

Lifestyle and Health: A Correlational Study

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Abstract

Present study was intended to examine the relationship of life style with health. A sample of three hundred adults (equal number of male and females) in the age range of 20-50 years (mean age=34.95 years) was selected on the basis of non-random purposive sampling basis from Rohtak city and adjoining villages. All the participants were tested for body mass index, self-rated health. They were also administered the measures of general health (GHQ-12) and Life style check assessment. Data were analyzed using descriptive as well as inferential statistical techniques. Findings revealed that about two-third of the sample (n=3000 rated their health to be in good, very good and excellent categories. About 64% of the sample was found to be in the healthy weight category of BMI (18.5 to 24.9). Self – rated health was found to be significantly correlated with life style (total score) and its sub categories. Implications of the study are discussed.

Keywords: Life style, health, adults.

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