International Journal of Applied Research

Urfi Jan
Ex-student, Baba Ghulam
Shah Badshah University,
Rajouri, Jammu and Kashmir,
India

Life style of male and female students of Kulgam district

Urfi Jan

Abstract
The study was carried out to study the life style adaptation of male and female students of Kulgam District. The presents study was carried in context of descriptive survey research. Life Style Scale developed by Summan Preet Kaur (2012) was used for collecting the required data. 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 male and female secondary school students on their level of life style adaptation. Thus, impact of gender was reported as insignificant on the level of life style adaptation of the respondents.

Keywords: Life style adaptation, male students, female students

1. Introduction
His lifestyle of male and female students in any region is a dynamic interplay of cultural, social, economic, and educational factors that shape their daily routines, aspirations, and interactions. This is particularly true in the context of Kulgam District, a region characterized by its unique blend of traditions, landscapes, and community dynamics. Exploring the lifestyle of male and female students in Kulgam District unveils a tapestry woven with diverse threads, reflecting the influences of local norms, education, family dynamics, and broader societal shifts. Understanding their lifestyle not only provides insights into their daily lives but also sheds light on the broader cultural landscape and the challenges they navigate in pursuit of their education and personal growth. Kulgam District, nestled in the picturesque valley of Kashmir, is more than just a geographical entity; it's a microcosm of a society that is both rooted in tradition and touched by modernity. This district, like many others, is a hub of learning and aspiration for its youth, where students embark on journeys of knowledge acquisition and self-discovery. However, these journeys are influenced by multifaceted factors that often differ between male and female students due to historical, cultural, and social contexts. In this exploration of the lifestyle of male and female students in Kulgam District, we delve into the intricacies that define their routines, choices, and aspirations. From the classrooms to the homes, from the aspirations whispered in quiet corners to the communal celebrations that mark their lives, we aim to capture the essence of their experiences. By doing so, we hope to foster a greater understanding of the challenges they face, the opportunities they seek, and the paths they forge in pursuit of their dreams. As we journey through the narratives of these young individuals, it's essential to remember that their lives are shaped not only by personal decisions but also by societal norms, familial expectations, and the ever-evolving landscape of education. This exploration serves as a window into the evolving cultural tapestry of Kulgam District, reflecting the broader narratives of societal change, gender dynamics, and the aspirations that shape the future of this region. Therefore, the investigator found wide gap of research to explore the below mentioned research problem.

1.2: Statement of Research Problem: The statement of problem for the present study is as under:

"Life Style of Male and Female Students of Kulgam District"
1.3: Objectives of The Study: The objectives of the present study are and under:

Corresponding Author:
Urfi Jan
Ex-student, Baba Ghulam
Shah Badshah University,
Rajouri, Jammu and Kashmir,
India

- To explore the level of life style adaptation of male and female students of Kulgam District.

1.4 Hypothesis of the Study
On the basis of richness background of the knowledge the investigator speculated the below mentioned hypothesis.

- There exists no significant difference between male and female students on their level of life style adaptation.

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

- **Life style adaptation:** In the present study, life style refers the set of achievement obtained by the respondents on Life style Scale developed by Summan Preet Kaur (2012)
- **Male and female students:** Male and female students in the present study refers the dichotomy of the respondents made on the basis their sex.

1.6 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 present study as under:

- The present study was delimited to 400 respondents.
- The presents study was limited to male and female respondents were excluded so as to remove extraneous impact.

1.7 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:** In the present study the investigator employed the below mentioned procedure in the entire data collection.

- **Sample:** A representative sample of 400 male and female students was selected for the present investigation. All the students were selected from district Kulgam of the union territory of Jammu and Kashmir.
- **Sampling technique:** Whole sample was collected with the help of random sampling technique.
- **Measuring instrument**: In the present study life satisfaction scale designed by S.K. Bawa and S. Kaur was used for collecting data. This scale consists 60 items.

1.8 Analysis and Interpretation of the Data
The collected data was analysed and interpreted. Both 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 male and female students on various levels of Life Style (LS). (N=200 Each)

Levels	Male students		Female students	
	Frequency	**Percentage**	**Frequency**	**Percentage**
EHA	180.00	90.00	170.00	75.00
HA	16.00	8..00	02.00	1.00
AAA	4.00	2.00	6.00	3.00
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

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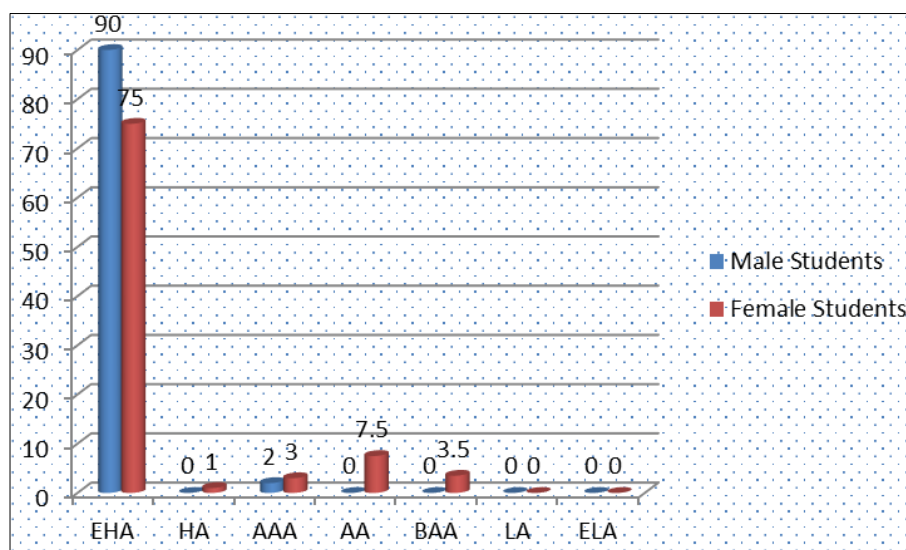
Fig 1: Showing the graphical representation of male and female students on various levels of Life Style (LS). (N=400 Each)

Index
- 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

The exploration of the table 1 (Please see table 1) gives information about the descriptive analysis of male and female students on various levels of life style. The calculated results indicate that among male students 90.00% (F=180.00) were seen with extreme high adaptation of life style. Besides, it was found that 8.00% (F=16.00) male students were found with high level of life style adaptation. Meanwhile, it was seen that 4.00% (F=2.00) male students were found with above average level of life style adaptation. Further the calculated results indicate that 0.00% (F=0.00) male students were found with below average level of life style adaptation. The analysed results designate that 0.00% (F=0.00) male students were found with average level of life style adaptation. Addition, it was found that 0.00% (F=0.00) male students were found with below average level of life style adaptation. Meanwhile, it was seen that 0.00% (F=0.00) male students were found with low level of life style adaptation. The same table reveals that 0.00% (F=0.00)

male students were found with above extreme low of life style adaptation. Coming towards female students, 75.00% (F=150.00) were seen with extreme high adaptation of life style. Further, it was found that 1.00% (F=2.00) female students were found with high level of life style adaptation. Meanwhile, it was seen that 8.00% (F=16.00) female 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) female students were found with below average level of life style adaptation. The analysed results designate that 0.00% (F=0.00) female students were found with average level of life style adaptation. Additionally, it was found that 3.50% (F=7.00) female students were found with below average level of life style adaptation. Meanwhile, it was seen that 0.00% (F=0.00) female students were found with low level of life style adaptation. The same table reveals that 0.00% (F=0.00) female students were found with above extreme low of life style adaptation.

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

Dimension-VI	Male Students		Female Students		't' value
	Mean	SD	Mean	SD	
Life Style	164.90	23.45	163.25	23.87	0.90@@

Index: @@= Significant at 0.01 level of confidence
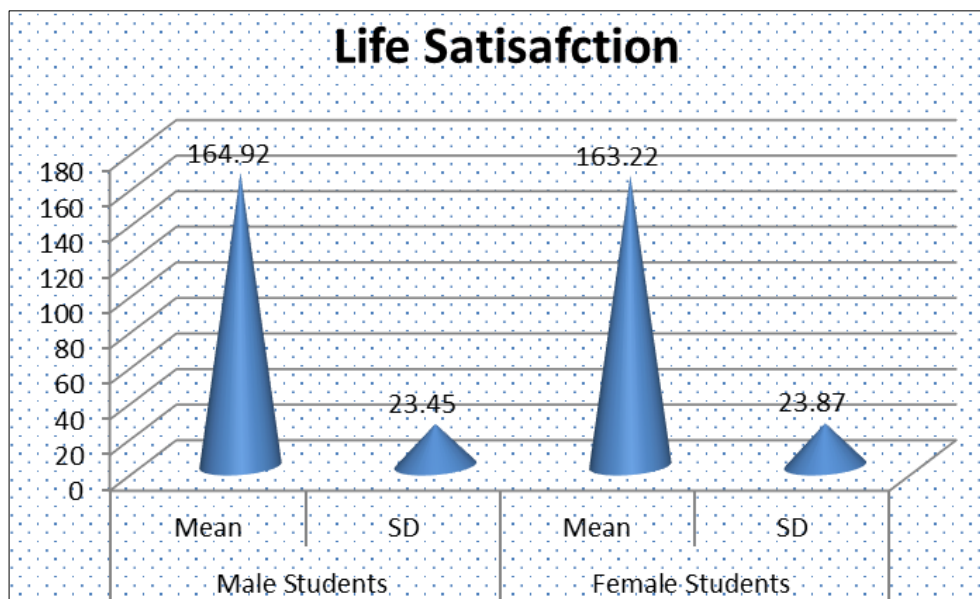
Fig 2: Showing the graphical representation of male and female students on composite score of Life Style (LS).

Interpretation

While coming towards the table 1.2 (Please See Fig. 1.2) gives information about the mean comparison of male and female students on composite score of life style. As per the obtained results, the mean score of male students was reported high 164.90, while as the mean score of female students was reported 163.25 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 male students hold identical level of achievement poon the above mentioned dimension of life style adaptation. Indeed insignificant difference has been reported between male and female students on their level of life style. Thus, the status of the hypothesis has been reported as under:

Hypothesis

There exists significant difference between male and female students on their level of life style adaptation.

Status: Accepted

Rejected

No Significant difference has been reported between male and female students on their level of life style. The results are carried in consonance of the host of the researchers like; "Nandna, L. K. (2002) [19], Parveen K (2008) [20], Voelker, D. K., Reel, J. J., & Greenleaf, C. (2015) [18], Voelker, D. K., Reel, J. J., & Greenleaf, C. (2015) [18], Panda, S. K. (2014) [17], Irene B. & Ethel, A. A. (2015) [14], 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 male and female students. Keeping in view, it was found that the there exists no significant difference between male and female students on level of life style adaptation. Hence, type of gender was reported insignificant impact on the level of life style of the respondents.

Competing interest
The research declared that no potential if interest with respect to authorship, research and publication of this article.

References
1. Ali H, Asadi J. Provence and Lifestyle Determinants of Hypertension among Secondary School Female Teachers in Basrah. The Medical Journal of Basrah University MJBU. 2009;27(2):12-18.
2. Bawa SK, Kaur S. Lifestyle Scale. National Psychological Corporation, Bhargava Bawan, Agra, c2010.
3. Cooper H, Okamura L, Gurka V. Social Activity and Subjective Well-Being, Personality and Individual Differences. 1992;13:573-583.
4. De Neve KM, Cooper H. The Happy Personality: A Meta-Analysis of 137 Personality Traits and Subjective Well-Being, Psychological Bulletin. 1998;124:197-229.
5. Glasser RL. Leisure and the Search for a Satisfying Identity. In Smith MA, Parker S, Smith CS (Eds) Leisure and Society in Britain, London: Allen Lane; c1973. p. 56-68.
6. Abdul. Public Awareness towards Healthy Lifestyle. International Journal of Creative Research. 2018;8(10):927-936.
7. Akpan P. Job Security and Job Satisfaction as Determinants of Organizational Commitment among University Teachers in Cross River State, Nigeria. British Journal of Education. 2013;1(2):82-93.
8. Bowlby J. Developmental Psychiatry Comes of Age. American Journal of Psychiatry. 1988;145(1):1-10.
9. Boxall PC, Adamowicz WL. Understanding Heterogeneous Preferences in Random Utility Models: A Latent Class Approach. Environmental & Resource Economics. 2002;23(4):421-446.
10. Victim: Is Happiness Relative? Journal of Personality & Social Psychology. 2002;36(8):917-927.
11. Briggeman BC, Lusk JL. Preferences for Fairness & Equity in the Food System. European Review of Agricultural Economics. 2011;38(1):1-29.
12. Devine Rl, Lepisto L. Analysis of The Healthy Lifestyle Consumer. Journal of Consumer Marketing. 2005;22(5):275-283.
13. Diclemente CC. The Trans Theoretical Model of Intentional Behaviour Change. Journal of Drugs & Alcohol Today. 2007;7(1):29-33.
14. Irene B, Ethel AA. Health Consciousness and Eating Habits among Non–Medical Students in Ghana: A Cross-Sectional Study. Journal of Advocacy, Research and Education. 2015;3(2):30-50.
15. Irene B, Ethel AA. Health Consciousness and Eating Habits among Non–medical Students in Ghana: A Cross-sectional Study. Journal of Advocacy, Research and Education. 2015;3(2):30-50.
16. Ouma E, Abdulai A. Drucker A. Measuring Heterogeneous Preferences for Cattle Traits among Cattle-Keeping Households in East Africa. American Journal of Agricultural Economics. 2007;89(4):1005-1019.
17. Panda SK. Impact of Circuit Training on the Physical Fitness of Volleyball Players. Journal of Sports Psychology. 2014;15(25):35-40.
18. Voelker DK, Reel JJ, Greenleaf C. Weight Status and Body Image Perceptions in Adolescents: Current Perspectives. Adolescent Health, Medicine and Therapeutics. 2015;6:149-158.
19. Nandna LK. Correlation between life style and health consciousness. International Journal of Health Education. 2002;12(20):13-18.
20. Parveen K. The life style adaptation of volleyball and football players. Journal of creative research. 2008;16(20):12-22.
21. Zaidi U, Awad SS, Abdelsalam EM, Qasem HD, Kayal GF. Psychometric Evaluation of Arabic Version of Self- Esteem, Psychological Wellbeing And Impact of Weight on Quality of Life Questionnaire In Female Student Sample of PNU. European Medical, Health and Pharmaceutical Journal. 2015;8(2):29-33.