

## Study of Gender difference in Interpersonal Attraction and Life Style among Couples

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### Abstract

**Aim:** To study gender difference in interpersonal attraction and life style among couples. **Method:** A sample of 200 couples (100 males & 100 females) were selected from Amritsar District, Punjab. For data collection of interpersonal judgement scale by Dr S.N. Rai & Dr. C.S. Mehta and Life Style scale by S.K. Bawa and Sumanpreet Kaur were used. Life Style scale measures six dimensions-Health Conscious Academic Oriented, Career Oriented, Socially Oriented, Trend Seeking and Family Oriented Life Style. No significant difference was found between mean scores of inter-personal attraction and life style among males and female partner of couples. **Conclusion:** It shows that gender does not make any significant difference in interpersonal attraction among male & female partners of couple. It indicates that male & female partners of couples have same level of overall lifestyles.

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**Key Words: Gender difference, Interpersonal attraction, Life Style couples**

**DOI: 10.18376/jesp/2018/v14/i2/111306**

### Introduction

Interpersonal attraction is the attraction between people which leads to the development of platonic or romantic relationships. It is distinct perceptions such as physical attractiveness and involves views what is and what is not considered beautiful or attractiveness (Aron and Lewandowski 2001). Interpersonal attraction is traditionally defined in social psychology as a positive attitude or evaluation regarding a particular person including the three components conventionally ascribed to attitudes: behavioural (tendency to approach the person), cognitive (positive beliefs about person) and affective (positive feelings for person). Life Style of youth in India is taking a rapid turn with the fast-changing world. Influence of globalisation, modernisation, changing needs of the society and awareness is making the youth more and more ambitious, hence affecting their life style. The term Life Style was introduced by Austrian psychologist Alfred Adler with the meaning of "a person's basic character as established in early childhood". According to Weber (1958) Life Style is closely linked to the type of occupation pursued, it is acquired through formal education and it can be expected from everybody 'who wishes to belong to circle'. Batool & Malik (2010) studied the role of attitude similarity and proximity in interpersonal attraction among friends. The study was