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Sociological Study of the role of Lifestyle in the Quality of Life of Citizens 65 Years and Older in Bandar Mahshahr

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FURTHER INFORMATION:



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EXTENDED ABSTRACT

INTRODUCTION:

Today, One of the concerns is a Quality Lifestyle. This article examines the Sociological role of Lifestyle in the Quality of Life of Citizens over 65 years of age in Bandar Mahshahr. How the lifestyle can affect the quality of life and in what dimensions is this effect stronger? And what about the elderly? The paper is based on the Scandinavian-American approaches and the social quality approach to quality of life and the combined view of Bourdieu's theories from the field in the theory of differentiation, and Giddens's definition of lifestyle and social construction to lifestyle.

METHODOLOGY:

The present article has been done by Survey Method among the Statistical Population of Citizens 65 years and older in Bandar Mahshahr city. 396 citizens aged 65 and over have been identified as a Statistical Sample using the Cochran's formula, Statistical Data were collected through Stratified Sampling and Researcher-made Questionnaire tools and finally analyzed using SPSS Statistical Software and Descriptive and Inferential Statistical Tests.

FINDINGS:

The Findings show that the Objective, Subjective and Social Quality of Life of Citizens were at the level of 61.69, 52.3 and 41.2% of the maximum potential Average percentage of these dimensions of Quality of Life

respectively. Also, the Lifestyle of Citizens is more Consumption than Production, which is in line with Bourdieu and Sobel's theories regarding the Consumption pattern and lifestyle; On the other hand, the Lifestyle of Citizens is more Social than Economic and Cultural, which can be interpreted with the nomadic, ethnic and family roots of the research analysis unit. According to the Findings, Economic Lifestyle with 0.485 Total Impact, Social Lifestyle with 0.375 Total Impact, Cultural Lifestyle with 0.280 Total Impact on the one hand and Productive Lifestyle with 0.558 Total Impact and Consumption Lifestyle with 0.450 Total Impact, respectively, had the greatest impact on Quality of Life.

CONCLUSION:

The Results show that If the Quality of Life as a whole is targeted; Respectively, there is a need for a Combination of Economic, Social and Cultural Actions and Lifestyles, which a) Triple Economic, Social and Cultural Capitals and b: comparative perception, evaluation and Subjective Perceptions of the Triple Capitals that can be Called that Subjective Capital; Which together form the four Economic, Social, Cultural and Subjective Capitals, respectively; Produce. This Quality of Life can be called Action-Oriented or Interactive Quality of Life. The results are consistent with Bourdieu's Theories about Field, Capital and Choice influenced by Structure, Giddens' Idea about the role of Choice in Lifestyle and the relationship with Quality of Life and Veblen's Theories about Lifestyle and the Affluent Class. Of course, contrary to the opinion of Giddens and Veblen, who only refer to current needs and Well-being for the impact of Lifestyle; The results showed that Social and Subjective Quality are also affected by Lifestyle.

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