

A Study Over Survey On The Life Style Of Young Students

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Abstract-*The survey has been conducted over 598 students selected from 5 different schools of Palampur & Baijnath Tehsil of Distt. Kangra, H.P from class 11th and 12th having same social and cultural background. The students were distributed a questionnaire proforma containing 19 questions.*

In this study it was found that boys are leading the girls in use of mobile phones, internet activities, watching television, playing video games and bike driving. Most of the students who have accepted for driving the bike with maximum speed over 50 km/ hr on hilly roads of Himachal Pradesh were found below the age of 18 years, which is against driving laws. Thoughts of committing suicide have also been accepted by the students.

Most students were found aware about their career. The most favoured career option by boys was Indian Armed Forces and for girls to be a doctor. About 91% students have preferred government job. On a question about the barrier in achieving their career goal maximum students had accepted their bad luck as a barrier in achieving their career goal. Most of the students have chosen their parents & teachers as their role model.

Keywords – Young students, Bike driving, Career goals, Role models

1. Introduction-

According to UN/W.H.O. young is the age group from 10 to 24 years. [1] The importance of this age group is due to the fact that many of the social evils and moral misconducts start to develop from this age group. Today many young students can be seen unnecessarily busy on mobile phones or social media and irresponsible driving on the road. Drug addiction and suicidal tendencies are also increasing among youth. Their vision towards their life determines their growth and development in the future. Choosing a perfect career is often a puzzle for them. Job attitudes of the students affect whole job culture of that society. Most of the young students have an impression of any big personality over them whom they consider their role model. These role models affect their life in a certain way and may have a long term impact on their life. Therefore it is essential to evaluate the youth conduct, thinking and behaviour in this era.

2. Material & methods –

Present Work entitled as ‘A study on survey on life style of young students’ has been conducted under following aims and objectives

2.1 Methods of Calculation:-

- Many students have not attempted all 44 questions. They have left some questions blank. All unattempted questions were not included in calculation.
- Some students have answered the questions in an ambiguous way or dishonestly. All those questions were also not included in calculation.

3. Aims and objectives –

- To assess their vision towards life, career awareness among them.
- To assess the involvement of youth on social media.
- To assess whether their driving is safe or not and whether it is as per driving law.
- To find out the challenges in growth and development of youth.

4. Plan of study-

The survey was conducted in randomly selected sample of 598 students from same cultural and social background from the area of Palampur and Baijnath tehsil nearby R.G.G.P.G. Ayurvedic college, Paprola, H.P.. Baijnath and Palampur are small town area of Distt. Kangra of Himachal Pradesh. These students were selected from class 11 and 12 from different government and private public schools whose details have been tabulated in the paper. The questionnaire was presented in both languages i.e. Hindi and English. The questionnaire used in conducting survey was in the form of a proforma which is as follows-

4.1 Proforma for simple information of young students

Name of Volunteer -
 Father's name -
 Father's Occupation -
 Age -
 Gender -
 Address with mobile no. -
 Class -
 School Name -
 Day Scholar/Hosteller -

4.2 Questionnaire-

- How much average time do you spend on watching television and playing video games daily?
- Do you have your personal mobile/laptop/tablet? A. Yes B. No
- How much average time do you talk on mobile phone daily?
- How much average time do you spend on internet activities (whatsapp,facebook,google,youtube etc.) daily?
- Do you know bike/scooty riding? A. Yes B. No
- Do you have your own bike/ scooty? A. Yes B. No
- How much speed do you achieve in driving?
- Have you ever used drugs? (Alcohol, Smoking, Tobacco or Other) A. Yes B. No
- Have you ever thought of committing suicide? A. Yes B. No
- Do you have your career goals/dream? A. If Yes, Mention it..... B. No
- What problems do you see in achieving your career goal?
 - I'm not enough intelligent
 - I have economic problem
 - My bad luck
 - My family is not supportive

- All of the above are correct for me.
- There is no problem in achieving my goal.

- Which type of job would you like to prefer in future? A. Government job B. Private sector job C. Self employee
- Do you feel parental pressure on choosing your career goal? A. Yes B. No
- Do you have any extra-curricular activities? A. If Yes, Mention it..... B. No
- How many average days do you skip from school in a month?
- Cause of skip from school. A. Personal problem B. Health problem C. Lack of interest in study
- Do you also involve in any professional work (Shop keeping, farming etc.)? A. Yes B. No
- How much average pocket money do you get monthly.....
- Who is your ideal person/role model?.....

5. Observation and results –

5.1 Presentation of introductory data:

The data collected and compiled from this survey was sorted out & tabulated to obtain results which are presented below-

Table No. 1-School wise No. of students

Sr. no.	School name	No. Of Students
1.	Bhartiya Vidyapeeth, Baijnath	159
2.	Vishuddha Public School, Baijnath	123
3.	Kendriya Vidyalaya, Army Campus, Alhilal	20
4.	Govt. Sr. Sec. School, Averi	177
5.	Govt. Sr. Sec. School, Banuri	119
	Total	598

Table No.2-Sex wise distribution

Sr. no.	Sex	No. of volunteers	% age
1.	Male	325	54.34
2.	Female	273	45.65

In this study highest no. of participants were male i.e. 54.34%.

Table No.3- Day scholar and hosteller

Sr. no.		No. of volunteers	% age
1.	Day Scholar	598	100
2.	Hosteller	00	0

All the students were day scholar.

Table No. 4. – Age wise Distribution of students

Age in Years	14	15	16	17	18	19	20	Total
Male	2	48	138	11	23	1	1	325
Female	2	56	120	79	15	0	1	273
Sum	4	104	258	19	38	1	2	603
%	0.7	17.4	43.14	3.2	6.3	0.16	0.33	

Maximum no. of students were found from 16 years of age.

5.2 Presentation of question wise data -

5.2.1 Question No. 1 - The average time for watching television or playing video game for boys was found 1 hour 45 minutes per day whereas for girls it was 1 hour 28 minutes per day. 16.52% Students spend more than 2 hours daily on television and video games like activities.

5.2.2 Question No. 2, 3 & 4 – A total no. of 49.32% students have accepted that they have at least one personal electronic gadget like mobile phone/tablet/laptop. 61.3% boys and 35% girls have their personal mobile phones/tablets/laptops. The average time for talking on mobile phone for boys was found 22 minutes and for girls it was 17 minutes per day. 6.38% students have accepted that they talk on mobile for more than 1 hour daily. 82.87% Boys and 53.14% girls are using internet. The average time for using internet for boys was found 1 hour daily whereas for girls it was 26 minutes daily. 15.94% students have internet activities for more than 1 hour daily.

5.2.3 Question No. 5, 6 & 7 - 49 % students know bike driving among which 69.96% are boys and 24.81% are girls. 12.59% girls and 26.01% boys have their own bike or scooty. The average maximum speed achieved by boys is 48.53 km/hr whereas for girls it is 40 km/hr. 31.09% Boys have accepted that they achieve their maximum speed over 50km/hr during bike driving and out of them 90.2% are below the age of 18 years.

5.2.4 Question No. 8 – 577 Students have answered this question and only 1.56% (9/577) out of them accepted that they had ever used drugs.

5.2.5 Question No. 9 - 7.21% Students have accepted about having the thought of committing suicide at some stages of their life.

5.2.6 Question No. 10, 11, 12 & 13 - About 91% students have told that they have their own career goal. Maximum no. of 63.89% boys have opted Indian forces (Army/Air force/Navy) followed by engineering(11.91%), Civil services (3.61%), Police forces (3.25%) and Doctor (2.53%) as their dream job. Maximum no. of 33.83% girls want to be doctor followed by teacher (17.67%), civil services (9.59%), engineering (8.58%) and Police forces (7.07%) in future.

Maximum no. of 20.66% students think that their bad luck is the biggest problem in achieving their goal while 18.63% think that they are not enough intelligent to achieve their goal. 8.3% Students believe that they have economic problems as a barrier in achieving their goal. 1.66% told that their family is not supportive to achieve their goal. 9.22% see all the above problems in their way. 41.51% accepted that they have no problems in achieving their goal. 90.83% Students have preferred government job whereas only 5.26% for private sector and 3.9% for self-employee for future. 10.42% Students have accepted that they have parental pressure on choosing their career goal.

5.2.7 Question No. 14, 15, 16, 17 & 18 - 59.21% students have extra-curricular activities among which Sports (57.47%), Music or Singing (16.71%), Dancing (14.36%), Drawing/Painting (6.45%), Cooking (3.22%), Writing(0.58%), Poetry(0.58%) and Wrestling (0.29) have been chosen as extra-curricular activities.

Maximum no. of 63.40% students have accepted the health problem as cause of skipping from school while 4.06 % students told that they skip from school due to lack of interest in study and rest due to other reasons. 34.82% Students have accepted that they are involved in various professional works along with their study. It is found in the study that boys get on an average Rs. 233 and girls Rs. 198 monthly as pocket money. About 25% students have accepted that they didn't get any type of pocket money ever whereas 6% students got their pocket money between Rs.500-1500 monthly.

5.2.8 Question No. 19 - Maximum no. of 48.54% of students have accepted their father, mother or parents as their role model and 11.63% to their teachers. 10.36 % Students have chosen other relatives, 3.45% military personnel, 3.09% bollywood actors and 2.9% cricketers as their role model. Besides these characters, students have also chosen Dr A.P.J. Abdul Kalam (1.09%), Mahatma Gandhi (0.9%), Prime minister Narendra Modi (0.9%), Albert Einstein (0.72%), Yoga Guru Baba Ramdeva (0.54%), Mukesh Ambani (0.54%), Steve Jobs (0.54%) and 5.63% to other personalities as their role model. 9.09% Students have answered that they have no role models.

6. Discussion

6.1 Television activities, Internet activities & Use of mobile phone and their impact on health -

Boys are leading the girls in watching television, playing video games, internet activities, mobile talking and bike driving. Boys are seemed to be much more involved in these activities. If we calculate total average time spending by the boys on television, video games, internet activities and mobile phones collectively, it would be 3 hours 7 minutes (1hour 45 minute+1 hour+22 minutes). It means on an average they are wasting 21-22 hours (about 1 day) per week on these activities. No doubt that mobile phones, internet and television are essential tool to update our knowledge, establish communication with the world and learning new things. But if we are unnecessarily busy on these things, it may prevent our personal development and may also deteriorate our health at various levels.

6.2 Addictions –

It seems that students have not honestly attempted the question of addiction. Because only 9 students

out of 577 (1.56%) have accepted that they have ever used drugs. Here the data is too small to say anything.

6.3 Suicidal tendencies –

More than 7% of students have accepted the thoughts of committing suicide. Young adults experience strong feelings of stress, self doubts, self conflicts, pressure to succeed, financial uncertainty, troubled relationships and other fears while growing up. These factors may be present behind their suicidal tendencies.

6.4 Bike driving –

The roads of Himachal Pradesh are hilly and highly dangerous for driving, though more than 31% students have accepted that they achieve the maximum speed over 50 km/hr and out of them about 90% students are below the age of 18 years (which is the minimum age to achieve legal permit of driving in our country). The stunning fact is that in most of the country the legal permit of driving[2] is issued after 17 to 18 years of age whereas according to W.H.O.[3] maximum no. of deaths in adolescent age group (10-19 years) occur due to road accidents.

According to W.H.O. report [3] the first and third major causes of deaths in young adolescents are Road accidents and Suicides. The data of this study explains this fact.

6.5 Career awareness and Dream jobs –

Most of the students are seemed aware for their career goal. Himachal Pradesh is known for its brave armed personnel and this fact is reflecting in the dream jobs of the students. But the topic for discussion here is that what would be the probable reasons for which more than 90% of students have preferred government job. Either this data represent the conservative and narrow attitudes of the students or the lack of developing and growing environment for them. Bad luck has been accepted by majority of the students as a barrier in achieving their career goal. This fact again shows the lack of self-confidence among them. 41.51% students answered that they don't have any barrier in their way. It shows the poor vision of the students because either they don't have any worthy dream or they are not able to see the challenges in their way.

6.6 Extra-curricular activities, Pocket money and other issues –

Majority of the students have sports activity as extra-curricular activities. Sports activities are good and also essential for complete growth and development of the students. But more than 40% students denied from having any extra-curricular activities. These students should be learnt to develop their hobbies and to pay their extra time in creative tasks instead of wasting it on electronic and social media. More than 34% students told that they were also involved in various professional works along with their study. Professional works are not bad if they can manage it with their study. It is good for them to involve in any fruitful task rather than to waste their time and energy on other unnecessary activities. Health problems were found the biggest reason of skipping from school. Therefore health is also an important concern of this age group. Most of the students are getting enough pocket money but about 25% receive no pocket money that shows the poor status of their family.

6.7 Role models –

Majority of students (about 63%) have accepted their parents and teachers as their role model. This fact proves the steering role of parents and teachers in the society. Another reason may also be true regarding this fact that it may be due to lack of perfect role model personality in our society.

7. Conclusion -

The data of this survey clearly show the careless behaviour of the students towards themselves and towards the society. The attitude of students towards achieving goals and preference of job, choice of role model represents their conservative thinking and lack of inspirations and motivation towards higher aims of life.

“If we prepare anything well, we need not to repair it again” this old saying is quite perfect in case of young students. This age group needs a specific care which should include health skills for combating psychological problems of this age group, establishment of healthy life style practices, development of positive and caring attitude towards social responsibilities and positive vision towards life etc.

Reference –

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Author Profile



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