

Effect of Modern Lifestyle on the Subconscious Mind

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Abstract- The rapid growth of technology and lifestyle modernization has significantly influenced the human mind, behavior, and emotional balance. This study investigates the impact of the modern lifestyle on the subconscious mind — the part of the human psyche that governs thoughts, emotions, and decisions beyond conscious awareness. A structured questionnaire was administered to 305 respondents, including students and professionals, to examine how daily habits such as screen time, sleep patterns, stress, and mindfulness practices affect subconscious stability. Findings show that excessive device use, irregular sleep, and frequent stress strongly affect subconscious calmness and self-awareness. Participants who maintained mindfulness routines reported greater emotional balance. The study concludes that while modernization improves efficiency, it disrupts subconscious harmony, emphasizing the need for balanced routines and conscious mental care.

Keywords – Subconscious mind, modern lifestyle, mindfulness, stress, digital behavior, sleep cycle, emotional balance.

I. INTRODUCTION

The subconscious mind governs much of human behavior, silently influencing thoughts, emotions, and automatic reactions. In earlier societies, structured routines, limited distractions, and community life allowed mental balance. However, today's lifestyle — dominated by digital technology, multitasking, and stress — has altered the inner functioning of the mind.

According to Joseph Murphy (1963), the subconscious mind responds to the thoughts impressed upon it, whether positive or negative. The modern lifestyle continuously bombards individuals with stimuli, creating a loop of anxiety and subconscious fatigue. This research aims to analyze how daily modern habits affect subconscious harmony and mental awareness among individuals in the digital era.

II. LITERATURE REVIEW

Past studies connect daily habits with subconscious and cognitive functioning. Murphy (1963) emphasized that positive thoughts shape subconscious success. Nur Ilia (2017) found that subconscious conditioning strongly affects decision-making and emotions. Studies by Imperial College London (2024) and Harvard Gazette (2019) highlight how irregular sleep patterns in modern life disturb biological rhythms and cognitive stability. Reynaud et al.

(2019) proved that better sleep enhances behavior and subconscious control, while Skeldon et al. (2013) and Postnova et al. (2021) showed that inconsistent sleep-wake cycles and exposure to artificial light cause subconscious stress.

Vos et al. (2024) used EEG-based monitoring to demonstrate that chronic stress from modern routines alters brain-wave patterns, showing measurable subconscious effects. Together, these findings affirm that modern living patterns directly impact subconscious harmony — forming the foundation for the present research.

III. OBJECTIVES OF THE STUDY

1. To analyze the relationship between modern lifestyle habits and subconscious stability.
2. To study the effects of stress, sleep, and digital dependence on emotional and subconscious balance.
3. To identify practices that help restore subconscious peace in modern life.

IV. RESEARCH METHODOLOGY

- Research Design: Quantitative Descriptive
- Sample Size: 305 respondents
- Data Collection Tool: Structured Google Form survey
- Participants: Students and working professionals aged 18–45
- Sampling Method: Random sampling
- Variables Studied: Screen time, sleep duration, stress levels, mindfulness frequency, and subconscious awareness
- Analysis Technique: Descriptive statistics (percentages) and thematic interpretation of qualitative responses

V. DATA ANALYSIS AND FINDINGS

Demographic Overview Age Distribution (Figure 1):

Participants ranged from 18 to 45 years, with the majority (approx. 70%) between 20–35 years, representing the most digitally active age group.

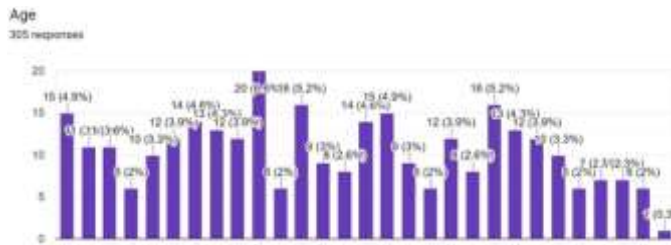


Figure 1: Age Distribution of Respondents

Education (Figure 2):

50.8% undergraduates, 31.1% postgraduates, and 13.8% working professionals, suggesting diverse academic and occupational backgrounds.

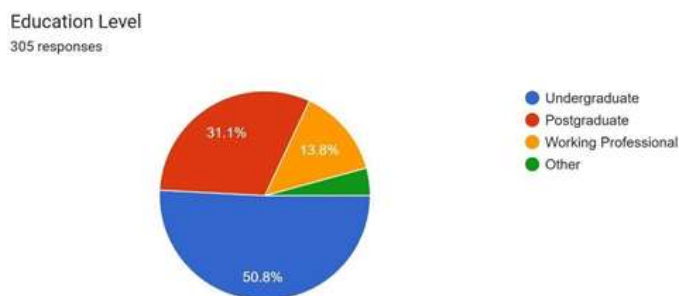


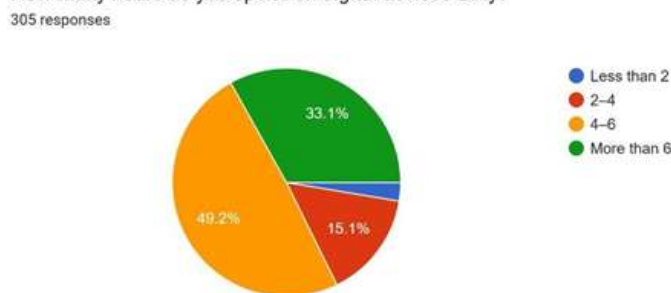
Figure 2: Education Level of Respondents

Lifestyle Habits

Digital Device Usage (Figure 3):

49.2% of respondents reported using digital devices for more than 6 hours daily, and 33.1% used them for 4–6 hours. Only 15.1% used devices less than 2 hours a day.

How many hours do you spend on digital devices daily?



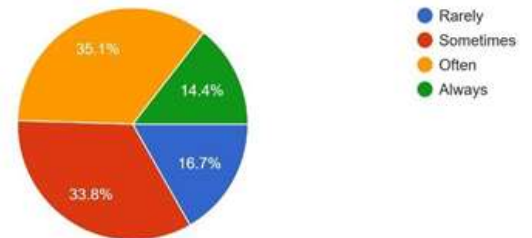
Interpretation: Excessive screen time is a defining feature of modern living, associated with subconscious overstimulation and reduced focus. Figure 3: Daily Screen Time of Respondents

Stress and Overthinking (Figure 4):

35.1% “often” and 33.8% “always” experience stress, while only 16.7% “rarely” do.

How often do you experience stress or overthinking?

305 responses



Interpretation: Nearly 69% face frequent stress or overthinking, showing subconscious pressure and constant mental activity.

Figure 4: Frequency of Stress or Overthinking

Sleep Duration (Figure 5):

49.5% sleep less than 7 hours, 38% sleep 7–9 hours, and very few exceed 9 hours.

How much sleep do you usually get at night?

305 responses



Interpretation: Insufficient sleep is a common trait of modern life and strongly influences subconscious recovery.

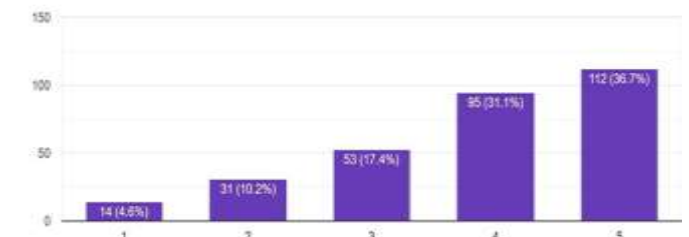
Figure 5: Average Sleep per Night

Subconscious Awareness and Beliefs Belief in Thought Power (Figure 6):

Over two-thirds (67.8%) rated 4 or 5 on a 5-point scale when asked if thoughts influence reality — indicating general awareness of subconscious influence.

Do you believe your thoughts influence your reality or mood?

305 responses



Daily Routine Impact:

59.4% rated 4 or 5 on whether routine affects thoughts and emotions, confirming that people recognize subconscious conditioning through daily habits.

Awareness of Inner Self:

41.3% said Yes, 49.8% Not sure, and only 8.9% No, meaning most people feel modern life weakens self-connection.

Technological Habits Key Findings:

- 28.9% blamed constant notifications as most disruptive.
- 27.9% said scrolling social media before bed affected relaxation.
- 20% cited multitasking across devices.

Interpretation: Continuous stimulation from technology fuels subconscious restlessness and sleep disturbance.

Qualitative Insights

Open-ended responses revealed common patterns:

- **Stress from Work & Technology:** Many reported that continuous connectivity causes anxiety and difficulty focusing.
- **Mindfulness Benefits:** Respondents practicing meditation or journaling felt calmer and more in control.
- **Routine & Sleep:** A few noted that maintaining a proper routine made them happier and more productive.

VI. DISCUSSION

The data show that the majority of respondents experience subconscious imbalance due to modern habits — excessive digital exposure, poor sleep, and constant stress. The subconscious mind, which thrives on repetition and rest, becomes overstimulated when bombarded by continuous inputs.

This supports Murphy's (1963) and Nur Ilia's (2017) conclusions that repeated mental patterns define subconscious reactions.

Participants who engaged in mindfulness or structured routines displayed better emotional stability, confirming that awareness and self-discipline help re-align subconscious balance.

VII. CONCLUSION

The study concludes that modern lifestyle significantly affects the subconscious mind.

Overuse of digital media, insufficient rest, and psychological pressure cause subconscious agitation and emotional fatigue. Balanced sleep, mindful habits, and reduced screen exposure restore harmony between the conscious and subconscious mind.

The research underlines the need for individuals to intentionally manage their routines to maintain mental clarity and subconscious peace.

VIII. RECOMMENDATIONS

1. Limit digital use, especially before bedtime.
2. Practice 10–15 minutes of daily mindfulness or meditation.
3. Maintain a fixed sleep schedule of 7–8 hours.
4. Include outdoor or nature activities to calm the mind.
5. Use positive affirmations to reprogram subconscious thoughts.

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