



Volume: 2, Issue: 7, 310-311
July 2015
www.allsubjectjournal.com
e-ISSN: 2349-4182
p-ISSN: 2349-5979
Impact Factor: 3.762

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Impact of life style on the values of adults

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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. Objectives 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. (Family oriented life style, Socially oriented life style and Trend skill life style) and values of adults.

Keywords: Trend skill life style, Family oriented life style, Socially oriented life style.

1. 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.

2. Objectives of the Study

- To study the impact of Family oriented life style on their values.
- To study the impact of Socially oriented life style on their values.
- To study the impact of Trend skill life style on their values.

3. Hypotheses

H1 There will be no significant relationship between family oriented life style and values.

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

H3 There will be no significant relationship between trend skill life style and values.

4. Delimitations of the Study

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).

5. Research Methodology

5.1. 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.

5.2 Tools

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.

6. Analysis and Interpretation

H1: There will be no significant relationship between family oriented life style and values.

In order to find out the relationship between the scores of family 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 1 below-

Table 1: Summary of relationship between Family oriented life style and Values

Variables	family oriented life style	Value	r
No. of adults	100	100	0.13
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 family oriented life style and is 24.64 and 4.29 and for values 117.61 and 2.13 respectively and 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 socially oriented life style life style and values.

In order to find out the relationship between the scores of socially 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 Socially oriented life style and Values

Variables	Socially oriented life style	Value	r
No. of adults	100	100	0.06
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 socially oriented life style is 21.13 and 3.98 and for values 117.61 and 2.13 respectively and 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 trend skill life style and values.

In order to find out the relationship between the scores of trend skill 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 Trend skill life style and Values

Variables	Trend skill life style	Value	r
No. of adults	100	100	0.02
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 trend skill life style is 24.31 and 3.88 and for values 117.61 and 2.13 respectively and coefficient of correlation is obtained 0.02 which is not significant at 0.01 level. This indicates that proposed hypothesis is accepted.

7. Findings

From the findings it can be concluded that

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

8. 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 statics 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 foe accommodating their personal values. Living style differ from their own individual to individual values.

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