

Life Style and Wellbeing among Urban and Rural Tribal Community Students

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ABSTRACT

A present study was conducted to investigate the life style and wellbeing of urban and rural tribal community students. The study attempts to analyze the various aspects of life style and wellbeing of urban and rural tribal community students in Jalgaon. In this study tools use was Life Style Scale by S. K. Bava, Sumanpreet Kaur and PGI General Wellbeing Measure by Dr Santosh K. Verma, Ms Amita Verma. The data of urban tribal community was collected from 30 males and 30 females Students from Jalgaon City and the rural tribal community was collected from 30 males and 30 females Students from mamurabad, kanalada and bhadali villages their age range were 16 to 22 years studying in UG and PG Students. All males and females were selected by Purposive sampling method were used. The Mean, SD & t-test was computed to analyze the data.

The Life Style Scale keeping in mind the scale of lifestyle for youth has been constructed having the following dimension: Health Conscious, Academic Oriented, Career Oriented, Family-Oriented, Socially Oriented, and Trend Seeking Lifestyle.

Key word - Life Style, wellbeing, Tribal (Bhil) Community Students

Introduction

The Tribe has derived its name (Bhil) from a Dravidian word for a bow, “Vill” or “Bhilee.” A weapon which until recently used to be the constant companion of the Bhil and in the use of which they were particularly adept. References to the Tribe constantly occur in the ancient Sanskrit literature. They are referred to as ‘Nishads’ in the latter Samhitas and Brahmanas. The word ‘Bhil’ was mentioned, for the first time in Gunedyas ‘Katha Sarit Sagara’ in which an episode involving a Bhil chief who opposes the march of a king through the Vindhya mountain has been mentioned. About the origin of the Tribe, it has been stated in the Puranas, that Vena, son of Anga and a descendant of Manu rubbed his thigh and produced a dwarfish with a flat face, which looked like a charred piece of wood. There are several other stories narrating their origin mentioned in various monographs written by anthropologists.

Although cultures may be remarkably stable, change is characteristic, to a greater or lesser degree, of all cultures. Without an ability to conceive new ideas and change along with the existing behaviour patterns, no human society could survive. A city or urban life is a combination of convenience opportunity and enlightenment. The improved technology, expanding employment opportunities, higher wages, etc. of the urban areas and the shrinking employment and comparatively lower earning of the rural areas complement and reinforce each other, causing the 'pull' and 'push' that result in the migration from the rural to the urban areas.

Lifestyle is a living style which not only affects the individual who adopts it but also affects society. The term lifestyle was propounded by Alfred Adler in 1929 it defines the attitude, values and somewhat exhibits the social position. Moreover, it also includes a pattern of social relations, consumptions, entertainments and dressing style. It reflects a person's views, Habits, and etiquettes and the way of life which has a direct influence on the type of services that a person give or requires.

Health Conscious Lifestyle – The lifestyle in the individual always remains conscious for keeping himself physically fit and fine.

Academic Oriented Lifestyle – it refers to the lifestyle of an individual who always remains in his academic field.

Career Oriented Lifestyle – An individual's lifestyle said to be career oriented when he always curious to gain more and more knowledge in his career.

Family Oriented Lifestyle – A person is always in close touch with his family and shares each and every moment to his/her daily activities with family.

Socially Oriented Lifestyle – An individual always participates in social activities and is always keen to do good for society.

Trend seeking lifestyle – An individual is keen to adopt new fashion and always willing to update him with new trends.

Wellbeing – it may be defined as the subjective feeling of contentment, happiness, satisfaction with life's experiences and of one's role in the world of work, sense of achievement, utility, belongingness and no distress, dissatisfaction or worry, etc.

These things are difficult to evaluate objectively, hence the emphasis on the term 'subjective' wellbeing. It may well be maintained in adverse circumstances and conversely, may be lost in a favourable situation. It is related to but not dependent upon the physical/physiological conditions.

The significance of the Study –

1. The study will be understood the Lifestyle and wellbeing of urban and rural tribal community students.
2. This study will also highlight the differences between the Lifestyle and wellbeing of urban and rural tribal community students.

Literature Review

Pradeep M.D. and Kalicharan M.L (2016) A study about lifestyle of Jenu Kuruba tribes working as unorganised labourers. This research examines the socio-economic life of Jenu Kuruba Tribes covering personal profile, economic condition, literacy, housing pattern and the use of welfare schemes. This research will suggest ways for new interventions to solve the problems through the collective intervention of government officials, local administration, social workers, and the general public. Even today, Tribes swear in the name of the sacred tree by believing that God resides in the tree. They worship 'Shivalinga' and trust that God will reward and punish according to the merits of one's deeds. Jenu Kuruba community has gone through the process of acculturation resulting in the loss of Tribal culture and assimilation in a steady manner. Modernization plays an important role in the changing lifestyle of these tribes. They can be brought under the process of modernization only through the process of integration of tribes with the known tribes. Due to the spread of education, their socio-economic condition is improving.

Keka Varadwaj and Sangeeta Rath (2018) Study by Cultural Consequences of Big Five Traits: Comparing Urban, Rural and Tribal Students. The results showed that tribal students demonstrated Big Five Traits in their personality supporting the universal hypothesis of Big Five traits. On the other hand, significant cross-cultural differences were also observed to highlight the cultural bases of Big Five traits. Some cultural factors are also identified and explained. The conclusion emerged that despite being a biologically determined human universal, Big Five Traits are also significantly a socio-cultural phenomenon.

Arif Ali, Shahid Eqbal (2016) study by the mental health status of tribal school going adolescents: a study from a rural community of Ranchi, Jharkhand. concluded that the mental health status of tribal adolescents often gets neglected and misunderstood. A better understanding of the prevalence of mental health issues among the tribal adolescents can help the family, school and mental health system to take appropriate steps to remedy, prevent mental health problems and promote better mental and emotional health

Soumik Halder (2015) Level of Wellbeing of Tribal Population of Churchu Block, Hazaribagh, Jharkhand. Found that the literacy level among the tribal population is not up to the mark. A higher percentage of school dropout, huge gap in ST male and ST female literacy rate, lower access of essential assets and a higher level of marginal workers level the fact that wellbeing level of tribal population is considerably low. The Work Participation Rate also high which reflects more vulnerability than well being among tribal communities. NGOs are also providing their best effort to uplift those downtrodden people along with the Central and State Government. Self Help Group, cooperative marketing, empowering women, skill development, improve the institutional condition of agriculture, education and social awareness are showing the light of hope to them.

The aim of The Study - To study the difference between Lifestyle and wellbeing among urban and rural tribal community students.

The objective of the Study –

1. To study the difference between the lifestyle of urban and rural tribal community students.
2. To find out the difference between the wellbeing of urban and rural tribal community students.

The hypothesis of the Study –

1. There is a significant difference between the lifestyle of urban and rural tribal community students.
2. There is a significant difference between the wellbeing of urban and rural tribal community students.

Variable of the study –

Independent Variables – 1) urban and rural tribal community students 2) male and female

Dependent Variables - 1) Score of Lifestyle 2) Score of wellbeing

Sample selection

The data of urban tribal community was collected from 30 males and 30 females Students from Jalgaon City and the rural tribal community was collected from 30 males and 30 females Students from mamurabad, kanalada and bhadali villages their age range were 16 to 22 years studying in UG and PG Students. All students were bhil community.

Research Design-

The present study investigation is designed as a 2x2 factorial design was used.

Gender (A)	Community (B)	
	Urban tribal community (B1)	Rural tribal community (B2)
Male (A1)	A1B1	A1B2
Female(A2)	A2B1	A2B2

Tools

The data will be collected from respondents by using in Life Style Scale by S.K.Bawa, Sumanpreet Kaur and PGI General Wellbeing Measure by Dr Santosh K. Verma, Ms Amita Verma.

1. **Life Style Scale** - This test consists of 60 items belonging to six different dimensions of life style. It can be administered individually as well as to the group. There is no time for completing the test but the respondent is advised to complete the test as quickly as possible. Below each statement is given five responses.
The Life Style Scale keeping in mind the scale of lifestyle for youth has been constructed having the following dimension: Health Conscious, Academic Oriented, Career Oriented, Family-Oriented, Socially Oriented, and Trend Seeking Lifestyle.
2. **PGI General well-being measure** - This test consists of 20 items. It can be administered individually as well as to the group. There is no time for completing the test but the respondent is advised to complete the test as quickly as possible. Below each statement is given responses.

Statistical Tools- To compare the lifestyle and wellbeing of urban and rural tribal community students mean, SD and 't' test was used.

STATISTICAL ANALYSIS

1. There is a significant difference between the lifestyle of urban and rural tribal community students.

Table no 1 urban and rural area wise comparison for lifestyle							
Types of Lifestyle	Types of Area	N	Mean	Std. Deviation	df	t	Sing. Level
Health Conscious	Urban Tribal Community Students	60	24.05	6.09	118	2.53	0.05
	Rural Tribal Community Students	60	26.95	6.42			
Academic Oriented	Urban Tribal Community Students	60	26.10	5.40	118	2.24	0.05

	Rural Tribal Community Students	60	24.05	4.54			
Career Oriented	Urban Tribal Community Students	60	27.55	4.67	118	3.13	0.01
	Rural Tribal Community Students	60	24.86	4.69			
Socially Oriented	Urban Tribal Community Students	60	22.05	5.65	118	1.93	NS
	Rural Tribal Community Students	60	20.05	5.64			
Family Oriented	Urban Tribal Community Students	60	29.91	6.15	118	1.68	NS
	Rural Tribal Community Students	60	28.20	4.91			
Trend Seeking	Urban Tribal Community Students	60	26.36	7.29	118	.14	NS
	Rural Tribal Community Students	60	26.53	5.42			

Table no. 1 shows urban and rural area wise results of Lifestyle factors and calculated Mean, Standard Deviation, Degrees of freedom, 't' value and the level of significance.

According to Health-Conscious Lifestyle; For Urban area tribal students, the calculated result is, Mean 24.05, SD 6.09 and for Rural area tribal students, Mean 26.95, SD 6.42. The calculated 't' value is 2.53, which is found significant at the 0.05 level. It indicates that there is significant difference related to health-conscious lifestyle, between urban and rural area tribal students.

According to Academic Oriented Lifestyle; For Urban area tribal students, the calculated result is, Mean 26.10, SD 5.40 and for Rural area tribal students, Mean 24.05, SD 4.54. The calculated 't' value is 2.24, which is found significant at the 0.05 level. It indicates that there is significant difference related to academic-oriented lifestyle, between urban and rural area tribal students.

According to Career Oriented Lifestyle; For Urban area tribal students, the calculated result is, Mean 27.55, SD 4.67 and for Rural area tribal students, Mean 24.86, SD 4.69. The calculated 't' value is 3.13, which is found significant at the 0.01 level. It indicates that there is significant difference related to career-oriented lifestyle, between urban and rural area tribal students.

According to Socially Oriented Lifestyle; For Urban area tribal students, the calculated result is, Mean 22.05, SD 5.65 and for Rural area tribal students, Mean 20.05, SD 5.64. The calculated 't' value is 1.93, which is found not significant. It indicates that there is no significant difference related to socially oriented lifestyle, between urban and rural area tribal students.

According to Family Oriented Lifestyle; For Urban area tribal students, the calculated result is, Mean 29.91, SD 6.15 and for Rural area tribal students, Mean 28.20, SD 4.91. The calculated 't' value is 1.68, which is found not significant. It indicates that there is no significant difference related to family-oriented lifestyle, between urban and rural area tribal students.

According to Trend Seeking Lifestyle; For Urban area tribal students, the calculated result is, Mean 26.36, SD 7.29 and for Rural area tribal students, Mean 26.53, SD 5.42. The calculated 't' value is 0.14, which is found not significant. It indicates that there is no significant difference related to Trend Seeking lifestyle, between urban and rural area tribal students.

2. There is a significant difference between the wellbeing of urban and rural tribal community students.

Table no 2 urban and rural area wise comparison for lifestyle							
	Types of Area	N	Mean	S.D	df	t	Sing. Level
Wellbeing	Urban Tribal Community Students	60	11.45	2.63	118	1.70	NS
	Rural Tribal Community Students	60	10.61	2.70			

Table No. 2 shows urban and rural area wise comparison of wellbeing and calculated Mean, Standard Deviation, Degrees of freedom, 't' value and the level of significance. For Urban area tribal students, the calculated result is, Mean 11.45, SD 2.63 and for Rural area tribal students, Mean 10.61, SD 2.70. The calculated 't' value is 1.70, which is found not significant. It indicates that there is no significant difference related to wellbeing, between urban and rural area tribal students.

Result and discussion-

1. Hypothesis no-1 There is a significant difference between lifestyle factors of urban and rural tribal community students.

Sub Hypothesis 1.1 There is a significant difference between health-conscious lifestyle of urban and rural tribal community students.

It is found that they are significantly differed with respect to health-conscious lifestyle. ($t = 2.53$, $df = 118$; $p < 0.05$) Therefore the hypothesis is accepted. It means rural tribal students are more health conscious lifestyle than urban tribal students. The reason behind it is that rural area students are awareness to always conscious for keeping himself physically fit and fine.

Sub Hypothesis 1.2 There is a significant difference between the academic oriented lifestyle of urban and rural tribal community students.

It is found that they are significantly differed with respect to academic-oriented lifestyle. ($t = 2.24$, $df = 118$; $p < 0.05$) Therefore the hypothesis is accepted. It means urban tribal students are more academic oriented lifestyle than rural tribal students. The reason behind it is that urban area students are awareness to educations.

Sub Hypothesis 1.3 There is a significant difference between career-oriented lifestyle of urban and rural tribal community students.

It is found that they are significantly differed with respect to career-oriented lifestyle. ($t = 3.13$, $df = 118$; $p < 0.01$) Therefore the hypothesis is accepted. It means urban tribal students are more career-oriented lifestyle than rural tribal students. The reason behind it is that urban area students are aware of career.

Sub Hypothesis 1.4 There is a significant difference between the socially oriented lifestyle of urban and rural tribal community students.

It is found that they do not differ significantly with respect to socially oriented lifestyle. ($t = 1.93$, $df = 118$; $p > 0.05$) Therefore the hypothesis is rejected. It means there is no significant difference in socially oriented lifestyle between the urban and rural tribal students. The reason behind it is that urban and rural tribal community students both are similar awareness to sociable they like people and prefer large groups and gatherings.

Sub Hypothesis 1.5 There is a significant difference between family-oriented lifestyle of urban and rural tribal community students.

It is found that they do not differ significantly with respect to family-oriented lifestyle. ($t = 1.68$, $df = 118$; $p > 0.05$) Therefore the hypothesis is rejected. It means there is no significant difference in family-oriented lifestyle between the urban and rural tribal students. The reason behind it is that urban and rural tribal community students both are his family and shares each and every moment to his/her daily activities with family.

Sub Hypothesis 1.6 There is a significant difference between trend seeking a lifestyle of urban and rural tribal community students.

It is found that they do not differ significantly with respect to trend-seeking lifestyle. ($t = 0.14$, $df = 118$; $p > 0.05$) Therefore the hypothesis is rejected. It means there is no significant difference in trend seeking lifestyle between the urban and rural tribal students. The reason behind it is that urban and rural tribal community students both are adopted new fashion and always willing to update him with new trends.

Hypothesis No. 2. There is a significant difference between the wellbeing of urban and rural tribal community students.

It is found that they do not differ significantly with respect to wellbeing. ($t = 1.70$, $df = 118$; $p > 0.05$) Therefore the hypothesis is rejected. It means there is no significant difference in wellbeing between the urban and rural tribal community students. The reason behind it is that urban and rural tribal community students both are happy, healthy and prosperous.

Conclusions

1 The results of the study showed that there was a significant difference in health-conscious, academic oriented and career-oriented lifestyle of urban and rural tribal community students.

2 Result found that there was a no significant difference in a family oriented, socially oriented, trend-seeking lifestyle and Wellbeing of urban and rural tribal community students.

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