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Life style adaptation among professional and non-professional students

Farooq Ahmad Naikoo and Manoj Kumar Pathak

Abstract

Present study was carried with the intention to explore the life style adaptation of professional and non-professional students. The presents study was carried in context of descriptive research. Life Style Scale developed by Summan Preet Kaur (2010) was used for data collection The collected data was subjected to statistical treatment by using Mean, Standard Deviation and 't' test. The study revealed that there is no significant difference between rural and urban secondary school students on their level of life style adaptation. Thus, impact of locality was reported as insignificant on the level of life style adaptation of the respondents.

Keywords: Life Style Adaptation, Professional Students, Non-Professional Students

Introduction

Lifestyle can be understood as a set of behaviour that are used by the individual because they not only meet his current needs, but also embody the special story that he has selected for his personal identity before others. According to Devine R. Lepisto, L. (2005) ^[12] "Lifestyle is a relatively integrated set of all behaviour and activities of one certain individual". Thus from the above discussion it is evident that The lifestyle is an extract of values, approaches, individual's moods and behaviour of an individual that specifies behavioural and normal models taking the effective factors on it into consideration and this in social aspect forms the culture of a society. Nandna, L. K. (2002) ^[20], reported that "Lifestyle is a relatively fixed manner that is adopted throughout one's life whose foundation is laid in families. It is also influenced by one's culture, race, religion, socioeconomic status, and beliefs. In order words, lifestyle is seen as one's objective and quantifiable personality'. Moreover, it encompasses behaviour such as eating habits, sleep, rest, physical activity, exercise, weight control, avoidance of smoking and alcohol, immunization against disease, coping with stress, and the ability to use support from family and society. Alfred Adler (1992) first introduced the concept of "Lifestyle" which was later expanded by his followers. From his point of view, to understand an individual requires recognition of his/her perceptual organization and lifestyle. Alder also believed that one's lifestyle, a purposeful conceptual model, referred to one's faith and belief acquired during one's early days of life. From Adlers's point of view "an individual tries to achieve superiority over the other and for gaining superiority over others individual uses different adaption of procedure, which is known as life style". As mentioned earlier, World Health Organization (2009) as one's quest for a state of complete physical, mental, and social welfare. A healthy lifestyle incorporates behaviour that guarantees one's physical and mental wellbeing. In other words, a healthy lifestyle involves one's physical and mental aspects. Large number of the research studies has been conducted on the level of life style adaptation, psychological wellbeing and health consciousness of different category of the respondents. However, diversified results have been reported. Besides, there may be hardly any study which has been explored the psychological wellbeing, life style adaptation and health consciousness of Professional and non-professional aspirants in the relevant area. Keeping in view, the investigator considers it pertinent to explore below mentioned research problem: Therefore, the investigator found wide gap of research to explore the below mentioned research problem.

Research Problem: The statement of problem for the present study is as under: Life Style Adaptation Among Professional and Non-Professional Students”

Objectives of the Study: The objectives of the present study are and under:

1. To explore the life style adaptation among professional and non-professional students

Hypothesis of the Study: On the basis of richness background of the knowledge the investigator speculated the bellow mentioned hypothesis.

1. There exists no significant difference between professional and non-professional students on their level of life style adaptation.

Operational Definitions of Terms and Variable: The operational definitions of terms and variables involved in the study are as under

1. **Life style:** In the present study, life style refers the set of achievement obtained by the respondents on Life style Scale developed by Summan Preet Kaur (2010)
2. **Professional students:** Professional students in the present study designate those male students who were pursuing Bachelor of physical education (B. P. Ed.). However, these respondents were selected from both previous and final years.
3. **Non-professional students:** Non-Professional students in the present study designate those male students who were pursuing Bachelor of Arts (B. A.). However, these respondents were selected from Ist year, 2nd year and final years.

Delimitations of the Study: The limitations of time, budget, and other constraints were prevailing in the entire research process. So keeping in view the investigator delimited the presents study as under:

1. The present study was delimited to 400 respondents.
2. The presents study was delimited to professional and non-professional students. However, in professional category of students only Bachelor of physical education students were selected and among non-professional only Bachelor of Arts students were selected. Remain category of students were deliberately excluded.
3. The presents study was limited to male respondents only. Female respondents were excluded so as to remove extraneous impact.

Methodology: The present study was intended to explore the existing study of the selected variables. So in context to same, present study was explored with the help of *Descriptive Survey Method (DSM)*. The methodological parameters involved in the present study are as under:

- Data Collection:** Data collection is the practical process of gathering and measuring information on required variable under investigation. It is gathered in a systematic fashion that enables the investigator to collect it through the process of systematic and scientific procedure. In the present study the investigator employed the below mentioned procedure in the entire data collection.
- Sample:** A representative sample of 400 professional and non-professional students were selected for the present investigation. Professional students in the present study designate those students who were pursuing Bachelor of physical education (B. P. Ed.) from the selected colleges/ and universities. Non-professional students in the present

study designate those male students who were pursuing Bachelor of Arts (B. A.). However, these respondents were selected from I-year, 2nd year and 3rd years. Meanwhile, is pertinent to mention here that all respondents were selected within the age group of 17-21 years. The investigator deliberately excluded the female students from the same domain. The intention behind exclusion of female students was to nullify the impact of extraneous variables.

- Sampling technique:** Initially a list of all students was made and these lists were treated as sampling farms. These students were assigned with a specific code. In the meantime sampling farms were put in the context of Yeats Table and randomisation was made on the basis same procedure. However, professional stratification was made before operating the process of randomisation.
- Measuring instrument:** In the present study life satisfaction scale designed by S.K. Bawa and S. Kaur was used for collecting data. It is standardized on students of higher education. This scale consists 60 items with the inclusion of six dimensions as i) Health Conscious Life Style, ii) Academic Oriented Life Style, iii) Career Oriented Life Style, iv) Socially Oriented Life Style, v) Trend Seeking Life Style, and vi) Family Oriented Life Style.

Analysis and Interpretation of The Data: The collected data was analysed and interpreted. Bothe descriptive analysis as well as comparative analysis was calculated. The detailed analysis and interpretation is reported as under:

Table 1: Showing the frequency and percent wise distribution of professional and non-professional students on various levels of Life Style (LS). (N=200 Each)

Levels	Professional Students		Non-professional students	
	Frequency	Percentage	Frequency	Percentage
EHA	190.00	95.00	160.00	80.00
HA	6.00	3.00	02.00	1.00
AAA	4.00	2.00	16.00	8.00
AA	0.00	0.00	15.00	7.50
BAA	0.00	0.00	7.00	3.50
LA	0.00	0.00	0.00	0.00
ELA	0.00	0.00	0.00	0.00
Total	200	100	200	100

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- EHA= Extreme high adaptation of life style.
- HA= High level adaptation of life style.
- AAA= above average adaptation of life style.
- AA= Average adaptation of life style.
- BAA= Below Average adaptation of life style.
- LA= Low level adaptation of life style.
- ELA= Extreme low adaptation of life style.

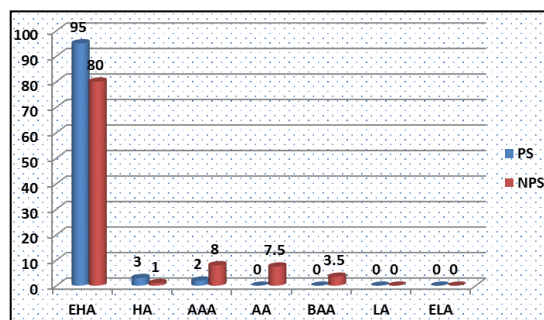


Fig 1: Showing the graphical representation of professional and non-professional students on various levels of Life Style (LS). (N=400 Each)

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- EHA= Extreme high adaptation of life style.
- HA= High level adaptation of life style.
- AAA= Above average adaptation of life style.
- AA= Average adaptation of life style.
- BAA= Below Average adaptation of life style.
- LA= Low level adaptation of life style.
- ELA= Extreme low adaptation of life style.

Interpretation 1: The exploration of the table 1.1 (Please see table 1.1) gives information about the descriptive analysis of professional and non-professional students on various levels of life style.

The calculated results indicate that among professional students 95.00% (F=190.00) were seen with extreme high adaptation of life style. Besides, it was found that 3.00% (F=6.00) professional students were found with high level of life style adaptation.

Meanwhile, it was seen that 4.00% (F=2.00) professional students were found with above average level of life style adaptation. Further the calculated results indicate that 0.00% (F=0.00) professional students were found with below average level of life style adaptation. The analysed results designate that 0.00% (F=0.00) professional students were found with average level of life style adaptation.

Addition, it was found that 0.00% (F=0.00) professional students were found with below average level of life style adaptation. Meanwhile, it was seen that 0.00% (F=0.00) professional students were found with low level of life style adaptation. The same table reveals that 0.00% (F=0.00) professional students were found with above extreme low of life style adaptation.

Coming towards non-professional students, 80.00% (F=160.00) were seen with extreme high adaptation of life style. Further, it was found that 1.00% (F=2.00) non-professional students were found with high level of life style adaptation. Meanwhile, it was seen that 8.00% (F=16.00) non-professional students were found with above average level of life style adaptation in their day to day life. In the meantime, the calculated results indicate that 7.00% (F=15.00) non-professional students were found with below average level of life style adaptation.

The analysed results designate that 0.00% (F=0.00) non-professional students were found with average level of life style adaptation. Additionally, it was found that 3.50% (F=7.00) non-professional students were found with below average level of life style adaptation. Meanwhile, it was seen that 0.00% (F=0.00) non-professional students were found with low level of life style adaptation. The same table reveals that 0.00% (F=0.00) non-professional students were found with above extreme low of life style adaptation.

Table 2: Showing the mean significant difference between professional and non-professional students on composite score of Life Style (LS). (N=200 each)

Dimension-VI	PS		NPS		't' value
Composite Score	Mean	SD	Mean	SD	
	174.92	23.45	173.22	23.87	0.71@@@

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- PS= Professional Students
- NPS= Non-professional Students
- @@@= Significant at 0.01 level of confidence

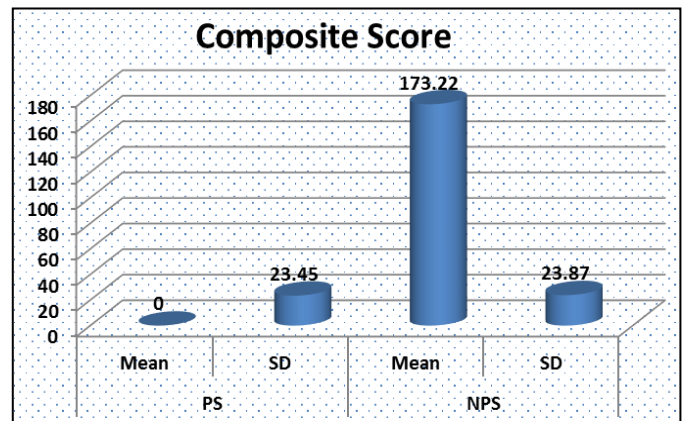


Fig 2: Showing the graphical representation of professional and non-professional students on composite score of Life Style (LS).

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- PS= Professional Students
- NPS= Non-professional Students

Interpretation 2: While coming towards the table 1.2 (Please See Fig. 1.2) gives information about the mean comparison of professional and non-professional students on composite score of life style. As per the obtained results, the mean score of professional students was reported high 174.92, while as the mean score of non-professional students was reported 173.24. The results reveal that the calculated 't' value came out to be 0.26, which is insignificant at 0.01 level of confidence. Thus, the results indicate that professional students hold identical level of achievement poon the above mentioned dimension of life style adaptation. Indeed insignificant difference has been reported between professional and non-professional students on their level of life style. Thus, the status of the hypothesis has been reported as under:

- **Hypothesis:** There exists significant difference between professional and non-professional students on below mentioned dimensions of life style.

Status: Rejected

Rejected: No Significant difference has been reported between professional and non-professional students on their level of life style. The results are carried in consonance of the host of the researchers like;

Nandna, L. K. (2002) [20], Parveen K. (2008) [21], Voelker, D. K., Reel, J. J., & Greenleaf, C. (2015) [18], Voelker, D. K., Reel, J. J., & Greenleaf, C. (2015) [19], Panda, S. K. (2014) [17], Irene B. & Ethel, A. A. (2015) [14, 15], Diclemente, C. C. (2007) [13], Devine R. Lepisto, L. (2005) [12]”.

Conclusions

As mentioned above the aim of the study was to explore the level of life style adaptation of professional and non-professional students. Keeping in view, it was found that there exists no significant difference between professional and non-professional students (Bachelor of physical education and Bachelor of Arts students) on level of life style adaptation. Hence, type of education was reported insignificant impact on the level of life style of the respondents.

Conflict of Interest: During the entire research process no any conflict of interest was declared.

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