.25 per cent female were single. But 41.3 per cent male and 41.18 per cent female said that they are engaged with opposite sex. Only 5 per cent female from Western suburbs and 4.35 per cent male from Eastern suburb were married. Youth do not get married early because they are taking education. Nearly, 21.74 per cent male and 21.57 per cent female were involved in sexual relationship from Eastern suburbs. Around 12.28 per cent male from Central suburbs and 11.76 per cent female from Eastern suburb had multiple sex partners. Around 10.87 per cent male and 13.73 per cent female from Eastern suburbs said that they had contraceptives during intercourse. 1.56 per cent female from Central suburbs said that they had unwanted pregnancy. Total 55.74 per cent male from Thane district and 67.5 per cent female from Western suburbs had RTI/STI knowledge. We found that 73.77 per cent male from Thane district and 82.81 per cent female from Central suburbs had sex education. Total 6.25 per cent female from central suburbs and 5.71 per cent male from western suburbs said that they forced for sex. It is a serious concern for female. Total 55.74 per cent male and 29.86 per cent female from Thane district said that they watch porn movies. At the same time, 12.41 percent male and 17.24 per cent female from Thane district had forced to watch to porn movies. They should not watch such movies and must report to parents against it.

Table 16. Relationship Status of Youths in MMR during 2013 (Percent)

Sexual behavior	Western		Central		Eastern		Thane		Thane city	
	M	F	M	F	M	F	M	F	M	F
Boyfriend/girlfriend	33.33	26.32	29.41	19.93	24.19	18.33	37.31	37.93	29.63	26.56
Broken affair	5.56	5.26	14.71	8.49	14.52	5.00	16.42	25.29	18.52	14.06
Sex in past	5.56	5.26	14.22	3.69	14.52	6.67	13.43	2.32	17.28	4.69
Now sex activity	16.67	0.00	9.31	2.21	11.29	3.33	7.46	4.60	6.17	2.34
Single/multiple	5.56	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Contraceptive use	5.56	0.00	4.41	0.00	4.84	1.67	5.97	0.00	2.47	0.78
Know RTI/STI	77.78	47.37	60.78	54.61	62.9	61.67	56.72	56.32	66.67	52.34

Know HIV Aids	88.89	52.63	57.84	49.08	53.23	58.33	50.75	60.92	67.9	51.56
Health problem	5.56	0.00	3.92	2.58	1.61	0.00	4.48	4.66	4.94	3.13
Forced sex	5.56	0.00	5.39	2.58	4.84	3.33	5.97	1.15	8.64	0.78
Porn watched	61.11	21.05	33.82	13.28	46.77	15.25	43.28	18.39	46.91	14.84
Forced to watch	5.56	0.00	8.82	4.43	8.06	5.00	10.45	5.75	16.05	7.81

The 2013 survey shown that from Thane city, 37.31 per cent male and 37.93 per cent female had girlfriend/boyfriend. Nearly 18.52 per cent male from Thane district and 25.29 per cent female from Thane city had broken affair. Due to social media the number of affairs among male and female youths are increasing and they are breaking it also. Total 17.28 per cent male from Thane district and 6.67 percent female from Eastern suburbs had sex in past life. They do not have knowledge of contraceptives, and RTI/STI issue. Around 6.67 per cent male from Western suburbs and 4.6 per cent female from Thane city had never sex in past life. From Eastern suburbs, 1.67 per cent female and 5.97 per cent male from Thane city had sed the contraceptives in the past. Only 77.78 per cent male from Western suburbs and 61.67 per cent female from Eastern suburbs had known RTI/STI. Total 88.89 per cent male from western suburbs and 60.92 per cent female from Thane city known about HIV/AIDS. Around 61.11 per cent male and 21.05 per cent female from Western suburbs declared that they are watching porn movies. But 16.05 per cent male and 7.81 per cent female from Thane district said that they forced to watch porn movies.

Logistic regression model:

A logistic regression model (Greene W. 2018) is defined as follows.

$$Z_i = \alpha + \beta_1 X_1 + \beta_2 X_2 + \beta_3 X_3 \dots + \beta_K X_K + \varepsilon \quad (11)$$

Where Z_i is a linear sum of α and β_1 plus β_2 times X_2 and so on up to β_K times X_K . In above equation, α and β are intercept and slope. The z is an index that combines of X 's.

$$Z = \frac{1}{1 + e^{-z}} \quad (12)$$

We can substitute Z in the right-hand side for Z to get Z equal 1 over 1 plus e minus the quantity α plus the sum of $\beta_1 X_1$ for i ranges from 1 to K . Therefore, the logistic model is written as

$$Z = \frac{1}{1 + e^{-(\alpha + \beta_1 X_1)}} \quad (13)$$

Such model is used for different type of risk and multiple risky behaviours. The independent variables are socio-economic and demographic variables. The logistic regression results are presented in following table.

Table 17. Driving behaviours of youths in Metropolitan Region

2023			2013		
Variables	Odd ratio	Z test	Variables	Odd ratio	Z test
Age	-0.14**(0.06)	4.53	Sex	0.42* (0.06)	-6.04
Sex	-0.92**(0.33)	7.40	Hours in college	1.12*(0.06)	2.23
Work after college	-0.86**(0.36)	5.69	Help in HH	0.58*(0.13)	-2.23
Help parents	-1.52**(0.50)	9.02	Per capita income	1.00*(0.00)	2.70
Total members in family	0.14**(0.72)	5.05	Slums	0.74*(0.08)	-2.44
Per Capita Income	0.00**(0.00)	3.91	Computer	1.61*(0.35)	2.23
Age did you learn driving	0.22*(0.02)	89.37	Car	2.34*(0.37)	5.28
Driving licence	3.60*(0.49)	52.45	Bike	1.27*(0.15)	2.06
Wear seatbelt helmet	0.82**(0.31)	7.14	Log likelihood = -593.58961	Pseudo R ² = 0.1046 LR chi ² = 138.63	Prob > chi ² = 0.0000
Drive on highway	1.89*(0.36)	26.67			
Racing on highway	-1.85**(0.64)	8.39			
Receive call while driving.	0.86**(0.43)	3.93			
Alcohol and drive	-1.86**(0.88)	4.43			
Constant	2.25***(1.59)	2.00			
-2 Log likelihood= 337.31	Cox & Snell R ² = 0.58	Nagelkerke R ² =0.79			

- *Significant at 1 %, **Significant at 5 % *** significant at 10 %
- Standard error figures are in parentheses.
-

From 2023 survey, driving among youths is negatively correlated with age of youths in region. Older youths are 86 per cent less likely to participate in driving vehicles. The female drives less as compare male. Females are 8 per cent less likely to participate in risky driving. Therefore, sex is negatively

co-related with driving of vehicles by youth. Youths those driving vehicles do not work after college hours. Nearly 14 per cent youth participated in risky behaviours less likely to work after college hours. Therefore, it is negatively correlated with the work after college hours. Those youths drive vehicles do not help parents in households' tasks. Nearly 52 per cent youth involved in driving less likely help parents. They are from rich background therefore do not help parents in household tasks. Total members in family are positively co-related youths those driving vehicles. Those youths are driving then 3.6 times more likely to have licence of driving. The members in family teach them how to drive vehicles. Therefore, more members in family are positively correlated with youth driving in city. Per capital income is positively correlated with youths driving behaviour in city. The youths are from rich family therefore family own two and four wheelers. They allow the youths to drive vehicles. Age of youths is positively co-related to youths driving behaviour. As the age of youth increases, they learn drive vehicles. They go along with family for vacation. They go along with friends where they drive the vehicle driving. Youths those drive the vehicles have driving licence. Driving licence is provided to youths at 18 ages. They join class of driving and learn driving of two and four wheelers. They learn drive quickly and drive different vehicles. Youths drive vehicles in city. They wear helmet while driving two wheelers. They also wear seatbelt while driving four wheelers. In city, traffic rules are very strict. It is compulsory to wear helmet and wear seatbelt whole driving two and four wheelers. They do not wear helmet then police put the fine on two wheels and four wheelers. Youths drive on highways. Those are driving vehicles, the, 89 per cent more likely to drive on highways. They get fun to drive vehicles fast. Four wheelers are used for racing on highways. Youths those are driving vehicles, are 85 per cent less likely to race on highways. But city youths do not take part in racing of four wheelers. It is negatively correlated and statistically significant with driving behaviours of youths. Youths receive calls while driving vehicles in city. Attaining calls while driving vehicles is dangerous and it may lead to accident. Therefore, youths should not talk on phone while driving vehicles. Receiving calls while driving is positively co-related to driving of youths in region. Youths do not drink alcohol and driving vehicles in region. Youths those drive vehicles, are 86 per cent less likely to take alcohol and drive vehicles. It is negatively co-related and statistically significant. Perhaps family members allow them to drive vehicles if they drink wine. They are immature drivers and accidents can take place while driving.

In 2013 survey, driving among students is positively correlated to hours in college. It means youths spend 12 per cent more time in college who drive vehicle. They have vehicles so they spend enough time in college. The youth drive vehicles are positively correlated to per capita income of the households. They are from rich background, so the households have two and four wheelers. They easily learn and drive vehicles. Youths have computer at home, and they easily learn it. Computer at home is positively co-related and statistically significant. They drive car and bike because parents hold of car and bike at home. But diving by students is negatively co-related to sex of youths. Girls drive less compared to boys. It is 58 percent less likely that the girls drive four and two wheelers. Those students

drive two and four wheelers do not help in household tasks. They are 42 percent less likely to help households. Those youths drive vehicles do not stay in slums. The slums stay 26 per cent less likely in slums.

Table 18. Cigarettes Smoking Behaviour among Youths in Region (2023 and 2013)

2023			2013		
Variables	Odd ratio	Z test	Variables	Odd ratio	Z test
Travel time	-0.87(0.31)	7.86	Sex	0.28*(0.06)	-5.68
Financial difficulty	0.50(0.31)	3.51	Travel by Rickshaw	1.02(0.01)	1.73
Type of family	-0.75(0.31)	5.83	Hours in college	1.16*(0.06)	2.67
Help parents	-1.65(0.33)	24.01	Spending time	0.56(0.19)	-1.68
Loan taken by parents	1.05(0.37)	7.90	HH size	0.82*(0.07)	-2.01
Age at start of smoking	0.34(0.05)	39.99	Fathers' education	1.08(0.04)	1.89
Parents support smoking	1.16(0.64)	3.30	Rental house	1.74*(0.48)	1.99
Smoke every day	3.02(0.95)	10.17	Car	1.64*(0.36)	2.27
Consume other tobacco product	-2.51(1.15)	4.74	Log likelihood = -325.12	Pseudo R ² = 0.09 LR chi ² = 69.31	Prob > chi ² = 0.00
Smoke due to depression	4.16(0.93)	19.89			
Constant	-0.73(0.62)	1.38			
-2 Log likelihood	Cox & Snell R ²	Nagelkerke R ²			
312.42	0.40	0.66			

- *Significant at 1 %, **Significant at 5 % *** significant at 10 %
- Standard error figures are in parentheses.

Youths should not smoke cigarettes. They may have number of reasons for it, but it effects on their lungs and life span declines due to smoking. Smoking among youths is negatively co-related to travel time of youths to college. Those youths smoke then 13 per cent less likely to travel and spend time

for travel. Those youths stay near educational institute do not smoke cigarettes. It is negatively co-related and statistically significant. Nearly half of the youth face financial difficulty but they are smoking. Youths often feel stress and smoke cigarettes. Type of family is negatively co-related and statistically significant with smoking among youths. Total 25 per cent youth those smoke cigarettes are not from joint families. Mostly the youths from nuclear family smoke more as compared to joint family. It is because grandmother and grandfather take care of children and talk to them if parents work in labour market. Those youths smoke cigarettes do not help their parents and it is statistically significant and positively co-related with help to parents in households' tasks. Nearly, 65 per cent youths do not help parents but they smoke. Those youths smoke cigarettes, the parents have taken loan from different financial institutions. Age of the start smoking is positively co-related to smoking behaviours among youths. Youths have 34 per cent more likely to start smoking with growing age. As the age of youths increases, the smoking habit also increases among youths. Smoking among youths is supported by the parents and it is positively co-related and statistically significant. Most of the time, parents smoke therefore youths also smoke cigarettes. Only 16 per cent youths said that parents support smoking cigarettes nearly 3 times Those who smoke cigarettes, smoke very day and it is statistically significant and positively co-related with smoking behaviours. The youths smoke cigarettes every day if they are already smoke cigarettes. Those youths smoke do not consume other tobacco products. It is negatively co-related and statistically significant. Youths those smoke, do not consume other tobacco products and it is 2.5 times. Youths smoke due to depression. It is statistically significant and positively co-related with smoking cigarettes among youths. Youths are under pressure for study as well as financial issues of family. It results in to smoking among youths.

Smoking among youths is positively co-related to travel by auto rickshaw. Youths spend 16 percent more time in college, but they smoke. Those youths smoke have father 8 per cent more educated than those do not smoke cigarettes. The youths those stay in rental house are 74 per cent more likely to smoke cigarettes. Those youths have car at home then they 64 per cent more likely to smoke cigarettes. Smoking is negatively co-related to sex of youths. The girls are 28 per cent less likely to smoke than boys. The spending time at college is 56 per cent less than those do not smoke cigarettes. Those youths do smoke cigarettes have household size 82 per cent nuclear. Youths from joint family do not smoke cigarettes. We have regressed the alcohol consumption with different socio-economic factors of youths.

Table 19. Alcohol Consumption among Youths in 2023 and 2013

2023			2013		
Variables	Odd ratio	Z test	Variables	Odd ratio	Z test
Actual Age	0.10(**0.04)	5.30	Age	1.22*(0.10)	2.36

Financial difficulty1	1.06**(0.40)	6.94	Sex	0.41*(0.09)	-4.03
Nature of family 1	-0.64**(0.33)	3.72	Travel by train	1.00*(0.00)	3.34
Help parents	-2.91*(0.40)	51.58	Work	3.56*(0.91)	4.95
Total members in family	-0.25**(0.13)	3.66	Mothers' education	1.08*(0.04)	2.27
Age at alcohol consumption	0.33*(0.04)	49.05	Per capita income	1.00*(0.00)	3.30
Consume alcohol regularly	4.20*(0.52)	65.49	Car	3.04*(0.67)	5.06
Constant	-1.60(1.26)	1.60	Log likelihood = -313.76	Pseudo R ² = 0.133 LR chi ² = 96.80	Prob > chi ² = 0.0000
-2 Log likelihood =217.47	Cox & Snell R ² =0.60	Nagelkerke R ² =0.86			

- *Significant at 1 %, **Significant at 5 % *** significant at 10 %
- Standard error figures are in parentheses.
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Alcohol consumption among youths increases the number of diseases and their efficiency of study declines. It may result into poor academic performance. Alcohol consumption among youths is positively co-related with age of the youths. Financial difficulty is positively co-related with alcohol consumption among youths in region. Youths those consume alcohol are 6 per cent more likely to have financial difficulty. The type of family is negatively corelated to alcohol consumption among youths. Those youths take alcohol, 36 per cent less likely from joint family. Those youths consume alcohol do not help their parents in various household tasks and it is statistically significant and positively co-related. Those youths consume alcohol are 3 times less likely help to their parents. Total members in family are less if the youths are drinking alcohol. Nuclear family have more chance that youths will drink alcohol. Youths consume alcohol are 75 percent less likely from joint families. Age of youths for alcohol consumption is positively co-related. If at the lower age, they consume alcohol then youth will increase its consumption with increasing age. Youths with higher age are 33 per cent more likely to consume alcohol. Those youths drink alcohol, they consume alcohol regularly. Youths those already consume alcohol are 4 times more likely to consume alcohol regularly. It is positively co-related and statistically significant.

Alcohol consumption is positively co-related to age. The older youths are 22 per cent more likely to

drink alcohol than smaller youths. Those youths travel by train are more likely to drink alcohol. Those youths take alcohol, the mothers are 8 per cent more educated than those do not take drink. Those youths work after college hours, they are 3.5 times more likely to drink alcohol. Those youths have high per capita income of family they drink more alcohol, those youths have car at home, drink more alcohol than other youths those do not drink alcohol. Alcohol consumption is negatively co-related to sex of the youth. It means girls are 41 per cent less likely to drink alcohol than male.

Table 20. Depression among Youths in Region during 2023 and 2013

2023			2013		
Variables	Co-efficient	Wald test	Variables	Odd ratio	Z stat
Actual Age	0.06**(0.02)	5.62	Age	1.16*(0.06)	2.70
Financial difficulty	0.70*(0.16)	17.66	Walk	1.00*(0.00)	2.19
Parents spend time	-.51**(0.27)	3.46	Travel by train	1.00*(0.00)	2.29
Help parents	-0.51**(0.29)	3.09	Work	1.69*(0.34)	2.62
Total members in family	-0.07**(0.03)	4.27	Spend time	0.58*(0.14)	-2.11
Per Capital Income	0.00*(0.00)	4.56	Loan	1.63*(0.24)	3.26
Loan taken by parents	0.36**(0.17)	4.71	Toilet	2.86*(0.86)	3.49
Medical help	1.97*(0.33)	34.83	Log likelihood = -604.64	Pseudo R ² = 0.04 LR chi ² = 54.25	Prob > chi ² = 0.0000
Attempted suicide	1.36**(0.40)	11.57			
Constant	-0.37(0.73)	0.25			
-2 Log likelihood = 850.61	Cox & Snell R ² = 0.18	Nagelkerke R ² = 0.25			

*Significant at 1 %, **Significant at 5 % *** significant at 10 %.

- Standard error figures are in parentheses.

Depression is positively co-related with increase in age of youths. It is positively co-related and statistically significant. Depression among youths is positively co-related to financial difficulty of youths and it is statistically significant. Those youths are in depression are 70 per cent more likely to face financial difficulty. The parents do not spend enough time with youths that is why they are depressed which is statistically significant and negatively co-related with depression. Those youths are in depression, the parents spend 49 per cent less time with them. The youths do not help parents in households work which is statistically significant and negatively co-related with depression among

youths. Total members in family are less and that is why youths are depressed which is negatively correlated and statistically significant. Per capita income of the household is higher, but youths are in depression. Such result is statically significant and positively correlated to depression among youths in region. The parents have taken loan from financial institutions which is statistically significant and positively correlated to depression among youths. Youths those in depression, the 36 per cent parents have taken loan from different sources. Students are depressed but they took the medical help which is statistically significant but positively co-related. The youths also tried to do suicide due to depression. Attempt to suicide is positively co-related and it is statistically significant. Almost 97 per cent youths have taken medical help during those depression is tired of suicide.

From 2013 survey, the depression among youths is positively co-related to age of youth. As the youths age increases, they are 16 percent more depressed than younger youths. Those youths walk to college are more likely to depressed. Maybe they poor and walk to attend college. Those youths travel by train are more likely to depressed. It might be because of crowded local trains in Mumbai. Those youths work after college hours are 69 per cent more likely to depressed. The youths' parents those took loans from financial institutions are 63 percent more likely to be depressed. Those parents have toilet at home the youths are 2.86 per cent more likely to be depressed. It is difficult to explain this point at this level. The depression among youths is negatively co-related to spend time by youth. Youths do not spend time in educational institute because they are depressed.

Table 21. Physical Fight among Youths in Region

2023			2013		
Variables	Odd ratio	Z test	Variables	Odd ratio	Z test
Sex	-0.77*(0.20)	13.97	Sex	0.64*(0.09)	-3.06
Physical injuries	3.71*(0.44)	71.07	Car	1.66*(0.26)	3.22
Treatment due to physical fight	1.91**(0.59)	10.33	Bike	1.11(0.07)	1.70
Molestation	0.53**(0.26)	4.21	Log likelihood	Pseudo R ² = 0.02 LR chi ² = 25.45	Prob > chi ² = 0.0000
Constant	-0.92*(0.15)	39.33			
-2 Log likelihood=	Cox & Snell R ²	Nagelkerke R ²			
685.22	=0.355	=0.48			

- *Significant at 1 %, **Significant at 5 % *** significant at 10 %
- Standard error figures are in parentheses.

The physical fight is negatively co-related to sex of the youths. Females are less likely to fight. The female is 33 per cent less likely to fight physically as compared to male. The physical injuries are positively co-related and statistically significant and positively co-related. During physical fight, 3 times more chance that the youths is physically injured. The treatment due to physical fight is positively co-related with physical fight and statistically significant. Nearly 91 per cent youths who had physically fight took treatment due to physical fight. Molestation is positively co-related physical fight among youths in region. During physical fight nearly 53 per cent youths had molestation issue. The 2013 survey explains that the physical fight among youths is positively co-related to car and bike at home. Those youths have car at home are 66 percent more likely to fight physically. The physical fight among youths is negatively co-related to sex of the youths. The girls are 64 per cent less likely to fight than boys.

Table 22. Malnutrition among Youths in Region

2023			2013		
Variables	Odd ratio	Z test	Variables	Odd ratio	Z test
An issue of malnutrition	2.00*(0.16)	143.63	Travel by train	0.98*(0.00)	-3.12
Parents spend time	-0.51(0.24)	4.52	Per capita income	0.99**(0.00)	-1.83
Constant	-0.47(0.24)	4.02	Loan	1.43**(0.27)	1.89
-2 Log likelihood =901.22	Cox & Snell R ² =0.20	Nagelkerke R ² =0.27	Log likelihood = -405.73	Pseudo R ² = 0.02 LR chi ² = 18.37	Prob > chi ² = 0.0000

- *Significant at 1 %, **Significant at 5 % *** significant at 10 %
- Standard error figures are in parentheses.
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Malnutrition is positively corelated to an issue of malnutrition. It is positively co-related and statistically significant. Those youths had malnutrition issue, they are twice suffering from issues related to malnutrition such as blood pressure, tension, anxiety, tiredness. The parents do not spend time with malnourished youths. They have number of assignments and travel to job, meetings. It is negative and statistically significant. Those suffer from malnutrition, the 49 per cent parents less likely to spend time with youths. They think that their time sharing will not improve the health of youths.

The survey of 2013 shows that malnutrition among youths is positively corelated with loan taken by parents. The youths are 43 per cent more likely to be malnourished. Those youths travel by train are

98 per cent less likely to be malnourished. The youths malnourished are 99 per cent have less per capita income than those are healthy. Therefore per capita income is negatively co-related to malnutrition among youths.

Table 23. Sexual Behaviours of Youth in MMRDA from 2023 to 2013

2023			2013		
Variables	Odd ratio	Z test	Variables	Odd ratio	Z test
Multiple sex partner	3.47*(0.72)	23.06	Sex	0.28* (0.07)	-4.83
Used contraceptives	4.39*(0.46)	88.01	Walk	1.01* (0.00)	2.08
Forced sex	1.50**(0.58)	6.74	College time	0.90* (0.04)	-2.07
Forced to watch porn movies	1.05**(0.55)	3.63	Work	2.68* (0.74)	3.57
Actual Age	0.15*(0.03)	17.87	Electricity	0.26* (0.15)	-2.27
Type of family 1-Nuclear 2-Joint 3-self	-0.53*** (0.29)	3.32	Toilet	2.49*** (1.33)	1.71
Help parents	-0.92** (0.44)	4.31	Car	1.62** (0.41)	1.90
Per Capita Income	0.00** (0.00)	4.12	Log likelihood = -259.16	Pseudo R ² = 0.10 LR chi ² = 62.40	Prob > chi ² = 0.0000
Constant	-5.08* (0.94)	29.20			
-2 Log likelihood	Cox & Snell R ²	Nagelkerke R ²			
292.92	0.38	0.65			

- *Significant at 1 %, **Significant at 5 % *** significant at 10 %
- Standard error figures are in parentheses.

Sexual health is positively co-related to multiple sex partner. It is statistically significant and positively correlated. Those youths involved in sexual relationship have 3.5 times more likely to have multiple sex partners. The used contraceptives are positively correlated and statistically significant with sexual

behaviour of youths. Youths involved in sexual relationship are 4 times more likely to use contraceptives. Many females said that they had forced sex in past life. Few friends and relative show them porn. it is forceful activity therefore it is positively corelated and statistically significant. Nearly 1.5 youths involved in sexual relationship said that they forced for such relationship. Youths have sexual relationship at higher age. It is risky behaviour to have sexual relationship even at early age. Those youths involved in sexual behaviour are from nuclear families. The youths involved in sexual relationship are 47 per cent but they are not from joint family. The family size is negatively co-related with sexual behaviour of youths. Those involved in sexual behaviour do not help parents. Help to parents by youths is negatively co-related and statistically significant. Youths involved in sexual relationship, 92 per cent are less likely to help to parents. The youths involved in sexual behaviour are from rich households. Per capital income of youth's household is positively co-related and statistically significant to his sexual behaviour.

The 2013 survey shows that the sexual involvement of youths is positively co-related to walking of youths to college. The youth's sexual involvement is 2.5 percent more likely to work. Those youths have toilet facility at home are 2.5 times more likely to involved in sexual relationships. Those parents have car owned; the youths are 62 per cent more likely to involved in sexual relationship. The sexual involvement of youths is negatively co-related to sex of the youths. The girls are 28 percent less likely to be involved in sex than boys. Those youths do not have electricity at home, they are 26 percent less likely to involve in sexual relationship.

Multiple risky behaviours:

The onset of multiple risk behaviours, such as smoking, anti-social behaviour, hazardous alcohol consumption and unprotected sexual intercourse, cluster in adolescence and are associated with increased risk of poor educational attainment, future morbidity, and premature mortality. These behaviours go beyond pure 'risk-taking' behaviours and embrace behaviours which are ubiquitous in society, such as low levels of physical activity. These behaviours shape adult behaviour and the consequences are costly to society and young people. Further, people who engage in any one risk behaviour are likely to engage in others (Kipping R.R. et.al. 2004)

Table 24. Multiple Risky Behaviours among Youths

2023			2013		
Variables	Odd ratio	Z test	Variables	Odd ratio	Z test
Age	0.07**(0.04)	3.70	Sex	0.52* (0.07)	-4.76
help parents.	-1.53**(0.73)	4.42	Walk	1.13*** (0.07)	1.89

loan taken by parents.	0.42***(0.26)	2.75	Travel by train	1.08**(0.04)	1.90
Constant	1.98***(1.22)	2.67	College time	1.16*(0.08)	2.19
-2 Log likelihood=	Cox & Snell R ²	Nagelkerke R ²	Per capita income	1.00**(0.00)	1.95
432.47	0.18	0.4	Car	1.94* (0.29)	4.42
			Log likelihood = -653.41	Pseudo R ² = 0.046 LR chi ² = 63.37	Prob > chi ² = 0.000

- *Significant at 1 %, **Significant at 5 % *** significant at 10 %
- Standard error figures are in parentheses.

Age of the youths is positively co-related to multiple sex behaviours. As age of the youth increases, they involved in either driving, depression, malnutrition, sexual behaviour, physical fight etc. They must protect themselves from risky behaviours. But age of youths is positively co-related and statistically significant. Youths involved in risky behaviours do not help parents at home. Youths those involved in multiple sex are 53 per cent do not help parents at home. It is statistically significant and positively co-related. The parents taken loan from different financial institutions. The parents, those took loans, the 43 per cent youths are involved in multiple risky behaviours. Therefore, it is statistically significant and positively corelated with multiple risky behaviours among youths.

The multiple risky behaviours are positively co-related to walking. They have 13 percent more likely to involved in multiple risk. Those youths travel by train are 8 per cent more likely to involved in multiple risk. Those youth involved in multiple risk have per capita income higher and positively significant. Those have car at home are 94 per cent more likely to involved in multiple risk behaviours. Multiple risky behaviours are negatively co-related to sex of the youths. The females are 52 per cent less likely to involved in multiple risky behaviours.

Policy implication and conclusion:

Adolescence is a critical transitional period that includes the biological changes of puberty, the need to increase independence, preoccupation with the self, and normative experimentation. A number of health risk behaviours begin in adolescence that affect health both at the time and in later years. Some of these behaviours contribute to the leading causes of mortality and morbidity among adolescents, such as suicide attempts, injuries and the various risks associated with unprotected sexual behaviour, conditions related to tobacco or alcohol use and overweight or obesity (K.Preethi 2019).

Youths are involved driving two and four wheelers. They are drinking alcohol due to number of reasons. Youths are depressed and they fight physically. The youths are involved in sexual relationship without

knowledge of contraceptives. Those have driving licence drive vehicles 3 times more. Youths those are smoke cigarettes smoke four times more due to depression and three times more if they are smoking cigarettes very day. Those youths consume alcohol, do not help parents twice. Those consume alcohol drink it four times every day. Those are depressed took medical help twice. Those youths physically fight had injury four times more and took treatments twice in hospital. Those youths malnourished, then twice they have issue of malnutrition. Those youths involved in sexual relationship have three times more of multiple sex partners and four times they have used the contraceptives during intercourse. Youths in regions required number of alternative policies to deal with risky behaviours. Few youths are from rich families where families have car, bikes etc. They need guidance to drive four wheelers in city. They are not skilled driver. Phone call should be strictly avoided while driving vehicles. They must avoid driving at highway where trucks and tempos are carrying the goods. Chances of accidents is very high. Youths smoke cigarettes at younger age. Somewhere parents' behaviour of smoking is responsible for smoking among youths. Youths drink alcohol at lower age. They do not help parents in household tasks. They consume alcohol due to peer pressure. The regular consumption of alcohol must be stopped of the youths. Parents must take help of counsellor in this direction. If parents are consuming alcohol, then they must stop it immediately. In nuclear family parent must pay attention on development of youths. Youths are in depression due to number of reasons. Most of them tell that due to financial difficulty, they are in depression. If the youth is in depression, then parent must spend more time with them. Identify their issues and provide them solutions. Youths are very serious in their thinking and acting differently. Behavioural modification is urgent need to stop suicide attempt among youths. Councillors will provide the best solutions for it. Adolescents displaying risk behaviour commonly did not use the social counsellor, psychiatric outpatient care and study counselling services, even if they would have needed them. There should be a focus on the comprehensive identification of various forms of high-risk behaviour among adolescents to gain insight into how adolescents' healthy development can be supported and how high-risk behaviour can be effectively mitigated (Petäjälä et.al 2022).

Parents must check phone calls of youths. They must monitor what's app chats. They must observe the friend circle of youths. They must visit college and ask youths daily attendance record in college. They must attend Parent and Teachers Meetings in school and college. Any risky behaviour is found then they must ask the precautionary measures to teacher. They must see what time college get over and youth return to home. If any youth spends time with friend circle, then they must ask teacher about class hours. They must discuss the overall student's performance in college. Parents should check youths access to vehicle of their own and friend circle. They must provide permission with valid driving licence. They must teach youth about safe driving. Parents must force youths to follow rules of traffic in city. They must sit with them in vehicle and guide them for safe driving. They must ask about driving of friend's vehicle and issues happened. Parents must know about smoking of youths if any. Parents must have information of friends those have daily smoking habits. They must ask money spent on cigarettes. The youths have smoke and health related issues, then they must discuss with doctor.

Parents must observe behaviour of youth's friend circle regularly. They often go to night parties. Parents must ask the nature of parties organised and who organised it. Youths should not drink wine and drive vehicle which would lead to violation of traffic rules. Police can catch them immediately therefore parents must be alert. Parents must discuss and follow the Gandhian philosophy in life. They should discourage the youths to not fight with other youths. They must ask youths to bring any issue to their notice. They must suggest that the youth should discuss issue with friends. Regular what's app chats and talk are important to keep watch on youths' behaviour with their friend circle. If any fight takes place, then parents must discuss immediately the nature of fight and tell them not to fight again on such issues. Parents must understand cause of concern and detail of fight and try to improve youth at every point of time. Parents must provide balanced diet to youth. Parents should not provide money but suggest youths to eat homemade food. If any issue exists, they must take youths to doctor. Most of the time, youths accompany only girls in the group. Parents must check study and friend circle. They should know who is chatting with youths. They must keep watch on outdoor activities of youth from time to time. If youths are meeting at point with opposite sex, then they must know such points. They must suggest youths to avoid the opposite sex relationship. They must help youths to set up future goals and help their dreams. If required parents must take help of counsellors but focus on long term goals as education, health, and carrier.

Parents must check the cell phone of youths about contact numbers of friends and porn clips. Most of the youths from rich community and it does not guarantee that they will develop contacts and will indulge in sexual activities. They must focus on study and learn skills. Parents have taken loan, and they are busy with maximum workload. They must reduce few assignments immediately and spend some time with youths. If required, then youths must be taken counsellors immediately. Sharing and caring by parents will solve the multiple risky behaviours among youths in region. Educational materials about the negative effects of the risky behaviours should be included in the curriculum of universities to improve students' perception of risky behaviours and their consequences. There should be awareness campaigns on risky behaviours for students and the public. Media and social network applications should be used actively to enhance the knowledge of the public and students about risky behaviours (Ansari T. et.al 2016). Youths is the future of country and family. Therefore, such policies are required on priority basis.

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