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## Relationship of socioeconomic status and lifestyle in college going male students

**Dr. Bhoj Ram Rawte and Krishna Gopal Rai**

### Abstract

**Objective:** The objective of the present study was to find out relationship of Socioeconomic Status and Lifestyle in College Going male Students.

**Methodology:** The study was conducted on 40 male students, age ranged from 20 to 25 years who were randomly selected from the different Departments of Guru Ghasidas Vishwavidyalaya, Bilaspur. Selected variables for the study were socioeconomic status (SES) and Lifestyle (LS). Kuppaswamy's socioeconomic scale questionnaire (Shankar Reddy Dudala, 2012) and Life Style Assessment Inventory by Anspangh Davids, Michael, H. Hamrich and Frank D. Rosato were adopted to collect data for Socioeconomic Status and Life Style Assessment. The statistical tools employed for this study were descriptive statistics and the Pearson's Product Moment Correlation, at 0.05 level of significance.

**Result:** The study depicted that there is significant relationship between the socioeconomic status and lifestyle ( $r=0.59, p<0.05$ ).

**Conclusion:** On the basis of the result of the study, it can be concluded that there is positive relationship between the socioeconomic status (SES) and lifestyle (LS).

**Keywords:** Lifestyle, socioeconomic status, male students

### 1. Introduction

In the first decade of the 21st century, the conceptualization of health as an ability opened the door for self-assessments to become the main indicators to judge the performance of efforts aimed at improving human health. It also created the opportunity for every person to feel healthy, even in the presence of multiple chronic diseases, or a terminal condition, and for the re-examination of determinants of health, away from the traditional approach that focuses on the reduction of the prevalence of diseases. Generally, the context in which an individual lives is of great importance for his / her health status and quality of their life. It is increasingly recognized that health is maintained and improved not only through the advancement and application of health science, but also through the efforts and intelligent lifestyle choices of the individual and society. According to the world health organization, the main determinants of health include the social and economic environment, the physical environment and the person's individual characteristics and behaviours. (WHO, 2006).

A healthy life style is a valuable resource for reducing the incidence and impact of health problems, for recovery, for coping with life stressors, and for improving quality of life. However, convincing Canadians that health is good investment, and providing guidance and incentives to create a culture that fosters health, are complex processes. How do we direct efforts to engage people in becoming and staying healthy? There is common belief that happy, possible people are healthier. Numerous research studies have established clear links between a positive state of mind and good physical health. There are many other studies that suggest deliberately cultivating a positive state of mind can help fight of illness. An individual's typical way of life: his attitudes and their expression in a self-consistent manner as developing from childhood. (Anspaugh, D. S., Michael, H. H., *et al*, 1994) [2].

Socioeconomic status (SES) is an economic and sociological combined total measure of a person's work experience and of an individual's or family's economic and social position in relation to others, based on income, education, and occupation. When analyzing a family's SES, the household income, earners' education, and occupation are examined, as well as combined income, versus with an individual, when their own attributes are assessed.

### 1.1 Objective of the Study

To find out relationship between socioeconomic status (SES) and lifestyle (LS) of male college going students.

**2. Methodology**

**2.1 Selection of Subjects**

The subjects for this study were selected from different departments of of Guru Ghasidas Vishwavidyalaya, Bilaspur. A total of 40 male students were selected, age ranged between 20 to 25 years.

**2.2 Selection of Variables**

Life style (LS) and Socio-economic status (SES) were selected as variables for the preset study.

**2.3 Criterion measures**

Kuppuswamy’s socioeconomic scale questionnaire and Life Style Assessment Inventory by Anspangh Davids, Michael, H. Hamrich and Frank D. Rosato were adopted to collect data for Socioeconomic Status and Life Style Assessment.

**2.4 Statistical analysis of data**

For determining the relationships of selected variables, descriptive statistics and the Pearson’s Product Moment Correlation was used, the data analysed with the help of SPSS (20.0 version) software and the level of significance was set at 0.05 level of confidence.

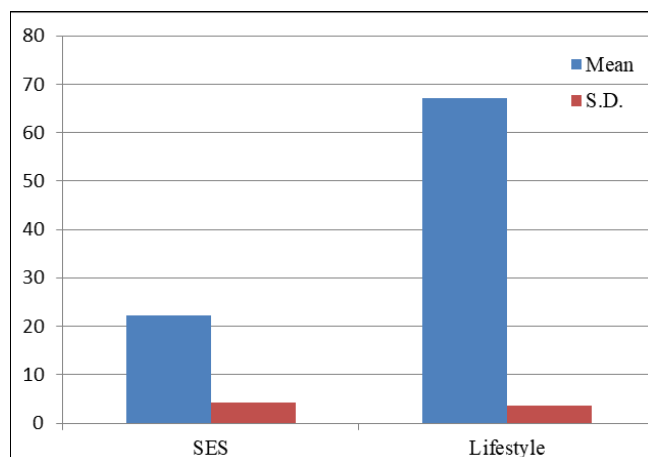
**3. Result and discussion of the study**

**Table 1:** Descriptive Statistics & Correlation coefficient of socioeconomic status with Lifestyle of male students

Variable	N	Mean	S.D.	Correlation coefficient (r)	Sig. value
Socioeconomic Status	40	22.25	4.31	0.59	0.00
Lifestyle	40	67.21	3.56		

\*significant at 0.05 level

Table-1 indicates the descriptive statistics i.e Mean and SD of selected variables. The Mean and SD of selected variables are i.e. SES (22.25±4.31), and LS (67.21±3.56). Table 1 also indicates that there exists a significant relationship of socioeconomic status with Lifestyle (r=0.59), as the p-values were less than 0.05.



**Fig 1:** Graphical Representation of socioeconomic status with Lifestyle of male students

**4. Conclusion and Finding**

On the basis of the result of the study, it can be concluded that there is significant relationship between the socioeconomic status (SES) and lifestyle (LS). Result of the study shows that the positive relationship between

socioeconomic status (SES) and lifestyle (LS) it means those peoples have higher socioeconomic status, their lifestyle is greater. On the basis of the result it also can conclude that the selected male college going students fall in average category of lifestyle.

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