



Interrelationship between the Factors of Components of Lifestyle among Youth

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Abstract:

Youth comprises of maximum population in India. But the lifestyle of today's youth is confined only to gizmo gadgets, disco and pubs. Youth is an experience that may shape an individual's level of dependency, which can be marked in various ways according to different cultural perspectives. Personal experience is marked by an individual's cultural norms or traditions, while a youth's level of dependency means the extent to which he still relies on his family emotionally and economically. The objective of the study is to find the interrelationship between the factors of components of lifestyle among youth. The lifestyle scale developed by S.K. Bawa and Sumanpreet Kaur was administered to the students. A sample of 200 college students of the age group of 15-24 years from urban Bangalore was randomly selected for the present study. Wherein 100 students were from Government College and 100 students were from Private College. The tests used to analyze the data were student t-test and chi-square test. It shows that youth were health conscious, engaged in physical exercises to maintain body weight and concern about their career options and they do regular preparation for exam and keen to gain knowledge and update oneself.

Keywords: Youth, lifestyle, individual.

Introduction:

Youth comprises of maximum population in India. But the lifestyle of today's youth is confined only to gizmo gadgets, disco and pubs. NIGHT OUTS, lounging in the pubs, tapping your feet to the rocking music in discs, showing off 8 GB i-pods; N-Series mobiles, Levis jeans and Woodland shoes are the common lifestyle of the urban youth today. They feel if they do not have all these 'cool

stuffs', then it will affect their image in college campus or their common hang-outs. Youth is an experience that may shape an individual's level of dependency, which can be marked in various ways according to different cultural perspectives. Personal experience is marked by an individual's cultural norms or traditions, while a youth's level of dependency means the extent to which he still relies on his family emotionally and economically. Non ability variables like motivation and study time significantly interact with ability to influence academic performance. Contrary to popular belief, the amount of time spent studying or at work had no direct influence on academic performance (Sarath A. Nonis et.al 2006) and more holistic understanding on the diversity of the user needs as expressed through lifestyle orientations is crucial for the development of useful information and policy towards effective and efficient planning of future residential environments MegatAbdullah et.al (2012)

Methodology:

The aim of the study is to know the interrelationship between the factors of components of lifestyle among youth.

Objectives:

To find the interrelationship between the factors of components of lifestyle among youth.

Hypothesis:

1. The level of components of lifestyle may not vary among youth.
2. The factors of lifestyle may not vary among male and female youth.

Procedure:

The objective of the study is to find the interrelationship between the factors of components of lifestyle among youth. A sample of 200 college students of the age group of 15-24 years from urban Bangalore was randomly selected for the present study. The tool used to elicit information was a developed scale by S.K. Bawa and Sumanpreet Kaur, comprising of 60 statements under six areas such as health conscious lifestyle, academic oriented lifestyle, career oriented lifestyle, socially

oriented lifestyle, trend seeking lifestyle and family oriented lifestyle. Prior permission was taken from the respective college. Visits were made to collect information on lifestyle of college students. Students were requested to fill the questionnaire. The sample was collected from Government Arts College, Smt VHD Central Institute of Home Science, Jain University and St Joseph College, Bangalore.

Result and discussion:

TABLE-1: Classification of Respondents by College

College	Respondents						χ ² Test
	Male		Female		Combined		
	N	%	N	%	N	%	
Government	50	50.0	50	50.0	100	50.0	0.00 NS
Private	50	50.0	50	50.0	100	50.0	
Total	100	100.0	100	100.0	200	100.0	

NS : Non-significant, Table 1 and figure 1 shows that the type of college of the respondents selected for the study. It depicts that equal percentage (50%) of both male and female respondents were studying from Government College and the similar result was also found in Private College. Combined results showed

χ² (0.05, 1df) = 3.841 that 50% of male and female were from Government College and Private College. Statistically it was found that there is a no significant in the chi- square value with regards to Classification of Respondents by College.

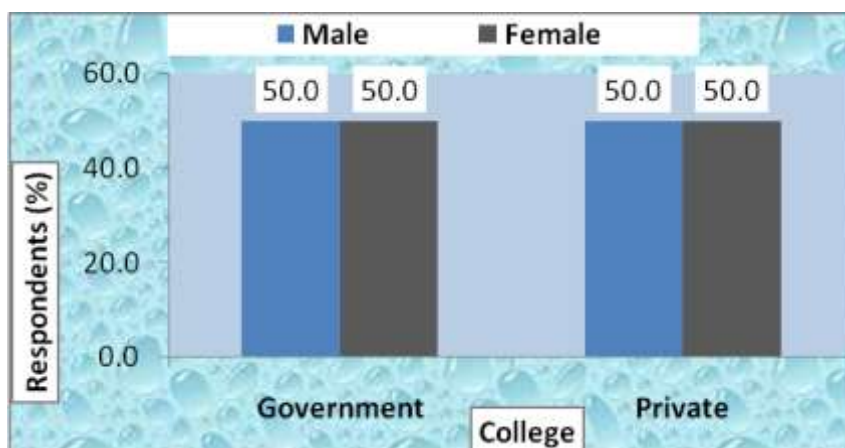


Figure.1: Classification of Respondents by College

TABLE -2: Overall Mean Lifestyle status scores of Male and Female Respondents

N=200

No	Respondents	Sample (n)	State ments	Max. Score	Scores			
					Mean	SD	Mean (%)	SD (%)
I	Male	100	60	240	138.07	16.04	57.5	6.7
II	Female	100	60	240	143.32	14.41	59.7	6.0

	Combined	200	60	240	140.70	15.43	58.6	6.4
	t- Test						2.44*	

* Significant at 5% level, $t (0.05, 198 \text{ df}) = 1.96$,
 The above table 2 and Fig-2 depicts the overall mean lifestyle status of male and female respondents. It is evident from the above table that female respondents had higher mean score (59% as compared to the male respondents with 57 percentage mean score on lifestyle status.

The table depicts that there is a significant difference in the t-test with regards to the overall mean lifestyle status of Male and Female Respondents. Thus rejecting the null hypothesis stating that lifestyle has no significant difference among boys and girls.

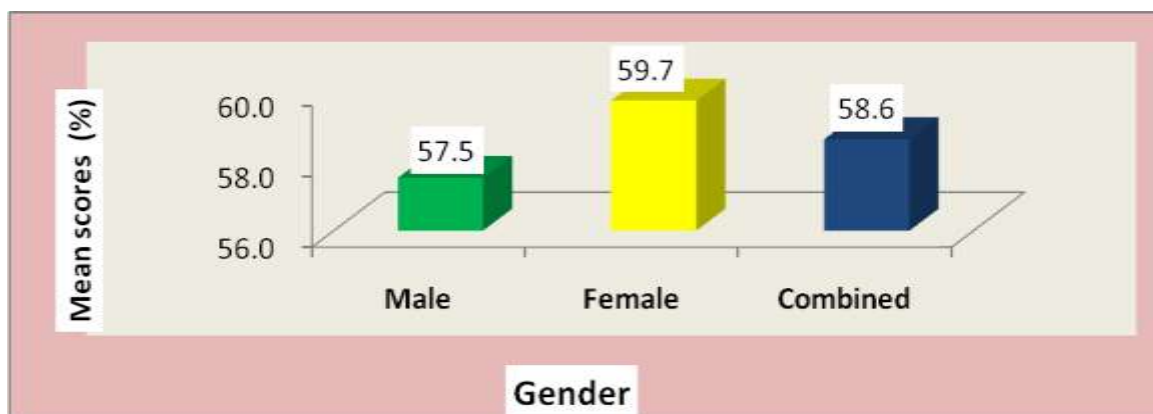


Figure2: Overall Mean Lifestyle status scores of Male and Female Respondents

TABLE -14: Classification of Respondents on Lifestyle status level by Gender

Lifestyle status Level	Respondents					
	Male		Female		Combined	
	N	%	N	%	N	%
Below Average	49	49.0	32	32.0	81	40.5
Moderate	39	39.0	46	46.0	85	42.5
Above Average	12	12.0	22	22.0	34	17.0
Total	100	100.0	100	100.0	200	100.0
χ^2 Test	7.09*					

* Significant at 5% level, $\chi^2 (0.05, 2df) = 5.991$
 The above table 14 shows Classification of Respondents on Lifestyle status level by Gender. The results indicate that 49percentages of male respondents and 32 percentages of female respondents have below average lifestyle status level, while 39 percentages of male respondents and 46 percentages of female respondents found with moderate lifestyle status level, followed by 12 percentages of male respondents and 22 percentages of female respondents have above average lifestyle status level (Fig-12).

Overall about lifestyle status level by gender obtained by youth below average were 40.5 percentages, 42.5 percentages of youth having moderate lifestyle, while 17.0 percentages of youth had above average lifestyle. The data subjected to chi-square test reveals the difference in lifestyle status level by gender and found to be statistically significant $\chi^2 (0.05, 2df) = 5.991$ Thus rejecting the null hypothesis stating that lifestyle may not differ significantly among boys and girls.

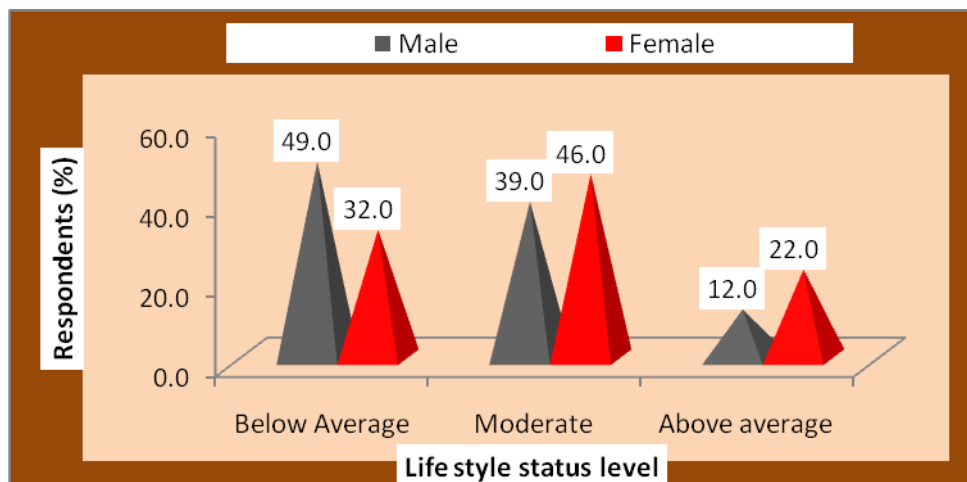


Figure.12: Classification of Respondents on Lifestyle status level by Gender

TABLE – 3: Aspect wise Mean Lifestyle status scores by Male and Female
N = 200

No.	Lifestyle Aspects	Lifestyle status scores (%)						‘t’ Test
		Male (n=100)		Female (n=100)		Combined		
		Mean	SD	Mean	SD	Mean	SD	
I	Health conscious	55.6	12.0	53.2	11.7	54.4	11.9	1.41 ^{NS}
II	Academic oriented	54.1	13.5	59.8	15.0	56.9	14.5	2.86*
III	Career oriented	60.9	12.7	62.6	14.4	61.8	13.6	0.52 ^{NS}
IV	Socially oriented	64.4	12.8	64.6	12.5	64.5	12.6	0.09 ^{NS}
V	Trend seeking	51.1	12.9	50.4	13.6	50.8	13.2	0.39 ^{NS}
VI	Family oriented	60.6	10.7	68.7	11.9	64.7	12.0	5.05*
	Combined	57.5	6.7	59.7	6.0	58.6	6.4	2.44*

* Significant at 5% level, NS : Non-significant, t (0.05,198df) = 1.96

The above table 3 shows the aspect wise Mean Lifestyle status scores by Male and Female. The mean score of male respondents (55.6%) found to be slightly higher when compared to female respondents (53.2%). The health conscious aspect among male and female respondents found to be non-significant with the t value being (t=1.41^{NS}). It shows that both male and female were equally health conscious and engaged in physical exercises to maintain body weight. Thus, accepting null hypothesis stated that there is no significant relationship between the lifestyle of boys and girls.

There was a significant association found between male and female respondents in the area of academic oriented. The female respondents showed higher mean average of (59.8%) and moderate mean score was obtained by male respondents (54.1%). The t-test value found to be (t=2.86*) significant at 5 percentage level. Which reveals that female were more academic oriented than male youth which means female respondents possess better academic life styles such as reading reference book and aspire higher qualification, use technology and watch academic program on TV. Thus, rejecting the null hypothesis stated that there is no significant relationship between the lifestyle of boys and girls.

A higher mean score obtained by the female respondents (62.6% as compared to male respondents (60.9%) in the career oriented category. It shows that both were almost equal in their career options and they do regular preparation for exam, keen to gain knowledge and update oneself. They do interact with people and discuss career with peers. However, on statistical analysis it was found to be non-significant results with t-value being (t=0.05*). Thus, accepting null hypothesis stated that there is no significant relationship between the lifestyle of boys and girls.

Both female and male respondents showed almost equal mean average towards socially oriented life style. On statistical analysis it was found to be non-significant with the t-value being (t=0.09^{NS}). Both they were likely to make and help the friends in their adversities willing to share things with others and concern about the views of the society and enjoy participating in social activities

In the areas of trend seeking category the mean score obtained by male respondents (51.1%) was higher as compared to female respondents (50.4%). on statistical analysis it was found with regards to

trend seeking category non-significant association with the t- value being (t=0.39^{NS}). Both boys and girls youth update themselves; chatting and eager to adopt new things and opt Fashion as a main priority. But this trend was higher among male than female respondents’.

The Female respondents showed higher mean score (68.7%) than male respondents towards family oriented. On statistical analysis it was found to be significant with the t-value being (t=5.05*). Thus, rejecting the null hypothesis stated that there is no significant relationship between the lifestyle of boys and girls.

The female youth were having better family oriented lifestyle when compared to male that show they are still devoted maximum time towards their family and maintain the family values. Overall 11.9 percentage of youth were health conscious, 14.5 percentage were academic oriented, followed by 13.6 percentage of youth were career oriented and 12.6 percentage of youth were socially oriented, whereas 13.2 percentage of youth were trend seeking and 12.0 percentage of youth were family oriented (Fig.3).

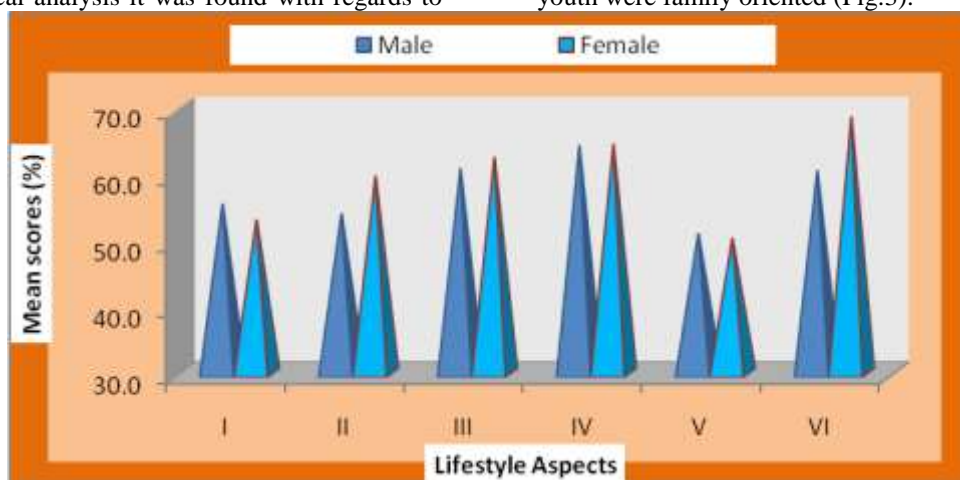


Figure 3: Aspect wise Mean Lifestyle status scores by Male and Female

TABLE – 4: Aspect wise Mean Lifestyle status scores by Govt. and Private institutions
N = 200

No.	Lifestyle Aspects	Lifestyle status scores (%)						‘t’ Test
		Govt. (n=100)		Private (n=100)		Combined		
		Mean	SD	Mean	SD	Mean	SD	
I	Health conscious	56.6	10.9	52.2	12.5	54.4	11.9	2.66*
II	Academic oriented	62.2	13.5	51.7	13.6	56.9	14.5	5.47*
III	Career oriented	62.4	12.9	61.1	14.3	61.8	13.6	0.71 ^{NS}
IV	Socially oriented	63.1	13.2	65.9	12.0	64.5	12.6	1.56 ^{NS}

V	Trend seeking	50.3	14.1	51.3	12.4	50.8	13.2	0.51 ^{NS}
VI	Family oriented	64.6	11.0	64.7	13.0	64.7	12.0	0.03 ^{NS}
	Combined	59.6	6.6	57.6	6.1	58.6	6.4	2.24*

* Significant at 5% level, NS : Non-significant, t (0.05,198df) =1.96

The table 4 and figure 4 shows the aspect wise mean lifestyle status scores by Govt. and Private Institutions. It is interesting to note that the difference in the response between students studying in government and private institution found statistically significant with respect to health conscious life style (t=2.66*). Students studying in government institution have better health conscious life style than private institution. It shows that they were better in their health concerned issues such as washing hands before and after meal, taking the food in time, reading books on health and watching health oriented program, they wake up early and do exercise and medical check-up.

The respondents studying in government institution have higher mean average (62.2) then studying in private institution with related to academic oriented. They do Read references book and aspire higher qualification, use technology and watch academic program on TV were the habits better respondents studying in government institution. It was found to be significant. Thus, rejecting null hypothesis stated that the factors of lifestyle may not inter related among youth.

Almost equal mean average can be seen from the above table in academic oriented (5.47*), career oriented (t=0.71^{NS}), socially oriented (t=1.56^{NS}), trend seeking (t=0.51^{NS}) and family oriented (t=0.03^{NS}) respondents studying in both institution. Which reveals that respondent studying in both the institutions were likely to make and help the friends in their adversities willing to share things with others and concern about the views of the society and enjoy participating in social activities. They were aware of career options and they do regular preparation for exam, keen to gain knowledge and update oneself. Interact with people and discuss career with peers. They update themselves; chatting and eager to adopt new things and opt Fashion as a main priority. Gives respect to family values, celebrate festivals and spent more time with family members. Overall 11.9 percentage of youth were health conscious, 14.5 percentage were academic oriented, followed by 13.6 percentage of youth were career oriented and 12.6 percentage of youth were socially oriented, whereas 13.2 percentage of youth were trend seeking and 12.0 percentage of youth were family oriented.

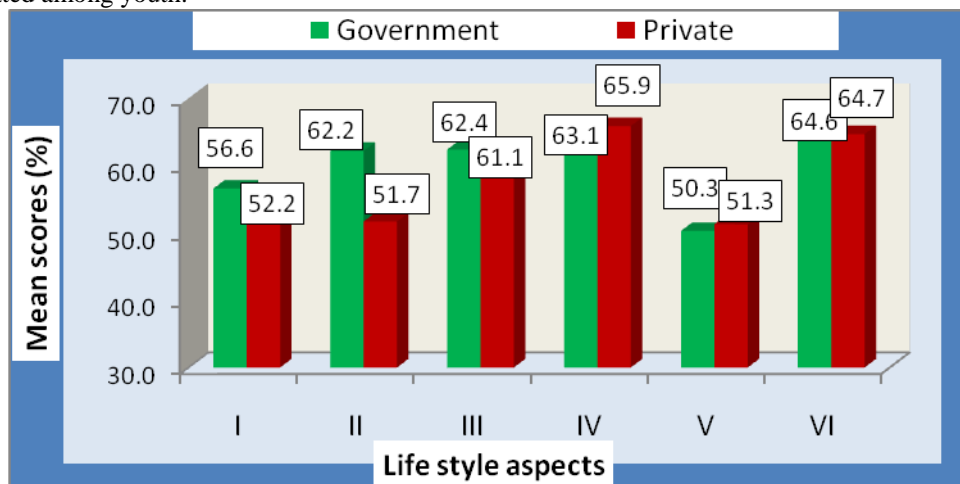


Figure.4: Aspect wise Mean Lifestyle status scores by Govt. and Private Institutions

Conclusion:

The data obtained from the study states that there are significant association in the lifestyle among youth. The lifestyles of youth have an impact on different aspect which reveals that female were

more academic oriented than male youth which means female respondents possess better academic lifestyle.

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