



Sociological study of structural and capital factors affecting the health-oriented lifestyle of over 15 year old citizens in Shiraz

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ABSTRACT

In the past two or three decades, the concept of lifestyle in general and health-oriented lifestyle in particular have received the attention of many Social intellectuals, health researchers and medical sociologists. At a closer look, health-oriented lifestyle as a Multifactorial, multi-dimensional and multi-indication phenomenon, is associated with the collective patterns of behavior that deal with issues threatening the health of people, in order to guarantee the health of people. A close look at the literature shows that some researchers seek to explain health behavior patterns, while others seek to explain the factors such as individual choices. These choices are not made in a social, political, or cultural vacuums, and a variety of underlying determinants such as gender, social class and marital status affect them. By adopting a similar approach and relying on medical sociology background, the present article seeks to survey the health-oriented lifestyle as well as capital and underlying determinants among over 15 year old citizens in the city of Shiraz. To this end, 384 citizens were selected through classified random sampling and the required data were collected through appropriate questionnaire techniques. The findings showed that health-oriented lifestyle of citizens vary depending on their sex, age and marital status and that there is a significant correlation between different forms of human capital (social, economic and cultural) and health-oriented lifestyle.

Keyword:

Health-oriented lifestyle, social capital, cultural capital, economic capital, health-related behaviors, medical sociology

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