A Comparative Study On Life Style Of School Going Boys And Girls Children During Covid -19 Pandemic Situations

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Abstract: 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. In young age early stage of life is crucial stage in the development of the child, making habits and learning especially more important during pandemic situation. In this study a sample of 200 of school going children that is 100 boys and 100 girls of the age group of 9-13 years from Bangalore urban areas was taken randomly. On the statistical analysis, chi-square test reveals the difference between the lifestyles of the children among boys and girls was found to be significant at 5% levels ($\chi^2$0.05,1dfn) =3.841). 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. Children are become affected mentally, emotionally, and with their behaviour at home during pandemic.

INTRODUCTION:

According to World Health Organization (WHO), a lifestyle closely relates to the quality of life. For instance, using social media platforms excessively is more likely to lead users into addiction, affecting either physical or mental health. Individuals should therefore consider how certain lifestyles might increase (or decrease) their values. Selecting a lifestyle has nothing to do with what is on trending; it is about achieving pleasure and satisfaction. The early years of age are 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). How children are following in their day-to-day activities, whether a child is active or inactive in their activities, and how their family members are actively doing in their daily work/ routine/ activities morning to till the end of the day. How they organize even small things also, the way of organizing and place their (things) at home, what kinds of eating habits and routine, sleeping habits, physical activities how they are active in their daily routine, hygiene, how they behave toward elders, how they are spending money or toys, and they can follow. In the present study, it was aimed to analyse important habits of daily routines at a very early stage, and the early stage of children are most important to moulding and shaping their habits and lifestyle. Lifestyle can be described as habits of performing our daily activities, thoughts, behaves and how they build up social relationships, outdoor activities, and interactions with society especially in this difficult time (COVID-19) lockdown. Here, the study focusing on different disciplines of lifestyles

METHODOLOGY

Objectives: To study life style of school going children during covid-19 pandemic among boys and girls.

Hypothesis: pandemic situation may not affect the life style of boys and girls school going children.

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

Classification of Respondents by Age group

Age group (years)	Respondents					
	Boys		Girls		Combined	
	N	%	N	%	N	%
9-11	49	49.0	59	59.0	108	54.0
12-13	51	51.0	41	41.0	92	46.0
Total	**100**	**100.0**	**100**	**100.0**	**200**	**100.0**
χ^2 **Test**	**2.01**[NS]					

N=200

NS: Non-significant, χ^2 (0.05,1df) = 3.841

Table 1 shows that the classification of the respondents by age group, it reveals that 49% of boys and 59% of the girls' respondents belong to the age group of 9-11 years, whereas 51 percentage of boy's respondents and 41 percent of girls respondent were in the age group of 12-13 years. Overall 54 percent of the respondents were in the age group 9-11 years and 46 percent of the respondents were 12-13 years age group. Majority (54%) of the respondents were in the age group of 9-11 years. On statistical, chi-square test values were not found to be significant.

TABLE – 2

Classification of Respondent on General well-being Level

Life style Level	Scores (%)	Respondents	
		Number	Percent
Low	≤ 50%	0	0.0
Moderate	51-60 %	95	47.5
High	61-75 %	105	52.5
Very high	>75%	0	0.0
Total		**200**	**100.0**

Table 2 indicates the score obtained by the respondents have been totaled up and divided and has been categorized into 4 levels of Life style. Based upon the total obtained by the school age children has been divided into four levels of life style Low (≤ 50%), Moderate (51-60 %), High (61-75 %) and Very High (>75%). Above the table 2 describes that the majority (52%) of the respondents have high levels of life style followed by the 47% of moderate level, none of the students fall in Low level and very highlevel of life style.

TABLE – 3

Classification of Respondent on **Life style Level** among Boys and Girls

Life style Level	Boys		Girls	
	Number	Percent	Number	Percent
Low	0	0.0	0	0.0
Moderate	57	57.0	38	38.0
High	43	43.0	62	62.0
Total	**100**	**100.0**	**100**	**100.0**
χ^2 Test	**7.24***			

*Significant at 5% Level, χ^2 (0.05,1df) =3.841

Table 3 describes the classification of respondents on life style level among boys and girls. The result shows that 57 percent of boys respondents and 38 percent of girls respondents has moderate level of life style, while 43 percent of boys respondents and 62 percent of girls respondents has high level of life styles. Majority (62%) of girl's respondents and 43% of boy's respondents has high level of life style, while 57% of boys and 38% of girls has moderate levels of lifestyle. On the statical analysis, chi-square test reveals the difference between the lifestyles of the children among boys and girls was found to be significant at 5% levels (χ^2 0.05,1dfn) =3.841). It shows that in moderate level of life style boys Respondent affected more than the girl's respondent and vise-versa in very high level of lifestyle in their daily activities such as physical activities, eating habits, sleeping routine, reading status, screen time, mental health status, social relationship, behaviour changes during the covid-19 pandemic. So, the pandemic situation has made many changes in the life styles among both the respondents.

TABLE- 4

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 4 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.
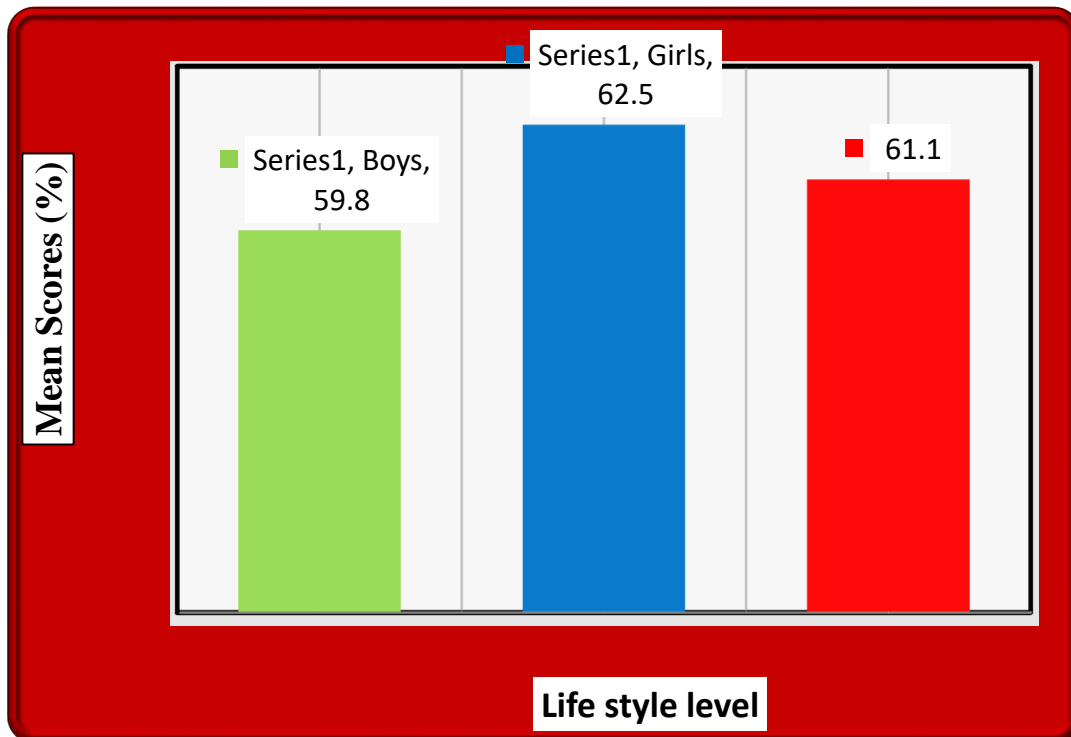

Figure 1: Overall **Life style Level** Scores among Boys and Girls- TABLE - 4

Conclusion: The results show that the lifestyle of the school going children has got affected among both the boys and girls during the pandemic. Boys are more affected in their daily activities and changed their habits, decrease their physical activities, changed in their sleeping routine, eating habits, neglected their studies, increase more screen times, and become addicted at gadgets and internet, they are become isolated from social relationships and connection with people face to face because lack of trust and fear of people, children are become affected mental and emotional, and change behaviour at home. Young age early stage of life is crucial stage in the development of the child, making habits and learning. They need physical exercise regularly and good eating habits for the growth and development, and need a good social connection to have good social experience to deal their mental health and emotional management and adjustment.

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