

QUALITY OF LIFE OF COLLEGE YOUTHS IN CHHATTISGARH PLAIN

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Abstract

Quality of life is a term we hear frequently these days. On the surface, it is simple enough to understand when we talk about quality life, refers to how good the life is but when we delve a little deeper, we discover that it is not always a simple task to determine how good life is. A good life arises from a variety of life condition that works together in complex ways. The purpose of the present study is to see the effects of residence, sex, and religion on the quality of life. For this 250 undergraduate students were selected through stratified random sampling technique from the rural and urban colleges of Chhattisgarh plain. The survey was conducted in four districts. The data has been analyzed by using composite Index value. Findings of the study suggest that residence, sex and religion are significant factors for high quality of life.

Key Words: Sampling, Quality of Life, Residence, Urban, Data.

“There are many elements to the quality of life. They are based on the secure enjoyment of health and education, adequate food and housing, a stable and healthful environment, gender equality, dignity and security. Each of these elements is important in its own right, but lack of fulfillment of even one of them can undermine the subjective sense of quality of life”.¹

The whole notion of quality of life has been developed by social scientists in order to establish some measures for the well-being of people, for the goodness of their life as they experience it, perceive it and assess it. The term quality of life overlaps but is not synonymous with a number of other terms, including ‘social indicator’, ‘level of living’ and ‘way of life’. Quality of life forms part of whole family of research concepts which all try to approach the quality of human welfare and well-being. Quality of life refers to all inclusive notions of life and living.

It is not an antonym of quality of life. The word quality is understood in the given context in its first lexicographic sense: It refers roughly speaking to the more or less good or satisfactory character of people’s life.

The word 'Life' is to be understood in the context of 'Quality of Life' as referring to human life only not to the life of other species. A conventional view is that there is a direct positive relationship between quality of life and quality of the person. "A higher quality of life improves the quality of human quality in a mutually self reinforcing manner"². "Deterioration of the quality of life inevitably leads to deterioration of the quality of person. Deprivation kills the social sentiments in man-destroys, in fact, all relations between men"³. Poverty distorts the development and growth of the potentialities of the individual. Most important indices of social disadvantage are low income, low caste, tribe status, female sex and rural residence. Social disadvantage adversely affects quality of the person and quality of life. Therefore the concept of quality of life is most intriguing and yet challenging theme in social geography.

Objective

The objective of this paper is to determine the quality of life of college youths in Chhattisgarh plain. This paper will also enlighten the effects of residence, sex, religion and caste on quality of life.

Methodology

The study is mainly based on primary data. The sample comprised of 250 undergraduate students selected thorough stratified random sampling technique from the college of rural and urban area of Chhattisgarh plain. The age groups of these students are between 18 – 21 years. The survey was mainly conducted in 4 districts namely Raipur, Durg, Rajnandgaon and Bilaspur districts. Structured schedule has been used to obtain information from the students. Total 35 questions have been asked to the respondent to get ideas about their quality of life. Around 30 minutes have been taken to interview each student. In the schedule emphasis has been given on the following aspects- (i) health and quality of food intake (ii) material and financial securities (iii) physical health and personal safety (iv) self defense (v) perceiving oneself physically and mentally competent and equal to others (vi) relation with parents and teachers (vii) relation with bosom friends (viii) interest in social net working sites (ix) candidate bearing any scholarship (x) interest in higher studies (xi) religious believes (xii) involvement in yoga and meditation (xiii) participation in sports (xiv) other curriculam activities (xv) involvement in national social scheme (NSS) or achievement related to helping or encouraging other people (xvi) attachment with national cadet corps (NCC) (xvii) personal education (xviii) intellectual development (xix) personal planning (xx) occupational role (xxi) need for learning and doing quality work(xxii)observing recreational activities outside home (xxiii) participation in recreational activities (xxiv) marital status (xxv) relation with spouse (xxvi) age of the respondent at the birth of first child (xxvii) actual and expected family size (xxviii) use of tobacco, alcohol or other's substance etc. Weightages have been

assigned to these indicators on the basis of quality or quantity. Considering the highest weightages of all the above indicators the composite index has been work out to be 28. The composite index value is then divided in four categories to assess the level of quality of life.

Table: 1 Quality of Life: Weightage of Different Indicators

Indicators	Weightage	Value	Maximum Value
Health Standard	Under Weight	1	
	Over Weight	1	
	Normal Weight	2	2
Financial Security	Student have Security	1	
	Student have proper financial support	0	1
Personal Hygiene	Maintaining personal hygiene	1	
	Not Maintaining personal hygiene	0	1
Suffering from Physical or Mental Depression	Yes	0	
	No	1	1
Relation with Parents and Teachers	Satisfactory	1	
	Good	2	2
Relation with Friends	Good	1	
	Close	2	2
Interest in Social Networking Site	Intimate	2	
	Good	1	
	No Idea	0	2
Religious Believes	Yes	1	
	No	0	1
Involvement in Yoga and Meditation	Regular	2	
	Occasionally	1	
	Never	0	2
Participation in Sports	Regular	2	
	Occasionally	1	
	Never	0	2
Other Curriculum Activities	Yes	1	
	No	0	1
Involvement in NSS (National Social Schemes)	Yes	1	
	No	0	1
Attachment with National Cadet Corps (NCC)	Yes	1	
	No	0	1
Candidate Obtain Scholarship	International	3	
	National	2	
	Local	1	3
Personal Education	Very Good >80%	3	
	Good 60% - 80%	2	
	Satisfactory <60%	1	3
Observing recreational activities outside home	Yes	1	
	No	0	1
Participation in recreational activities	Yes	1	
	No	0	1
Use of Tobacco, Alcohol or other Substance	Yes	0	
	No	1	1
Composite Index Value			28

Table: - 2 Index of Quality of Life

Category	Range of Index Value
High Quality of Life	21 – 28
Moderate Quality of Life	14 – 21
Poor Quality of Life	7 – 14
Very Poor Quality of Life	<7

Discussion

Findings of the present study revealed that residence was an important factor for providing high quality of life. Out of 250 students 162 students i.e. 64.8 percent are living in a rural area. Out of these 162 students 12 students i.e. 7.40 percent have very poor quality of life. Most of them are underweight. Poverty and ignorance are the basic Problems. Maximum students under this category belong to schedule caste and schedule tribe category specially Gond and Halwa tribes. Only 42 students i.e. 25.9 percent have high quality of life. While 58 students have (35.8%) moderate quality of life and 50 students (30.9%) have poor quality of life. Rest 88 students are mainly living in main city. Urban cultures have great influence on their quality of life. Out of these 88 students 26 students have (29.5%) high quality of life while 45 students (51.1%) have moderate quality of life and only 17 students are leading (19.3%) poor quality of life.

Table: - 3 Quality of Life of College Youths

Category	Number of Sample	In Percent
High Quality of Life	68	27.2
Moderate Quality of Life	103	41.2
Poor Quality of Life	67	26.8
Very Poor Quality of Life	12	4.8

Source: Personal survey, 2010 - 2011

On an average in the Chhattisgarh plain the above results reveals the fact that among college youths 27.2 percent have high quality of life while 41.2 percent students have moderate quality of life and 4.8 percent have very poor quality of life.

In Indian society sex play an important role in providing higher quality of life. The findings of the study suggest that male students are high in the quality of life than female students. Participation of female students in social work, other curriculum activities, involvement in Yoga, participation in sports is low in percentage. Out of 100 female students 32 female students i.e. 32.0 percent are underweight. It is laudable that family bonding and relation with friends have found deeper among female students. It is the age old belief that men and women differ both constitutionally and culturally in their social roles. In a tradition bound society like our own, women are expected to rear

children, look after the home and perform the religious and family rituals and practices and also take care of the aesthetic pursuit. The girls in modern times, for instance, are exposed to higher education, joining hard core jobs like police and army. But this change need not be as rapid as it is presumed. In the surveyed area sex wise analysis reveals the fact that out of 100 female students only 25 female students i.e. 25.0 percent have high quality of life. Most of the female students (38.0%) have moderate quality of life.

Table: - 4 Sex wise analysis of quality of life among college youths

Category	Male		Female	
	No.	In Percent	No.	In Percent
High Quality of Life	43	28.7	25	25.0
Moderate Quality of Life	65	43.3	38	38.0
Poor Quality of Life	37	24.7	30	30.0
Very Poor Quality of Life	5	3.3	7	7.0

Source: Personal survey, 2010 - 2011

Tobacco use, harmful alcohol use road traffic injuries are common among male students. Use of Internet and social networking sites are higher among male students.

The findings of the study also reveal that religion play significant role in shaping quality of life. The Muslim society ever today is taking Madrasah education and their family life is not very conducive to provide high quality of life due to their poverty, ignorance, large family size and traditional outlook. Out of total 150 male students 31 students only 14 students are Muslim. Only 2 percent have very poor quality of life. Qualities of life of Sikh female students are far better than Muslim students. Out of total 100 female students 5 percent have high quality of life and 4 percent have moderate quality of life. In this surveyed region Hindu students are dominant. Out of 100 female students 75 percent are Hindu. Only 18 percent Hindu female student have high quality of life. Among male category out of 150 students 28.7 percent Hindu and 10 percent Muslim students have moderate quality of life. Percentage of Hindu students having high quality of life is 19.3 percent while it is only 4 percent among Muslim students.

Table: - 5 Religion wise Analysis of Quality of Life among College Youths

Category	Hindu				Muslim				Sikh			
	Sample		In Percent		Sample		In Percent		Sample		In Percent	
	M	F	M	F	M	F	M	F	M	F	M	F
High Quality of Life	29	18	19.3	18.0	6	2	4.0	2.0	8	5	5.3	5.0
Moderate Quality of Life	43	28	28.7	28.0	15	6	10.0	6.0	7	4	4.7	4.0
Poor Quality of Life	24	26	16.0	26.0	8	2	5.3	2.0	5	2	3.4	2.0
Very Poor Quality of Life	2	3	1.3	3.0	3	4	2.0	4.0	-	-	-	-

Source: Personal survey, 2010 - 2011

On an average out of 250 students 18.8 percent Hindu students 3.2 percent Muslim students and 5.2 percent Sikh students have high quality of life.

To Summarize, it can be concluded that residence (Rural / Unban) sex and religion play an important role in shaping high quality of life. There is scope and need for further studies on such issue so that specific factors may be identified which contribute to high quality of life.

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