Meta-Analysis of Lifestyle's Studies in Iranian Research

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Abstract

Different domestic researches have used the concept of lifestyle by using different theoretical approaches and with different analytical purposes and have pointed out and used different types of lifestyles. This article aims to evaluate the lifestyle assessment in Iranian research and study the meta-analysis of this research.The research method is documentary and based on the use of meta-analysis method in order to analyze and combine the results of studies conducted on lifestyle. For this purpose, 31 studies conducted between the years of 2016-2017 in the field of lifestyle, which have been published in prestigious scientific journals, were selected for review. The selected research was conducted by survey method and using survey tools in different statistical communities according to stable criteria. The results of this study suggest that the theories of Bourdieu, Giddens, Weblen, and Simmel were most used in Iranian research on lifestyle. In 31 articles reviewed, 31 species of lifestyles were found. However, modern demonstrative-consumer lifestyle has been used in most articles and has been used in contrast to traditional, quasi-traditional and religious lifestyle. Other widely used

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species include the global lifestyle versus the local lifestyle. The concept of lifestyle in domestic research has been removed to some extent from its theoretical basis and has been exploited as a neutral, practical and more general concept. On the other hand, the most widely used indicators for measuring the concept of lifestyle in the articles studied, including how to spend leisure time, preferences in choosing clothes, body management, orientation to religious practices, food preferences, cultural consumption, amount and form of social relations, musical preferences and tendency to They have been sports.

Keyword: Lifestyle,Modern,Typology, Traditional,Typology, Pretension ,Consumption

Introduction

Lifestyle refers to diversity in the choice of behavior, actions, and emphasis on different tastes and inclinations by individuals and groups. Different domestic researches have applied the concept of lifestyle using different theoretical approaches and with different analytical purposes and have pointed out and used different types of lifestyles. It seems that conducting research is necessary to categorize the types of lifestyle used in these studies, their theoretical analysis and creating order in their literature. Accordingly, the present article tries to study and Meta-analyze these studies with the aim of typology of lifestyle in Iranian research. This study, by post-analysis of lifestyle studies, seeks to answer the question of whether there is a single procedure in defining, studying and testing lifestyle in Iran. And in the absence of it, what types of lifestyle are considered as a prominent feature of Iranian society and what are the dimensions and components of these types? From this perspective, this study is a kind of meta-analysis or in other words, a posterior study in relation with studies conducted in the field of lifestyle.

Research Methods

The method of this research is qualitative meta-analysis. Meta-analysis is actually a kind of a posteriori study that is based on studies done on a specific topic. In this regard, all articles on lifestyle published in the scientific database of Jahad Daneshgahi and the comprehensive portal of the humanities belonging to the Institute of Humanities and Cultural Studies were studied. After removing review and library studies, 31 research articles were selected as the statistical population of the present study. Although this study did not consider any limitations on the time interval between the subjects under study, but all the research articles indexed in this field are related to the period of 2005 to 2014.

Research Findings

Table 10: Classification of lifestyle indicators used in articles

Percentage	Number of applications	Index title	Percentage	Number of applications	Index title
0/82	1	Consumption norms	14/04	17	How to spend your free time
0/82	1	Economic consumption	12/9	15	Preferences in choosing clothes
0/82	1	Political consumption	10/74	13	Body management
0/82	1	Pay attention to health	8/26	10	Tendency to religious practices
0/82	1	Choose house furniture	8/26	10	Food preferences
0/82	1	Ritualism	7/4	9	Cultural consumption
0/82	1	Naming type	6/61	8	The extent and form of social relations
0/82	1	Type of taste	5/78	7	Musical preferences
0/82	1	Prioritize moral values	4/95	6	Tendency to exercise
0/82	1	Tendency to	2/47	3	Media

		deviant behavior			consumption
0/82	1	Tendency to political behavior	2/47	3	Shopping style and giving importance to shopping
0/82	1	The importance of cell phone display dimensions	2/47	3	Attention to appearance and personal hygiene
0/82	1	Attitudes	1/65	2	Material consumption
100	121	Total	1/65	2	Accent and how to use words

Table 10 shows the information related to the classification of lifestyle metrics in the studied articles. As it is clear to see, the first 9 indicators have been used 95 times (out of 121 indicators). In other words, indicators of how to spend leisure time, preferences in choosing clothes, body management, inclination to religious practices, food preferences, cultural consumption, the extent and form of social relations, musical preferences and inclination to sports, together have allocated the 78.51 articles of lifestyle metrics to themselves. Articles 15 to 21 have been used only once.

Conclusion

The results of this study indicate that the theories of Bourdieu, Giddens, Veblen and Simmel have been most used in Iranian lifestyle research. In 31 articles, 31 lifestyles were found; but in the meantime, the modern demonstrative-consumer lifestyle has been used the most in articles and has been used in contrast to the traditional, quasi-traditional and religious lifestyles. Other common types include global versus local lifestyles. The concept of lifestyle in internal research has been partially removed from its theoretical basis and has been used as a neutral, practical and more general concept. On the other hand, the most widely used criteria for

measuring the concept of lifestyle in the studied articles include leisure time, clothing preferences, body management, religious affiliation, food preferences, cultural consumption, amount and form of social relations, musical preferences and tendency to exercise.

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