



# Comparison of the lifestyle, responsibility, and willingness to marriage in the students of Azad University

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**Abstract:** Purpose: This study aims to identify the comparison of responsibility and willingness to marriage in the student of Azad University. Method: The sampling method is available purposeful. Descriptive statistical tests such as mean, variance, and standard deviation are used to analyze data, according to the title of the study and research method for investigating the hypothesis. Multivariate analysis of variance MANOVA, correlation coefficient, and multiple regression were used in the level of the analytical test. On the other hand, correlation and regression analysis were used according to the role of variables to explain the variance. The number of the samples are 145 people of male and female students of Islamic Azad University which was obtained using Morgan and Krejcie tables. Walker lifestyle questionnaire was used in order to collect data. C subscale and long neoform questionnaire for responsibility and questionnaire of willing to marry were used. The results of the present study showed that given that a significant area of the variable of gender is equal to 0.43 and more than 5% of the error level, thus, the null hypothesis is not rejected. This means that there is no significant difference between the willingness to marriage, responsibility, and lifestyle of the male and female students.

**Keywords:** lifestyle, responsibility, willing to marriage

## Introduction

Marriage is considered as the most basic and at the same time the most critical stages of human life. Human has always been elusive of individualism according to his own nature and dependence to others in response to his internal and external needs. Even, the primitive human was not needless to common life (family or group). Marriage is the most basic and the most excellent appearance of this response and the manifestation of his sociality law.

From the perspective of sociology, marriage is a social contract and a guarantee of the survival of the human race and peace and security in a society is the result of healthy marriage and calming the environment of the family. Since, marriage is the factor of emerging family and its delay caused a delay in the formation of new families; thus, it is an important topic for investigation.

Several targets and incentives have been introduced in the issue of marriage and formation of the family in different societies that desire to have children, social factors, economic need, and love can be mentioned. These factors were variable in different periods.

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Lifestyle has changed in recent decades and at the same time, responsibilities were associated with changes as well as lifestyle changes and based on its consequences, the marriage age has gone up and it seems that willingness to marriage is reduced. Also, alongside the lifestyle, the concepts such as responsibility and family orientation are considered as the effective concepts and influenced by lifestyle and synchronization of these concepts has not been properly explained. For example, the values of marriage which were in the past are not much interest. Previously, marriage was a value, manner, and a way of life, purpose and pattern for any young while today, the lifestyle and values have been changes which have led to phenomena such as white marriage (Azad Armaki, 2007).

However, the today's problem of most communities and especially Muslim communities is changed in attitude and culture of the youth which originated from Western culture. In the West, individualism is magnified and the value of independence and individualism is more than convergence and accumulation, and unfortunately, the influence of the West culture and individualism leads to fundamental changes in attitude of marriage. Islam has dealt with different aspects of marriage and it has emphasized its need in the society from different perspectives. The importance of marriage in society is the most important issue that has been addressed in the heavenly teachings. Religious leaders consider marriage as the guarantor of the survival of the human race through a legitimate way and they emphasized on it as the most important factor of customary security and public morals. Given that sociologists have found that many of crimes occur in the ages of 15 and 25 years (Aali Zadeh, 1386).

Since, the decision for marriage is one of the most important decisions and marriage is one of the necessities of the human life; thus, investigating the factors affecting the encouragement and delay of marriage are essential. The delay in the age of marriage can cause a lot of social consequences. Some of the damages and harms of late marriage can be lack of responsibility and neglect in other fields of life, tend to be unconventional relationships in girls and boys, loss of young age and refreshing, disgruntle in life due to the lack of satisfying the needs of the person, concerns of parents of late marriage for their children, depression and sexual dysfunction, refuge to drugs, and many other injuries. Responsibility is one of the pillars of sustaining life in the willing to marry and continue the marriage.

Also, responsibility and feel worthy are one of the most important issues that can be mentioned in the cultural invasion and the introduced Western lifestyle to other societies and especially Islamic societies combined with the promotion of irresponsibility and avoid from actions and positive results of marriage on the pretext of freedom of life or self-determination (Saadai, 2011). Responsibility means the ability to accept, accountability or assuming works. One of the reasons for increasing the age of marriage in Iran in the recent years is the lack of responsibility in the youth and lifestyle changes. Unfortunately, many Iranian families do not bring up their children well for responsibility and they try to make them more dependent. Unfortunately, this behavior causes that when their children reach the age of marriage, they will not marry due to the fear of responsibility. Marriage regardless of responsibility and lifestyle features does not have any achievement except increasing the differences and irregularities in the common life and it will lead to collapse of the family in the future (Aali Zadeh, 2007).

Marriage can prevent corruption and bad practices that its direct consequences can be sexual instincts disruption and it is one of the pillars of public health. From the social viewpoint, undoubtedly marriage is valuable and based on the history, it is one of the social customs in all human societies that was common until today and this is the reason to prove that it is an inherent tradition. Changes in marriage patterns are one of the main indicators of social changes. If the evidence shows a high decrease in the rate of marriage, the society will be faced with the collapse of the family and finally, extreme modernism.

The current boys and girls cannot choose their spouse like the past without cognition and awareness and they cannot be hoped to have consistency in thoughts, values, and norms in their future common life. Thus, the attention of the youth to intellectual, ethical and normative consistency in the mate-selection has become one of their problems and in many cases, it is considered as an obstacle to their marriage. They have clearly found that lack of attention to this fact can increase the fragility of marriage and ultimately, it lead to divorce (Kazempour, 1384).

### **Lifestyle**

It defines the way of coping with the person with the obstacles of life and his ways to find solutions and reach his goals. Adler believed that lifestyle forms in early childhood. Adler found that we can understand the people's lifestyle by observing their behavior with three important duties which are related to each other. The

three main duties include work, society, and love. Adler said the person who does a useful work, he lives in a developing human life and it helps progress (Ansbacher and Ansbacher, 1956). Work selection is one of the ways of lifestyle incidence (Sharf, 1992). Lifestyle is overlapped with the people's behaviors with their family and friends and love.

Lifestyle is as a pattern of social action which distinguishes individuals and social groups from each other (Zokaei, 1386).

Lifestyle is the collection of ideas, designs and habitual samples of behavior, desires, and ways of explaining social or personal situations which determine the type of reaction (Shear, 1992). Lifestyle can be interpreted as a more or less comprehensive set of functions that the individual uses them. These functions not only meet his current needs but also, they imagine a special narrative against people that he chooses for his own personality (Gidenz, 1994).

Lifestyle is a relatively coherent set of actions and activities of a particular person in the course of everyday life (Gidenz, 1999). In the definition of lifestyle based on "consumption pattern", including objects and behavior, life's different ways indicator of individuals and groups is desired. Another definition of lifestyle is based on the behavior and thinking. In this definition, lifestyle indices include activities, interests, opinions, values and lifestyle (Mitchell and Douglas Holt) in value/personality view. Velz Veligert (1979) believes that lifestyle thinking is understood as intervening variables between "difficult economic conditions" and real consuming behaviors and he knows lifestyle characteristics include activities, interests, profits, and opinions. Sobel (1981) in his book of "Lifestyle and social structure" says: The structure of lifestyle is associated with the social structure of communities, but, the available options for each individual is highly depended on his success inside that structure (Gelser, 1365).

By surveying and analyzing lifestyle, information about attitudes, norms, and hidden values can be achieved which is in the mind, belief, and actions and a more realistic interpretation and image can be presented from orientations and existing patterns or emerging patterns. Lifestyle is a precise experimental tool for understanding perception of cultural realities in different social levels and various topics and the density and proliferation of such researches can be helpful in achieving major approaches and making effective decisions in analyzing the cultural conditions of the country (Majdfar, 2003).

As Chaney believes any policy-making and decision-making in the field of public administration requires the discovery of countless landscapes of lifestyle and the youth in a society (Esmol et al., 2005).

### **Lifestyle Features**

Lifestyle is a combination of form (style) and meaning (life); the behavior came from beliefs and interests and based on an expressed and conscious view or unexpressed and subconscious view in the philosophy of life.

A set of life elements that are converted to lifestyle when they reach the quorum of solidarity and consistent and they have fitness.

Most elements are optional in rising lifestyle.

lifestyle can be created and changed;

No human can be imagined without customs or lifestyles except in childhood that the person's personality is not formed.

Lifestyle leads to a kind of social identity.

Lifestyle ultimately creates convergence and divergence in the macro-social level.

### **Lifestyle functions**

#### **Understanding of life**

Lifestyle is the guide of life map which helps its understanding to create interaction by thinking to life and creatures and reach this feeling that not only search about itself but also, it explores about the nature of life and other people around and searches about the way of interaction with others, itself, nature and all existence and God to achieve a meaning and understanding of life to find the way of having relationship with God and determines the level of relations with others and its form and manner. Individual's lifestyle can provide a closer understanding of life for the individual to reach a better cognition. If the person does not have an understanding of his own lifestyle, it won't have the ability to understand and interpret and communicate with it's around. Recognizing lifestyle will give a proper understanding of life type that is rooted in our thoughts and attitudes (Fazeli, 2003).

### **Possibility to predict**

Lifestyle allows us to predict. Without lifestyle, we will force to retrain the contents every moment or re-experience failures and mistakes of the past. But, by having a map or plan, we can reconstruct or prepare it for the future. This plan (lifestyle) is always extended against use conscious or unconscious. This possibility to predict the lifestyle is present in our depth. This is not in such a way to forget it or lose it in extreme excitement cases or... thus, this map always gives us the possibility to predict; for example, my attitude to life gives me the possibility to choose my behavior when I caught in an unwanted war (Fazeli, 2003).

### **Possibility to control**

Lifestyle gives us the possibility to control. Although, no one can control the life in the existential view; but, we can have somewhat some controls in the functionalism level. We can get what we want and we can prevent what may happen to us. We can provide an opportunity to reach our desired route. Undoubtedly, there are many differences between when we have a cognitive map with when that is not the case. Similarly, whatever we recognize our lifestyle and be dominant on it, we can better manage it. Also, recognizing the lifestyle of others along with recognizing our lifestyle can make us more capable to more control the situation and our lifestyle; because, human is a social creature and sometimes is affected by others' lifestyle and sometimes affects others' lifestyle (Fazeli, 2003).

### **Factors affecting the lifestyle**

That affect the lifestyle can be defined as follows: Every phenomenon that influences the rise of a human's so-called lifestyle. With this consideration, we will have a wide range of lifestyle factors. In the Islamic worldview, phenomena affecting the lifestyle including large and small factors are assessed and evaluated carefully and no factor is neglected in the name of limitations or lack of effect. Now, we will discuss some of the lifestyle factors (Fazeli, 2003).

### **Family environment**

The source and origin of lifestyle should be searched at the birth stage and that stage is the family which has a special significance in the view of Islam because the human is like a plant that grows. Human is a creature who observes his field that what kind of land should be before be cultivated or who should be the person who wants to cultivate.

Therefore, we conclude that the first effective factor on the human's lifestyle is family because on one hand, specific characteristics are transmitted from it to human through inheritance and on the other hand, it creates a special living environment which provides the possibility of comprehensive learning for him. Comprehensive learning that includes habits, skills, behaviors and new insights (Keyhan Nia, 2005).

### **Learning environment**

The other factor that has a fundamental and determining aspect is learning environment that the teacher is its outstanding and representative figure. What is transmitted in the process of education to students is not only the knowledge and skills of the teachers but also, all traits, behaviors, apparent psychological states are transferred to the students (Keyhan Nia, 1384).

### **Responsibility**

Kolmsee and Bin (1995) has defined the word of responsibility literally some years ago which means the ability to respond. This term usually means that the appropriate decision that the person selects in the framework of social norms and expectations and this choice creates positive human relations, enhance safety, and comfort for the success.

Responsibility is a process that the person should learn in the first years of childhood so that he meets numerous duties with responsibly in different periods of the life. Responsibility of people in each society is one of the values of that society and it is considered as one of the important indicators of mental health (Farahmand Beygi, 2008).

Responsibly means the belonging of choices to us and honest dealing with freedom. Responsibly includes observing others and not blaming them for personal problems (tavasoli, 1999).

learn responsibility from their parents, school, friends, and the community and maintain this valuable skill forever by learning. This issue causes more success in the life affairs. Thus, it is better to teach

responsibility to children from childhood. Family is the first effective factor in the creation of responsibility in individuals. Therefore, it seems that participatory methods from the first, participation in housework, school, university, job, and etc. are the methods that individuals feel more responsibility and they are committed to carry out their duties (Adair, 1970).

Teaching children to take responsibility within the family is a good way to prepare them to accept numerous duties and responsibilities that they will face with them outside the family and provide the necessary means for their independence. For a child who grows now and then, he becomes adolescent and adult, the ability to achieve social responsibilities outside the family depends on the opportunity to experience the valuable contribution of self-respect, power and social links (Barrett, 2000).

Family is the first effective factor in creating responsibility in individuals. Thus, it seems that participatory methods from the first, participation in housework, school, university, job, and etc. are one of the methods that individuals feel more responsibility and perform their duties committedly (Teriandis, 1999).

Teaching responsibility to children and adolescents helps them to accept the responsibility of their feeling, recognition, and behavior and also, they accept that they are responsible for the health, success, relationships with others and with the environment (Hiul, 2009).

### **Effective entities in fostering responsibility:**

Family is the first and the most important human society. We should acclimate our children to do their work from the beginning that they have the ability to do personal and social works (of course with appropriate executive guarantees). Therefore, we take a positive and valuable step for responsibility in the social level by reinforcing responsibility in the individual level. Parents and adults are the pattern for children, thus, when a child is responsible that their parents and those around have responsible. The motto of responsibility and not doing that not only does not lead to responsibility in children but also, in some cases it leads to anti-responsibility and illegalities.

School is the second great community that a child spent a lot of time in it and his future is determined in this location. Thus, parents and school teachers must try in this direction using proper strategies such as game groups and cultural-art groups. Also, textbooks planners should pay more attention to students' awareness of their value.

As expressed responsibility is a moral obligation that in this way, the society and "public authorities" must provide the social-economic conditions for this commitment (Tanhaei, 2003).

Social consensus and national consensus on a broader range are one of the fundamental factors of responsibility. In the other words, the cooperation of people at different levels, "and strengthen the sense of criticism" are the external factors which contribute to the internalization of moral values.

### **Willingness to marriage**

Marriage is a sacred, intellectual, and emotional bond between two persons to achieve an independent family under which the person achieves the sense of tranquility, harmony, empathy and attunement in life. Meanwhile, it is a factor for growth, prosperity, mutual development and satisfying basic human needs.

Also, marriage is an important social and legal entity which protects the stable marital relations through providing a specific set of new rights, privileges, obligations, responsibilities and expectations. Undoubtedly, such supports survive and continue the family and social structure. Also, the Holy Quran has considered marriage and fulfillment of the relationship between the sexes in marriage as a divine sign so that it brings peace for both of them (Rome, 21). Marriage is one of the most important social, cultural, and environmental phenomenon that is influenced by the society and affects it (Seddigh Ouraei, 1999). Marriage is an emotional healthy relationship, in which the person achieves a sense of value, trust, security, love, and respect in addition to satisfying sexual needs. In this relationship, borders are clear and individual choices are respected. Power is divided in a fair system and relationships are defined and it is clear that in such a marriage, there is a clear and safe sex (Omid Shahraki et al., 1999). Given the fact that Iran is a young country; it can be seen that it grapples with the increasing in the mean age of marriage and reducing the marriage rate. Thus, we are faced with population decline by increasing the age of marriage and consequently, reducing the number of marriages, and etc. Scholars believe that the reason for declining marriage and the willingness to get married and thus, reducing the fertility is "escape from the marriage". Data show that in many parts of the world, men and women, marry in older ages or remain unmarried. In fact, promotion of Western lifestyle is the most important factor for "escape from the marriage" in Muslim societies. Promotion of Western lifestyle, increasing

the difficulty of marriage in Muslim communities –including our country- a rush of satellite channels with Iranian-Islamic lifestyle, phenomena such as "being single", "escape from the marriage", "lack of interest in the family", "relations out of tradition and religious", and finally the crisis of population and families are such that addressing this issue and encourage young people to marry and accept responsibility of the couples seem necessary.

### **Obstacles of marriage**

If we look at other angles of marriage, we find that it is a factor that causes mental relaxation for human and it completes half of the human's faith and it is an excuse to get gifts (love) from the Lord and also, it gives hope and regulation to the human's life (Sarokhani, 2006). Naturally, every young person is interested in marriage and making family and he or she wants to do this valuable issue in the shortest possible time and put the life in its right way. But, when it is said to a youth marry; immediately, he or she rises the difficulties and obstacles of marriage and the first problem that he or she rises is economic and financial affairs and then, other problems. The truth is that there are really a lot of problems in the way of the marriage that cannot be ignored (Kazemipour, 2005). According to conducted studies, the most significant factor which prevents the formation of marriage and their solution to resolve them are suggested in the form of titles which are referred in detail in the following:

### **Unemployment**

One of the major obstacles of marriage is unemployment. When people are unemployed and without income and they cannot cover the costs of wedding ceremony and marriage, they cannot marry on time and they are forced to delay their marriage until finding a job and income. Unemployment is one of the most important problems of our country that the government should act to solve it. Otherwise, it is possible to face with the crisis in the future (Mahmoudian, 2004).

### **Housing**

Although, the housing problem returns to financial problems, but, it can be surveyed separately because of its property. One of the major obstacles of marriage is not having a home. Preparing house is very difficult for the youth and therefore, marriages are delayed from the appropriate ages. A vast majority of our people are suffering from homelessness and providing a house for low-income earners and salaried employees, especially young people are very difficult and sometimes impossible due to rising home prices. No one aware from the bitter taste of homelessness until be homeless (Mahmoudian, 2004).

### **Luxury-orientation**

The reason for all people who marry late is not really due to financial debility because marriage is not so difficult that we assume, but also unwarranted expectations and ambitions and luxury orientation of most of the people make marriage so difficult (Mahmoudian, 2004).

### **Continuing Education**

One of the other factors that delay marriage is continuing high school or university education. Most boys and girls are interested in continuing their education at least to diploma and if possible to bachelor's degree and higher and on the other hand, they consider marriage inconsistent and impractical for studying and accepting the responsibilities of marriage (Mahmoudian, 2004).

Surveying the mentioned problems and obstacles such as many other obstacles in the way of marriage are artificial and fictitious and they not only can be met by a deliberated planning, but also a ladder can be built by marriage for climbing and progress in education and academic degrees.

Therefore, addressing this issue is important that we can evaluate the lack of willingness of young people to marry, reducing marriage, and the consequences that come from it in this research (Semoal et al., 2005).

### **Sampling method**

The current research method according to the subject, objectives, and executive facilities is post event and causal-comparative research which has been done in the form of field surveying and a questionnaire has

been used, for this reason, to collect information; also, correlation method is used to test the subsidiary hypotheses (secondary).

**The statistical population and sample**

statistical population of this research consisted of all single boy and girl students of the university at the postgraduate level who are 145 samples of boy and girl students which are obtained using Morgan and Krejcie tables. The sampling method is an purposeful available method.

**Tools**

The measuring tools are questionnaires that have been set as following:

**Lifestyle questionnaires**

This questionnaire had 54 questions and its objective is measuring the promoting behaviors of health (Nutrition, sport, health responsibility, stress management, interpersonal support, and self-actualization). Its response spectrum is the Likert-type.

In order to obtain the score of each dimension, calculate the sum of the scores of the questions related to it. In order to obtain the total score of the questionnaire, we calculate the sum of the scores of all questions. The questionnaire is based on the Likert spectrum that is graded from 1 to 5.

**Questionnaire of responsibility**

In this research, C subscale and long neoform questionnaire were used to assess responsibility so that the questions about conscience are separated and it has been used as a questionnaire. The questionnaire has 48 questions.

**Questionnaire of willing to marry**

"Marriage interest gauge questionnaire" (Parsad) has 24 questions with 5 options and one additional question is made for the golden age for marriage. "Validity" of its content was approved through experimental implementation and surveying respondents and 5 professors of psychology and its "reliability" was calculated through test-retest  $r=0.77$  and the internal consistency of Cronbach's alpha was calculated (0.92).

**Research finding**

The first stage of data description is describing and summarizing data using descriptive statistics. In this chapter, the researcher has summarized and classified data using distribution tables and diagrams after extracting data and then, she thought to respond to emerging research hypotheses with the help of collected data and inferential statistical methods.

**Descriptive Statistics**

**Average and distribution index of the components of marriage questionnaire**

In the following, marriage questionnaire was extracted by data classification, average, variance, and standard deviation which is presented in the table and diagram.

Table 1

|  | Average | Variance | Standard deviation |
|--|---------|----------|--------------------|
| Willing to marry                         | 39.59   | 45.230   | 6.725              |
| Lack of willing to marry                 | 40.01   | 64.958   | 8.060              |
| Feedback to marriage                     | 30.08   | 31.146   | 5.581              |
| Attitude to the consequences of marriage | 22.86   | 18.523   | 4.304              |
| Preparing for marriage                   | 17.52   | 17.821   | 4.221              |
| Marriage Obstacles                       | 11.61   | 37.143   | 6.095              |

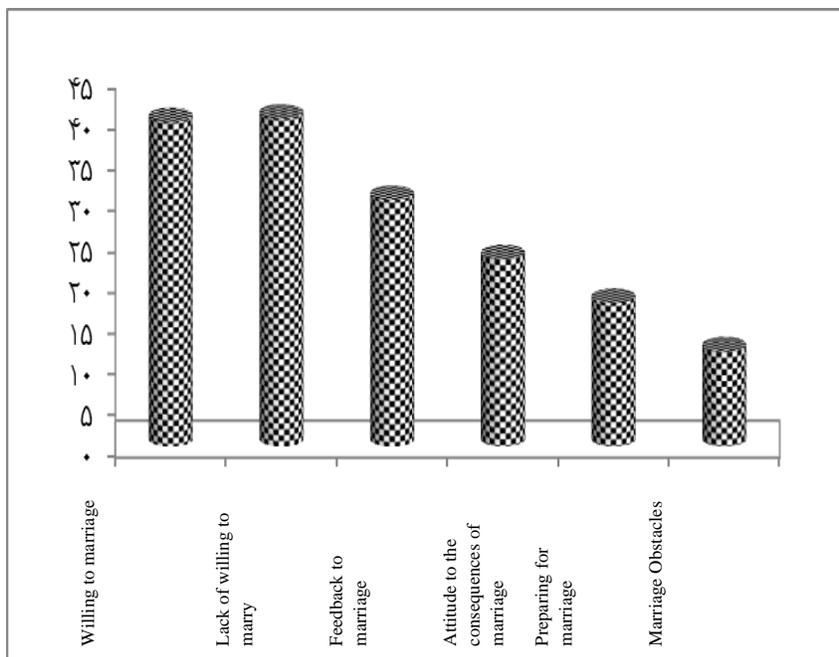


Figure 1

**Average and distribution index of the components of lifestyle questionnaire**

In the following, lifestyle questionnaire was extracted by data classification, average, variance, and standard deviation which is presented in the table and diagram.

Table 2. Age composition table of the statistical sample

| Component                 | Average | Variance | Standard deviation |
|---------------------------|---------|----------|--------------------|
| Self-actualization        | 28.70   | 34.602   | 5.882              |
| Responsibility for health | 30.49   | 45.029   | 6.710              |
| Interpersonal support     | 21.10   | 31.435   | 5.607              |
| Stress management         | 14.05   | 18.630   | 4.316              |
| Sport                     | 17.28   | 34.868   | 5.905              |
| Nutrition                 | 20.12   | 16.701   | 4.087              |

Bar graph

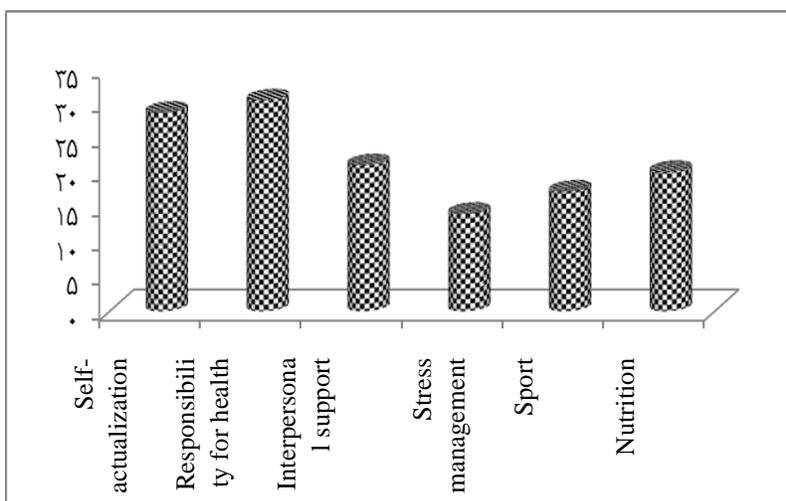


Figure 2

**Average and distribution index of the components of responsibility questionnaire**

In the following, responsibility questionnaire was extracted by data classification, average, variance, and standard deviation which is presented in the table and diagram.

Table 3

|                | Average | Variance | Standard deviation |
|----------------|---------|----------|--------------------|
| Responsibility | 110.37  | 340.442  | 18.451             |

**Inferential statistics**

In the inferential statistics, the researcher calculates the statistics using sample values and then, she explains the statistics to the population's parameters by estimating or statistical hypothesis testing. Inferential statistical methods are used to analyze the data and research hypotheses test. Thus, in the following, we determine the data distribution and then, we test the hypotheses based on this action and determining the necessary tests.

**Reliability test of the questionnaires**

Cronbach test is used to determine the reliability of the questionnaire. In the case of choosing Cronbach's alpha method, the calculated reliability in the output is accepted when it is greater than 70%.

**Data normality check test**

The normality check test of the population i.e. Kolmogorov-Smirnov and Shapiro-Wilk test are used in order to determine the desired statistic in the hypothesis test. In this test, the null hypothesis proposes the normality of the data and the one hypothesis proposes the non-normality of the data.

**Lifestyle questionnaire**

Since, the test significance area in the lifestyle questionnaire is more than 5% of the error level in the test, thus, the null hypothesis is not rejected. This means that the data distribution is normal and the parametric test can be used.

Table 4. table of the lifestyle scores normality

| Kolmogorov-Smirnov |                    |                |
|--------------------|--------------------|----------------|
| Significance area  | Degrees of freedom | Test statistic |
| .054               | 145                | .153           |

**Marriage questionnaire**

Since, the test significance area in the marriage questionnaire is more than 5% of the error level in the test, thus, the null hypothesis is not rejected. This means that the data distribution is normal and the parametric test can be used.

Table 5. Measuring table of the marriage scores normality

| Kolmogorov-Smirnov |                    |                |
|--------------------|--------------------|----------------|
| Test statistic     | Degrees of freedom | Test statistic |
| .144               | 145                | .132           |

**Research hypotheses test**

to the type of assumptions and research methods, the applied tests in the search hypothesis test is correlation, regression and the average of the two populations.

**The main hypothesis**

**First hypothesis**

There is a significant difference between the willingness to marriage, responsibility, and lifestyle of boy and girl students.

**Null hypothesis**

There is no significant difference between the willingness to marriage, responsibility, and lifestyle of boy and girl students.

**Contrary hypothesis**

There is a significant difference between the willingness to marriage, responsibility, and lifestyle of boy and girl students.

In the case that more than one dependent variable is taken into consideration, multivariate analysis methods are used based on the dependencies between dependent variables.

Table 6. Multivariate tests table

| Source        | Value | F    | Df hypothesis | Df error | Sig. |
|---------------|-------|------|---------------|----------|------|
| Pillay effect | .019  | .926 | 3.000         | 141.000  | .430 |
| Lambda Wilkes | .981  | .926 | 3.000         | 141.000  | .430 |

Given that the significance area in the gender variable is equal to 0.43 and more than 0.05 of error level, thus, the null hypothesis is rejected. This means that there is no significant difference between the willingness to marriage, responsibility, and lifestyle of boy and girl students. Of course, it should be noted that the scores of the two groups in variables are low.

**The second hypothesis:**

There is a significant difference between the subscales of the test of willingness to marriage of boy and girl students.

**Null hypothesis**

There is a significant difference between the subscales of the test of willingness to marriage of boy and girl students.

**Contrary hypothesis**

There is no significant difference between the subscales of the test of willingness to marriage of boy and girl students.

Table 7

| Source        | Value | F    | Df hypothesis | Df error | Sig. |
|---------------|-------|------|---------------|----------|------|
| Pillay effect | .019  | 638. | 5.000         | 139.000  | .85  |
| Lambda Wilkes | .986  | 638. | 5.000         | 139.000  | .85  |

Given that the significance area in the gender variable is equal to 0.85 and more than 0.05 of error level, thus, the null hypothesis is rejected. This means that there is no significant difference between the willingness to marriage, responsibility, and lifestyle of boy and girl students. Of course, the descriptive statistics show that the scores of subscales of the willingness to marriage in variables are low.

**Secondary hypothesis (peripheral)**

**The third hypothesis**

There is a significant relationship between the willingness to marriage and responsibility.

**Null hypothesis**

There is no significant relationship between the willingness to marriage and responsibility.

**Contrary hypothesis**

There is a significant relationship between the willingness to marriage and responsibility.

Table 8. Pearson correlation test is used to evaluate the hypothesis.

|  |                |
|--|----------------|
|  | Responsibility |
|--|----------------|

|                         |                     |       |
|-------------------------|---------------------|-------|
| willingness to marriage | Pearson correlation | .315  |
|                         | Significance area   | .0001 |
|                         | Number of samples   | 145   |

As the results show, the significance area of the test is less than 0.05 error, thus, the null hypothesis is rejected at the 95% confidence level and it can be concluded that there is a significant relationship between the willingness to marriage and responsibility. This means that whatever the responsibility be more, probably, the willingness to marriage will be more.

**The fourth hypothesis**

There is a significant relationship between the willingness to marriage and lifestyle.

**Null hypothesis**

There is no significant relationship between the willingness to marriage and lifestyle.

**Contrary hypothesis**

There is a significant relationship between the willingness to marriage and lifestyle.

Table 9

|                         |                     |        |
|-------------------------|---------------------|--------|
|                         | Lifestyle           |        |
| willingness to marriage | Pearson correlation | .337** |
|                         | Significance area   | .0001  |
|                         | Number of samples   | 145    |

As the results show, the significance area of the test is less than 0.05 error, thus, the null hypothesis is rejected at the 95% confidence level and it can be concluded that there is a significant relationship between the willingness to marriage and lifestyle.

**Fifth hypothesis**

The willingness to marriage can be predicted by the scores of lifestyle and responsibility.

Multiple linear regression is also used to evaluate this hypothesis; independent variable (predictor) includes is can be rejected with 95% confidence level. Lifestyle and responsibility, and the dependent variable (criterion) is the willingness to marriage.

The test results show that the correlation between independent variables and the dependent variable is 38%. Also, R<sup>2</sup> (coefficient of determination) shows that 15% of the changes of the dependent variable (willingness to marriage) is explained by independent variables (lifestyle and responsibility).

Also, the significance area of the test shows that the null hypothesis can be rejected with 95% confidence. This means that there is a linear relationship between two independent variables (lifestyle and responsibility) with the dependent variable of willingness to marriage in the students which makes the explaining and predicting the willingness to marriage possible based on the lifestyle and responsibility.

Table 10

| F<br>(significance area) | R <sup>2</sup> | Cor<br>relation |
|--------------------------|----------------|-----------------|
| 12.520<br>(.000)         | .150           | .387a           |

By investigating the other output of the software, the intercept and regression coefficient can be extracted. By examining the table it is clear that the intercept of the regression hypothesis is 19.95 and the independent variable coefficient of lifestyle is 0.08 and the independent variable coefficient of responsibility is 0.077. Also, by investigating the beta standardized coefficient it is determined that both predictor variables have a significant role in the willingness to marriage.

Table 11

|                | Not standardized coefficients |        | beta standardized coefficient | t     | significance area |
|----------------|-------------------------------|--------|-------------------------------|-------|-------------------|
|                | Std. Error                    | B      |                               |       |                   |
| Intercept      | 3.959                         | 19.958 |                               | 5.041 | .000              |
| Lifestyle      | .029                          | .085   | .248                          | 2.902 | .004              |
| Responsibility | .031                          | .077   | .210                          | 2.462 | .015              |

**Sixth hypothesis**

Willingness to marriage can be predicted from the subscales of lifestyle.

Multiple linear regression is also used to evaluate this hypothesis; independent variable (predictor) includes lifestyle subscales and the dependent variable (criterion) is willingness to marriage.

The test results show that the correlation between independent variables and the dependent variable is 51%. Also, R<sup>2</sup> (coefficient of determination) shows that 26% of the changes of the dependent variable (willingness to marriage) is explained by independent variables (lifestyle subscales).

Also, the significance area of the test shows that the null hypothesis can be rejected with 95% confidence level. This means that there is a linear relationship between two independent variables (lifestyle subscales) with the dependent variable of willingness to marriage in the students which makes the explaining and predicting the willingness to marriage possible based on the lifestyle and responsibility.

Table 12

| F<br>(significance area) | R <sup>2</sup> | Cor<br>relation |
|--------------------------|----------------|-----------------|
| 8.073<br>(.000)          | .26            | .51             |

By investigating the other output of the software, the intercept and regression coefficient can be extracted. By examining the table it is clear that the intercept of the regression hypothesis is 29.564 and self-actualization subscale, stress management, and nutrition have a significant role in the willingness to marriage as much as 0.01, 0.0001, and 0.0001 respectively.

Table 13

|                           | Not standardized coefficients |        | beta standardized coefficient | t      | Significance area |
|---------------------------|-------------------------------|--------|-------------------------------|--------|-------------------|
|                           | Std. Error                    | B      |                               |        |                   |
| Intercept                 | 3.659                         | 29.564 |                               | 8.081  | .0001             |
| Self-actualization        | .092                          | .241   | .211                          | 2.611  | .01               |
| Responsibility for health | .082                          | .058   | .057                          | .705   | .482              |
| Interpersonal support     | .093                          | .144   | .120                          | 1.541  | .126              |
| Stress management         | .145                          | .559   | .359                          | 3.850  | .0001             |
| Sport                     | .108                          | .000   | .000                          | -.004  | .997              |
| Nutrition                 | .127                          | .474   | .288                          | -3.727 | .0001             |

With this view, it has been tried to evaluate and compare the lifestyle, responsibility, and willingness to marriage of the boy and girl students in this research because the lifestyle can affect the responsibility and willingness to marriage. In this research, some hypotheses were proposed relying on the opinions and literature which will be checked in the following.

### **The main hypothesis**

There is a significant difference between the willingness to marriage, responsibility, and lifestyle of the boy and girl student.

Multiple comparison test (MANOVA) was used to evaluate the hypothesis. The test results show that there is no difference in terms of the mentioned variables between the two groups of girls and boys. The findings of this research are consistent with the findings of Heydari et al. (2009). Also, the research results of Aliei and Sani (2010) is consistent with the findings of this research. As marriage psychologists and counselors express, ability to make decisions and financial self-sufficiency, personality independency and ability to accept the conditions of life are the important components of marriage and decision to get out from being single to marital status. This is quite true for girls and boys. The girls who see the ability of handling a married life with a child in themselves, usually are more enthusiastic to establish a new life and experience a life with two people and also, the boys often seek the financial independence and decision-making that lead them to form a new life with a focus on their ability.

### **The main hypothesis**

There are significant differences between the test subscales of willingness to marriage in girl and boy students.

Multiple comparison test was used to evaluate the hypothesis. The results showed that there is no difference in terms of the mentioned variables between the two groups of girls and boys. The findings of this research are approved by Aliei and Sani (2010). These findings are some kind consistent with the researches of Khosravi, Seyf Alishahr (2007), Clifton (1995), Epstein, Kristin, Wilborn, (1998), Stilz (2002).

Studies show that willingness to marriage is influenced by several factors that sense of belonging and solidarity are one of these factors. According to existing theories willingness to marriage is available equally in both sexes and this willingness is influenced by psychological and social factors (Ghaffari, 1390).

### **Peripheral hypotheses**

There is a significant relationship between the willingness to marriage and responsibility.

Pearson correlation test is used to evaluate the hypothesis. The results showed that the significance area of the test is less than 5%, thus, the null hypothesis is rejected at the 95% confidence level and it can be concluded that there is a significant relationship between the willingness to marriage and responsibility.

Responsibility shows the degree of independency and ability in an individual and whatever this responsibility be more, the tendency for independency and marriage as a symbol of the individual's ability especially in the youth becomes more (Jalali, 2011).

There is a significant relationship between the willingness to marriage and lifestyle.

Pearson correlation test is used to evaluate the hypothesis. The results showed that the significance area of the test is less than 5%, thus, the null hypothesis is rejected at the 95% confidence level and it can be concluded that there is a significant relationship between the willingness to marriage and lifestyle. The result of this research is consistent with the findings of Javadi (2010) and Ehsani Fard (2008). In fact, lifestyle is the strategy of an individual in dealing with current issues and managing his or her life in the path of daily events. Tendency to make relationships and socialization can be formed based on the lifestyle and it can be the interest and friendly relationship or beyond this (marriage) and tend to coexist with a shared responsibility with the opposite sex (Sarhadi, 2010). In fact, the lifestyle with pluralism and growth and success orientation has a close relationship with the acceptance of marriage as a supplement for the person's life and a sign of growth and independency (Jalali, 2011).

Willingness to marriage can be predicted from the scores of lifestyle and responsibility.

Linear regression test is used to evaluate the hypothesis and the results show that Willingness to marriage can be predicted from the scores of lifestyle and responsibility. The results of this research are approved by the findings of Soltani and Khorram (2010).

Willingness to marriage can be predicted from the subscales of lifestyle.

Linear regression test is used to evaluate the hypothesis and the results show that only three lifestyle subscales (self-actualization, stress management, and nutrition) can predict the willingness to marriage and three other subscales cannot explain. The results of this finding are confirmed by the findings of Soltani and Khorram. However, all the lifestyle subscales in this research can predict the willingness to marriage.

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