- Lifestyles

Impacts of modern lifestyle on males' health

Modern lifestyle with working pressure, sedentation and unhealthy diets has silently decreased energy and reproductive health of young males

The Saigon Times Weekly · 25 Sep 2025 · 5

Nowadays, young men are facing big changes in daily activities and living environment. Although these factors seem to be normal, they have bad impacts on males' energy, sexual ability and reproductive health, according to Suc khoe & Doi song news site.

Modern lifestyle exerts invisible pressure on young men because of heavy workloads, highly competitive environment, financial pressure and social responsibilities. Longlasting stress may cause hormone disorders, decreasing the production of testosterone, the major hormone for energy and sexual health.

In addition, the abuse of electronic gadgets, spending too much time on computers or smartphones, has given rise to a sedentary lifestyle, which may cause fat belly, or abdominal obesity, affecting the circulatory system and sexual ability.

Unhealthy diets

A diet with too much fat, oil, sugar and salt has become familiar with many young men. Fast foods have plentiful saturated fat and refined sugar, which increase the risk of obesity and diabetes, and decrease sperm quality.

The lack of fruits and vegetables, vitamin D, zinc and selenium may also reduce testosterone production and restrict reproductive ability. The abuse of alcoholic beverages, coffee and soft drinks may have a bad impact on the liver, kidneys and reproductive system.

Sedentary lifestyle

Physical activities play an important role in maintaining sexual health. Unfortunately, most young men spend too much time working and playing online games. Sedentation reduces the conveyance of blood to sexual organs and decreases testosterone levels. Studies show that regularly doing physical exercises can help improve physical and mental health and increase sexual desire and ability.

Sleep disorders

Sleeping is the time for recovery and hormone production. Lack of sleep or low-quality sleep due to any reason will decrease testosterone levels. Young men who sleep less than six hours per night can lose 10-15% of testosterone levels within a few days. This may cause fatigue, distraction and loss of libido and reproductive ability.

Mental pressure

Mental health is vital for maintaining energy. Stress, anxiety and pressure cause the brain to release cortisol, the stress hormone that is hazardous to testosterone. Poor mental health may also decrease sexual desire in young men, which may give rise to erectile dysfunction and premature ejaculation.

To retain energy sustainably, young men should live a healthy life with a balanced diet: focusing on protein-rich foods, fruits and vegetables, whole grains and zinc-rich food like red meat and oyster; regularly doing exercises like weightlifting, plank, squat, running or cycling at least 150 minutes per week; sufficient sleep: sleeping 7-8 hours per night; stress control: practicing meditation, yoga or healthy recreation; smoking and alcoholic beverage restrictions to protect the cardiovascular system, liver, lungs and sexual health.