Association Between Personal Variables And Life Style Level Of Children During Covid-19 Pandemic

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Abstract: A healthy life style is the way of living in the personal life and the family system in the early stage of children. During the Pandemic, everyone children are at home attending online classes and avoiding outdoor activities for almost 2 years. The early years of age is a critical period of the stage to make good or bad habits in their life. Their mental health, happiness, self-esteem, and feelings of good or negative expression in society depend on how they grew up in their environment and habits. A healthy lifestyle is very important to mankind to be healthy and happy, prevents diseases, saves money, lengthens life span, and is good for the environment. Early (stage) age is very important in making habits in order to be a healthy lifestyle. In this study a sample of 200 of school going children of the age group of 9-13 years from Bangalore urban areas was taken randomly. The results found that Age, Class of studying, number of siblings, ordinal position, was found to be significant impact on lifestyle among children.

Key words: Personal variables, Covid-19 pandemic, lifestyle, school children

INTRODUCTION:

According to Alfred Adler, lifestyle refers to a person's style of life, and how they choose to go about achieving the ultimate goal of superiority in important life tasks. It is an individual's unique way of thinking, feeling, and behaving; heavily influenced by one's childhood. He believed it remained constant throughout one's lifetime but could be changed with in-depth therapy.

A healthy life style helps to improve in the personal life, social life, behaviours, mental health and academic performance. Those who are come from the big family numbers children have good social adjustment and healthy mental health and stay away from the internet and gadgets and they also share each other and enjoyed verities of home-made food. How the child develops and adapt their life style is from the caregiver how they live and eat are following up when the child grown-up. Sharing helps to improve the lifestyle, have good communication and improve quality time with family. From the big family children are has good emotional attachment and social relationships. A healthy life style is the way of living in the personal life and the family system in the early stage of children. With those habits of life style comes out to the society and affect to others. Some of the children are difficult to change their habits and affected in their mental health.

During the Pandemic, everyone was on lockdown and keep social distancing, avoid social interaction and had strict physical daily activities. Children are at home attending online classes and avoiding outdoor activities for almost 2 years. The early years of age is a critical period of the stage to make good or bad habits in their life. Their health mental, happiness, success healthy and life span, skills, self-esteem, and feelings of good or negative expression in society depends on how they grew up in their environment and habits (they are). A healthy lifestyle is very important to mankind to be healthy and happy, prevents diseases, saves money, lengthens life span, and is good for the environment. Early (stage) age is very important in making habits in order to be a healthy lifestyle. The present study was aimed to study how personal variables of children affected their life style during pandemic..

METHODOLOGY

Objective: T0 study the Association between Personal variables and Life style level of children during Covid-19 pandemic

Hypothesis: There is no Association between Personal variables and Life style level of children during Covid-19 pandemic among boys and girls respondents.

Procedure: The present study was taken school going children, studying in Government institution of Bangalore urban areas. The tool used in the study was a self-structured questionnaire, which was formed according to the necessity of the study and underwent several corrections. Followed, Expert Validation was done to check the validation of the tool. The experts selected for the validation were from different field, comprised of psychologist, Human Development specialist, Statistician. The tools consisted of 57 statements which were includes 8 core aspects such as Physical Activity, eating habits, Sleeping Routine, Reading habits, Screen time, Mental health, social relationship, and Behaviour changes. In this study a sample of 200 of school going children of the age group of 9-13 years from Bangalore urban areas was taken randomly. The frequent visit was done to Kendriya Vidyalaya school for data collection. Permission was taken from the authority of the institution prior to data collection. The collected information was tabulated systematically using SPSS. Data tabulation using coding plan and master sheet was prepared, Frequency, percentage, t-test, chi-square was the statistical method applied for the study.

RESULT AND DISCUSSION

The results of the study are discussed as below

TABLE- 1

Overall Life style Level Score among Boys and Girls

No.	Samples	Sample	Statements	Max. Score	Life style Scores			
					Mean	SD	Mean (%)	SD (%)
I	Boys	100	59	177	105.81	7.92	59.8	4.5
II	Girls	100	59	177	110.66	6.93	62.5	3.9
Combined		**200**	**59**	**177**	**108.24**	**7.81**	**61.1**	**4.4**
Student ' t' Test					**4.61***			

*Significant at 5% Level,   t (0.05,198 df) =1.

Table 1 and Figure 1 show overall life styles levels among boys and girls during covid-19 pandemic. It depicts that mean score 110.66 and 62.5 mean percentage of girl's respondents have higher overall life style levels to compared with the lifestyle of boys' respondents mean score 105.81 and 59.8 mean percentage. The 't' Test analysis reveals difference between the life styles of children among boys and girls was found to be significant at 5% levels (t-test=4.61*) . This indicates that boys and girls have significant association with the life styles of respondents. It can be possible to girls has habits of learning to house whole works, trying to develop new hobbies/ skills and play indoor games and able to adapt with any situations. In case of boys who find difficulty in adjusting to the new situations and prefer more outside friends' circles and involving more in playing games, may leads to deferred their life styles when compared to girls' respondents specially in pandemic situations.
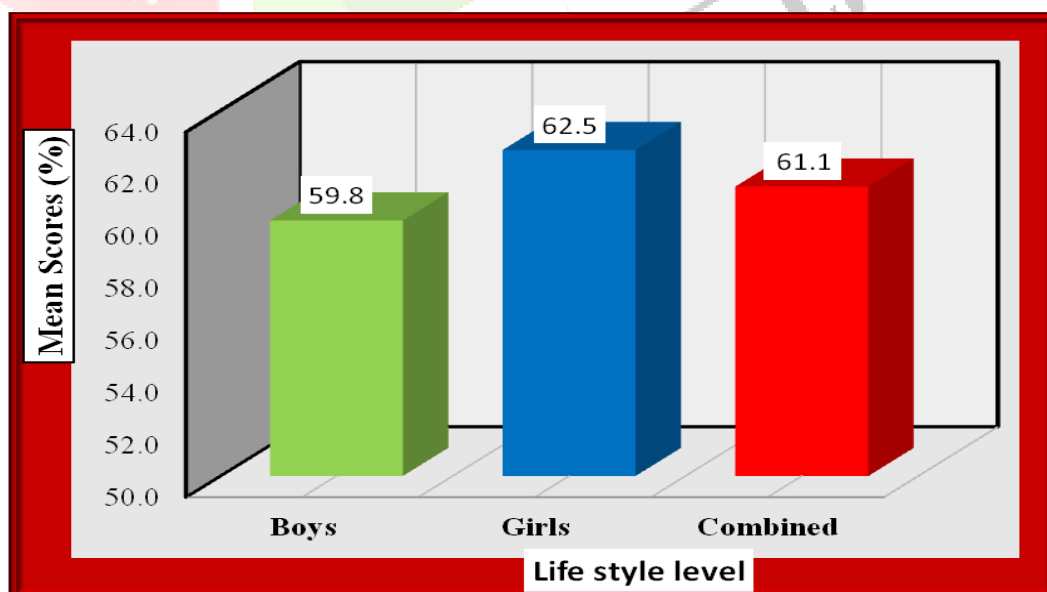

Figure 1: Overall **Life style Level** Scores among Boys and Girls

TABLE – 2

Association between Personal variables and Life style level among Boys

Personal Variables	Category	Sample	Life style Level				χ^2 Value	P Value
			Moderate		High			
			N	%	N	%		
Age group (years)	9-11	49	23	46.9	26	53.1	3.97*	P<0.05
	12-13	51	34	66.7	17	33.3		(3.841)
Class studying	4-5th Std	47	21	44.7	26	55.3	5.49*	P<0.05
	6-7th Std	53	36	67.9	17	32.1		(3.841)
Previous year	A+	32	16	50.0	16	50.0	1.00 NS	P>0.05
	A	49	30	61.2	19	38.8		(5.991)
	B+ or B	19	11	57.9	8	42.1		
Number of Siblings	No	16	11	68.8	5	31.3	8.91*	P<0.05
	One	63	40	63.5	23	36.5		(5.991)
	Two+	21	6	28.6	15	71.4		
Ordinal position	First	51	37	72.5	14	27.5	14.05*	P<0.05
	Second	44	20	45.5	24	54.5		(5.991)
	Third	5	0	0.0	5	100.0		
Combined		**100**	**57**	**57.0**	**43**	**43.0**		

* Significant at 5% Level,   NS : Non-significant

Table 2 Figure 2 refers to the association between personal variables and lifestyle level among boys' respondents. The respondents in the age group of 9-11 years have 53.1 percentage have high level of life style, and 46.9 percentage of respondents in moderate levels of lifestyle. In the group of 12-13 years of boys' respondents have highest (66.7) percentage in moderate level of lifestyle, and 33.3 percentage of boys' respondents have high level of lifestyle. Chi-square test applied showed significance difference at level 5% (χ^2 =3.97*).
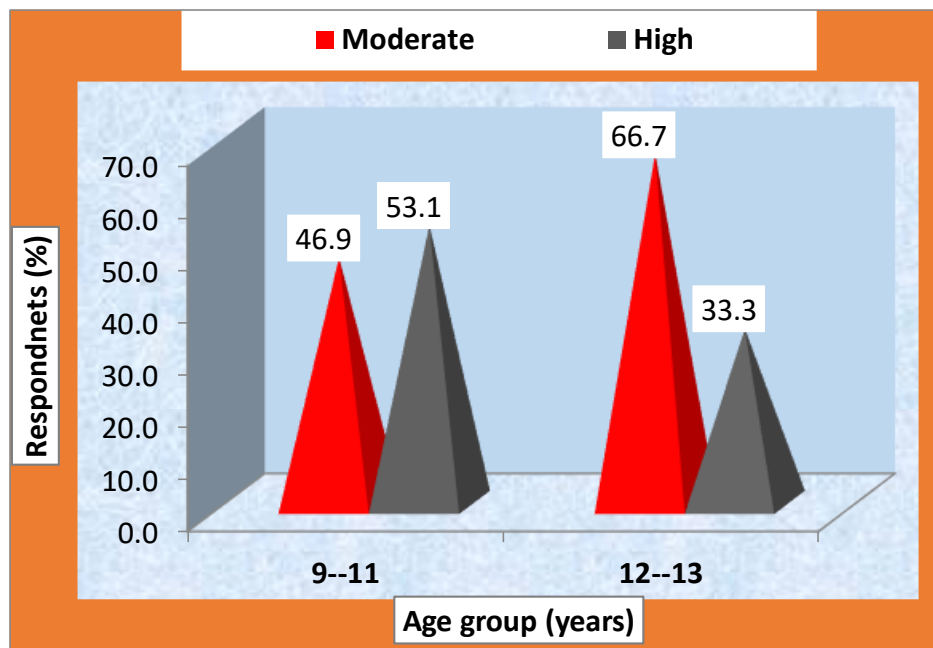
Figure . 2 : Association between Age group and Life style level among Boys

This reveals that there is association between the age group and level of lifestyle among the boys' respondents. Hence, the null hypothesis is rejected stating that independent variable has no influence on lifestyle level.

Figure 3 In the personal variable in the class studying under the 4-5th Std have 44.7 percentage of boys' respondents have moderate level of lifestyle, and 55.3 percentage of boys' respondents have high level of lifestyle. Under the category of 6-7th Std of personal variables have 67.9 percentage in moderate level of life style among the boys' respondents, and 32.1 percentage in the high level of life style of boys' respondents. Chi-square test applied showed significant differences at level 5% (χ^2 =5.49*). This reveal that there is association between the class studying and lifestyle levels of respondents. Thus, the null hypothesis is rejected stating that independent variable has no influence on lifestyle level.

Above the data shows the academic performance of the boys' respondents for present under the category of A+ grade equal (50.0) percent of respondents have moderate levels and high level in their academic performance.
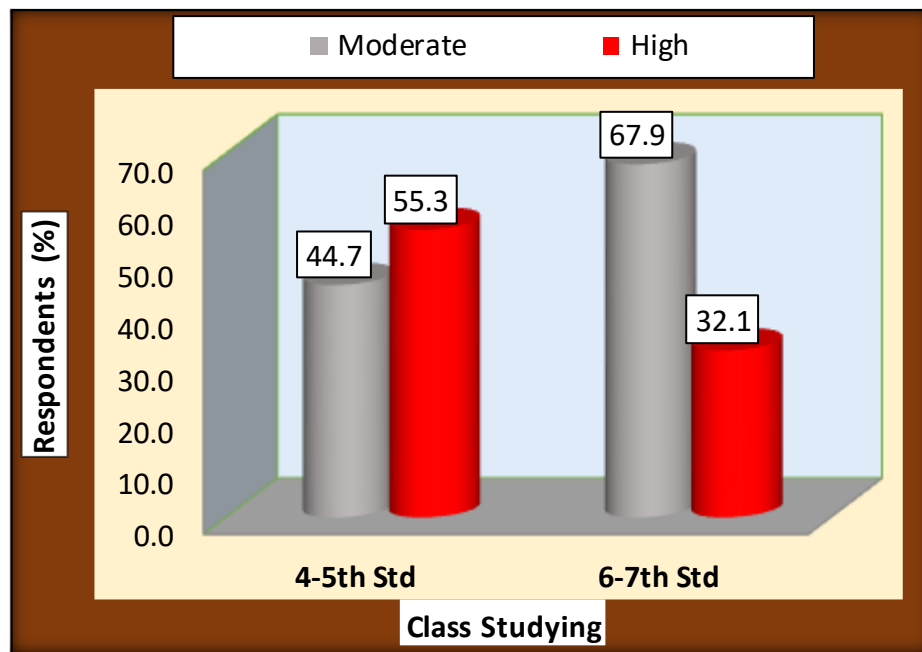
Figure 3 : Association between Class studying and Life style level among Boys

The respondents of 61.2 percentage were in the moderate level of performance and 38.8 percent of respondents in the high level of academic performance in the A grades. It shows that 57.9 percent of respondents in the moderate level of academic performance and 42.1 percentage of respondents in the high level of performance in their academic performance in the group of B+ or B grades. On the statistical analysis test applied is Non-significant at (χ^2 =1.00).

Figure 4 It further depicts that in number of siblings category about 68.8 percent of respondents in the moderates' level and 31.3 percent of high-level respondents were single child in the family. While 63.5 percent of respondents in the moderate levels and 36.5 percentage of respondents were high level of percentage under the group of one sibling, and 28.6 percentage of boys' respondents at the moderate levels and 71.4 percentage of respondents were in the high levels in the group of two siblings. Majority of the respondents were found 71.4 percentage of respondents were high levels in the group of two and more than two siblings in the life style of children. On the statistical analysis t-test applied was not found to be significant at the levels of 5% (χ^2 = 8.91*) . This reveals the number of siblings was not associated with the lifestyle of respondents. Thus, the stated null hypothesis is accepted.
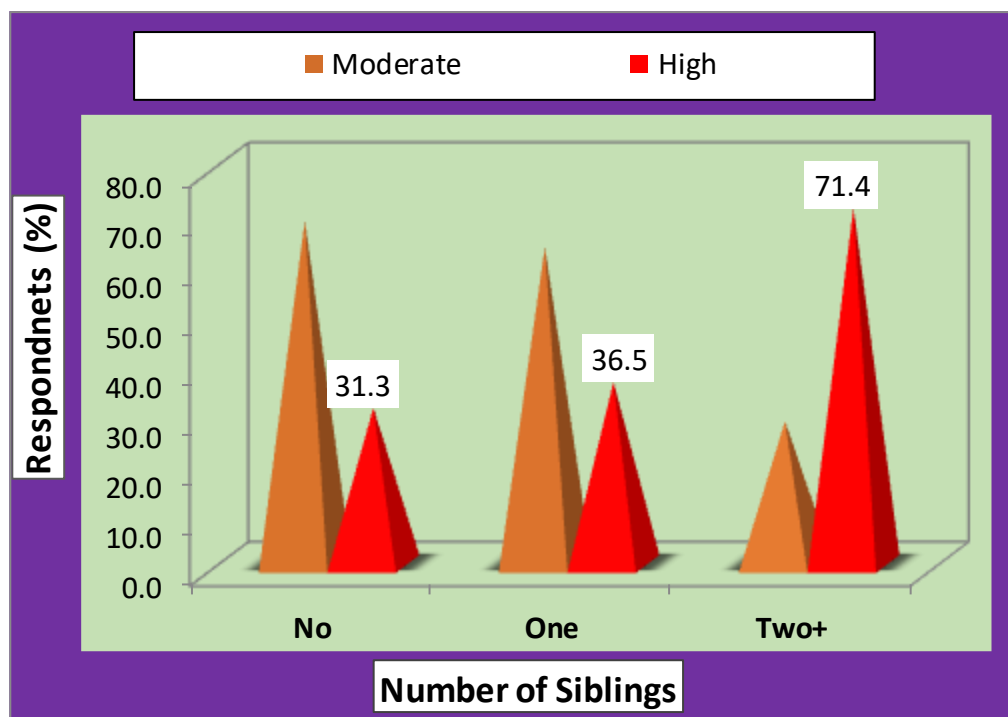
Figure 4 : Association between Number of Siblings and Life style level among Boys
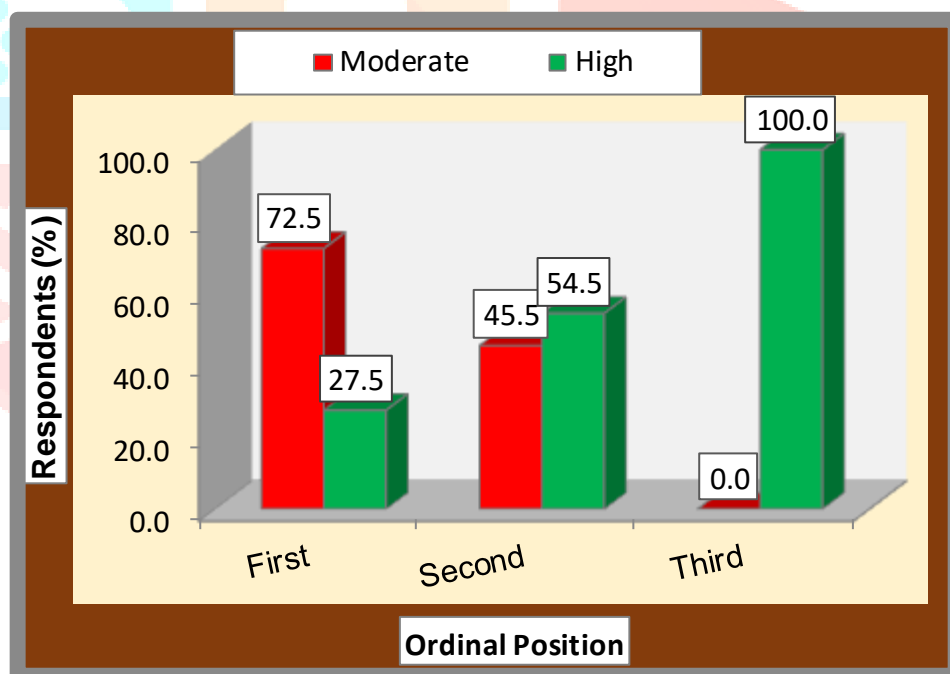

Figure 5 : Association between Ordinal position and Life style level among Boys

Figure 5 describe the above result shows associations between the personal variable of ordinary position was found that 72.5 percentage of respondents have moderate levels of lifestyle and 27.5 percentage of respondents have high level of lifestyle under the category of first ordinary child. It is found that among the boys' respondents who were first born child in the family, 45.5 percentage of respondents were found moderate in the second child, 54.5 percentage of respondents are found in the high levels of lifestyle in the group of second child of ordinary position. Majority of 100 percentage respondents were found high level in the group of third ordinal position in the lifestyle of children. The statistical analysis t-test applied is significant at level 5% (χ^2 =14.05*). Thus, it could be the reason that number of members in the family made the children to share, talk, to

play each other, to express the feeling, to adjust, to span time, will all these affect the life style among the children, when compared with lest number of family members.

TABLE – 3

Association between Personal variables and Life style level among Girls

n=100

Personal Variables	Category	Sample	Life style Level				χ² Value	P Value
			Moderate		High			
			N	%	N	%		
Age group (years)	9-11	59	27	45.8	32	54.2	4.68*	P<0.05
	12-13	41	11	26.8	30	73.2		(3.841)
Class studying	4-5th Std	45	22	48.9	23	51.1	4.12*	P<0.05
	6-7th Std	55	16	29.1	39	70.9		(3.841)
Present year	A+	26	13	50.0	13	50.0	2.15*	P<0.05
	A	53	18	34.0	35	66.0		(5.991)
	B+ or B	21	7	33.3	14	66.7		
Number of Siblings	No	14	5	35.7	9	64.3	0.43 NS	P>0.05
	One	73	27	37.0	46	63.0		(5.991)
	Two+	13	6	46.0	7	53.8		
Ordinal position	First	57	27	47.4	30	52.6	6.17*	P<0.05
	Second	37	10	27.0	27	73.0		(5.991)
	Third	6	1	16.7	5	83.3		
Combined		**100**	**38**	**38.0**	**62**	**62.0**		

* Significant at 5% Level,   NS : Non-significant

Note : Figures in the parenthesis indicate Table value

Table 3 Figure 6 refers to the association between personal variables and lifestyle level among girls' respondents. The respondents in the age group of 9-11 years have 45.8 percentage were moderate level, and 54.2 percentage of respondents were high levels of lifestyle. In the group of 12-13 years girls' respondents have highest 26.8 percentage in moderate level of lifestyle, and 73.2 percentage of girls' respondents have high level of lifestyle. Chi-square test applied showed significance difference at level 5% (χ^2 =4.68*). This reveals that there is association between the age group and level of lifestyle among the girls' respondents.
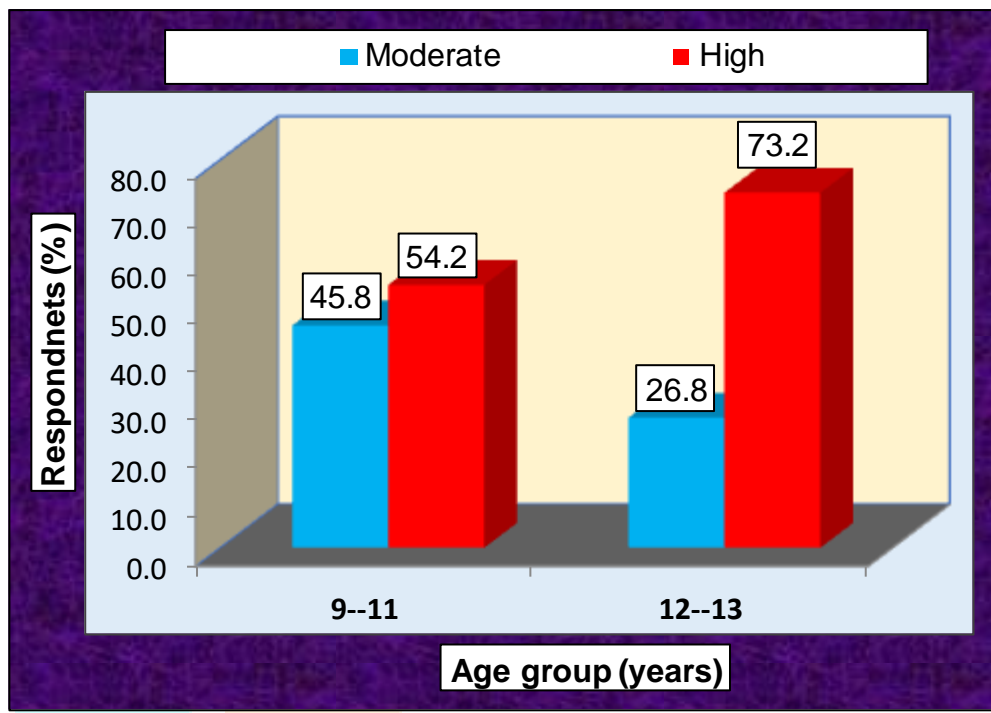
Figure 6 : Association between Age group and Life style level among Girls
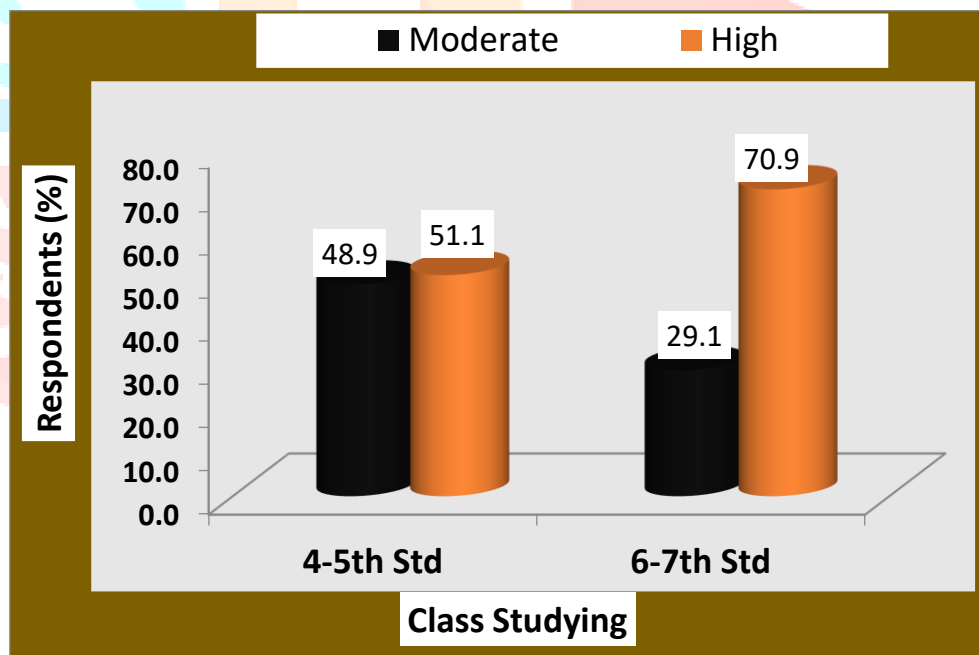

Figure .7 : Association between Class studying and Life style level among Girls

Figure 8 Above the data shows the academic performance of the girls' respondents for present under the category of A+ grade equal (50.0) percent of respondents have moderate levels and high level of academic performance. The respondents 34 percentage of respondents were moderate level of performance and 66 percentage of respondents were high level of academic performance in the A grades. It shows that 33.3 percent of respondents were moderate level of academic performance and 66.7 percentage of respondents were high level of academic performance in the group of B+ or B grades after the lockdown of covid-19 pandemic among girls. Chi-square test applied showed significant differences at level 5% (χ^2 =2.15*). This reveals that there is

association between the class studying and lifestyle levels of respondents. Thus, the null hypothesis is rejected stating that independent variable has no influence on lifestyle level.
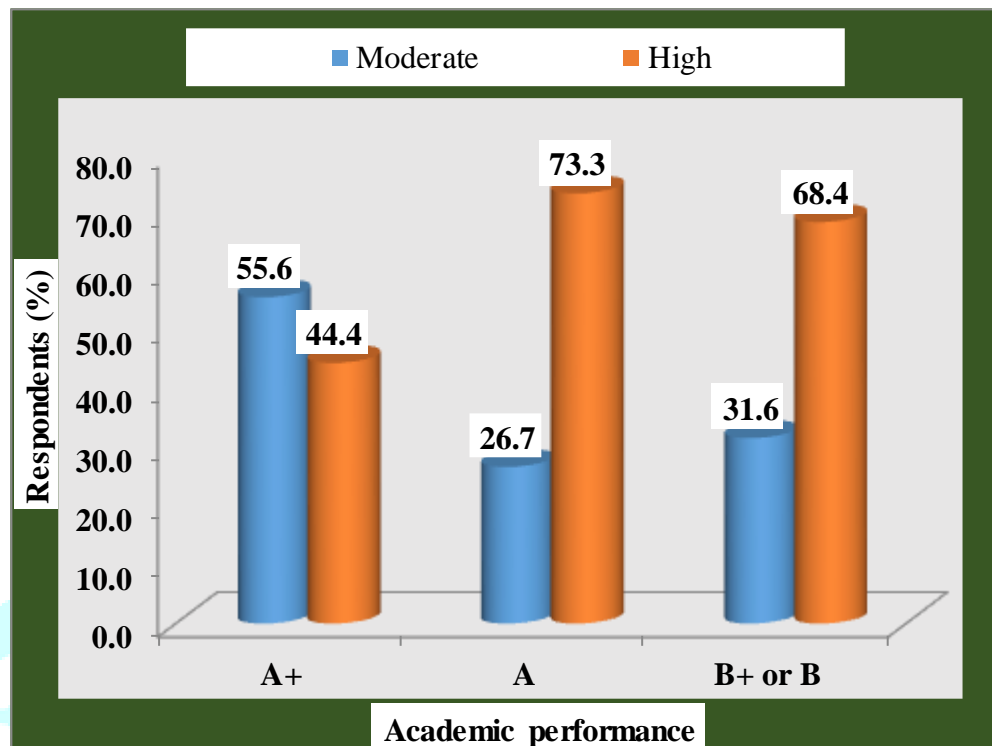

Figure 8 : Association between Academic performance Previous year and Life style level among Girls

It further depicts that in number of siblings category 35.7 percent of respondents were moderates level and 64.3 percent of respondents were high levels of respondents were single born child in their family. While 37 percent of respondents were moderate levels and 63 percentage of respondents were high level of percentage under the group of one sibling and 46.2 percentage of girl's respondents were moderate levels and 53.8 percentage of respondents were in the high levels in the group of two siblings. Majority of the respondents were found 64.3 percentage of respondents were high levels in the single born child in the life style of children. On the statistical analysis t-test applied was not found to be significant at the levels of 5% ($\chi^2 = 0.43*$) .

Figure 9 describe the above result shows associations between the personal variable of ordinary position was found that 47.4 percentage of respondents have moderate levels of lifestyle and 52.6 percentage of respondents have high level of lifestyle under the category of first ordinal child. It is found that among the girls' respondents who were first born child in the family, 27 percentage of respondents were found moderate in the second born child, and 73 percentage of respondents are found in the high levels of lifestyle in the group of second born child of ordinal position. Majority of 83.3 percentage respondents were found high level in the group of third ordinal position and 16.7 percent of respondent were moderate level in the lifestyle of children. The statistical analysis t-test applied is significant at level 5% ($\chi^2 = 6.17*$). Thus, it could be the reason that number of members in the family made the children to share, talk, to play each other, to express the feeling, to adjust, to span time, will all these affect the life style among the children, when compared with lest number of family members.
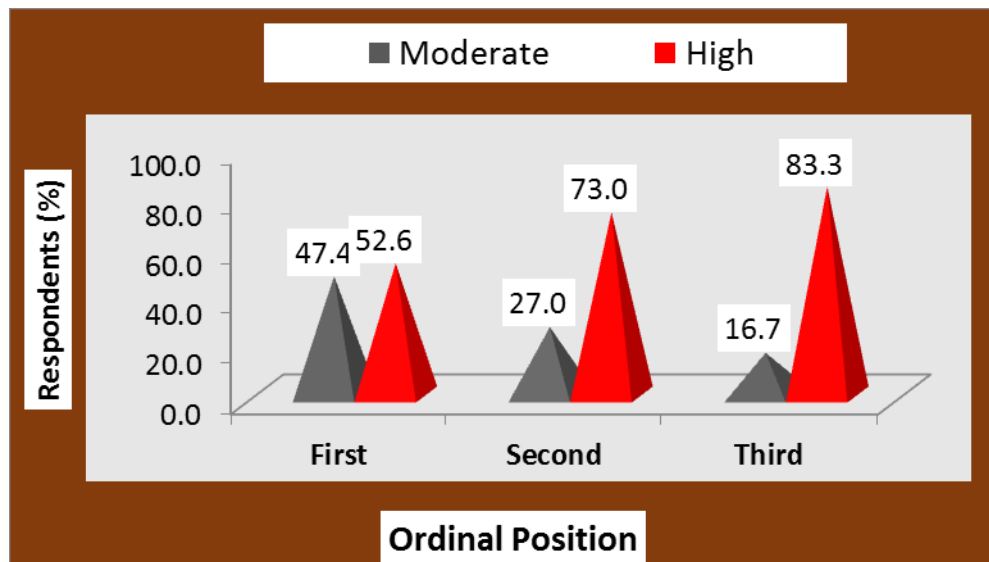
Figure 9: Association between Ordinal position and Life style level among Girls

Conclusion: The results shows that the lifestyle of the school going children are affected those who has one sibling children during the pandemic. Children who have two and more siblings are not much affected in their life style during the pandemic because they were shearing emotions and have recreational activities at home and learn many things, they find their own hobbies and interest. But ordinary position is not affected in the life style of school going children during the pandemic. Those who have joint family children were has healthy lifestyle during the pandemic. Because in the joint family are have big numbers of family member and they take care each other and perform physical activities daily and enjoy every day even they are not able to meet new people and go outside.

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