



# A Correlational Study of Life Style on the Values of Adults

## KEYWORDS

Health consciousLife style,Academic oriented Life style, Career orientedLife style, Values

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## ABSTRACT

The present study aimed to investigate the impact of life style on values of the adults of Durg district of Chhattisgarh state. Objective of the study was to study the relationship between life style and values of adults. For the collection of data in respect of life style LIFE STYLE SCALE (LSS) constructed by S.K. Bawa and Sumanpreet Kaur was used and for value, PERSONEL VALUE QUESTIONNAIRE (PVQ) developed by Dr. Mrs. G. P. Sherry and Dr. R. P. Verma was used. A total number of 200 adults comprised the sample for the study i.e. (100 male and 100 female). Mean, S.D. and coefficient of correlation by Product Moment method was calculated for the analysis of data. Findings revealed that there exists no significant relationship between dimensions of life style i.e. (Health conscious life style, Academic oriented life style and Career oriented life style) and values of adults..

## Introduction

A value is a belief, a mission or a philosophy that is meaningful whether we are consciously aware of them or not. Every individual has a core set of personal values. Values can range from the common place such as the belief in hard work and punctuality, to the more psychological such as self-reliance, concern for the others and harmony of purpose. The culture of India refers to the religion beliefs, customs, traditions, languages, ceremonies, arts, values and the way of life in India and its people. India's religions, dance, music, architect and foods differ from place to place within the country.

Life-style defines as a set of attitudes, habits or possessions associated with a particular person or group. Life style is a living style which not only affects the individual who adopts it but also affects the society. It defines the attitude, values and somewhat exhibits the social position more over it also include pattern of social relations, consumptions entertainments. It reflects person views, habits and etiquettes and the way of life which has the direct influence on the type of services that person gives or requires. Life style of youth in India is taking a rapid turn with the fast changing world. Influence of globalization, awareness is making the youth more and more ambitious, hence affecting their life style. Adult age group is very important part of our life in affecting their values and norms.

This study addresses the different effects of socio demographic life style variables and values by weight category.

## OBJECTIVES OF THE STUDY

- To study the impact of Health conscious life style on their values.
- To study the impact of Academic oriented life style on their values.
- To study the impact of Career oriented life style on their values.

## HYPOTHESES

- H1** There will be no significant relationship between health conscious life style and values.
- H2** There will be no significant relationship between Academic oriented life style life style and values.
- H3** There will be no significant relationship between Career oriented life style and values.

## DELIMITATIONS OF THE STUDY

The present study has the following delimitations:

- The study was limited to the area of Durg district of Chhattisgarh state only.
- The sample for the present study was restricted to the age group of 22+ to 35 (boys and girls).

## RESEARCH METHODOLOGY

### SAMPLE

Simple random sampling technique was employed to select the sample for the present study. 200 adults (100 male and 100 female) of age group 22+ to 35 were selected as sample .

### TOOL

For the collection of data in respect of life style, LIFE STYLE SCALE (LSS) constructed by S.K. Bawa and Sumanpreet Kaur was used. The tool contains 60 items.

For the collection of data in respect of value PERSONEL VALUE QUESTIONNAIRE (PVQ) developed by Dr. Mrs. G. P. Sherry and Dr. R. P. Verma The tool contains 40 items.

## ANALYSIS AND INTERPRETATION

**H1** There will be no significant relationship between health conscious life style and values.

In order to find out the relationship between the scores of health conscious life style and values coefficient of correlation by Pearson Product Moment method was employed. The summary of the relationship has been presented in table 1 below-

**Table - 1**

**Summary of relationship between Health conscious life style and Values**

Variables	Health conscious life style	Value	r
No. of adults	100	100	<b>0.13</b>
Mean	24.64	117.61	
S.D.	4.29	2.13	
df=198	P > 0.01		not significant

Table 1 depicts that the mean, S.D. for health conscious life style is 24.64 and 4.29 and for values 117.61 and 2.13 respectively. Coefficient of correlation is obtained 0.13

which is not significant at 0.01 level. This indicates that proposed hypothesis is accepted.

H2 There will be no significant relationship between Academic oriented life style life style and values.

In order to find out the relationship between the scores of Academic oriented life style and values coefficient of correlation by Pearson Product Moment method was employed. The summary of the relationship has been presented in table 2 below-

**Table - 2**  
**Summary of relationship between Academic oriented life style and Values**

Variables	Academic oriented life style	Value	r
No. of adults	100	100	<b>0.06</b>
Mean	21.13	117.61	
S.D.	3.98	2.13	
df=198	P > 0.01		
not significant			

Table 2 depicts that the mean, S.D. for Academic oriented life style is 21.13 and 3.98 and for values 117.61 and 2.13 respectively. Coefficient of correlation is obtained 0.06 which is not significant at 0.01 level. This indicates that proposed hypothesis is accepted.

H3 There will be no significant relationship between Career oriented life style and values.

In order to find out the relationship between the scores of Career oriented life style and values coefficient of correlation by Pearson Product Moment method was employed. The summary of the relationship has been presented in table 3 below-

**Table - 3**  
**Summary of relationship between Career oriented life style and Values**

Variables	Career oriented life style	Value	r
No. of adults	100	100	<b>0.02</b>
Mean	24.31	117.61	
S.D.	3.88	2.13	
df=198	P > 0.01		
not significant			

Table 3 depicts that the mean, S.D. for Career oriented life style is 24.31 and 3.88 and for values 117.61 and 2.13 respectively. Coefficient of correlation is obtained 0.02 which is not significant at 0.01 level. This indicates that proposed hypothesis is accepted.

**FINDINGS**

From the findings it can be concluded that

- There exists no significant relationship between health conscious life style and values.
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**DISCUSSION**

Hence it can be concluded that there is no relationship between any type of life style and values of adults. In the ancient period people living their life style in their perceptual and static way their values is fixed at its initial position. In these circumstances is reserved for their analysis. In the modern period, the way of living of every individual people is indifferent style the situation is very behavior and done for this. A value of personal requirement is necessary for every people for the behavior of conception. In this strategy the living style is related to the values and requirement is fulfilling according to their needs and moderate situation. In this situation there is no relationship between any types of life style for the people for accommodating their personal values. Living style differ from their own individual to individual values.

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