



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor (RJIF): 8.4
IJAR 2025; 11(6): 196-200
www.allresearchjournal.com
Received: 05-06-2025
Accepted: 14-06-2025

Anita Sehrawat
Department of Mathematics,
F.C. College for Women, Hisar,
Haryana, India

An empirical study for exploring the lifestyle changes due to participation in NCC

Anita Sehrawat

Abstract

The National Cadet Corps (NCC) plays a crucial role in fostering youth development in India by integrating discipline, leadership, civic responsibility, and physical fitness into structured extracurricular training. This research paper explores the transformative impact of NCC participation on cadets' lifestyles using a comprehensive, 30-item questionnaire. The instrument assesses six key dimensions: physical health and fitness, discipline and time management, mental and emotional well-being, social and communication skills, civic sense and responsibility, and long-term aspirations and motivation. Utilizing a 5-point Likert scale, the questionnaire enables participants to reflect on lifestyle shifts attributed to their NCC involvement. While this study is primarily theoretical, it proposes a framework for future empirical research and offers insights into how structured military-influenced training programs can positively shape young individuals' behaviour, values, and ambitions. The findings may guide educators, policymakers, and program coordinators in enhancing the structure and outreach of NCC initiatives nationwide.

Keywords: Physical health and fitness, discipline and time management, mental and emotional well-being, social and communication skills, civic sense and responsibility & long-term aspirations and motivation

Introduction

The National Cadet Corps (NCC), established under the Ministry of Defence, Government of India, is one of the largest uniformed youth organizations in the world. It aims to develop character, discipline, leadership, a secular outlook, and the spirit of service and adventure among school and college students. Through its structured programs including drill training, camps, adventure activities, and community service NCC seeks to instil a sense of nationalism and social responsibility in young citizens.

Participation in NCC is widely believed to have a transformative impact on cadet's lives. Beyond the physical benefits, such as enhanced fitness and stamina, cadets often report improvements in personal discipline, time management, emotional resilience, teamwork, and civic awareness. Additionally, exposure to military values and structured routines often influences their academic and career aspirations, particularly regarding defence services and national service.

Despite the widespread implementation and anecdotal success of NCC programs, there is a need for structured, evidence-based assessments of their actual impact on cadets' lifestyles. To fill this gap, this study introduces a standardized questionnaire on likert five scale designed to capture participants' self-reported lifestyle shifts across six critical domains. This tool not only serves as a diagnostic instrument for evaluating personal development but also provides a foundation for academic research and policy interventions aimed at enhancing youth development programs in India.

This paper presents an in-depth analysis of the questionnaire's structure and utility, offering a conceptual framework for future empirical applications.

Literature Review

Participation in structured youth programs such as the National Cadet Corps (NCC) has been associated with positive changes in various aspects of lifestyle, including physical health, discipline, leadership, and social behaviour. Several studies have examined how involvement in such programs contributes to the holistic development of young individuals.

Corresponding Author:
Anita Sehrawat
Department of Mathematics,
F.C. College for Women, Hisar,
Haryana, India

Sharma and Verma (2019) ^[4] States that Active participate in NCC activities demonstrate significantly higher levels of physical fitness in NCC Cadets as compared to non-cadets. Studies in College highlighted that regular drills, training, and adventure activities improved stamina, and overall physical health. This aligns with the NCC's mission to instil discipline and promote physical well-being.

Singh and Kaur (2020) ^[5] emphasized that Time management, self-discipline, and goal-setting abilities will improved in cadets. Their longitudinal study revealed that cadets gradually adopted more structured daily routines, reflecting NCC's emphasis on punctuality and responsibility. Lifestyle transformation through NCC is not limited to physical changes alone.

Rao (2021) ^[3] suggested in his study that the regimented lifestyle and exposure to challenging tasks develop greater emotional control and problem-solving skills during trainings in NCC cadets. This was particularly evident in cadets who participated in national-level camps and leadership programs.

Das and Banerjee (2018) ^[1] stated that NCC cadets reported increased confidence, improved public speaking abilities, and a stronger sense of civic responsibility. Group activities, community service, and leadership roles within the NCC played a key role in enhancing interpersonal and communication skills.

Kumar and Rani (2022) ^[2] argued that the demanding schedule and physical exertion sometimes led to burnout among cadets who were simultaneously managing academic responsibilities. They argued to ensure sustain benefits and a balanced approach for intense Training.

Methodology

A sample of 179 participants are taken for study. Majority of the participants are under graduates lies between the ages of 18 to 24 and belongs to rural area. Likert scale are used to design a questionnaire for the data collection as shown in the table Below. The questionnaire consists of 30 statements grouped into six categories: i) Physical Health and Fitness ii) Discipline and Time Management iii) Mental and Emotional Well-being, iv) Social and Communication Skills

v) Civic Sense and Responsibility, vi) Long-Term Aspirations and Motivation. Each Category consists of 5 questions. Each Question uses a 5-point Likert scale:-1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree. Participants are expected to self-assess their lifestyle changes since joining NCC.

Table 1: Showing the demographic profile of the participants used for data collection:

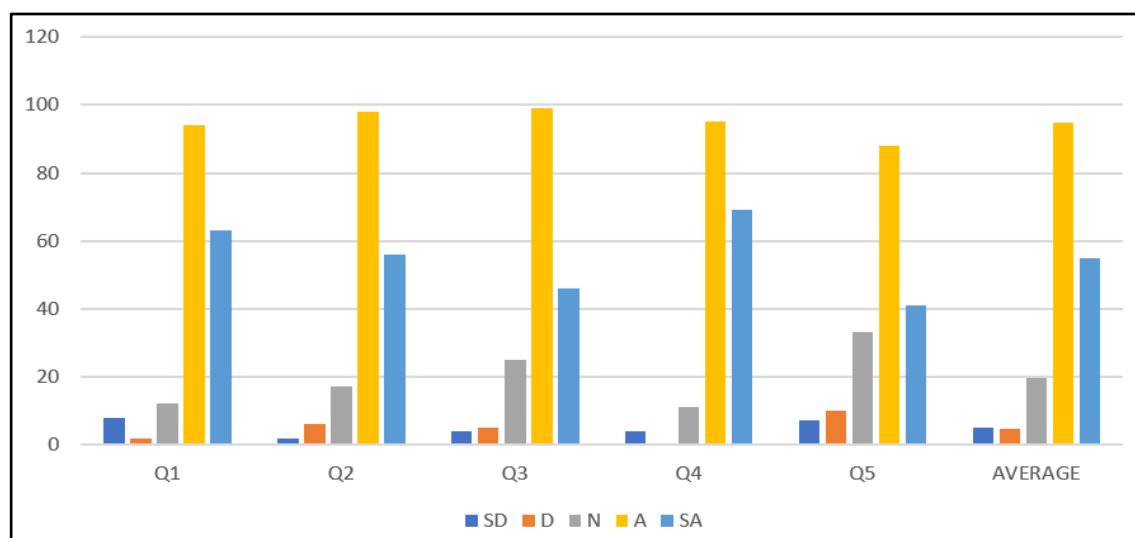
Demographic Profile	Categories	No. of Students	Percentage
Gender	Male	43	24.02
	Female	136	75.9
Age Group	Under 18	59	32.96
	18 to 24	120	67.03
	25 to 44	Nil	-
	45 above	Nil	-
Area	Urban	71	39.66
	Rural	108	60.33
Educational Level	Under Graduate	129	72.06
	Graduate	30	16.75
	Post Graduate	2	1.11
	Other	18	10.05

Results and Discussion

This study explored the impact of NCC participation on various dimensions of lifestyle. Participants responded to a 30-item questionnaire categorized into six areas: Physical Health and Fitness, Discipline and Time Management, Mental and Emotional Well-being, Social and Communication Skills, Civic Sense and Responsibility, and Long-Term Aspirations and Motivation. Responses were rated on a 5-point Likert scale.

Physical Health and Fitness

Physical Health And Fitness	SD	D	N	A	SA
Q1	8	2	12	94	63
Q2	2	6	17	98	56
Q3	4	5	25	99	46
Q4	4	0	11	95	69
Q5	7	10	33	88	41
Average	5	4.6	19.6	94.8	55



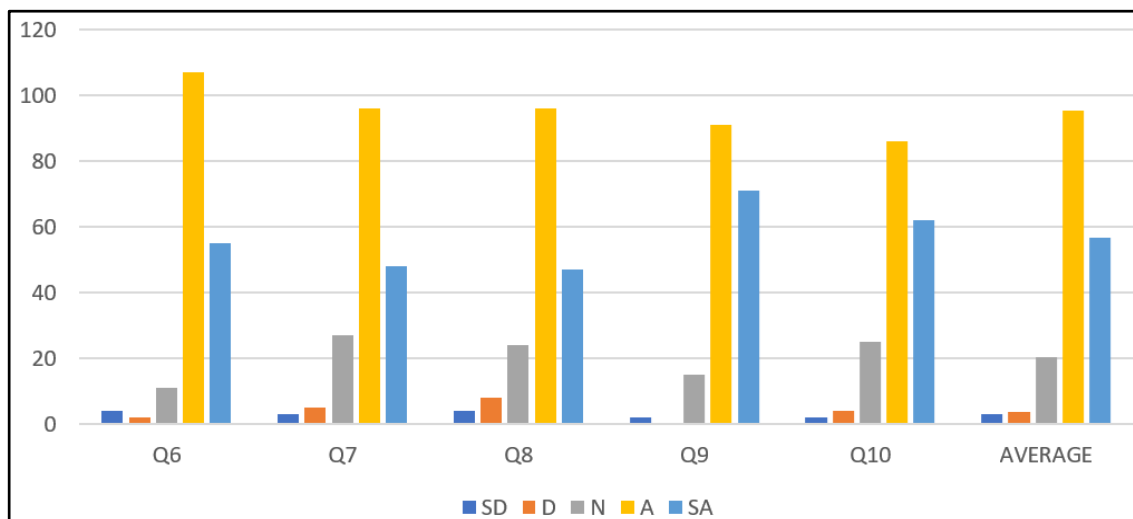
Physical health and fitness

As shown in the figure on an average of 94.8 participants agreed that their physical fitness and healthy habits

improved. Only an average of 5 are strongly disagree with that statement.

Discipline and Time Management

Discipline and time management	SD	D	N	A	SA
Q6	4	2	11	107	55
Q7	3	5	27	96	48
Q8	4	8	24	96	47
Q9	2	0	15	91	71
Q10	2	4	25	86	62
Average	3	3.8	20.4	95.2	56.6

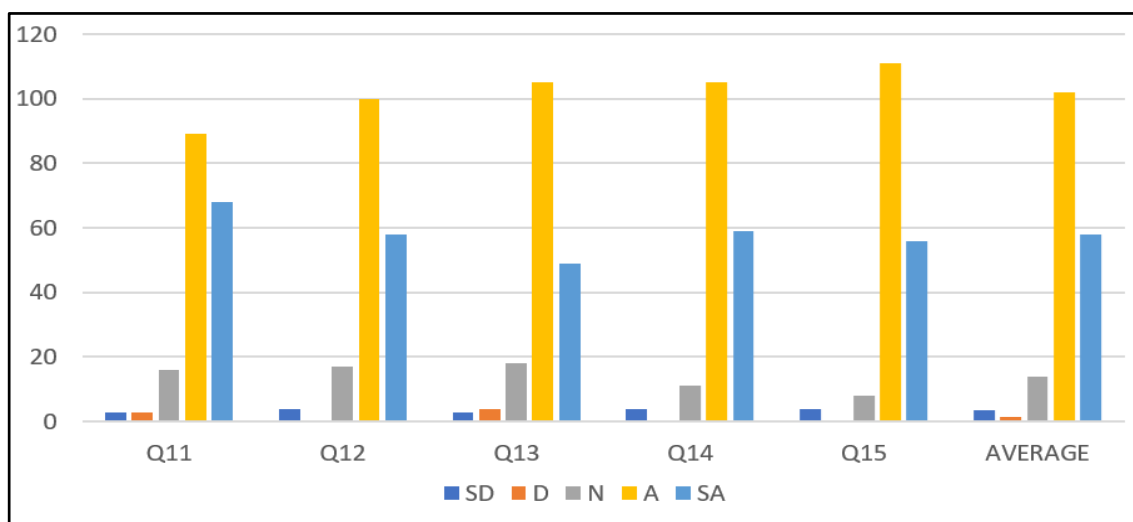


Discipline and time management

This dimension showed better time management, punctuality, and structured routines among cadets. Participants attributed these skills to NCC's regimented training schedules, which appear to translate into improved personal organization. An average of 95.2 participants are agree with this factor that NCC cadets are more disciplined than non-cadets.

Mental and Emotional Well-being

Mental an Emotional Well being	SD	D	N	A	SA
Q11	3	3	16	89	68
Q12	4	0	17	100	58
Q13	3	4	18	105	49
Q14	4	0	11	105	59
Q15	4	0	8	111	56
Average	3.6	1.4	14	102	58

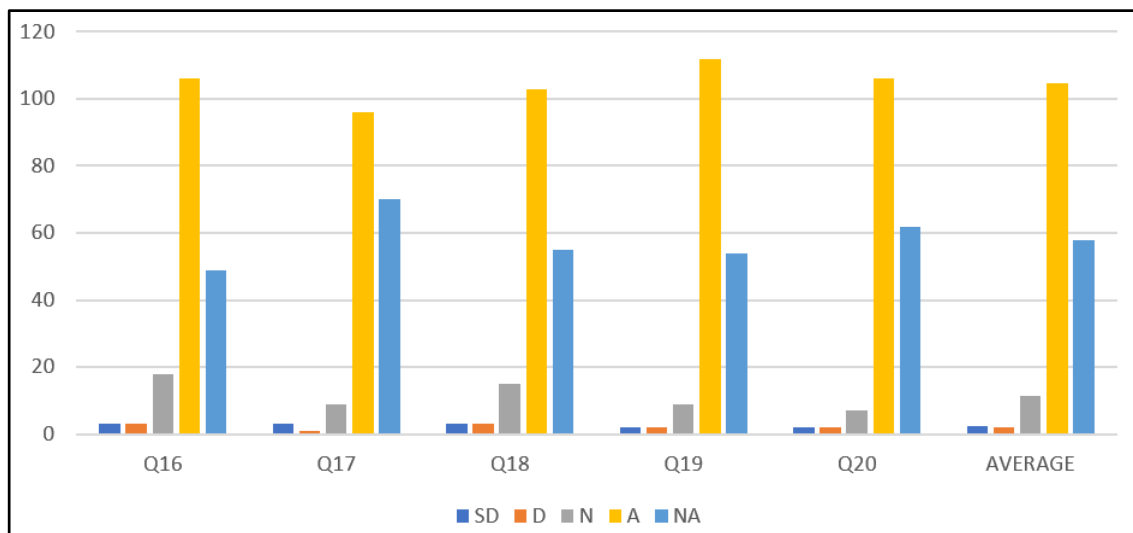


Mental an Emotional Well being

Participants reported a reflecting improved confidence, emotional resilience, and a positive approach to stress as shown in the figure mean score of agreed participants are 102. NCC's structured environment and exposure to challenging activities may contribute to this psychological growth.

Social and Communication Skills

Social and communication skills	SD	D	N	A	NA
Q16	3	3	18	106	49
Q17	3	1	9	96	70
Q18	3	3	15	103	55
Q19	2	2	9	112	54
Q20	2	2	7	106	62
Average	2.6	2.2	11.6	104.6	58



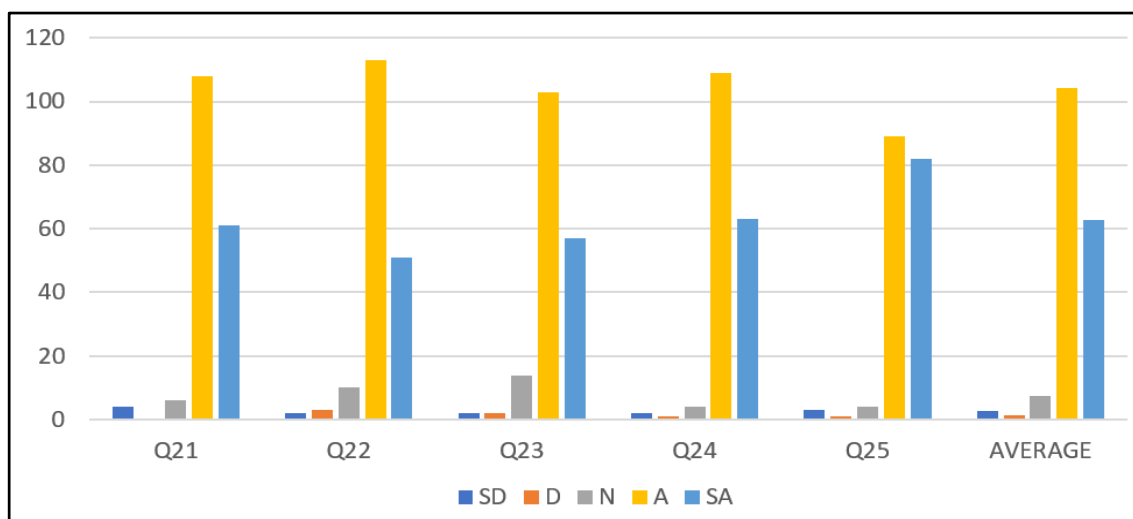
Social and Communication Skills

NCC improved the ability of public speaking, teamwork, and communication as shown in the table mean score of agreed 104.6. Participants felt more confident

communicating in group settings and reported enhanced leadership capabilities, showcasing NCC's impact on developing socially adept individuals.

Civic Sense and Responsibility

Civic sense and responsibility	SD	D	N	A	SA
Q21	4	0	6	108	61
Q22	2	3	10	113	51
Q23	2	2	14	103	57
Q24	2	1	4	109	63
Q25	3	1	4	89	82
AVERAGE	2.6	1.4	7.6	104.4	62.8



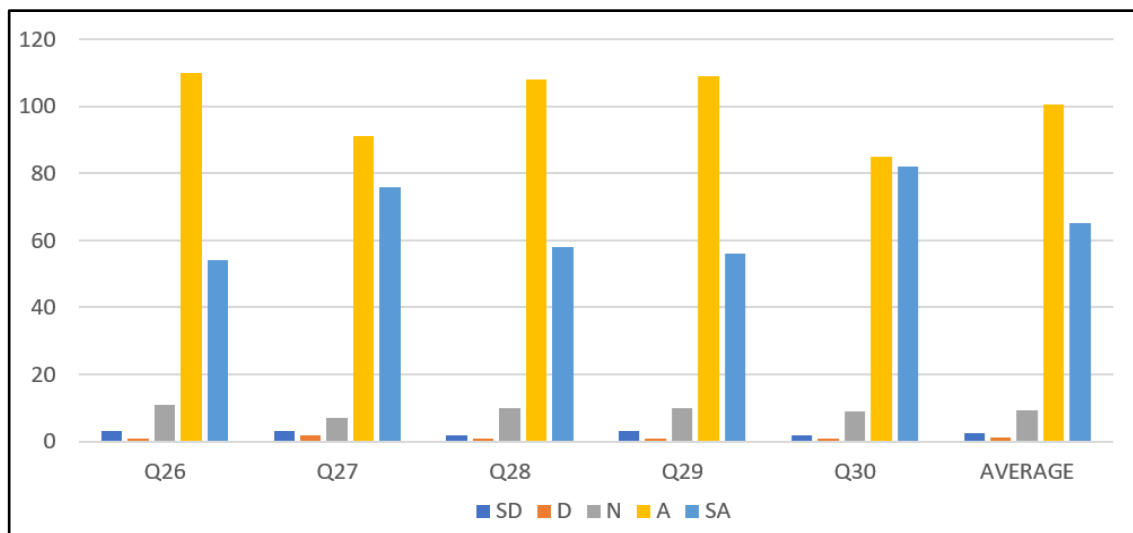
Civic Sense and Responsibility

This dimension shows majority of participants (mean score-104.4)believed that cadets become more aware of their civic duties. Responses highlighted increased engagement in

community service and nation building activities. This aligns with NCC's emphasis on patriotism, community participation, and social responsibility.

Long-Term Aspirations and Motivation

Long term aspiration and motivation	SD	D	N	A	SA
Q26	3	1	11	110	54
Q27	3	2	7	91	76
Q28	2	1	10	108	58
Q29	3	1	10	109	56
Q30	2	1	9	85	82
Average	2.6	1.2	9.4	100.6	65.2



Long term aspiration and motivation

This dimension is indicating that NCC plays a substantial role in shaping cadets' future ambitions. Participants with mean score 100.6 strongly agreed that NCC motivated them to pursue long-term goals, consider careers in defence services, and maintain high motivation in academics and life. This reflects NCC's success in cultivating future-focused individuals with a sense of national duty.

5. Singh V, Kaur H. Lifestyle and discipline among youth: The role of NCC. *Youth Development Review*. 2020;6(4):75-89.

Conclusion

The above findings suggest that NCC has a broad and positive impact across all major lifestyle areas with the greatest influence on motivation and civic engagement. While improvements in physical health were acknowledged, the relatively stronger impact on mind set, responsibility, and communication indicates that NCC is not just a fitness program but a comprehensive youth development initiative. The comprehensive nature of the questionnaire reflects the multidimensional impact NCC can have on youth. By addressing not just physical but also psychological, social, and civic aspects, the questionnaire supports a holistic view of youth transformation. It encourages further empirical research into how structured military-like programs can benefit youth development at scale. The Lifestyle Changes Due to NCC questionnaire is a structured, multifaceted tool designed to measure perceived personal development among cadets. Future implementation of this tool in diverse NCC units can offer robust insights into the long-term impact of NCC on Indian youth.

References

1. Das P, Banerjee S. Impact of NCC training on the personality development of college students. *Indian Journal of Youth Studies*. 2018;4(2):45-52.
2. Kumar R, Rani P. Balancing academics and NCC: A study on student stress and time management. *Journal of Educational Psychology and Development*. 2022;10(1):56-64.
3. Rao M. Mental resilience through military training: A study on Indian NCC cadets. *Psychology and Society*. 2021;7(3):30-41.
4. Sharma A, Verma N. Physical fitness levels among NCC cadets and non-cadets: A comparative study. *Journal of Health and Fitness*. 2019;8(1):12-18.