

A Comparative Study of Lifestyle among Joint and Nuclear Family's School Teachers

Dr. Kiran Vaghela

Assist. Prof. (Psychology), Psychology Dept., C B Arts & Commerce College (Nadiad Education Trust), College Rd, Nadiad Dist Kheda Gujarat (India)

ARTICLE DETAILS

Article History

Published Online: 10 October 2018

Keywords

Joint Family, Nuclear Family

*Corresponding Author

Email: vaghela_kiran@yahoo.com

ABSTRACT

Aim of the research is to find out the Lifestyle among joint and nuclear family's School teachers. So investigator selected two groups one is joint family school teachers and other is nuclear family school teachers, both groups have 400 persons. In one group has 200 and other one groups has 200 persons. The all subjects were randomly selected. Data were collected from Ahmadabad district. Scale was use for data collection is personal datasheet and Lifestyle scale developed by S.K. Bawa and S. Kaur (2012), and data were analysis by "t" test. Result show, There is no significant difference between the Lifestyle of joint family and nuclear family school teachers. There is no significant difference between the Lifestyle of low income and high income of school teachers.

1. Introduction

Lifestyle typically reflects an individual's attitude, values or world view therefore a Life style is a means of self and to create cultural symbols that resonates with personal identity. Not all respects of a Life style are voluntary. Surrounding social and technical system can constrain the Life style choices available to the individuals and the symbol he/she is able to project to others and the self.

A way of living of individuals, families (household) and societies, which they main feast in coping with their physical, Psychological, social and economical environments on a day to day basis. Lifestyle is expressed in both work and leisure behaviour patterns and (on an individual's basis) in activities, attitudes, interest, opinions, values and allocation of income.

"Lifestyle' as a set of attitudes, habits or professions associated with a particular person or group"

→Collins English Dictionary

"Individuals pattern of living as reflected by interest, opinion, spending habits and activities."

→Barrons Marketing Dictionary

"Lifestyle generally means a pattern of individuals practice and personal behaviour choices that are related to elevated or reduced health risk.

→Gale encyclopedia of public health

Your Life style can be healthy or unhealthy based on your food, choices activities level and behaviour. A positive Life style can brings you happiness, while a negative Life style can lead to sadness, illness and depression.

2. Aims of the Study

1. To study of the Lifestyle among joint and nuclear family of school teachers.

2. To study of the Lifestyle among low income and high income of school teachers.

3. Hypothesis

1. There is no difference between Lifestyle of Joint and nuclear family of school teachers.
2. There is no difference between Lifestyle of low and high income of school teachers.

4. Methodology

• Sample:

For this study 400 samples selected from Ahmadabad city. The sample was taken as per following schedule:

1. Total no. of sample-400
2. Person of the sample- School teachers
3. Family type of sample- Joint and nuclear family
4. Monthly Income –low and high income

• Tools used

The following tools were used in the present study:

This scale is developed by Bawa and Kaur (2012) this scale consists 60 items. Contains 60 items each item has five option responses i.e. strongly agree, agree, indifferent, disagree and strongly disagree. The respondent has to select one option out of the given five responses. There are 43 positive item and 17 negative items. The positive item scored as 4,3,2,1,0 and negative item scored as 0,1,2,3,4 for the responses strongly agree, agree indifferent, disagree, and strongly disagree.

In this test the reliability co efficient has been found to be 0.93 the reliability index is 0.98 the author has reported satisfactory validity of the questionnaire.

• Statistical Analysis:

In this study "t" test was used for statistical analysis.

5. Result and Discussion

Ho. 1) There is no difference between Life style of joint and nuclear family of school teachers.

The effect of Joint and Nuclear family school teachers on their life style was examined the result are presented in table No. 1.

**Table No: 1
(N=400)**

Mean, SD and 't' Value of Life Style with reference to Joint and Nuclear Family of School Teachers.

Types of Family	N	Mean	SD	't'
Joint	251	146.77	17.72	0.43(NS)
Nuclear	149	147.55	17.02	
NS= Not significant				

To study about there is significant difference or not between Life style of Types of family of school teachers.

When 't' value was calculated to know statistical significant of mean difference, no significant difference was observed between joint and nuclear of school teachers. 't' value is 0.43 (Table No. 1) which is statistically not significant. It is revealed in table No.1 that mean score of Life style of joint and nuclear of school teachers are 146.77 and 147.55 respectively. The difference between two is very negligible. Hence, the null hypothesis No. 1 is accepted and

it is concluding that, there is no significant difference between the Life style of joint and nuclear family of school teachers.

Ho. 2) There is no difference between Life style of low and high income of school teachers.

The effect of low and high monthly income of school teachers on their life style was examined the result are presented in table No. 2.

**Table No: 2
(N=400)**

Mean, SD and 't' Value of Life Style with reference to Low and High Income of School Teachers.

Monthly Income	N	Mean	SD	't'
Low	182	146.14	17.77	0.97(NS)
High	218	147.14	17.17	
NS= Not significant				

To study about there is significant difference or not between Life style of Monthly income of school teachers.

When 't' value was calculated to know statistical significant of mean difference, no significant difference was observed between low and high income of school teachers. 't' value is 0.97 (Table No. 2) which is statistically not significant. It is revealed in table No.2 that means score of Life style of low and high income of school teachers are 146.14 and 147.14 respectively. The difference between to

is very negligible. Hence, the null hypothesis No. 2 is accepted and it is concluding that, there is no significant difference between the life style of low and high income of school teachers.

6. Conclusion

1. There is no significant difference between Lifestyle of joint and nuclear family of school teachers.
2. There is no significant difference between Lifestyle of low and high income of school teachers.

References

1. Bawa, S, k. and kaur, S., (2010), Lifestyle scale. National psychological corporation, Bhargava Bawan, Agra.
2. Jaroslava Dosedlova, Zuazang sloyaekooya and Helena klimusova,(2013). "Health-supportive Behaviour, Subjective Health and Life Style of University Students", Indian Journals of Health and Wellbeing, Vol-8/1,pp-115-132.
3. Kuhl, Elizabeth S.; Clifford, Lisa M.; Bandstra, Nancy F.; Filigno, Stephanie S.; Yeomans-Maldonado, Gloria; Rausch, Joseph R.; Stark, Lori J.(2014). "Examination of the association between lifestyle behaviour changes and weight outcomes in preschoolers receiving treatment for obesity". Health Psychology, Vol 33(1), pp- 95-98. doi: 10.1037/a0032741
4. Latha satish, and B. Senthil kumar (2013). "Lifestyle survey of urban youth: an analysis of healthy behaviour in relation to yoga practice." Indian journals of community psychology, vol-9, Issue-2,
5. Mathur, M.(2009).Depression and lifestyle in India again women, Journals of the Indian academy of applied psychology,Vol-35,No-1,pp-73-77.
6. Singh, A.K., Maheshwari, A. Sharma, N. And Anand, K. (2006).Lifestyle associated risk factor among adolescents. Indian Journals of Paediatrics, Vol-73, pp- 901-906.