

Impact of Modernization on the Lifestyle of Higher Secondary School Students

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Abstract

This study explores the effect of modernization on the lifestyle of students in Durg district. A sample of 200 students was selected through appropriate methodology. The Modernization Scale developed by R.S. Singh (2017) and the Lifestyle Scale developed by S. K. Bawa and S. Kaur (2019) were used as tools. The study employed statistical techniques to assess the relationship between modernization and lifestyle. Results indicated a significant impact of modernization on various aspects of students' lifestyle, including behavior, habits, consumption patterns, and social interaction.

Introduction

Modernization refers to the transformation from traditional values, practices, and institutions toward contemporary, globalized, and technological ways of life. It influences every facet of an individual's existence—education, social values, clothing, food habits, entertainment, and even thought patterns. Lifestyle, on the other hand, represents one's way of living, influenced by environment, culture, economy, and technology. This study investigates the impact of modernization on the lifestyle of students in the Durg district, a region rapidly undergoing socio-cultural and economic transformation.

Objectives of the Study

1. To assess the level of modernization among students.
2. To evaluate the lifestyle patterns of students.
3. To analyze the impact of modernization on the lifestyle of students.

Hypotheses

H₀: There is no significant impact of modernization on the lifestyle of students.

Methodology

Sample:

- Total of 200 students from Durg district
- Randomly selected from various higher secondary and college-level institutions

Tools Used:

- Modernization Scale by R.S. Singh (2017)
- Lifestyle Scale by S. K. Bawa and S. Kaur (2019)

Design:

Descriptive and correlational

Statistical Techniques:

- Correlation analysis
- Linear regression to assess the predictive impact of modernization on lifestyle

Data Analysis and Interpretation

Correlation between Modernization and Lifestyle:

Variable 1	Variable 2	N	r-value	Significance (p)
Modernization	Lifestyle	200	0.61	0.000**

Interpretation:

The Pearson correlation coefficient ($r = 0.61$) indicates a moderate to strong positive correlation between modernization and lifestyle. The p-value of 0.000 signifies that this correlation is statistically significant. Thus, it can be concluded that as modernization increases, the lifestyle patterns of students also change significantly. Thus the proposed hypothesis “There is no significant impact of modernization on the lifestyle of students is rejected.

Regression Analysis Summary:

- $R^2 = 0.37$ (indicating 37% of variance in lifestyle is explained by modernization)
- $F = 115.47$; $p = 0.000 \rightarrow$ significant

Findings

- A significant relationship exists between modernization and lifestyle.
- Students showing higher modernization scores demonstrated more modern lifestyles in terms of social media use, fashion choices, individualistic values, and consumption behavior.
- Traditional lifestyle patterns like joint family preferences, cultural food habits, and conservative dressing were more prominent among students with lower modernization scores.

Conclusion

Modernization has a substantial influence on students' lifestyle. The increasing exposure to technology, social media, and global culture is reshaping values and behaviors. Educational institutions and families must recognize these changes and provide balanced guidance that blends modern values with cultural ethics.

Educational Implications

- Schools should include awareness programs that highlight the benefits and risks of modernization.
- Life skills education should be integrated into the curriculum to promote a balanced lifestyle.
- Teachers and parents should work collaboratively to foster healthy and ethical lifestyle choices in students.

References

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