

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

Seema Bajaj and Aman Saluja

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.

Seema Bajaj
Assistant Professor
Master Tara Singh Memorial College for Women
Ludhiana (Punjab) India
E-mail: seemabajaj74in@yahoo.co.in

Aman Saluja
Psychologist
Bhatia Neuro Psychiatric Hospital
& De Addiction Centre
Amritsar(Punjab) India

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

conducted on sample of 160 boyfriends and girlfriends (40 pairs in each) through purposive convenient sampling. Results showed that friends with more similar attitudes and high proximity scored on interpersonal attraction as compared to friends with less similar attitudes regardless of gender. Karandashev and Fata (2014) studied the changes in physical attraction in early romantic relationships. In starting 70 participants were selected as a sample but unfortunately 24 participants left due to breakups. Finally 46 participants, 29 of them were female and 17 participants were male. Age of participants ranged from 18 to 35 years old. Results showed that behavioural and emotional dimensions play the largest role in attraction among both genders with cognitive dimensions also affecting in women. Personality characteristics of one's partner are significant predictors of physical attraction for both men and women. Adriana et. al. (2006) investigated spousal associations for selected lifestyles characteristics and common medical conditions. Result revealed that women were more than twice as likely to be current or former smokers; be regular consumers of alcohol, tea and ginseng and exercise regularly if their husbands had the same habit. It concluded that spouses share common lifestyle habits and health risks. Mohammadi et. al. (2016) studied the relationship between attachment styles and life style with martial satisfaction. Total 292 people were selected as a sample by multistage random sampling. The enrich martial satisfaction scale was used to measure martial satisfaction, the Collins and read's revised adult attachment scale (RAAS) to determine attachment style and the life style questionnaire (LSQ) for lifestyle. There was no meaningful relationship between secure attachment style and martial satisfaction.

Material and Method

The present study was conducted on 200 couples (100 males and 100 females) from Amritsar District, Punjab. For data collection of interpersonal judgement scale by Dr S.N. Rai and 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.

Results and Discussion

No significant difference was found between mean scores of inter-personal attraction and life style among males and female partner of couples.

To investigate the significance of gender difference between the means, if any, of interpersonal attraction and lifestyle of couples, interpersonal attraction and lifestyle were assessed in terms of their scores in the test in these variable and t-test was employed.

Table 1. Mean Scores of Interpersonal Attraction among Male and Female Partners of Couples (N=200)

Variable	Group	N	M	S.D	SE _M	t-ratio	Sig./Not Sig.
Interpersonal Attraction	Male	100	12.48	1.55	0.15	1.47	Not Sig.
	Female	100	12.78	1.32	0.13		

Table 1 revealed that The mean scores of interpersonal attraction of male and female partners of couples as 12.48 and 12.78 respectively. The t-ratio is calculated as 1.47 with $d_f=198$ which is not significant at 0.05 level of confidence. This revealed that no significant difference exists between mean scores of interpersonal attraction among male and female partner partners of couples.

Figure 1 shows that gender does not make any significant difference in interpersonal attraction among male and female partners of couples

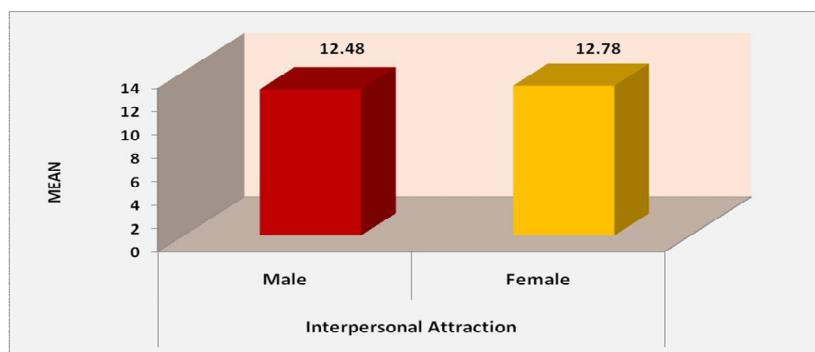


Figure 1. Difference between Mean Scores of Interpersonal Attraction among Male and Female Partners of Couples (N=200)

Table 2. Mean Scores of Lifestyle among Male and Female Partners of Couples (N=200)

Group	Dimensions of Lifestyle	N	M	S.D	SE _M	t-ratio	Sig./Not Sig.
Male	Health Conscious Lifestyle	100	30.28	5.52	0.55	6.30	Sig. at .01
Female		100	25.63	4.90	0.49		
Male	Academic Oriented Lifestyle	100	20.84	5.99	0.60	1.64	Not Sig.
Female		100	19.50	5.58	0.56		
Male	Career Oriented Lifestyle	100	25.90	3.91	0.39	4.70	Sig. at .01
Female		100	22.67	5.65	0.57		
Male	Socially Oriented Lifestyle	100	20.27	3.76	0.38	4.41	Sig. at .01
Female		100	23.00	4.92	0.49		
Male	Trend Seeking Lifestyle	100	18.87	5.52	0.55	3.94	Sig. at .01
Female		100	22.26	6.61	0.66		
Male	Family Oriented Lifestyle	100	33.06	6.81	0.68	5.23	Sig. at .01
Female		100	37.45	4.92	0.49		
Male	Overall Lifestyle	100	149.22	19.25	1.93	0.49	. Not Sig.
Female		100	150.51	17.89	1.79		

Table 2 revealed that the mean scores of Health-Conscious Lifestyle among male and female partners of couples as 30.28 and 25.63 respectively. The t-ratio is calculated as 6.30 with df=198 which is significant at 0.01 level of confidence. This revealed that a significant difference exists between mean scores of Health-Conscious Lifestyle among male and female partners of couples. As mean scores of male partners of couples is higher than their female partners, it may further be concluded that male partners of couples are more health conscious than their female partners and hence have better lifestyle pertaining to health.

The mean scores of Academic Oriented Lifestyle among male and female partners of couples as 20.84 and 19.50 respectively. The t-ratio is calculated as 1.64 with df=198 which is not significant at 0.05 level of confidence. This revealed that no significant difference exists between mean scores of Academic Oriented Lifestyle among male and female partners of couples. This indicates that male and female partners of couples have same level of academic orientation (Table 2).

The mean scores of Career Oriented Lifestyle among male and female partners of couples as 25.90 and 22.67 respectively. The t-ratio is calculated as 4.70 with df=198 which is significant at 0.01 level of confidence. This revealed that a significant difference exists between mean scores Career Oriented Lifestyle among male and female partners of couples. As mean scores of male partners of couples is higher than their female partners, it may further be concluded that male partners of couples are more career oriented than their female partners and hence have better lifestyle pertaining to pursuing of their career.

The mean scores of Socially Oriented Lifestyle among male and female partners of couples as 20.27 and 23.00 respectively. The t-ratio is calculated as 4.41 with df=198 which is significant at 0.01 level of confidence. This revealed that a significant difference exists between mean scores of Socially Oriented Lifestyle among male and female partners of couples. As mean scores of female partners of couples is higher than their male partners, it may further be concluded that female partners of couples are more socially oriented than their male partners and hence have better social lifestyle (Table 2).

The mean scores of Trend Seeking Lifestyle among male and female partners of couples as 18.87 and 22.26 respectively. The t-ratio is calculated as 3.94 with df=198 which is significant at 0.01 level of confidence. This revealed that a significant difference exists between mean scores of Trend Seeking Lifestyle among male and female partners of couples. As mean scores of female partners of couples is higher than their male partners, it may further be concluded that female partners of couples are more inclined towards trend setting than their male partners (Table 2).

The mean scores of Family Oriented Lifestyle among male and female partners of couples as 33.06 and 37.45 respectively. The t-ratio is calculated as 5.23 with df=198 which is significant at 0.01 level of confidence. This revealed that a significant difference exists between mean scores of Family Oriented Lifestyle among male and female partners of couples. As mean scores of female partners of couples is higher than their male partners, it may further be concluded that female partners of couples are more family oriented than their male partners (Table 2).

The mean scores of Overall Life style among male and female partners of couples as 149.22 and 150.51 respectively. The t-ratio is calculated as 0.49 with df=198 which is not significant at 0.05 level of confidence. This revealed that no significant difference exists between mean scores of Overall Life style among male and female partners of couples. This indicates that male and female partners of couples have same level of overall lifestyle. 'There will be a significant gender difference in lifestyle among couples,' (Table 2).

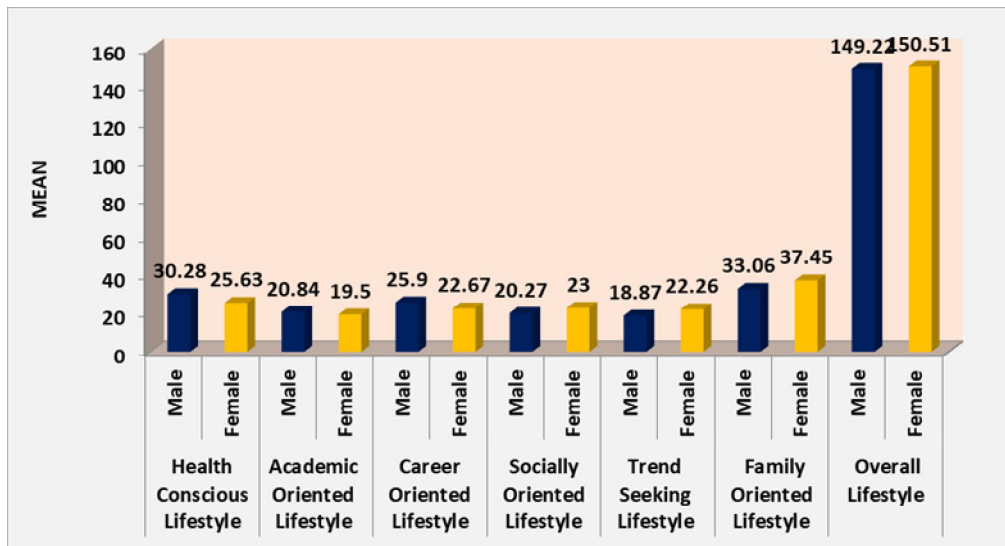


Figure 2. Difference between Mean Scores of Lifestyle among Male and Female Partners of Couples (N=200)

Conclusion

It is concluded that gender does not mean any significant difference in interpersonal attraction among male and female partners. It also indicates that male & female partners have same level of overall lifestyle.

References

- Adriana, L., Jurj, M.D. & Xiao-Ou Shu, M.D. (2006). Spousal Correlations for Lifestyle Factors and Selected Diseases in Chinese Couples. *ScienceDirect: Annals Of Epidemiology*. 16(4): 285-291.
- Aron, A., & Lewandoski, G. (2001). Interpersonal Attraction, Psychology of. State University New York, Stony Brook, New York. *International Encyclopaedia of the Social & Behavioural Sciences*. 7860-7862.
- Batool, S. & Malik, N.I. (2010). The Role of Attitude Similarity and Proximity in Interpersonal Attraction among friends (C 310). *International Journal of Innovation, Management and Technology*. 1(2):142-146.
- Karandashev, V. & Fata, B. (2014). Change in Physical Attraction in Early Romantic Relationships. *An International Journal on Personal Relationships*. 8(2): 257-267.
- Mohammadi, K., Samavi, A. & Ghazavi, Z. (2016). The Relationship Between Attachment Styles and life style with marital Satisfaction. *Iran Red Crescent Med J*. 18(4): e23839.
- Weber, M. (1958). *Essays in Sociology*. New York: Oxford University Press. P 4-5

Conflict of Interest: None declared