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A comparative study of college girls' lifestyles in rural and urban regions

¹Preet Gill, ²Dr. Manju Mehta, ¹Aysha Be and ³Raveena Rani

¹Ph.D Scholar, Department of Resource Management and Consumer Sciences, I.C. College of Community Science, CCS HAU, Hisar, Haryana, India

²Professor, Department of Resource Management and Consumer Sciences, I.C. College of Community Science, CCS HAU, Hisar, Haryana, India

³Ph.D Scholar, Department of Foods and Nutrition, I.C. College of Community Science, CCS HAU, Hisar, Haryana, India

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Corresponding Author: Preet Gill

Abstract

College is seen as a critical point in one's life. Due to the increase in the workload and the observable increase in the competition amongst the youth, the health and fitness of oneself is put as a secondary priority amongst them. The purpose of the study was to assess the lifestyle of college girls of urban and rural respondents of Hisar district of Haryana. Lifestyle was assessed by using Fantastic Lifestyle Checklist. For this total subject of 120 female students, among them 60 from the urban area and 60 from the rural area of same district were selected from the various departments of the two colleges. The data reveals that both urban (65.0%) and rural (66.7%) respondents have a predominantly positive perception of their lifestyles, with a majority rating it as "very good". A slightly higher percentage of (35.0%) urban report as "good" lifestyle compared to rural respondents (28.3%). However, rural areas have a small percentage (5.0%) of people who perceive their lifestyle as "excellent", which is not reported in urban areas. Efforts to improve lifestyle satisfaction could focus on addressing the specific needs that differentiate those with a good lifestyle from those with a very good or excellent lifestyle.

Keywords: Lifestyle, college students, rural, urban, girls

Introduction

A healthy lifestyle provides a strong and stable foundation essential for physical fitness. A lifestyle encompasses the way one lives, which can be categorized as either healthy or unhealthy based on personal choices. It is widely accepted that physical fitness is influenced by everyday activities. An individual's daily behaviors and routines, including work, leisure, and diet, all contribute to their lifestyle. A healthy lifestyle can be seen as a state of harmony between an individual and their physical and social surroundings. This harmony is influenced by the individual's health potential or ability to manage environmental challenges and by the nature and intensity of environmental stress. Girls fulfill multiple roles in society, being responsible not only for food preparation and processing but also for domestic chores, income generation, and caring for dependents. Because of their dual responsibilities at home and in workplaces outside the home, there is increased pressure for productivity, quality work, and profitability. Girls' physiological characteristics and reproductive needs make them particularly vulnerable to work-related health issues. Their health is of special concern due to widespread discrimination, which leaves them at a disadvantage globally. Promoting a healthy lifestyle for female students significantly contributes to their quality of life and longevity. Girls are vital components of society and represent the future of our country. The lifestyle of college

girls has undergone significant changes. To evaluate their lifestyles, the FANTASTIC Lifestyle Questionnaire, developed in 1983 by Wilson and collaborators, can be used. This questionnaire is designed to assess the population's lifestyles and is intended for use in community health education programs. It is a simple and quick questionnaire that evaluates nine dimensions. "FANTASTIC" is an acronym representing these dimensions: Family and friends (2 items), Activity and Associativity (3 items), Nutrition (3 items), Tobacco (2 items), Alcohol and other substances (6 items), Sleep and stress (3 items), Type of personality (3 items), Introspection (3 items), and Control of health (3 items). In the current context, it is essential to study and assess the impact of lifestyle on the physical fitness of girls. So, the current study was planned to assess the lifestyle of the college going girls in rural and urban area.

Methodology

To achieve the planned objective study was conducted on college girls to assess the lifestyle in rural and urban area in Hisar district, of Haryana. The Hisar district in Haryana was chosen purposefully for the survey. The sample consisted of 120 college girls from Hisar. A list of girls' colleges in Hisar city was obtained from the Department of Higher Education, Haryana, and two colleges were randomly selected. From these selected colleges, lists of students were acquired.

From each of the selected colleges, 60 respondents were randomly chosen, resulting in a total sample of 120 students. The sample was designed to include 30 students from rural areas and 30 from urban areas in each college. A schedule

was developed and tested on 30 respondents before conducting the actual study to collect data. An observation sheet was prepared to assess the lifestyle of college going girls in rural and urban area.

Measurements

Socio-personal and economic variables	
Age	} Schedule was developed Modified Fantastic lifestyle check list (Wilson Douglas 1985)
Family type	
Education of respondent	
Socio economic status of family	
Lifestyle	

Personal interview schedule was used to collect the data and frequency, percentage, WMS and correlation were

calculated to analysis the data.

Results and Discussion

Table 1: Personal profile of respondents

S.no	Variables	Urban (n=60) f (%)	Rural (n=60) f (%)	Total (n=120) f (%)
1	Age (years)			
	18-20	9 (15.0)	21(35)	30(25.0)
	21-24	43(71.7)	34(56.7)	77(64.2)
	25-27	8(13.3)	5(8.3)	13(10.8)
2	Education			
	Graduation	37(61.7)	47(78.3)	84(70.0)
	Postgraduate	23(38.3)	13(21.7)	36(30.0)
3	Family type			
	Joint	20(33.3)	23(38.3)	43(35.8)
	Nuclear	40(66.7)	37(61.7)	77(64.2)
5	Socio economic status			
	1. Upper(26-29)	7(11.7)	5(8.3)	12(10.0)
	2. Upper middle(16-25)	18(30.0)	6(10.0)	24(20.0)
	3. Lower middle(11-15)	23(38.3)	15(25.0)	38(31.7)
	4. Upper lower(5-10)	12(20.0)	32(53.3)	44(36.7)
	5. Lower(below 5)	-	2(3.3)	2(1.7)

Personal profile of respondents: Data in table 1 indicate that majority of the respondents in total sample belonged to 21-24 years of age (64.2%) followed by 18-20 years of age (25.0%) and 25-27 years of age (10.8%). Maximum of the total respondents were graduate (70.0%) and postgraduate

(30.0%). Overall majority of respondents belonged to nuclear family (64.2%) and rest of 35.8% had joint family. In total sample SES was upper lower, lower middle, upper middle, upper and lower for 36.7%, 31.7%, 20.0%, 10.0% and 1.7% respectively.

Table 2: Fantastic Lifestyle Checklist

Fantastic Lifestyle Checklist		Urban (n=60)	Rural (n=60)	Total (n=120)
Family Friends	There is someone to talk about things that are important to me			
	Almost never	1(1.7)	1(1.7)	2(1.7)
	Seldom	0	1(1.7)	1(0.8)
	Some of time	12(20.0)	12(20.0)	24(20.0)
	Fairly often	7(11.7)	5(8.3)	12(10.0)
	Almost always	40(66.7)	41(68.3)	81(67.5)
	Give and receive affection			
	Almost never		2(3.3)	2(1.7)
	Seldom	1(1.7)	2(3.3)	3(2.5)
	Some of time	18(30.0)	17(28.3)	35(29.2)
Fairly often	15(25.0)	13(21.7)	28(23.3)	
Almost always	26(43.3)	26(43.3)	52(43.3)	
Activity	Vigorous activity			
	less than once/week	25(41.7)	18(30)	43(35.8)
	1-2 times/week	7(11.7)	17(28.3)	24(20.0)
	3 times/week	16(26.7)	11(18.3)	27(22.5)
	4times/week	3(5.0)	5(5.3)	8(6.7)
5 or more time/week	9(15.0)	9(15.0)	18(15.0)	
	Moderate activity			

	less than once/week	8 (13.3)	5(8.3)	13(10.8)
	1-2 times/week	8(13.3)	2(3.3)	10(8.3)
	3 times/week	3(5.0)	4(6.7)	7(5.8)
	4times/week	6(10.0)	4(6.7)	10(8.3)
	5 or more time/week	35(58.3)	45(75.0)	80(66.7)
Nutrition	Balance diet			
	Almost never	3(5.0)	2(3.3)	5(4.2)
	Seldom	6(10.0)	0()	6(5.0)
	Some of time	27(45.0)	20(33.3)	47(39.2)
	Fairly often	19(31.7)	13(21.7)	32(26.7)
	Almost always	5(8.3)	25(41.7)	30(25.0)
	Eating excess food			
	4 of these	4(6.7)	1(1.7)	5(4.2)
	3 of these	21(35.0)	28(46.7)	49(40.8)
	2 of these	12(20.0)	12(20.0)	24(20.0)
	1 of these	10(16.7)	8(13.3)	18(15.0)
	None of these	13(21.7)	11(18.3)	24(20.0)
	Healthy weight			
	Not within 8 kg	8(13.3)	11(18.3)	19(15.8)
8 kg	8(13.3)	6(10.0)	14(11.7)	
6 kg	17(28.3)	13(21.7)	30(25.0)	
4 kg	7(11.7)	13(21.7)	20(16.7)	
2kg	20(33.3)	17(28.3)	37(30.8)	
Tobacco Toxics	Smoking			
	More than 10 times/week	2(3.3)		2(1.7)
	1-10 times/week	1(1.7)		1(0.8)
	None in the past 5 years	57(90.0)	60(90.0)	117(90.0)
	Drugs such as marijuana, cocaine			
	Never	60(100)	60(100)	120(100)
Overuse of drugs				
Never	60(100)	60(100)	60(100)	
	Drinking caffein drinks			
	More than 20 drinks	2(3.3)		2(1.7)
	7-10/ days	3(5.0)	4(6.7)	7(5.8)
	3-6/ days	6(10.0)	6(10.0)	12(10.0)
	1-2/days	29(48.3)	39(65.0)	68(56.7)
Never	20(33.3)	11(18.3)	31(25.8)	
Alcohol	Average alcohol intake per week			
	1-2 drinks	1(1.7)	-	1(0.8)
	0 drinks	59(98.3)	60(100)	119(99.2)
	Drink more than four drinks on an occasion			
	Never	60(100)	60(100)	60(100)
	Drive after drinking			
Never	60(100)	60(100)	120(100)	
Sleep Seatbelt Stress	Sleep well and feel rested			
	Almost never	3(5.0)	1(1.7)	4(3.3)
	Seldom	2(3.3)	0	2(1.7)
	Some of time	4(6.7)	4(6.7)	8(6.7)
	Fairly often	17(28.3)	18(30.0)	35(29.2)
	Almost always	34(56.7)	37(61.7)	71(59.2)
	Coping stresses in life			
	Almost never		1(1.7)	1(0.8)
	Seldom	3(5.0)	5(8.3)	8(6.7)
	Some of time	24(40.0)	24(40.0)	48(40.0)
	Fairly often	20(33.3)	17(28.3)	37(30.8)
	Almost always	13(21.7)	13(21.7)	26(21.7)
	Use of seatbelts			
	Never	2(3.3)	4(6.7)	6(5.0)
	Seldom	0	0()	
	Some of time	8(13.3)	10(16.7)	18(15.0)
	Most of time	14(23.3)	4(6.7)	18(15.0)
	Always	36(60.0)	42(70.0)	78(65.0)
Relaxing and enjoying leisure Time				
Almost never	2(3.3)		2(1.7)	
Seldom	3(5.0)	3(5.0)	6(5.0)	
Some of time	11(18.3)	6(10.0)	17(14.2)	

	Fairly often	15(25.0)	13(21.7)	28(23.3)
	Almost always	29(48.3)	38(63.3)	67(55.8)
Type of Behavior	Hurried behaviour			
	Almost always	4(6.7)	1(1.7)	5(4.2)
	Fairly often	7(11.7)	5(8.3)	12(10.0)
	Some of time	36(60.0)	43(71.7)	79(65.8)
	Seldom	8(13.3)	9(15.0)	17(14.2)
	Almost never	5(8.3)	2(3.3)	7(5.8)
	Hostile behaviour			
	Almost always	3(5.0)	6(10.0)	9(7.5)
	Fairly often	7(11.7)	7(11.7)	14(11.7)
	Some of time	29(48.3)	31(51.7)	60(50.0)
Seldom	19(31.7)	14(23.3)	33(27.5)	
Almost never	2(3.3)	2(3.3)	4(3.3)	
Insight	Positivity or optimistic thinker			
	Almost never	2(3.3)	1(1.7)	3(2.5)
	Seldom	4(6.7)	4(6.7)	8(6.7)
	Some of time	25(41.7)	27(45.0)	52(43.3)
	Fairly often	17(28.3)	14(23.3)	31(25.8)
	Almost always	12(20.0)	14(23.3)	26(21.7)
	Uptight			
	Almost always	4(6.7)	4(6.7)	8(6.7)
	Fairly often	9(15.0)	12(20.0)	21(17.5)
	Some of time	30(50.0)	32(53.3)	62(51.7)
	Seldom	15(25.0)	11(18.3)	26(21.7)
	Almost never	2(3.3)	1(1.7)	3(2.5)
	Sad or depressed			
	Almost always	1(1.7)		1(0.8)
	Fairly often	7(11.7)	8(13.3)	15(12.5)
Some of time	33(55.0)	35(58.3)	68(56.7)	
Seldom	13(21.7)	8(13.5)	21(17.5)	
Almost never	6(10.0)	9(15.0)	15(12.5)	
Career	Satisfied with my role or studies			
	Almost never	1(1.7)	1(1.7)	2(1.7)
	Seldom	4(6.7)	0	4(3.3)
	Some of time	11(18.3)	15(25.0)	26(21.7)
	Fairly often	14(23.3)	10(16.7)	24(20.0)
	Almost always	30(50.0)	34(56.7)	64(53.3)

Fantastic Lifestyle Checklist: data in table 2 showed that majority of respondents (66.7%) in urban area almost always had someone to talk about the things followed by some time (20.0%), then fairly often (11.7%) and almost never (1.7%). The majority of respondent in rural area (68.3%) almost always had of the respondents followed by some of time (20.0%), fairly often (8.3%) and seldom and almost never (1.7% each). The majority of respondent (43.3%) in urban area were giving and receiving affection almost always followed by some of time (30%), fairly often (25%) and seldom (1.7%). Majority of respondent in rural area were giving & receiving affection almost always (43.3%) followed by some of time (28.3%), fairly often (21.7%), and seldom and almost never (3.3%) each. Majority of respondents (41.7%) in urban area were vigorously active for less than once / week followed by three times/week (26.7%), five or more times/week (15.0%), 1-2 times/week (11.7%) and 4 times/week (5.0%). Whereas majority of respondents(30.0%) in rural areas were vigorously active for less than once/week followed by 28.3% who were doing vigorous activity 1-2 times/week, three times /week (18.3%), five or more times/ week (15.0%) and four times/week (5.3%). Maximum of respondents in urban area (58.3%) were moderately active for 5 or more time/week followed by less than once a /week and 1-2 times/week (13.3%) each, fourtimes/week (10.0%)

and three time/week (5.0%). Maximum of respondents in rural area were moderately active for 5 or more times/week (75.0%) followed by less than once/week (8.3%), 4 times/week and 3 times/week (6.7%) each and 1-2 times/week (3.3%). Most of the respondents in urban area were taking balance diet some time (45.0%) followed by fairly often (31.7%), seldom (10.0%), almost always (8.3%) and almost never (5.0%). Most of the respondents in rural area were taking balance diet almost always (41.7%) followed some of time (33.3%), fairly often (21.7%) and almost never (3.3%). Majority of respondents in urban area 35.0% were 3 of these followed by 21.7% were none of these, 20.0% were 2 of these, 16.7% were 1 of these and 6.7% were 4 of these. Majority of respondents in rural area 46.7% were 3 of these followed by 20.0% were 2 of these, 18.3% were none of these, 13.3% were 1 of these and 1.7% were 4 of these. Maximum of respondents (33.3%) in urban area were within 2Kg of healthy weight that they think is healthy followed by 28.3% with range of 6Kgin within 8Kg and not within 8Kg (13.3%) each and within 4Kg (11.7%). Healthy weight of majority of respondents in rural area was within 2kg (28.3%), followed by within 4kg and 6kg (21.7% each), not within 8Kg (18.3 %) and within 8Kg (10.0%). Maximum of respondents in urban area didn't smoke in the past 5 years (90%) followed in past year (5.0%), whereas 1-10times/week (1.7%) were smoking 1-10times/week and

3.3% were smoking more than 10 times per week. Maximum of respondents in rural area didn't smoke in past 5 years. Drugs were not used by neither any of urban nor rural respondents. Not a single respondent from urban and rural area were overusing of the drugs (100%).Majority of respondents in urban areas were drinking caffeine drinks 1-2 times/days (48.3%), followed by never (33.3%), 3-6 times/day (10.0%), 7-10 times/day (5.0%) and more than 20 drinks per day (3.3%). Whereas majority of respondents in rural area were drinking caffeine drinks 1-2 times/day (65.0%) followed by never (18.3%), 3-6 times /day (10.0%) and 7-10 times/day (6.7%). Not a single respondent from urban and rural area were taking alcohol (100%). Not a single respondent from urban and rural area were taking alcohol more than four drinks on an occasion. The total respondents in urban and rural area never drove after drinking. Maximum of respondents in urban areas were sleeping well and feel rested almost always (56.7%) followed by fairly often (28.3%), some of time (6.7%) and almost never (5.0%) only few were seldom sleeping well (3.3%). Similarly maximum of respondents in rural area were sleeping well and feel relaxed almost always (61.7%) followed by fairly often (30.0%), some of time (6.7%), and almost never (1.7%). Majority of respondents in urban area were able to cope up stress in life some time (40.0%) followed by fairly often (33.3%), almost always (21.7%), and seldom (5.0%). Majority of respondents in rural area were able to cope up stress in life some of time (40.0%) followed by fairly often (28.3%), almost always (21.7%), seldom (8.3%) and almost never (1.7%). Maximum of the respondents in urban and rural area were always using seat belt (60.0%) followed by most of times (23.3%), sometime (13.3%) and never (3.3%). Whereas majority of respondents in rural area were using seat belt always (70.0%) followed by some of time (16.7%) and most of time and never (6.7% each). Most of respondents in urban area were always relaxed and enjoyed leisure time always (48.3%) followed by fairly often (25.0%), some of time (18.3%), seldom (5.0%) and almost never (3.3%). Most of the respondents in rural area were always relaxed and enjoyed leisure time almost always (63.3%) followed by fairly often (21.7%), some of time (10.0%) and seldom (5.0%). Maximum of respondents (60.0%) in urban area were sometimes having hurried behaviour followed by seldomly (13.3%), fairly

often (11.7%), almost never (8.3%) and almost always (6.7%). However maximum of respondents (71.7%) in rural area were in hurry some time followed by seldom (15.0%), fairly often (8.3%), almost never (3.3%) and almost always (1.7%). Majority of the respondents in urban area were hostile some time (48.3%) followed by seldomly (31.7%), fairly often (11.7%), almost always (5.0%) and almost never (3.3%). However maximum of respondents in rural area were hostile some time (51.7%) followed by seldomly (23.3%), fairly often (11.7%), almost always (10%) and almost never (3.3%). Most of respondents in urban areas were optimistic thinker sometimes (41.7%) followed by fairly often (28.3%), almost always (20.0%), seldom (6.7%) and almost never (3.3%). Similarly, most of respondents in rural area were optimistic thinker sometimes (45.0%) followed by fairly often and almost always (23.3% each), seldom (6.7%) and almost never (1.7%). Maximum of respondent in urban area had feeling of tension some time (50.0%) followed by seldomly (25.0%), fairly often (15.0%), almost always (6.7%) and almost never (3.3%). Likewise, maximum of respondent in rural area were uptight some of times (53.3%) followed by fairly often (20.0%), seldom (18.3%), almost always (6.7%) and almost never (1.7%). Maximum of respondents in urban area were sad or depressed sometimes (55.0%) followed by seldomly (21.7%), fairly often (11.7%), almost never (10.0%), and almost always (1.7%). Majority of respondents in rural area were sad or depressed sometimes (58.4%) followed by almost never (15%), seldom and fairly often (13.3% each). Half of respondents in urban area were always satisfied with their role followed by fairly often (23.3%), sometimes (18.3%), seldom (6.7%) and almost never (1.7%). Whereas majority of respondents (56.6%) in rural area were almost always satisfied followed by sometimes (25%), fairly often (16.7%) and almost never (1.7%).

Table 3: Fantastic lifestyle checklist score of urban and rural respondents

Fantastic lifestyle checklist score					
S. no	Degree	Score	Urban (n=60)	Rural (n=60)	Total (n= 120)
1.	Excellent	85-100	0	3(5.0)	3(2.5)
2.	Very Good	70-84	39(65.0)	40(66.7)	79(65.8)
3.	Good	55-69	21(35.0)	17(28.3)	38(31.7)

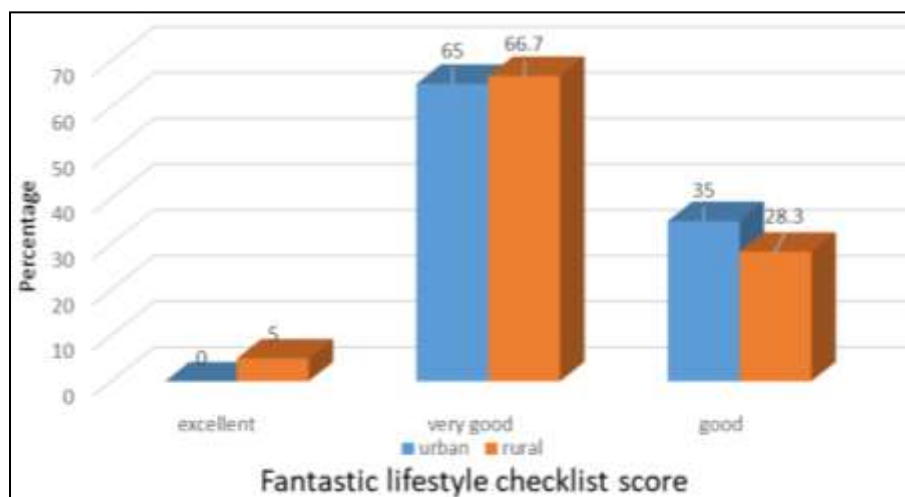


Fig 1: Fantastic lifestyle checklist score

Fantastic lifestyle checklist score: table 3 describe that about two third of the respondents in both urban and rural area had a very good lifestyle 65.0% and 66.7%

respectively. About 35.0% in urban and 28.3% in rural respondents had good lifestyle. In rural area only 5.0% respondents had excellent lifestyle.

Table 4: Correlation between independent variables and fantastic lifestyle checklist score

Independent variables	Fantastic lifestyle (Urban)	Fantastic lifestyle (Rural)	Fantastic lifestyle (Total)
Age	0.108	0.066	0.137
Family type	0.035	0.109	0.089
Socio economic	0.496*	0.468*	0.486*
Education	0.596*	0.475*	0.489*

Significance at 0.05 level

Correlation between independent variables and fantastic lifestyle checklist score: table 4 showed that education and socio economic status shows positively correlates with a fantastic lifestyle for total respondents. Age, family type no correlation.

Conclusion

The data reveals that both urban (65.0%) and rural (66.7%) respondents have a predominantly positive perception of their lifestyles, with a majority rating it as “very good”. A slightly higher percentage of (35.0%) urban report a “good” lifestyle compared to rural respondents (28.3%). However, rural areas have a small percentage (5.0%) of people who perceive their lifestyle as “excellent”, which is not reported in urban areas. This suggests that while overall satisfaction is high, there are distinct differences in how lifestyles are rated between urban and rural settings. Urban areas might have more consistent access to various facilities leading to a higher good lifestyle rating, whereas rural areas have a small elite group experiencing an excellent lifestyle possibly due to unique local advantages.

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