

DEVELOPING OF LIFESTYLES AMONG ADOLESCENTS AND ADULTS

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ABSTRACT

The aim of the present study was to identify adolescents and adults lifestyles according to age (14, 15, 17, 18, 20, 21, 22) years, and to identify the degree of development of lifestyle in adolescents and adults depending on age. There is a difference in the degree of life styles according to the difference in age and gender. The sample consisted of (420) male and female students from middle and middle school and university in Muthanna governorate from the study society which consists of (24724) male and female students. Morris's methods of life are a suitable tool for measuring living methods Of adolescents and adults, and to verify the validity and reliability of measurement tool in the current research, the researcher by submitting it to a group of experts and got their approval of all of these components. The researcher also verified the validity of the construction of the measuring instrument by applying it to a sample of (300) individuals. The researcher adopted the following indicators (discrimination of vertebrae and veracity of verbs, correlation of the degree of the paragraph to the total degree of the scale). The researcher verified the stability of the measuring instrument in two ways: re-testing, and the consistency of internal consistency (Alpha Kronbach). The life-style measure in the final form is (13) method. The researcher used the T-Test for two independent samples, Pearson correlation coefficient, cronbach, single-sample T-test, binary variance analysis, post-bifurcation Chevy tests, and Ka-square test) for data processing . The present study found the following results: 1. The results of this study showed that adolescents and adults have a high degree of life style in general and by gender and age. 2. The results showed an evolutionary course of life for adolescents, adults and ages (14, 15, 17, 18, 20, 21, 22). 3. There is no interaction between the variables of age and gender in the methods of love. In the light of the current research results, the researcher made a number of recommendations and suggestions.

PROBLEM

Life styles are an in-depth problem in the present study, because the lifestyle chosen by an individual at a certain age is the one he chooses or accompanies in the later stages. Thus, our knowledge of the way a person is at a given age gives us predictive signs of that person's future lifestyle and potential Intervention must request a certain therapeutic position (Knight and Marit, 1965: 32).

It is also clear in the recent period the emergence of a number of behaviors in the community in general and the students of the university in particular, which may be strange to the Iraqi society embodied in the nature of

clothing and fashion for both sexes of youth and notes to the nature of other behaviors prevalent among university students that indicate the existence of methods A new life is different from what happened shortly before, and these behaviors are the way of talking and dealing daily, that this change in the nature of life of university students and the representation of these methods, which occurs irrationally and non-sensory and non-studied by individuals and those adopting these methods affect In turn, on social identity (al-Ukaili, pp. 546).

Adler argues that it is the problem of adolescents' lack of feeling that leads them to define a way of life in which they can overcome this feeling as well as the problems they face (Mosak, 2005, 32). And refers to

another problem is that the way of life that some take in his deal is the obstacle to the imposition of logic and common sense because the way of life sometimes gives us an unreal image of reality or the future and therefore can not deal with the problems of life in a logical and practical (Adler, 2005: 143)

Dreikurs (1997) emphasizes that lifestyle must be taken into account when considering any problems faced by adolescents or when dealing with them as solving problems is related to understanding the way they live, and today's problem lies in understanding the lifestyles of societies and why It is the rapid evolutionary movement in various aspects of life, including adolescent attitudes and understanding of life (Roberts, et al., 2003: 21).

The results of some of the studies that have been applied to adolescents suggest that adolescents prefer life styles that include activity, social participation and self-control, while rejecting methods that focus on contemplation and enjoyment of the joys of life: Prother, 1958

While other studies have found a sample of adolescents and adults that there is a link between sedentary lifestyle and drug abuse. Adler points out that individuals who exhibit the style, style, avoidance, and control have a high probability of criminal behavior towards society (Slaton, Kern & Curlette, 2000: 43) .

IMPORTANCE

The importance of lifestyles was in being a pattern of individual personality that forms at the end of childhood. The identification of an individual's way of life has an explanatory character for the individual's behavior and experience. (Saleh, 1988: 55).

Adler believes that the importance of identifying individuals' lifestyles comes from the fact that Rachid will choose the lifestyle he chose in his childhood, which contributes to predicting a child's behavior and future life (Knight and Marit, 1965: 32).

Morris (1956) argues that the identification of individual lifestyles contributes greatly to the characterization of these components and to the

determination of differences in their relative strengths, as well as to directing the process of change more accurately than randomization (Morris, 1956, p. 1-18

GOALS

The first objective is to define the lifestyles of adolescents and adults according to a. Age b. Gender. Objective 2: The significance of statistical differences in the

THEORETICAL FRAMEWORK

The theory of Morse 1956

Morse defined three basic components of the human personality (Dysisianism). Demands of emancipation and immersion in existing desires (Bromuthianism) The total range of active tendencies to adapt and renew the world (Buddhism) Self tendencies to regulate themselves by controlling desires. Morse assumes that individuals differ in the relative strength of these components. In religions, moral systems, and patterns of literature and philosophy. Morris has ended up defining three ten ways of life by which people act (Saleh, 1988: 409).

Method 1: In this way of life, the individual participates actively in the social life of the society mainly to the other, but to understand and appreciate the right of ability, one must avoid vulgarity and extreme enthusiasm, life must have a strict system and be understood.

Second, to encourage independence and self-knowledge, the individual has to spend most of his or her life alone. He must also emphasize self-sufficiency, avoid intimacy between groups, and aim to simplify his external life. Things and people.

Method 3: Show emotional interest to others, the main thing in life is to empathize with people emotionally free of all the effects of imposing oneself on others or using others for personal purposes.

Method 4: Experience joy and pleasure sensuality, that life is something that should enjoy the enjoyment of the sense of enjoyment and indulge in our enjoyment or enjoy it. The goal of life should not be control of events

in the world or the community or the lives of others. But to open and accept things and people.

Method 5: Act and enjoy life through social participation A person should not continue to live for himself, centered on himself, withdrawing from others and centered on himself, but he must integrate into the community and the people.

Method 6: Control the threatened forces through hard work The life tends to stagnate constantly, and is not comfortable and humiliated and pale patterns of thought.

Method 7: Estimate diversity and acceptance of some of the methods, at different times in different places We have to accept something from each of the ways of life without giving any of them our absolute loyalty.

Method 8: Enjoy simple pleasure is easy to investigate, fun must be the key to life and should not go to the painstaking search for exciting and powerful delights, but enjoy simple miracles such as events that only thrill and relax.

The ninth way: the peaceful acceptance of pleasure and peace, that acceptance and openness is the key to life For good things in life come on its own without looking for a human.

Method 10: Self-control and the consolidation of high ideals. The main thing in life is self-control. It does not mean easy self-control that can be done by withdrawing or quitting the world, but consciously controlling vigilance.

Method 11: Introspection in the inner life, that the life of meditation is a good life that the outside world is not a suitable home for man. It is very broad and very cool that the world of rich ideals within man is a world of sensitive feelings, through the development of self-self one can truly be human. Only then does he show deep empathy with everything and understand the innate sufferings of life.

Method 12: The use of physical energy in adventure and dangerous work, the use of physical energy is the secret of life is accurate and rewarding, that the joy of life is

embodied in the breaking of obstacles and control that effective work is a filler and saturated desires.

Method 13: Putting oneself at the disposal of an external power, one has to allow himself to use any one that allows others to use him to grow and grow. And that the person be thankful for the emotions and protection he needs (Saleh, 1988: 409-410).

In the opinion of the researcher that the theory of Morris has gone towards a broader and broader perspective of life styles and has included methods of life has overlooked the importance of other theories, and therefore was the theory adopted by the researcher in this study.

The Theory of Eric Fromm (1979)

From five different directions of print (the relatively permanent form, in which human energy exists in the processes of assimilation and social participation), four are negative and one is positive, one of which depends on the cultural specificity in which the individual lives to a large extent. The individual's personality is shaped by the way people are connected, Social and economic structure of the society to the extent that allows the analysis of the individual inference on the faculty of social structure

1 - the orientation of the subject: see that the source of all the best abroad, and that the only way to get Mairreed (material, passion, knowledge) to receive from others, the problem of love is loved and not loving, it is difficult to say no to the paralysis of the ability to cash and dependence on people , And feel lost when he is alone for his inability to form a decision and responsibility. A person feels in an automatic orientation that he is the "source of all good" abroad.

2 - Exploit orientation: See that the source of all good abroad, and the only way to get Mairreed is to steal things from others by force, and the problem of love has a sense of attraction to those who can rob him of others does not fall in love with an unrelated person, Of hostility, envy and jealousy. The spontaneous exploitation approach has the feeling that the source of all good is abroad and sees this as a Muslim argument.

All that one wants to obtain must be sought. (From, 2007).

PREVIOUS STUDIES

First: Arab Studies

1-Kubaisi study (1996)

(Methods of life and their relationship to the religious commitment of university students)

The study examined the methods of life of the university students and their relation to the religious commitment. A sample of 415 students was formed, and the Maurice Morris scale was used. The test of two independent samples, Pearson correlation coefficient and global analysis were used as statistical means to reach the results. The results showed that the university students possess a high degree in the ways of life and they prefer the method that emphasizes the active participation in social life and maintain the best metamorphosis of the human being as well as the method that confirms the show empathy with others, and found the study that the relationship between religious commitment and methods of life Vary from one category to another (Kubaisi 1996: 6)

2 - the study of the Ugly

(University students' attitudes toward lifestyle in the West).

The study examined the methods of life of students in Western universities. The study was conducted on a sample of (191) students from Al Mustansiriya University for the year (2008 - 2009). The study also revealed the main factors that make up the measure of the trend toward life styles in the West. The researcher adopted the theories of congruence (Haider-Ozkud, Tannenbaum- Vestkner as a theoretical framework for his research. The researcher also used the appropriate statistical means to reach his research results. He used the analysis to reach the results of his research. To var method Max The researcher used the T-test to reach the results of the second objective, and the T-test was used for two independent samples to distinguish the vertebrae of the scale, and the researcher came out with five

methods: the method of precision and organization, the social style, the method of dealing with the family, , B, p. 541).

Second: Foreign Studies:

1-Morse study (1956Morris,)

(The preferred lifestyles of university students)

The study included a description of lifestyles derived from the values of life favored by university students, and a measure of 13 possible ways of life was prepared. Each method included several values of life styles and each method was given a scale of seven points, The number has been applied to different cultures including America, Canada, China, Japan, India and Norway. The number of specimens (2015), 314 (1134), (307) and (224) male and female students respectively The results of the study showed that the average estimates of all life styles were higher among Japanese, Chinese and Indians. The results also showed a similarity between the Western and Asian groups in some ways related to maintaining the best of human beings, empathy with others and controlling change situations Continuously (NAHI, 2001: 71).

2. The Prother Study (1958)

(The preferred lifestyle of Arab students)

The study identified the Arab students' choices of life styles set by Morris in 1956. To achieve this goal, the Morris scale applied 100 Arab students from the American University of Beirut to eight Arab countries. The study found that Arab male and female Arab students have a high degree of lifestyle and prefer life styles that include activity, social participation and self-control while rejecting methods that focus on contemplation and enjoyment of life's pleasures. Find the study The differences between males and females in the life styles of students (Prother, 1958, P, 307)

METHODOLOGY AND PROCEDURES

First: Research Methodology

Achieving the objectives of this research requires a quantitative description of the lifestyles of adolescents and adults at ages 14,15, 17, 18, 20, 21, and 22 years in order to determine the degree of development of their lifestyle and the changes that occur with age. Descriptive research is more than just data, as the work of the real researcher begins by following up these data carefully, interpreting them, and discovering the meanings and relationships. Evolutionary studies deal with the changes that occur in some variables due to the passage of time. Current research follows a study methodology Dealing with evolutionary changes that occur in some of the variables as a result of the passage of time (return Malkawi, 1992: 112-117). In the current research, the test will be applied to groups of individuals in different years and at the same time.

Second: Research community:

The statistical society of the research means the individuals who study the phenomenon or the event for all of them. They represent all the individuals who carry the data of the phenomenon that is accessible to the study (Dawood and Abd al-Rahman, 66: 1990).

The society of this research consists of students (adolescents and adults) in the educational institution in Al-Muthanna and Al-Umar (14, 15, 17, 18, 20, 21 and 22) in the middle and preparatory schools in Al-Muthanna Governorate, The total number of students was 24742. The total number of students at 14 years was 4415, with 2203 males and 2212 females. The total number of students at the age of 15 was 4617, The total number of students at the age of (17) years (4805) male and female students (2523) male, and (2282) female and the total number of students at the age of (18) years (3025) students and The total number of students at the age of (20) years (2031) students and (912) males, and (1119) female, and the total number of students at the age of 21 years (2728) (1515) males and (1213) females. The total number of students at the age of (22) years (3121) students and (1856) males and (1265) females.

Third: Research Sample

The researcher randomly selected the sample, as the schools and colleges were randomly selected, and the researcher chose a number of people in the random way. The sample of this research was chosen according to the following procedures:

Sample selection of adolescents and adults:

For the purpose of withdrawing the members of the research sample who have the variables of research, the age of the adolescent and his sex, the researcher has followed the following procedures:

1. Randomly withdraw from each middle school, middle school and college with age groups (14, 15, 7, 1, 18, 20, 21, 22) and both sexes.

2 - Withdraw the sample randomly by reference to the lists of their names according to their people, by marking the sequence of the student that falls within the sequence of the number of doubles in all lists, and if the numbers even without the completion of the number required, the researcher returns to the individual numbers until the number is required Of each school and college, taking into account the sex variables of the students and their ages for the purpose of obtaining a sample of males and females within the ages covered by the research.

After this series of procedures, the researcher was able to obtain the current research sample which included (420) students with (210) females and (210) males.

Fourth : Research tools.

In order to identify the degree of evolution of the lifestyles of adolescents and adults, the researcher found in the questionnaire (1956, Morris) an appropriate tool among the other questionnaires to cover and cover more aspects in the life of the individual so the researcher adopted it as a tool to measure life styles.

View lifestyle scale on experts:

- Introduce the scale as a preliminary to a number of relevant experts * and ask them to make observations

and opinions on the validity of each paragraph in measuring its style, as well as their suggestions to modify the paragraphs that they consider need to be modified or deleted. .

Clarity of test instructions and paragraphs:

After the amendments were made in the light of the expert opinions, the test tool was presented to (60) students in the first survey sample to verify their understanding of the measurement paragraphs and to know the clarity of the test instructions and paragraphs

The researcher asked the respondents to read the instructions and understand them before starting to answer the paragraphs, and the question about any ambiguity whether in the instructions or in the paragraphs, and it became clear from this exploratory application that the paragraphs are clear and understandable.

Identification of statistical analysis sample:

Most of the psychological literature indicates that the size of the appropriate sample in the statistical analysis of paragraphs ranges from 400 to 500 individuals and that the size of the sample is appropriate in the statistical analysis of the paragraphs and is carefully chosen from the original community (Hennery soon, 1963: 214) The size of the sample of discrimination in the number of paragraphs of the scale, should be not less than five times the number of paragraphs, in order to reduce the impact of coincidence in the statistical analysis, and based on this opinion was selected (300) individuals in a manner that is consistent with the number of paragraphs.

CONSTRUCT VALIDITY

- Extraction of discriminatory power of paragraphs:

The researcher applied the scale to the sample of the statistical analysis, and extracted the total scores for the sample of the 300 persons sample of the lifestyle scale. Then, the overall grades were ranked from highest to lowest, and 27% (27%) in each group represents the best proportion that can be adopted, because it provides us with two groups with the maximum possible size and differentiation, as well as it is characterized by the ease

of operations required by the accuracy of the consequences and the number of Individuals in each group of the upper and lower groups (113) The scores for the upper life group ranged from (52 to 61), and the lowest group scores were between (27-43). The calculated T value indicated the discriminatory power of the paragraph. All calculated T values were found to be greater than the T- 1.96) at the level of significance (0.05) and the degree of freedom (224), indicating that all paragraphs of the life-style scale are distinctive.

Verbatim paragraphs:

The reliability of the scale usually depends on the veracity of its verbs, as it increases or decreases on its basis. Therefore, the preparation of verifiable paragraphs increases the validity of the scale. Ebel states that empirical veracity of the vertebrae is necessary to detect the veracity of the verbs in the measurement of what has been measured (Ebel, 1972: 410).

To achieve this, the researcher used the Pearson correlation coefficient to derive the relation between the correlation coefficient between the degree of the paragraph and the total score. All of these were statistically significant. The critical correlation coefficient was 0.098 at the level of significance 0.05 and the freedom degree was 418).

Psychometric Characteristics of the Lifestyle Scale:

Check the researcher of two indicators of honesty, namely: virtual honesty, honesty and construction. They will be reviewed as follows:

FACE VALIDITY

Virtual honesty is achieved through a judgment on the degree of test measurement of the measured attribute. Since this provision has a degree of autonomy, the test is given to more than one arbitrator, and the degree of veracity of the test can be assessed by matching judges' estimates (Back, 1998: 370). The researcher presented the scale to a group of specialists in educational and psychological sciences to verify this kind of honesty. The scale obtained a good agreement ratio.

Reliability

Coefficient of life-style measure:

In order to extract stability in this way, the Vaccronbach coefficient was applied to a sample of 140 male and female students. The stability coefficient of the life- style scale was 0.899, indicating that the index stability coefficient is good compared to the stability coefficients calculated in previous studies.

Description of the meter as final:

The standard of life in adolescents and adults in the final form adopted by the researcher is (13) methods (preservation, sufficiency, empathy, enjoyment, integration into society, control of events, integration of roads, simple pleasure, acceptance and openness, self-control, (1, 2, 3, 4, 5) respectively, and the respondent should place a circle on the alternative which represents His answer.

Appling:

The researcher applied the lifestyle criterion on the current sample of 420 students (210) and 210 students by distributing the meter to the students and explaining how to answer it. The application of the measure took two weeks.

Statistics:

The researcher used the appropriate statistical methods in the current research using the statistical program (Spss) as follows:

1. T-Test for two independent samples to make the parity between the sample members at the ages, and to distinguish the scales of the methods of love, lifestyles and the philosophy of human nature.

2 - Pearson correlation coefficient to extract the correlation of the paragraph by the total degree of the measure and the relationship of the paragraph in the field and the matrix of internal links and stability of the measure in a retest method, and to identify the relationship between the three variables.

3 - Cronbach equation to extract the coefficient of consistency of internal consistency.

4 - The test of one sample to identify the existence of statistically significant differences between the arithmetic averages.

5 - Analysis of the binary variance to measure the differences between the averages in the sample by variables (age and gender).

6 - Schiffe post-test of bilateral comparisons to find out the significance of differences between ages and gender.

Interpretation and discussion of the results

The lifestyles of adolescents and adults are defined according to variables:

I. The sample as a whole.

To determine the level of life styles of adolescents and adults in general, according to the mean and standard deviation, to compare them with the theoretical average of the scale. The T-test was used for one sample t.test. The calculated T value of (20.986) is greater than the tabular T value of 1.960 There is a difference between the mean of the sample of adolescents and adults and the theoretical average of the scale, indicating that the sample in general has a high standard of life.

Second: Age.

To determine the level of life styles of adolescents and adults according to the age variable, according to the mean and the standard deviation for each age of the research to compare them with the theoretical average of the scale and use the T-test for one sample,

- The calculated T value of 14 years of age (11,832), which is greater than the tabular T value of (1.960), indicating a difference between the arithmetic mean of the sample of adolescents and adults and the theoretical average of the scale.

This indicates that the sample for 14 years has a low level of Life styles.

- The calculated T value of 15 years of age (0.203) is smaller than the tabular T value of (1.960) indicating that there is no difference between the arithmetic mean of the sample of adolescents and adults and the theoretical average of the scale. This indicates that the sample for 15 years has an average level of life styles.

- As for the rest of the ages, the results indicated that it is a statistical function and for the benefit of the sample in the sense that the sample have a high standard of life styles. Figure (1) shows this.

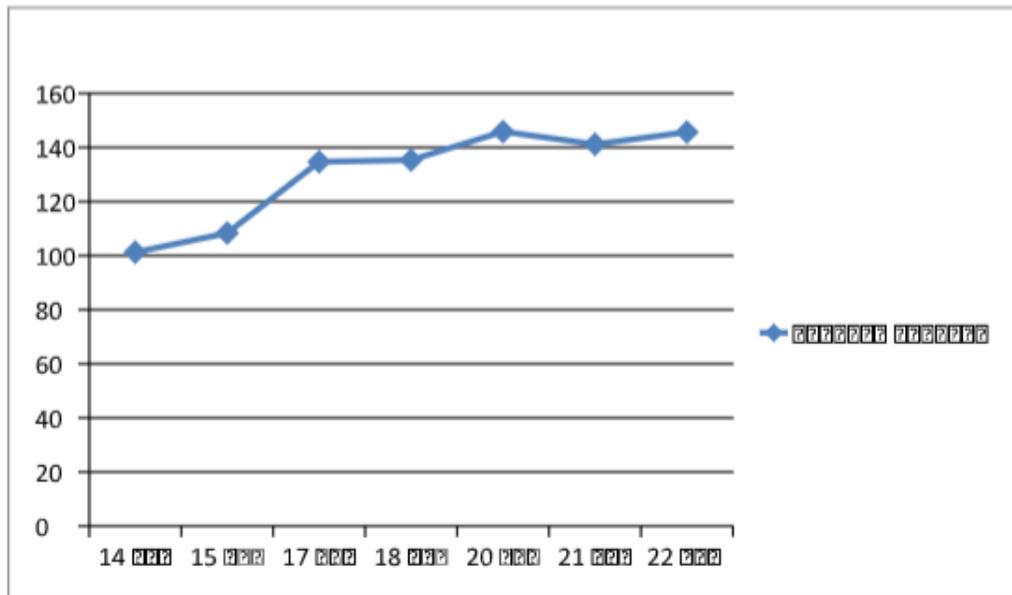


Figure (4): Average lifestyles of adolescents and adults by age

III. Gender

To determine the level of life styles of adolescents according to the gender variable, according to the mathematical mean and the standard deviation of males and females in the research to compare them with the theoretical average of the scale and use the T-test for one sample,

- The calculated T value of males (15.199) is greater than the tabular T value of (1.960). This indicates that there is a difference between the mean of the sample of adolescents and adults and the theoretical average of the scale. This indicates that the male sample has a high standard of living.

The calculated T value of females (14,466) is larger than the tabular T value of (1.960). This indicates that there is a difference between the arithmetic mean of the sample of adolescents and adults and the theoretical

average of the scale. This indicates that a sample of females has a higher level of life style.

IV. Age and gender.

The study showed that all calculated T values are greater than the T-value (1.960) indicating a difference between the mathematical averages of the sample of adolescents and adults and the theoretical average of the scale. This indicates that the sample has a high standard of life, except the average male and female samples of 14 years Was a function in favor of the theoretical average, indicating that this sample enjoyed a low level of life style. The average male and female samples aged 15 years were not statistically significant. This indicates that there is no statistically significant difference between the sample and the theoretical average, Age at an average level of life style and shape (2) illustrates this.

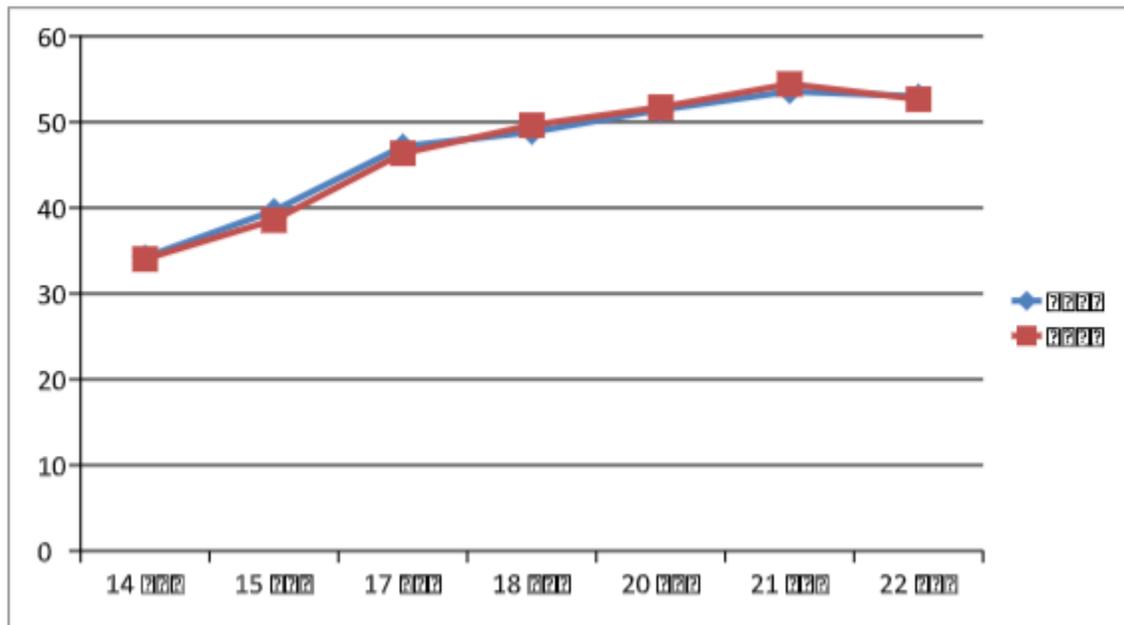


Figure 2: Average lifestyles of adolescents and adults by age and sex variables

Objective 4: To define the significance of statistical differences in the lifestyles of adolescents and adults according to the variables (age, gender). To achieve this goal, the computation and standard deviations of each level of variables in the target were calculated and used to identify the statistical differences in lifestyle of adolescents and adults Depending on the age and gender variables.

First: Variable Age: It was found that the value of the calculated alpha ratio (331,197) is greater than the value of the tabular alphabetical rate of (3.86) at the level of significance (0.05) and freedom degrees (6, 406) indicating statistically significant differences in life styles For the age variable, to determine the significance of the differences for the benefit of any age, the Schiffe test was used for the post-comparisons. The results showed that all the post comparisons are statistically significant. The difference between the media was greater than the critical difference for the population and for the older ages, except for the age difference (17-18) 18, 20) years, 20, 21, 21, 21, and 22 years were not statistically significant, The calculated difference is

smaller than the critical difference which indicates that there is no statistically significant differences between them.

Second: Gender variable.

It was found that the value of the calculated alpha ratio (0.046) for the gender variable for adolescents and adults is smaller than the value of the absolute numerical value of (2.12) at the level of significance (0.05) and freedom degrees (1, 406), indicating that there are no statistically significant differences in methods Life according to the gender variable.

III. Interaction of the Age Variable * Gender:

It was found that the value of the calculated alpha ratio (0.849) is smaller than the value of the numerical threshold value of (2.12) at the level of significance (0.05) and freedom degrees (1, 406) indicating that there are no statistically significant differences in life styles according to the interaction of the two variables And gender.

Interpretation and discussion of the results of the first objective:

The results of the study showed that adolescents and adults enjoy a high degree of life style. This result is consistent with the results of the Kubaisi (1996), Rihani and Tanus (2012), Sanders and Roy (Saunders & Roy 1999). This finding is consistent with Maurice's (1956) belief that people have a way of dealing with life and reflects their attitudes towards the nature of life that is actually alive or that they think it should live. The researcher sees that the nature of adolescence and mentoring contributes greatly to the direction Individuals to adopt attitudes commensurate with their aspirations towards life.

The results showed an evolutionary course of life for adolescents, adults, and ages (17, 18, 20, 21, 22) and for the older age (14-15 years), meaning life styles evolve with age. To the factors of experience and maturity. This is in line with the theoretical framework of research into the evolutionary lifestyle (developmental) The results show that both males and females have a high degree of lifestyle in the sample as a whole. The results of this study are consistent with the results of the Prother study (1958) and differ with Saunders & Roy (1999). Students towards new aspirations for life based on its foundation on the basis of those similar experiences that made the situation unified in their lifestyles.

As for age, the study showed that all ages for males and females enjoy a high degree of life style except age (14 and 15). The researcher finds that these ages are at the beginning of adolescence and understanding of life styles and orientation towards them needs more development and maturity of knowledge. In these two ages while appearing in the older ages.

Interpretation and discussion of the results of the second objective:

First, the results showed that there were statistically significant differences in life styles and in favor of older age except differences between age (17, 18), (18, 20), (20, 21) and (21, 22) years. The researcher believes that at these ages the individual is more mature and aware of what is around him and is very aware of the nature of

the trends and lifestyles that he actually lives or prefers to live, as opposed to the ages that precede it and which get a lot of changes and shifts in attitudes toward life styles which tend to tend To stability in older stages. The path of evolution in life styles is supported by evolutionary theories which confirm that evolution is cumulative but not continuous, rather than a continuous evolutionary process, but shifts in methods of behavior and thought (Al-Hamdani, 1989: 45).

Second, the results showed that there were no statistically significant differences in lifestyle according to the gender variable. The result of this study is consistent with the result of the study (Prother, 1958). The researcher explains that the reason for this is due to the openness of Iraqi society in general and students of schools and universities, especially males and females alike, towards other societies to make the orientation towards lifestyles and how to live according to specific methods, Gender, but both.

Thirdly, the results showed that there were no statistically significant differences in lifestyle according to the interaction of age and gender variables.

CONCLUSIONS:

- 1) Teenage and adult students have a high degree of life style, except for ages (14 and 15), and there is no sign of obedience.
- 2 - Life styles take an evolutionary path and for all ages and in a transitional rather than continuous form.
- 3 - There are no statistically significant differences among adolescent and adult students by gender.

Recommendations:

Based on the results of the current study, the researcher recommends the following:

- 1 - guide parents through the media and school and social seminars to the importance of granting good lifestyles and care for their children.
- 2 - To guide educational institutions to promote positive lifestyles and alleviate negative lifestyles.

Proposals:

Based on the results of the current study, the researcher suggests the following:

1. Conduct similar research studies on other social segments.
2. Conduct similar studies of the current research that take into account other demographic variables such as occupation, social and economic status.
- 3 - Conducting studies dealing with the relationship of current research variables with other psychological or social variables such as pessimism, happiness, feeling of inferiority, and birth order.

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