

Title of Lesson: Religion and the Lifestyle of Young Adults

Target Audience: 9th-12th grade.

Time Required: (1-2) 45 minute class periods.

Goal: Students will analyze the influence of religion on the lifestyle of young adults.

Objective(s): Given a subset of the 2010 General Social Survey, students will compare and contrast two religious groups by answering a set of questions. Based on their findings, students will explain if participation in a religion seems to influence lifestyle choices.



DOES RELIGION INFLUENCE THE LIFESTYLE CHOICES OF YOUNG ADULTS?

Making choices is something we do every day. From choosing what to eat for breakfast to choosing a college, making a choice is simply selecting among the different options you are given.

In this module, we will focus on how religious beliefs may affect the choices that young adults make. Using quantitative data from The Association of Religion Data Archives (the ARDA), you will explore the influence of religion in the lifestyle choices of young adults. Does a young adult's religion affect the lifestyle choices he/she makes?

Step 1- Choose Two Religious Groups.

The first step into exploring whether religion influences lifestyle choices in young adults is to select the **two** religious groups you would like to explore. Select **two** religious groups from the table below.

•Mainline Protestant • Evangelical Protestant •Black Protestant •Roman Catholic •None
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[Note: Other religious traditions exist, but they do not have enough data in this subset of the General Social Survey to make valid conclusions.]

For clarification, Mainline Protestant denominations include the Episcopal Church, the United Church of Christ, the United Methodist Church, most Presbyterians, and even some denominations with the word “Evangelical” in their names, like the Evangelical Lutheran Church of America. Evangelical denominations include the Southern Baptist Convention and the Assemblies of God. Many Pentecostal and non-denominational churches also fall under the Evangelical category.

After making your selection, record the names of the two religious groups you would like to explore for this module.

Now that you have selected two religious groups, you will use the [Association of Religion Data Archive](#) website to begin exploring a survey in which young adults ages 18 to 30 were asked to answer a variety of questions concerning their lifestyle behaviors. While you are exploring this survey, it is important to keep in mind that a person's lifestyle often reflects a person's attitudes, values, and worldview.

Step 2 – Comparing and Contrasting

Review a subset of the 2010 General Social Survey findings, located [here](#), to answer the following questions about the two religious groups you selected in Step 1. Notice that some of the questions listed include an **analyze results** option. In order to find specific information about the religious groups you have selected, you must click on the **analyze results** option. Once you have done that, scroll down to find the **religion** category.

Education and Work

1. What percentage of young adults within the religious groups has a bachelor's degree?
(Hint: look at question 2 and click on **analyze results**.)

Religious Group Name	Percentage

Total Population %

2. What percentage has a graduate degree?

Religious Group Name	Percentage

Total Population %

3. How do your chosen religious groups compare to the overall population?

4. What percentage did not finish high school?

Religious Group Name	Percentage

Total Population %

5. Concerning work, what percentage has a full-time or part-time job? (Hint: look at question 3 and click on **analyze results**.)

Religious Group Name	Percentage

Total Population %

6. How does the educational attainment for these groups compare to the total population percentage?

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7. How does the educational attainment relate with working full- or part-time?

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8. Are there any interesting patterns in your findings when comparing the religious groups you are exploring? Please explain your answer.

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Marriage and the Family

9. What percentage of young adults is married? (Hint: look at question 4 and click on *analyze results*.)

Religious Group Name	Percentage	Total Population %

10. What percentage is divorced?

Religious Group Name	Percentage	Total Population %

11. What percentage has never been married?

Religious Group Name	Percentage	Total Population %

12. How does the percentage of married, divorced, and never married young adults in both groups compare to the percentage of the total population percentage?

13. What percentage of young adults has children? (Hint: look at question 5 and click on *analyze results*.)

Religious Group Name	Percentage

Total Population %

14. How do the groups compare to the total population?

15. Are there any interesting patterns in your findings when comparing these religious groups concerning marital status or having children? Please explain your answer.

Health and Religiosity

16. What percentage of young adults within the religious groups you chose has excellent health? (Hint: look at question 6 and click on *analyze results*.)

Religious Group Name	Percentage

Total Population %

17. According your findings, is there a difference between the groups when it comes to having excellent health? How does the percentage of each group compare to the total population?

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18. What percentage attends religious services at least once a month? (Hint: look at question 7 and click on *analyze results*.)

Religious Group Name	Percentage	Total Population %

19. Is there a difference between the groups? How does the percentage of each group compare to the total population?

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20. Does there appear to be a relationship between excellent health and religious service attendance?

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Let's examine a few more questions, using what you have recorded so far in this lesson.

21. How does the percentage of young adults in both groups who are working full- or part-time compare to the percentage of young adults who are in excellent health?

Religious Group Name	% of young adults who have a graduate degree	% of young adults who are married

22. Do you see any trends? If so, please explain.

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23. How does the percentage of young adults in both groups who dropped out of high school compare to the percentage of young adults who have children?

Religious Group Name	% of young adults who do not have a graduate degree	% of young adults who have children

24. Do you see any trends? If so, please explain.

25. As you look back over the data you have gathered and the comparisons you have made, explain how you think participation in a religion influences the lifestyle of young adults.