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### A study on influence of reading interest on lifestyle of college going youth

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#### Abstract

The aim of the present study was to study the influence of reading interest on lifestyle of college going youth. The total sample for the present study consisted of 120 college going boys and girls i.e. 60 boys and 60 girls. Samples were selected from three colleges of Udaipur city, Rajasthan. An inventory titled influence of reading interest on lifestyle was developed, validated and utilized for the research. Mean percent scores were computed for analysis of data. The results of the study revealed that influence of reading was found on personal self, approach towards the family and society and perspective towards the family and society. The findings of the study are helpful for students, parents as well as the society to understand the impact of reading interest on lifestyle of people. Research advocates inculcation of reading interest in individuals during different phases of life ascertaining quality life.

**Keywords:** Reading interest, lifestyle, youth

#### Introduction

Human beings belong to species called as homosapiens -the word comes from old Latin giving it a significant meaning as the word homo means "man" and the word sapiens means "wise". Humans who can never stop learning and has always been inspired and motivated by something or the other. They have this curiosity within them that is heavily associated with all the dimensions of human development. Reading is of utmost importance and has been very necessary source of important information throughout the history. Reading has become one of the major sources of gaining access to any kind of information and to all the available knowledge in this world. India is a developing country with a population of 1.35 billion people (United Nation Estimates, 2018) [6] with more than 50% of population below the age of 25 years. It is very important to be literate especially for the youth, to be able to read, write and understand critically acquisition of diversified knowledge through reading habit can facilitate building traits essential for personal development and also other aspects of life.

It has many benefits like having an interest would result in expansion of knowledge, also it increases the attention span, it makes one a creative thinker, it stimulates curiosity, it widens one's imagination as it makes one think, immerse in another world and draw images in one's mind according to one's own taste as the reader is the one who chooses how would they appear to him. It makes one more productive, much more understanding, and empathetic and many more things. It contributes to overall mental health, as it has been found that on an average, people who read books regularly are more satisfied with life, happier and are more likely to feel worthwhile regarding the things they do in life (The Book Trust, 2013) [1]. The habit of reading also helps in preventing and reducing depression. Mckool (2007) [2] reports that by participating in leisure reading, one could increase his or her vocabulary development, fluency, comprehension and general intellectual development.

Thus contribution of reading interest on personal development has been widely researched but the influence on its effect on other life factors such as approach and perspective towards family and society needs to be understood and hence the present research was planned to understand the holistic effect of reading interest on life viz. personal, familial and societal aspects on youth.

#### Methodology

The study was conducted in three colleges located within the municipal limits of Udaipur

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District, Rajasthan. The total sample for the present study consisted of 120 college going students, between the ages of 18-23 years. Preliminary survey was conducted to select the eligible candidates for the study. Students found eligible as per delimitations of the study viz. Students, belonging to middle income group family i.e., family income between Rs. 15000-45000/- per month residing within Udaipur city, who are in habit of reading at least from six months apart from their academic courses, with no disability, and are regular college going undergraduates of Co-educational colleges between the age of 18-23 years, were scrutinized and sample of 60 boys and 60 girls was drawn. Background information proforma was used to procure the necessary details regarding the subjects and their families. The inventory titled "Influence of Reading Interest on Lifestyle" was developed content validated and utilized for the research. The data collected were scored, coded and categorized. Mean percent scores were computed to study influence of reading interest on the lifestyle of the subjects.

### Results and Discussion

The results of the present study i.e., to study the influence of reading interest on life style of college going youth has been presented under three categories viz. Influence of reading interest on Personal Self, Influence of reading interest on approach towards the Family and Society and Influence of reading interest on perspective towards the Society.

#### Influence of reading interest on Personal Self

Table 1 shows the results of influence of reading interest on personal self of subjects. The results clearly show that reading interest has greatly influenced all three aspects of personal self-i.e., the physical self, the psychological self and the

emotional self of the subjects.

#### Influence of reading interest on physical self

Table 1 shows that 90.33 percent boys said that reading has been a source of inspiration. About 88 percent agreed that reading has exposed them to new things, 86 percent agreed that reading has influenced their working pattern, 85.33 percent said that reading has helped them in retaining information for longer period of time and 84.7 percent said that reading has improved their focus and concentration and has brought changes in their perception and understanding of things in daily life. In case of girls 90.33 percent said that reading has been a source of inspiration, 89 percent said that reading has brought changes in their perception and understanding of things in daily life, 87 percent said that reading has exposed them to new things, 86 percent said that reading has improved their focus and concentration and 85.7 percent said that reading has helped them in all round development. A closer look at the table indicates that reading interest has made a great influence in all the aspects of personal self in both boys and girls. Overall 82.67 percent boys and 84.03 percent girls agreed that reading interest has influenced their physical self. Herbert (2018) opined that while reading books analytical thinking skills are made even stronger. It increases ability to analyze and makes critical thinking work. It also improves focus and concentration. While reading book all of the attention is drawn towards the story forgetting about the rest of the world. This in return improves the ability to focus and concentrate. Reading spiritual texts can also lower blood pressure and bring calmness to people suffering from certain mood disorders and mental illness.

**Table 1:** Influence of reading interest on Physical Self (MPS)

S. No	Physical Self	MPS Boys	MPS Girls
1	Brought productive changes in daily routine such as	79.33	82.66
	• In prioritizing daily tasks		
	• In managing time and resources		
2	Exposed to new things	88	87
3	Improved focus and concentration	84.7	86
4	Helped retain information for longer period of time	85.33	82.7
5	Source of inspiration	90.33	90.7
6	Influenced working pattern	86	80
7	Brought improvement in academic performance	74	77.33
8	Affected career choice	80.33	84
9	Helped achieve goal	78	85
10	Brought changes in perception and understanding things in daily life	84.7	89
11	Helped in dealing with daily life problems	80	78.33
12	Helped in all round development	81.33	85.7
Total MPS		82.67	84.03

#### Influence of reading interest on psychological self

It can be seen from Table 2 in case of boys 89.7 percent said that reading has widened their passion and aspirations. About 88.7 percent boys agreed that reading has kept their brain stimulated and improved their understanding. Further 88.3 percent boys said that reading has helped in building their knowledge base and concepts. Overall 87.01 percent agreed that reading has influenced their psychological self. In case of girls 90.7 percent said that reading has improved their understanding, 90.33 percent agreed that reading has helped

them in building their concepts and knowledge base. About 89.33 percent said that reading has kept their brain stimulated. Overall 87.01 percent boys and 86.81 percent girls agreed that reading has influenced their psychological self. The results get support from Wise (2017) who concluded that reading increases knowledge and intelligence. Exposure to new vocabulary that is achieved from reading leads to high score on reading tests and in general tests of intelligence and an addition to it stronger reading skills might mean higher intelligence later in life. It can also boost the brain.

**Table 2:** Influence of reading interest on Psychological Self (MPS)

S. No	Psychological Self	MPS Boys	MPS Girls
1.	Helped in building concepts and knowledge base	88.33	90.33
2.	Widened passion and aspirations	89.7	88
3.	Improved understanding	88.7	90.7
4.	Kept brain stimulated	88.7	89.33
5.	Boosted imagination and creativity	82	88.33
6.	Helped in grasping and comprehending in a better manner	87.7	84.7
7.	Enhanced the way of experiencing things	84	76.33
	Total MPS	87.01	86.81

### Influence of reading on Emotional self

Table 3 depicts that in case of boys 96.7 percent said that reading has enriched their personal values, 87.7 said that reading has brought positive changes to their belief system. About 78.7 percent agreed that reading has been a good escape from unpleasant things. In case of girls 88.7 percent said that reading has brought positive changes to their belief, 88.33 percent believe reading has enriched their personal values. About 84.33 percent agreed that reading has been a

good escape from unpleasant things. Overall 84.85 percent boys and 85.26 percent girls said that reading has influenced their emotional self. Wise (2017) opined that being lost in reading makes one wonder whole different world where one understands, feels and imagines what has been written, this helps in relating to other's emotions. Fiction has power to help people understand what others are thinking and feeling by reading their emotions. This is very crucial skill to understand complex social relationships.

**Table 3:** Influence of reading interest on Emotional Self (MPS)

S. No	Emotional Self	MPS Boys	MPS Girls
3.1	Enriched personal values	96.7	88.33
3.2	Brought positive changes in belief system	87.7	88.7
3.3	Improved emotional control	76.33	79.7
3.4	Good escape from unpleasant situations.	78.7	84.33
	Total MPS	84.85	85.26

### Influence of reading interest on approach towards the family and society

Table 4 depicts that in case of boys 82.33 percent said that reading has enhanced their ability to be friendlier towards friends, family and society. About 82 percent agreed that reading has improved their relationship with family and it also has increased their support towards family. Further 81.7 percent said that reading has developed their sensitivity towards the needs and feelings of friends, family and society, developed ability to involve family into personal life and increased dedication towards friends, family and society. Overall 81.71 percent felt that reading has influenced their approach towards family and society. In case of girls 85 percent said that reading has developed their capacity to be

more responsible towards family and society and has also improved their relationship with family. About 84 percent said that reading has developed their sensitivity towards the needs and feelings of friends, family and society. Nearly 83.33 percent said that reading has enhanced their ability to be friendlier towards friends, family and society, and has also developed their ability to involve family in personal life. Overall 82.71 percent agreed that reading has influenced their approach towards family and society. Reading interest opens your mindset to a myriad of issues and offers innumerable solutions. Such experiences when repeated through various sources of readings can really enhance an individual's ability to look and handle effectively the various issues related to family and society.

**Table 4:** Influence of reading interest on approach towards the family and society. (MPS)

S. No.	Influence of reading interest on approach towards the Family and Society	MPS	
		Boys	Girls
1.	Helped develop understanding towards family and society	81.33	81.7
2.	Developed sensitivity towards the needs and feelings of friends, family and society	81.7	84
3.	Enhanced ability to be friendlier towards friends, family and society	82.33	83.33
4.	Developed capacity to be more responsible towards family and society	81.33	85
5.	Improved relationship with family	82	85
6.	Developed ability to involve family in personal life	81.7	83.33
7.	Increased the support towards family	82	78.33
8.	Increased engagement into family working	81.33	81
9.	Increased dedication towards friends, family and society	81.7	82.7
	Total MPS	81.71	82.71

### Influence of reading interest on perspective towards the society

In case of boys 84.7 percent said that reading has made an impact in the manner in which they respond to people followed by 82 percent who feel that reading has widened their way of looking at society, helped them empathize other people's feelings in a better manner, made them understand

culture and the cultural differences more and increased their acceptance and appreciation towards other cultures. Overall 81.95 percent believed that reading has influenced their perspective towards society. In case of girls 88.7 said that reading has made an impact in the manner they respond to people followed by 88 percent who believed that reading has increased their acceptance and appreciation towards other

cultures. About 86.33 percent said that reading has increased their appreciation for involvement in social activities. Overall 86.06 percent believed that reading has influenced their perspective towards society. A research conducted by Learning and Work Institute (2015) for Galaxy quick Reads

reported that reading can have great impact on well-being and society and it was found that over 19 percent of their readers felt less lonely when reading, 57 percent reported greater cultural awareness and about 72 percent were more likely to have greater community spirit.

**Table 5:** Influence of reading interest on perspective towards the society. (MPS)

S. No.	Influence of reading interest on perspective towards family and society	MPS	
		Boys	Girls
1.	Widened the way of looking at society	82	85.33
2.	Helped in understanding other's views in a better manner	81	82.7
3.	Helped empathize other people's feelings in a better manner	82	85.7
4.	Made an impact in the manner of responding to people	84.7	88.7
5.	Increased appreciation for involvement in social activities	80	86.33
6.	Made understand culture and the cultural differences more	82	85.7
7.	Increased acceptance and appreciation towards other cultures	82	88
Total MPS		81.95	86.06

### Conclusion

Reading is one of the most precious activities discovered by human kind. It has become one of the major sources of gaining access to any kind of information and to all the available knowledge in this world. In today's world it has become very necessary as it plays a very important role in social skills, keeps one healthy, energetic, and aware and helps in economic advancement and has many more benefits. The results of the present study shows that there is a major influence of reading interest on lifestyle of college going youth. Reading is especially important for youth. It is very important for the upcoming future of the world to understand the importance of this activity. As reading develops capabilities, skills and knowledge that contributes in succeeding academically as well. This activity plays a significant role in determining the success later in life.

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