

The effectiveness of Shia doctrines on the lifestyle of young people; Case study: Qom University students

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Article Info	Abstract
Original Article Main Object: Sociology Scope: Iran Received: 07 April 2023 Revised: 30 June 2023 Accepted: 09 July 2023 Published online: 27 July 2023 Keywords: health-oriented lifestyle, religious belief, Shia teachings, youth.	The concept of lifestyle encompasses all private and social aspects of human life. The secular perception of lifestyle in the modern world is increasingly prevalent. In this particular study, we have examined the relationship and impact of belief in Shia teachings on a responsible and health-oriented lifestyle in Iran, employing a country studies approach. To achieve this goal, we conducted a survey involving Qom University students, using Pierre Bourdieu's viewpoints and the Chen et al. (2007: 69) lifestyle questionnaire. In this survey, a representative sample of 366 people from Qom University completed the lifestyle questionnaire, focusing on six areas: responsibility, physical activity, positive outlook on life, stress management, proper nutrition, and social support. The research results revealed a significant relationship (at a 10% significance level with a 43% correlation) between belief in Shiite teachings and the adoption of a health-oriented lifestyle, particularly regarding responsibility, positive outlook on life, and stress management. Additionally, this research addressed influential identity factors such as gender and educational level among students. Different models were established to explore the impact of Shia beliefs on the lifestyle of female and male students from undergraduate to doctoral degrees, providing valuable insights.

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Extended Abstract

Introduction

The concept of lifestyle was initially mentioned by (Adler, 1929: 73), a social psychologist as it gained favor again after a period of decline, since 1961. From the perspective of Islamic thinkers, lifestyle refers to the comprehensive influence of religious teachings on the cognitive criteria and behavior of a Muslim. In other words, belief in God, a God-centered approach, and adherence to Islamic values are crucial aspects of the Islamic lifestyle at individual and social levels. Unlike the secular lifestyle, the Islamic lifestyle encompasses both the mindset and practices of individuals and society.

Bourdieu (1984: 89), a modern sociologist, sought to address the complex relationship between agency and structure. He proposed the concept of lifestyle based on the interaction of three elements: habitus (mental structure), domain (field), and capital. How individuals organize their actions in society and whether their social behavior is guided by awareness and choice or influenced by external factors were important themes in Bourdieu's work.

Aims

We have examined the relationship and impact of belief in Shia teachings on a responsible and health-oriented lifestyle in Iran, employing a country studies approach.

Method

This quantitative research utilized a survey based on Pierre Bourdieu's theory and Chen et al.'s (2007) lifestyle questionnaires to evaluate health-promoting behaviors in six areas: responsibility, health perception, physical activity, understanding of life, stress management, proper nutrition, and social support. The questionnaire reflects the three concepts proposed by Bourdieu: habitus (mental structure), domain (field), and capital. In addition, the researchers developed questionnaire to measure adherence to Shia teachings. The survey was administered to 366 randomly selected students from Qom University. Data analysis was conducted using SPSS software version 20. Factor analysis, a statistical method, was employed to confirm the underlying factors of lifestyles in the questionnaire (Chen et al., 2007: 69) originally designed for international use. In this research, the dependent variable (criterion) is lifestyle, and the objective is to predict the dimensions and total score of lifestyle based on the predictor variable (Shia teachings). Education and gender, believed to have a moderating role in the relationship between Shia teachings and lifestyle, were considered as potential moderator variables

Findings

Shia teachings was indicated to have a positive and significant

relationship with all dimensions of lifestyle, except physical activity. The correlation between the total scores of Shia teachings and the total score of lifestyle is 0.43, signifying significance at the 1% level. The dimension with the highest correlation coefficient between Shia teachings and lifestyle is responsibility, amounting to 0.64. The variables with the highest correlation coefficients between Shia teachings and understanding of life and stress management are 0.55 and 0.49, respectively.

Conclusion

This research confirms that religion, particularly Shia teachings, exerts a positive and significant influence on health-oriented lifestyle.

Conflict of interest

The authors declared no conflicts of interest.

Authors' contributions

All authors contributed to the original idea, study design.

Ethical considerations

The author has completely considered ethical issues, including informed consent, plagiarism, data fabrication, misconduct, and/or falsification, double publication and/or redundancy, submission, etc.

Data availability

The dataset generated and analyzed during the current study is available from the corresponding author on reasonable request.

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