

Study of relationship between lifestyle and mental maturity of district 6 Farhangian (teachers) university staff (Iran-Khorasan)

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ABSTRACT

The aim of the study is investigation of relationship between lifestyle and mental maturity of district 6 Farhangian university staff (Iran-Khorasan). The sample of the study includes 132 employee that were selected by classified sampling method. The research was conducted by the navigational approach and the required data have been collected, extracted and analyzed through questionnaires. The mental maturity of the study was derived from Goldberg and Williams theoretical framework and Simmel, Bourdieu, Giddens, Max Weber, Thorstein Veblen and Marx theories were used for lifestyle. Lifestyle includes consumption of cultural products, leisure activities, body management, nutrition pattern and the buying pattern. Research hypotheses were tested with appropriate statistical methods. However, lifestyle relationships and its components with mental maturity was confirmed using multi variable regression.

KEYWORDS: lifestyle, mental (psychological) maturity, consumption of cultural products, leisure activities, body management, nutrition pattern

1. INTRODUCTION

Lifestyle is the way that people have chosen in their life and it's infrastructure is established in the family which is influenced by culture, race, religion, economic status, social and beliefs. As defined by the World Health Organization, lifestyle refers to the way of people's life with full reflection of social values, attitudes and activities. In addition, it is a combination of individual behavior patterns and habits throughout life (physical activity, nutrition, alcoholism, and smoking, etc.) that has arisen from socialization process [1].

Life style

Lifestyle is part of life that is actualized actually that includes the full range of activities that people do in their daily lives. Range of various activities in all areas of life can be a constructive of lifestyle [2].

Cultural consumption

The lifestyle indicators were extracted more than the cultural consumption for two reasons. The first reason is that the cultural consumption has a lesser cost than other types of activities and the power of choice in this area is high. Secondly, according to Bourdieu's view, the upper classes are distinguished themselves from other classes by using high culture. Therefore, many researchers re-tested his theory [3].

Leisure (recreational) activities

Leisure activities is series of employment that people have been applying them after they are released from their job requirements and family social work in order to resting, having fun, developing a non-profit training and social participation [4].

Body Management

Means continuous monitoring and manipulation of visible characteristics of body. This concept has become a cumulative index by use of weight control and medical manipulate and importance of health care and beauty [5].

Clothes buying patterns

Buying patterns and the type of goods that are purchased are an indicator of life-style. This index is effective when there are various types of goods and in terms of prices are achievable for a large part of society [3].

Nutrition pattern

Marilyn Walker (1996)[1] is considered this concept as an indicator of lifestyle. People are eat. Howe ever, they have choices for the type of food, eating rituals and the eating place [3].

Mental maturity

Mental maturity is the ability of harmonious relationship with others, modifying of individual and social environment and conflict resolution and personal desires by reasonable, fair and appropriate methods [6].

The main hypothesis

There is a relationship between the lifestyle and mental maturity of district 6 Farhangian (teachers) university staff (Iran-Khorasan)

First hypothesis: There is a relationship between the cultural consumption and mental maturity of district 6 Farhangian (teachers) university staff (Iran-Khorasan).

Second hypothesis: There is a relationship between the recreational activities and mental maturity of district 6 Farhangian (teachers) university staff (Iran-Khorasan).

Third hypothesis: There is a relationship between the body Management and mental maturity of district 6 Farhangian (teachers) university staff (Iran-Khorasan).

Forth hypothesis: There is a relationship between the clothes buying patterns and mental maturity of district 6 Farhangian (teachers) university staff (Iran-Khorasan).

Fifth hypothesis: There is a relationship between the nutrition pattern and mental maturity of district 6 Farhangian (teachers) university staff (Iran-Khorasan).

Sixth hypothesis: The clothes buying pattern is more significant than nutrition pattern in mental maturity of district 6 Farhangian (teachers) university staff (Iran-Khorasan).

METHODOLOGY

Method of the study was selected descriptive- navigational and correlational type due to the nature of the subject and desired goals. The study has been done as fieldwork research. The sample of the study includes 132 employee that were selected by classified sampling method. The required data have been collected, extracted and analyzed through questionnaires. The psychological maturity of the study was derived from Goldberg’s and Williams’s theoretical framework and Simmel, Bourdieu, Giddens, Max Weber, Thorstein Veblen and Marx theories were used for life style. The questionnaires were scored based on Likert method. The sample of the study includes 132 employee of district 6 Farhangian university staff (Iran-Khorasan) (using the table of krejcie and Morgan) that were selected by randomized sampling method. Pearson correlation and multivariate regression statistical methods were used in order to analyzing obtained data.

Findings

A-Descriptive findings

In the section of descriptive findings, it was found that 71% and 28% of the sample is male and female, respectively. 20.5%, 44.7%, and 34.8% of the sample are in the age range of 20-29, 30-39 and 40 years and older, respectively. 16.7%, 17.4% and 65.9 percentage of the sample are manager, expert and employee, respectively. 26.5%, 41.7% and 31.8% of the respondents have 1-10, 10-19 and 20-30 years work experience, respectively. 61.4%, 23.5% and 15.2% of the sample have official, contractual and formal work contract, respectively. 25%, 31.1%, 35.6% and 7.6 % of the sample have diploma, associate degree, B.S/B.A and MS/MA and upper degree, respectively.

B- Hypotheses test

Table 1

Results	R ₂	Significance level	The correlation coefficient	Independent variable
Is confirmed	0.57	0.001	0.758	Life style
Is confirmed	0.42	0.001	0.648	Cultural consumption
Is confirmed	0.35	0.001	0.589	Leisure activities
Is confirmed	0.57	0.001	0.644	Body Management
Is confirmed	0.48	0.001	0.689	Clothes buying patterns
Is confirmed	0.51	0.001	0.662	Nutrition pattern

Based on the above table, correlation coefficient between lifestyle and psychological maturity of employees (99% confidence) has means $0.01 > 0.001$. Therefore, *main hypothesis* is confirmed. It means that there is

relationship between lifestyle and employee mental maturity and they have common lifestyle and mental maturity variance according to the determination coefficient of 57%. In addition, correlational coefficient between cultural consumption and mental maturity is meaningful at $0.001 < 0/01$ (99% confidence). Therefore, **first hypothesis** is confirmed. According to the determination coefficient of 42%, variance of correlational coefficient between recreational activities and mental maturity is meaningful at $0.001 < 0.01$ (99% confidence). Therefore, **second sub-hypothesis** is confirmed. It means that there is relationship between recreational activities and mental maturity and they have common recreational activities and mental variance according to the determination coefficient of 35%.

Based on the above table, correlation coefficient between body management and mental maturity (99% confidence) has means $0.01 > 0.001$. Therefore, **third hypothesis** is confirmed. It means that there is relationship between body management and mental maturity and they have common body management and mental maturity variance according to the determination coefficient of 57%. In addition, correlational coefficient between body management and mental maturity is meaningful at $0.001 < 0.01$ (99% confidence).

Correlation coefficient results between clothes buying pattern and mental maturity (95% confidence) is meaningful at level of $0.01 > 0.001$. Therefore, **forth hypothesis** is confirmed. It means that there is relationship between clothes buying pattern and mental maturity and they have common clothes buying pattern and mental maturity variance according to the determination coefficient of 48%.

Variation coefficient results between nutrition pattern and mental maturity (99% confidence) is meaningful at level of $0.01 > 0.001$. Therefore, **fifth hypothesis** is confirmed. It means that there is relationship between nutrition pattern and mental maturity and they have nutrition pattern and mental maturity variance according to the determination coefficient of 51%.

Table 2: multiple correlation coefficient and correlation coefficient square of mental maturity prediction based on lifestyle factors

Standard error	Moderated multiple correlation coefficient square	multiple correlation coefficient square	multiple correlation coefficient	Steps	
11.47	0.473	0.475	0.689	First step	Step by step
10.72	0.539	0.543	0.737	Second step	
10.34	0.571	0.566	0.759	third step	
10.22	0.581	0.870	0.766	forth step	
10.12	0.588	0.890	0.766	fifth step	

According to the findings of table, element of cultural consumption individually shows 47% mental health variance. By entering element of leisure activities, the explained variance is changed to 54%. By entering element of body management to the equation, the explained variance is changed to 57%. By entering element of cloths buying pattern to the equation, the explained variance is changed to 58% and finally, by entering element of nutrition pattern to the equation, the explained variance is increased to 59%.

Predictors of mental health on the basis of lifestyle factors at different stages:

Table 3: predictor table of mental maturity based on the element of cultural consumption

Sig	t	standard coefficients Beta	SE	Non-standard coefficients	First step
0.001	15.38	-	3.40	52.43	Constant
0.001	15.44	0.689	0.106	1.64	cultural consumption

According to the results of above table in the first place, cultural consumption is entered to the equation.

Table 4: predictor table of mental maturity based on the elements of cultural consumption and leisure activities

Sig	t	standard coefficients Beta	SE	Non-standard coefficients	second step
0.001	15.48	-	3.21	49.76	Constant
0.001	8.41	0.464	0.131	1.10	cultural consumption
0.001	6.25	0.345	0.222	1.39	leisure activities

Table 5: predictor table of mental maturity based on the elements of cultural consumption and leisure activities and body management

Sig	t	standard coefficients Beta	SE	Non-standard coefficients	third step
0.001	8.22	-	3.24	46.96	Constant
0.001	5.16	0.320	0.152	0.815	cultural consumption
0.001	5.04	0.323	0.229	1.13	leisure activities
0.001	4.52	0.242	0.232	0.826	body management

Table 6: predictor table of mental maturity based on the elements of cultural consumption and leisure activities and body management and nutrition pattern and clothes buying pattern

Sig	t	standard coefficients Beta	SE	Non-standard coefficients	forth step
0.001	8.28	-	4.31	35.70	Constant
0.001	3.71	0.248	0.159	0.592	Clothes buying pattern
0.001	5.00	0.277	0.224	1.11	cultural consumption
0.001	3.83	0.208	0.286	1.09	Body management
0.001	2.66	0.168	0.233	0.620	leisure activities
0.001	1.51	0.142	0.212	0.512	Nutrition pattern

According to the results of the tables, cultural consumption element is entered to the equation in the first step. In the next step leisure activities element is entered. In the third step. Body management is entered to the equation. In the fourth step clothes buying pattern is entered to the equation. According to each impact factor (Beta) the element of mental maturity is dependent on cultural consumption with IF =0.27, clothes buying pattern with IF =0.24, body management with IF= 0.20, leisure activities with IF= 0.16 and nutrition pattern with IF= 0.14. The results of the study showed that best predictors of mental health are lifestyles, cultural consumption, clothes buying pattern, body management, leisure activities and nutrition pattern. Mental maturity = lifestyles, (cultural consumption element) + 0.248 (clothes buying pattern element) + 0.208 (body management element) + 0.168 (leisure activities element) + 0.142 (nutrition pattern element).

Fifth hypothesis is confirmed: clothes buying pattern with $\beta=0.248\%$ has a greater role than nutrition pattern with $\beta= 0.142\%$ in mental maturityof district 6 Farhangian university staff (Iran-Khorasan).

Conclusion:

According to the results, there is a relationship between lifestyle and mental maturity in associated population and the relationship between its elements and mental maturity is confirmed. In addition, according to each impact factor (Beta) the element of mental maturity is dependent on cultural consumption with IF =0.27, clothes buying pattern with IF =0.24, body management with IF= 0.20, leisure activities with IF= 0.16 and nutrition pattern with IF= 0.14. Present results are agree with studies of WHO (1998), Cockerham(2004)[7] Harrison etal (2006)[8], Plasker (2007)[9], Moohan, (2008)[10]. They showed that lifestyle is a multi-dimension structure. Present results showed that there is a meaningful positive correlation between lifestyle and mental maturity elements. According to obtained findings can be concluded that lifestyle may cause people mental maturity [11],[12] and the mental maturity may cause people psychological social welfare. In addition, Samimi, Masror Roodsari, Hoseini and Tamadonfar (2007)[13] showed the relationship between lifestyle and mental health in their studies.

One of the aspects of psychology is prevention and treatment of diseases that is examined in health psychology. This branch of psychology deals with behavioral and social factors affecting health and illness such as hyperplasia and obesity, drinking alcohol, smoking, drug addiction, the effects of stress on heart disease, blood

pressure, adaptation to chronic diseases, diet, exercise, psychological well-being, happiness, longevity, spiritual health, and social health are investigated as lifestyle.

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