

Determining the effect of the series of educational and cultural programs "Lifestyle" of the Cultural, Social and Sports Organization of Najafabad Municipality on the lifestyle of the participants

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Abstract

Objective: The aim of this study was to determine the effect of a series of educational and cultural programs "lifestyle" of the Cultural, Social and Sports Organization of Najafabad Municipality on the lifestyle of participants. **Materials and Methods:** This research is an applied research in terms of purpose and in terms of correlation method. The statistical population of this study includes 1634 participants in these programs and the sample size is 311 based on Morgan table. The data collection tool in this study is a researcher-made questionnaire that was prepared by documentary method and content analysis. The validity of the questionnaire was used in terms of content and face by experts and the reliability of the questionnaire was used with Cronbach's alpha coefficient. In order to analyze the data, Pearson correlation coefficient test and regression test were used using SPSS software version 23. **Findings:** This study showed that there is a positive and significant relationship between the series of educational and cultural programs "lifestyle" of the Cultural, Social and Sports Organization of Najafabad Municipality with lifestyle. **Conclusion:** If educational and cultural

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programs (lifestyle) are strengthened, the Iranian-Islamic lifestyle will expand.

Keywords: culture, cultural educational programs, lifestyle, organization.

Introduction

Lifestyle refers to all the principles and principles that form the text and heart of society and human life and originate from the religious and customary values of society. The Iranian-Islamic way of life is the beginning and introduction for the new Islamic civilization and finally the realization of the Iranian-Islamic progress and development. Accordingly, since this study seeks to investigate the impact of a series of educational and cultural programs (lifestyle) on the lifestyle of participants and users of this program, it can be used in drawing a roadmap for implementation. It is better for these programs to be developed by cultural organizations and finally for the development of an ideal Iranian-Islamic lifestyle. The present study also seeks to study the relationship between the use of programs (lifestyle) of the organization and the lifestyle of participants in Najafabad and show whether these programs have played a role in determining their lifestyle.

Methodology

Research tools

This research is a quantitative research in terms of using numerical data. In terms of purpose, it is an applied research and in terms of data collection method is correlational. It was carried out and executed in the first half of the year 1400 in the city of Najafabad. The statistical population of this study, as stated in the title of the research, includes participants in cultural programs called lifestyle, which according to the information of the organization, 73014 people have used 727 lifestyle programs of the cultural, social and sports organization. According to the information registered in the organization, 1634 people with an average of participating in more



than two programs, have used these programs. Therefore, in order to achieve more accurate results, people who have used more than two programs on average were considered as a statistical population, the number of these people is 1634 people. In this study, through Morgan table, the sample size was determined based on Morgan table 311 people. Then to achieve the sample size with a higher level of accuracy and since the number of volumes of the statistical population is known is the Cochran's formula. A 60-item questionnaire was used to assess the impact of programs on lifestyle. The final questionnaire of this research has three index sections. Demographic information, educational and cultural programs questionnaire related to the independent variable and lifestyle questionnaire for the dependent variable. The validity of the questionnaire was reported and announced well with the consensus of experts. Cronbach's alpha coefficient was used to determine the reliability. Its value is / 711. This value indicates and this value was acceptable. Quantity and quality of significance or non-significance is presented using SPSS statistical software version 23

Analysis of findings

Findings and results obtained in the descriptive statistics section of this study, consists of two parts: descriptive findings from the items and questions of the questionnaire and descriptive findings from demographic and demographic data. Based on this, the findings of this study in the descriptive section, showed that in terms of gender, 97 (32.2) men and 203 (67.4%) women, in terms of education, 133 (44.2%) bachelor 37 people (12.3%) had a master's degree, 45 people (15%) had a diploma, 73 people (24.3%) had a master's degree and 10 people (3.3%) had a doctorate. Descriptive statistics of the questionnaire questions, according to the main variables of the research Also showed that most respondents responded to the items above average.

The results of calculating the Pearson correlation coefficient for



the sub-hypotheses are shown. All coefficients are confirmed at 99% confidence level and have positive values. Therefore, the null hypothesis that there is no solidarity is rejected and the claim is retained; Therefore, it can be said that by increasing or decreasing the value of one variable, the value of another variable increases or decreases. In other words, relationships are all direct and meaningful.

Conclusion

According to the research findings, among the five dimensions of lifestyle, the highest mean is related to the individual mood variable with a value of 39.16, which includes components (exercise and fitness), (feeling of health), (physical resistance), (diet), (Balanced weight), (expression of emotions), (enjoyment of art), (energy saving), (travel) and (type of clothing) are the lifestyle programs of the organization in this type of lifestyle of the participants, Has had a greater impact than other aspects of lifestyle. The results of this study also showed that with 99% confidence, educational and cultural programs (lifestyle) are effective in the dimensions of the lifestyle of the participants in these programs and, respectively, "individual moods", "thought", "moods" "Social" and "business" and "family" have the most important impact and the sum of their impact coefficients shows that there is a significant relationship between the lifestyle programs of the organization and the lifestyle of the participants. Iranians (citizens of Najafabadi) are both committed to religious traditions and norms (especially in the religious and emotional dimensions) and are exposed to modernity and through the university, the Internet, travel, extensive publicity and modern knowledge with characteristics especially material and consumption. They become acquainted with the manifestation of modernity. Therefore, they are constantly in conflict and going through this stage, and paying attention to this type of lifestyle (Iranian-Islamic), the need to develop education and cultural programs among citizens. Based on the researches done among the



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internal researches, this research is in line with the research of Karimi et al. (2017). Their studies on (the role of urban management in promoting the Iranian Islamic lifestyle) showed urban management in the social dimension (social vitality component), in the cultural dimension (leisure component) and in the economic dimension in the component (environmental protection and sustainable development) in Promoting the Iranian Islamic lifestyle is involved.

References

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