Lifestyle Study or Healthy Behavior

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ABSTRACT

Health has been the first goal of societies to date. The topic of this research is about life style study or healthy behavior. Data gathering way is descriptive and library. The end of this research is checking lifestyle effect or society persons behavior and health results of this research represent that lifestyle concept uses as people republican life style that distinguishes different social levels. There is a height correlation between healthy behavior and life style. The person’s life style has great effect or health of society persons. We can improve health and hygiene of persons in each level, race and ethnicity by educating them and changing their life style.

KEY WORDS: life style, health, behavior, mental health.

INTRODUCTION

In this century due to developing modernization process and changing persons behavior and psyche society is deeply changed. Person’s life has changed greatly. No social persons to adapt with this changes and more adaption with environment day need to be equipped with a group of abilities and skills to be adapt with changing fast. Lifestyle was represented by (Weber) for the first time that assigned it as a concept tool in multi dimension medal in social fructification. That it was a challenge to (marks) economical assigned Model (Bent, Andy, 2005). Lifestyle contains usual daily activities that person used it in his life and effect on his health. Human between another creatures due to selection ability is distinct of all creatures and they select their lifestyle themselves.

In the high level this selection is due to deduction affections of around. This thoughts and emotions react by our believes and society values and the total make lifestyle and or subjective life way, is theory type toward health that it's importance can be mentioned. (Taimoori 2008, page 5) health improvement behaviors are essential part of persons lifestyle and determinant their health lifestyle contained different dimensions that some of them are: nutrition, social connections, sexual activities, body activity and stress. Stress agonists persons bodily and effective put in with stress is another dimension of healthy lifestyle and behavior. (Ahmadi, 1992, 54). One of the reasons specially in industrial societies made more attention to check of psychosis is urban life and the machine most of person who are psychosis live in big and industrial cities that due to their lifestyle and more complicated city life given different kinds of sickness and as a result they represent unhealthy and insanitary behavior (Shamloo, 2002, 13).

Health improving topic healthy and sanitary behavior days as a key concept includes in societies because healthy human is stable development axis and searching in this field shows that there are correlation between healthy lifestyle and healthy behavior.

Lifestyle concept

Lifestyle means differently: that some important definition are:

A: lifestyle is very important concept that it always uses for representing of person lifestyle and it's reflection of complete spectrum of values, believes and social activities and we can say that lifestyle forms of cultural behavioral models that persons used them in social and subjective life in routine way (Taimoori, 2008, page 5).

B: you can put the lifestyle as classes life way and different social levels in which persons and society by following of behavior models behaviors, norms and social values or cultural symbols and special attitude show their dependency about it (Chenif, 2001, 110).

C: lifestyle is a part of that is coming off that contains all things as: social connection models, hobbies, use and cloth and reflect attitudes values and a person and a group that his it's member (Kia and Hossaini, 2008, 246).

D: lifestyle is social distinct life way or social group. It's a way that consumer shops and a way that boughten goods uses that it reflect consumer lifestyle in the society. (Golden and Anderson, 1984, 23).

According to represented definitions lifestyle uses as people group life way that distinct different social group and classes and contains all dimensions of person’s life. We can forecast nearly persons behaviors, attitudes and theories by study about their lifestyle and we can realize their cultural unities.

Behavior, psyche and their factors

In this century, due to developing technology and it direct effect on human life quality, health problem and it's factors that have an effect on it, has in important role and security of social persons health is one of the most important factors.
portant basic problems in each country. We represent different behaviors in different times. Sometimes we are happy and cheerful and comfortable and another time we are stressed and irritable some time, we enjoy of persons conversation and we like to help them. Our behaviors with persons are different in different times and situations, environment events affect on our behaviors too. Our actions and treatment depends on our thoughts way and our feelings and cognition of the world and last events remembrance. (Farhangi,2002, 43).

To be a health person, we should have a brain with health function and our childhood must be happy and we should learn that which treatments are favorite treatments in the society and our self. Despite all of these factors, the important point is: we controlled our behavior and we can revise our treatments by volition- learning, changing and cognition, excitation control and using drugs. (Abo Alhari,2006, 5). Humans behaviors is result of brain function and behaviors is result of present last and experiences and learning in family- school and society most of psychologist, know psyche as behavior as mind- feeling- affection- thought. Cognition and connections that they are reaction of brain function- called psyche or behavior. (Abo Alhair,2006, 5).

Psyche health envisages lack of psychosis and points to a level of function that a person is comfortable with himself and his way of life. Actually it imagined that a person should be predominate on his life and just in this form he can change that part of his life that is a problem for him. (Millanifar2006). Psyche health interested to know how make human behavior but it wants to understand what are these behaviors factors. In other words psyche health is a knowledge about each person (Shamloo,2002, 27).

There is psyche health when a person has a suitable and correct behavior with his society. This behavior is due to logical thought- realism though- correct apperception and suitable reactions. So health person has a health behavior with society. (Esfahani,2011, 420).

The world health organization (wHo) defines psyche health based on biological dimension and social dimensions. In this organizations, psyche health are: talent of helping to changing also psyche health implied that there should be correlation between instinctive tendencies that this correlation help to a persons unity. (Ganji,2006, 38).

Our behavior depends on many conditions and factors that one of this factors is environmental events and cognition style of about our events. Human is a social creature and lives in the social that wrought of persons like him. Human behavior is product of last and present experiences and learning in the home school and society. Nowadays psyche health is one of the basic worry of diplomats and states men.

Health

Health is clear goal of human society since its' creation. Although ways and programs reaching it changed in history. Most of scientist in the past represented definitions for health that each one according to their scientific point of view time emphasized on special aspect of health in their definition. For instance Boghrat knew health as balance between mixing four (bile- yellow bile- mucus and blood). Some of scientists instead of mixing balance spoke about, Features of effect balance those mixing as (coldness- warmth- humidity- dryness), (Esfahani,2011, 12).In oxford dictionary health has defied in this way (A mood without illness- hurt- having good bodily condition). It was a great definition until decades ago but the world health organization (wHo) recently represented a general definition that it's in health bodily psyche, and builder life:" health is bodily complete welfare psyche and social and it's not just lack of illness and disability". (L.Ramapandran and T-Darmalingam1995, page 5). Health and illness followed each other and they haven't a specific and marked limit. The lowest point of health and sickness is death and the highest point (based on wHo) definition is positive health. The health spectrum supports that a persons health is not static but it's a dynamic and changing process that it has continual changes. Nowadays health history that contemplates may be the lowest limit of health. (ShojaeiTehrani,1996, 43).


In recently years health training importance is so increased that finding entities as a distinct job and major because health is a necessary term to play social role and have health behavior and human can have a health behavior if he feels healthy.

Lifestyle effect on behavior and health

Lifestyle is modern life feature. In this period each person has a lifestyle that described his and others action. Human can behave usefully in his lifestyle frame. Health life way is a way that prevents of serious illnesses affection risk and even rath death. it's good to know that all of deceases can be prevent but you can prevent but you can prevent of major part of death due to heart and blood vessel decease and lung cancers. When lifestyle is healthy this way influences family members and children and at last family and society are health and they can have long life. (Abedin poor, 2008).

Health needs hygienic lifestyle development in last twenty years, lot of proves were gathered that shows there are correlation connection between person’s lifestyle and their health. Illness has connection with modern hygienic problems especially in development countries (as: over weight- heart coronary artery- disease- lung cancer and addiction) and has connection with lifestyle changing. (Shojaeitehrani,1996, 45).

Lifestyle contains life way and it's elements are: nutrition- bodily activities- smoking or addiction- having healthy nutrition, increasing of psyche- bodily- social power- followed economical efficiency and prevents of disease of lung disease and cancers. (Shojaeizadeh and coworkers,2009, 11). Represented statistics about basic
factors of death shows that 53% of mortality depends on lifestyle, 21 percent depends on environmental factors, sixteen percent depends on heritage and ten percent depends on health care services (motaarefi,2010).

Experts discovered a clear connection between psyche health and nutrition quality and persons bodily mobility amount that this matter shows the connection between persons life and health (ShojaeiTehrani,1996,45). To said you can say perspectivity that lifestyle has the most effect on persons healthy behaviors because in the developing countries that they have traditional lifestyle yet, there are some risks depending to illnesses mortality relating to bad nutrition failure to comply subjective health and lack of environment improvement. As correct lifestyle leads to more health improving suitable quality along a person’s life.

Conclusion

Lifestyle is behavior types that rolled on the basic part of solidarity and covers a period of life that is observable among a society group. This person is responsible about choosing behavior models of lifestyle so he try to keep and improve his health and prevent of illnesses. This essay goal is lifestyle effect checking on health behavior and persons health. In modern societies that we see lot of changes and great developments to facilitate and persons life welfare. Persons lifestyle especially nutrition way and consumables type and bodily mobility has great effect on persons health, health developing subject and health behavior are as key concepts for changing in societies. And lot of researches were made in this field. That there is a heigh correlation between lifestyle and persons health. One of the most important health lifestyle indices is doing exercises because it causes happiness and making persons mental composure and another affection indices on persons lifestyle is education because high educated persons have more social assets and they learned education and information to improve their health. Another affection factors is smoking. As researches shows smoking is the biggest death prevention in the world because it’s the most important factor of heart and lung cancers. We can improve persons heath and hygiene without paging attention to their class, race and national by educating and changing their lifestyle. Modern human improve his hope of life by medical improving but this subject isn't with their more health and great changings and technologies have more effect on persons psyche that with changing life and lifestyle and educating persons we can provide their health and do an important duty to change societies and about persons health.

REFERENCES