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Comparison of Social Factors Affecting the Health-Oriented Lifestyle of Mothers and Daughters of Sirjan City

Betol Golpayegani*, Soodeh Maghsoodi^{id}**

* MSc, Department of Social Science, Faculty of Literature and Humanities, Shahid Bahonar University of Kerman, Kerman, Iran.

Email: (golpaygani74@gmail.com)

** Associate Professor, Department of Social Science, Faculty of Literature and Humanities, Shahid Bahonar University of Kerman, Kerman, Iran. (Corresponding Author)

Email: (smaghsoodi@uk.ac.ir)

Orcid: (0000-0002-2862-0020)

Postal address: Iran, Kerman, Kerman, Imam Khomeini Highway, Research Square, Shahid Bahonar University of Kerman, Postal code 7616913439

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EXTENDED ABSTRACT

INTRODUCTION

A healthy lifestyle is a way of life that reduces the risk of severe illness or premature death, increases the compatibility of a person with the environment, and with its help, one can enjoy more aspects of life. Paying attention to the lifestyle of the people of a society is one of the important issues for policy makers and planners in any country. People's lifestyle is very important, especially from the point of view that it has a great and direct effect on the behavior and functions of people in a society, and as a result, it affects politics, economy, and even the development of societies. The foundation of human development in any society is the human resources of that society, and in the development of human resources, women play an essential role as mothers, wives, and daughters. Women struggle with all kinds of problems due to multiple roles, having children during their lifetime, or being busy with work. Girls also face other issues and problems. Most girls in Iran are involved in unhealthy leisure time or risky behaviors due to unemployment, lack of communication and job skills, unfamiliarity with effective communication methods, unfavorable working conditions, increasing age of marriage. which can threaten their health. Considering the above, the purpose of this study was to compare the social factors affecting the health-oriented lifestyle of mothers and female students in the second secondary level of Sirjan city.

METHODOLOGY

This research was done by survey method. The statistical population of the research includes female students of the second secondary level (10th, 11th and 12th grades) of Sirjan city along with their mothers. According to the statistics obtained from the education organization of Sirjan city, the number of female students was 3768. The sample size was calculated to be 350 people and sampling was done by cluster method from different schools. The data collection tool was Walker et al.'s standard health-oriented

lifestyle questionnaire (1987) and a researcher-made questionnaire was used to examine social factors (social support, social awareness, social capital, feeling of powerlessness). Then the prepared questionnaires were given to the girls and they were asked to complete a series of questionnaires by themselves and a series of questionnaires by their mothers. Finally, 700 questionnaires (350 mothers) and (350 girls) were collected.

FINDINGS

The largest number of respondents for mothers were in the age group between 40 and 44 years and for girls in the age group between 15 and 19 years. About 40% of the mothers had a diploma and 46.57% of the girls were studying in the 11th grade. The results of the average of the variables showed that in the statistical population of mothers, the highest average value belonged to the social support index and the lowest average value was related to the social capital index. Also, in the statistical population of girls, the highest average value was related to health-oriented lifestyle index and the lowest average value was related to social capital. The findings of the research showed that the component of social support, social awareness, social capital, feeling of powerlessness, has a positive and significant relationship with the health-oriented lifestyle of mothers and daughters. The effect of social support and social awareness on the health-oriented lifestyle of mothers was closer and stronger than girls. Also, the effect of social capital components and feeling of powerlessness on the health-oriented lifestyle of girls was closer and stronger than that of mothers.

CONCLUSION

The purpose of this study was to compare the social factors affecting the health-oriented lifestyle among mothers and daughters in Sirjan, which was conducted using a survey method. In general, it can be concluded that there was a positive and significant relationship between the variables of social support, social capital, social awareness and feeling of powerlessness with the health-oriented lifestyle of mothers and daughters. The findings of the present study were consistent with the results of Taj Bakhsh and Ahmadi (2002), Almasi (2017), Fang et al. (2017), Abbaszadeh et al. (2011). . In the end, based on the findings of the research, it is suggested to include health-oriented educational programs in the curriculum of schools in order to improve girls' health knowledge. Related training courses should be held to educate and familiarize as many mothers as possible with the concepts of health, hygiene and nutrition.

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