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**Investigate the mental health of female students in following the style of  
contemporary life  
(Case study: Students of Kashan University)**

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**Abstract**

*Concepts of health and disease in the recent period had been an important issue for social and psychology studies. This study investigates in empirical way the concepts of mental health and lifestyle of health among female students of Kashan University by presenting the concept of lifestyle from the perspective of sociologists and psychologists. Oral data constitute a major part of Information of the present research that is one of the main methodological approaches in qualitative research. Therefore, in this research, qualitative research techniques have been used to collect data, such as document study, observation and kinds of open interviews, semi-structured and episodic- validity. The findings of this research indicate that mental health in terms of social and economic status, access to different capital offered in the field of biological and social understanding of the people is of structured causes and consequences. On the other hand, the life style that social factors pursue has affected on their experiences of the disease.*

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**Introduction:**

Today lifestyle habits have created many mental and health problems [1]. The lifestyle is more important in this term that is affected on the quality of life and disease prevention [2] and changes in lifestyle, has significant therapeutic benefits for patients, practitioners, and communities [3]. And review it with attention to the challenges of mental health is important in the 21st century [4]. Several studies consistently show a mutual relationship between different life-style and physical factors and mental health as well as [5].

As in the field of physical health, smoking and alcohol consumption also have been identified as a risk factor for psychological distress [6]. Mental health is maximum obtained satisfaction and effectiveness of essential and social interaction that include emotions and positive feedbacks about self and others [7]. Accordingly, in this research keeping in mind the conceptual space of lifestyle, more specifically, pays attention to lifestyle of health for students because students of any society are human resources and future builders of future of that society [8].



**Theoretical Foundations:**

Today, there are two approaches in health-related theories that include "biomedical model" and "Biocultural model". Patient often is considered as physiological phenomenon in biomedical model [9] and other model looks at the patient and human health as a new experience of life and socio-cultural structure [10]. In this relationship "Luc Boltanski" found that people, who belong to affluent environments, better internalize the concepts of medical knowledge [11]. The concepts of health and disease may be, also closely related to the concepts of normality and moralities [12].

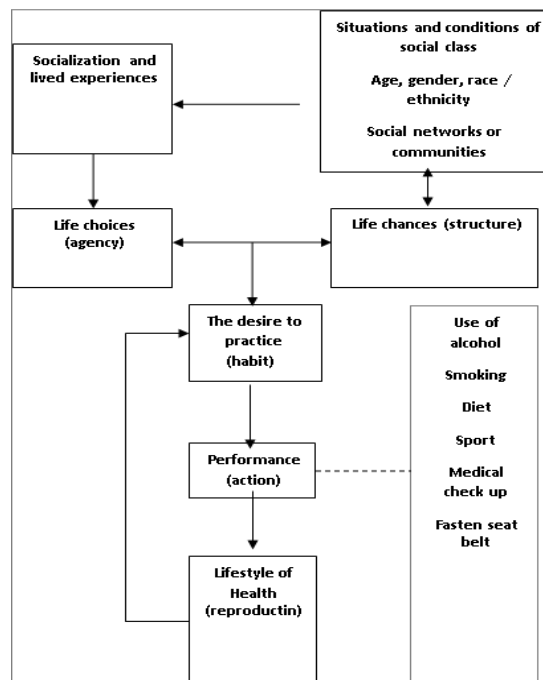
**Mental health and lifestyle:**

The World Health Organization considered the health as a complete physical and mental state, and social wellbeing and not only the absence of disease or infirmity [13]. Snyder and Lopes believe mental health should be included by the absence of disease and also the presence of high level of happiness [14]. According to the Adler's definition of mental health of a healthy person will plan his life with complete realism [15]

Accordingly unhealthy behaviors can be influenced by following an unhealthy lifestyle [16]. Since periods of overcoming on depression are longer in people with unhealthy lifestyles [17]. Or in adults who adhered to the commitment of marriage, has been reduced the risk of heart disease [18]. Or in other instances, research suggests that increasing stress level in young and weight gain in middle-age is associated with alcohol consumption [19]. And in people, who are involved in such risky behaviors, increases the rate of lack of control over personal feelings and mental health [20].

In the meantime William C.Cockerham is a thinker that especially has psychological-social look at lifestyle category. William C.Cockerham has investigated develop the concept of lifestyle in the field of health [21] and believes health life style was defined based on the choices of options available to people [22]. And it is based on selection among the chances of life [21].

Model 1: description of health life style based on the theory pattern of C.Cockerham



Different variables make structural factors, on the one hand "life chances" according to the C.Cockerham healthy lifestyle model; On the other hand, creates the different fields of "socialization" and "Experiences" for individuals that as a result of it, people choose and assess the path of actions [22].

**Methodology:**

This research was a kind of qualitative researches and has been conducted based on field theory. The sampling method of this research is targeted improbable sampling and sample size includes 23 interviews. In

collecting data mainly have been used two semi-structured interviews and episodic interview and data analysis has been performed by using the field theory. Based on this technique Oh flick (2008) believes that "you use the information and Insights gained from the literature of issue as field knowledge in qualitative research "[23].

### Research findings:

The status of 23 people sample of this research that were investigated in favor of exploring and current knowledge about mental health issue in lifestyle of female students has been shown in the Table 1.

Table 1: Descriptive information of respondents

Number	Age group	Age
10	Groups of 18-20 years	
8	Groups of 20-22 years	
5	Groups of 22-24 years	
18	BS	Level of Education
5	Masters	
16	Single	marital status
7	Married	
0	divorced	

Based on research data targeted strategies, action / interaction of agent in the context of health lifestyle, central code of modern living find meaning in the following. This means that the actors have concerns, verves and different choices. For example, the number of respondents in this field believes: I cannot stay at home, always I get bored always and I feel frustration and I call on my friends to go somewhere to look together ... (Responsive 3).

I always like to experience something new. There is a feeling inside me that I cannot step into something (responsive No. 14). According to the new living that finds meaning under the modern matter and its requirements, we categorized two behavior mechanisms of normative action and abnormal action.

In this direction female students that have placed between normative action ,had linked by friendship circles that they had enough recognize about people of that circles and were approved also by family ( respondents of 2,4,5,8). In the open codes associated with the management the body, had least desire and experience in the field of doing cosmetic surgeries, to show make up and stimulating the body ( respondents of 2,8).

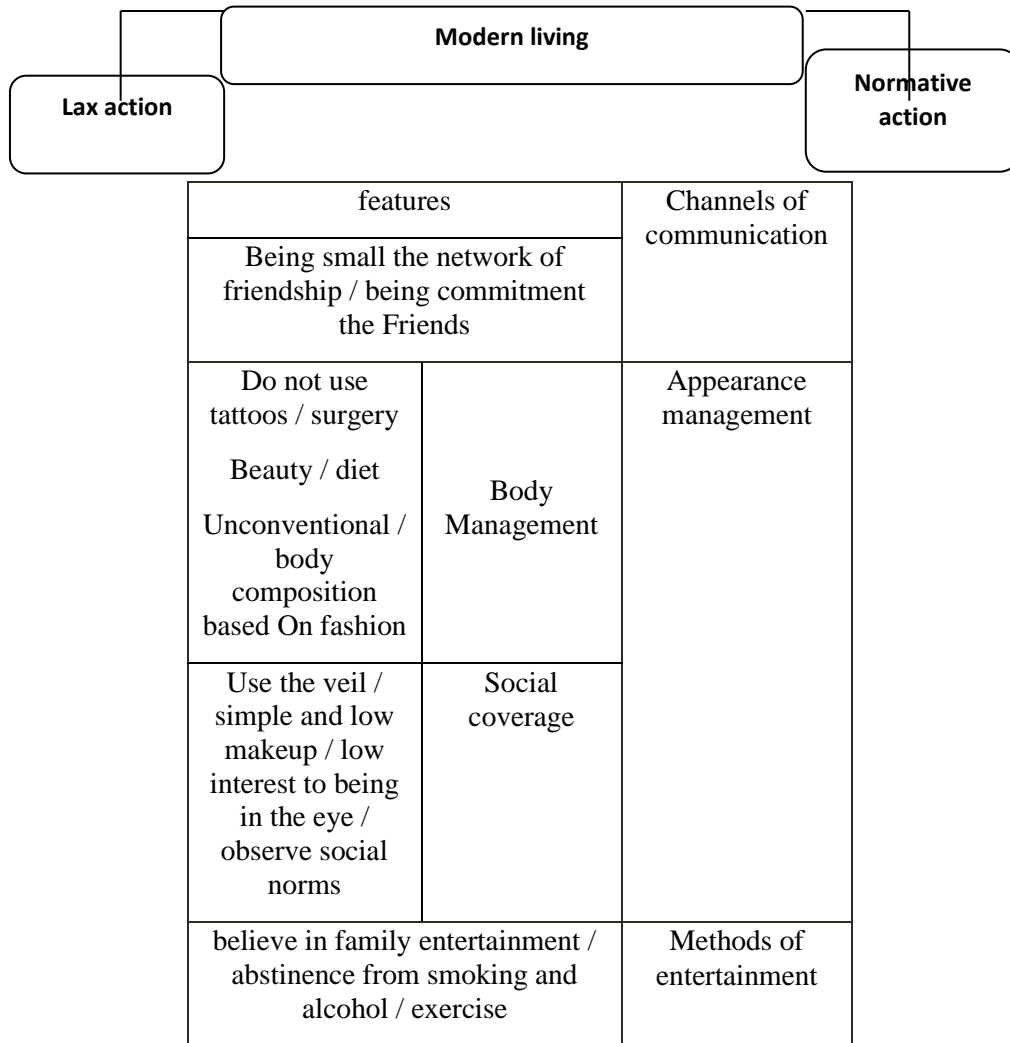
In this context, they have commented as follows: I do not believe in such happiness (responsive No. 11). I did not experience ever.

My dad always says keep the size that the size is good ... and.really his word is true (responsive No. 18). But beyond conventional life that was common in middle-class, Therefore that it was approved by references of values within family and same class friends that was mentioned as a social value and cultural customs of it. It might be argued that by referring to Sideman: the white-collar class inevitably follows consumption and leisure activities to obtain social status and feel powerful [24]. In the following obtained results in the form of model number 1 have provided in selective form.

We have named two types of biological narrative as "regular life" and "intellectual living" in the following. Person required him/herself to comply of social agencies in regulated living. For example, respondents the number of (18, 2) have commented in connection with the alleged friendship with the opposite sex: I do not even meet its stress ... (respondent 18). I say hello and smile with my classmates, but I supposed that I get bored and cannot send message that Where are you, darling? Where are you exactly? (Responsive 2)

These statements do not mean that these people in terms of social capital and the public relationship power are at a low level, but also on the basis of C.Cockerham model the status of class and position of person affected on the life chances the way of socialization and the same matter was effective on the habits and practices of performance of person are toward which direction.

Model 2: description of forms of action of female students based on the lifestyle



**The internal health of female students:**

According to this central core, the respondents were asked to express their opinions about mental relaxation, stress that they have experienced, experience of multiple separations in the friendships, the pointlessness of life, feel frustration, duplication of entertainments. Browse the responses again and again showed that depending on whether the actor has in what circle of social life, to what extent the circumstances of attending were provided in the beyond conventional recreational spaces and practice of representations the body has in the social fields.

The external experience of events that happen to him /her in social action space as well as his/her internal health is different. For example, the sample of respondents (13, 21, 18, 2, and 14) has commented In this case:

Most of the time i use my cell phone, in this group, in that group., my life is all channels and groups, my mom sometimes says that if a movie camera takes film of you, you will see that , how much suddenly laugh you, Suddenly, you frown (respondent 14). That this matter as the results of social analysis show that immersion in digital matter can cause intensive the identity and emotional chaos in the youth [25].Female Students that experienced virtual relationships also used more words (such as depression, boredom, fatigue, lack of patience, the lack of meaning) in their talking in this research, in definition of life and express their perspectives on the future chances and equipments of living.

## Conclusion:

On the basis of health lifestyle approach in recent modernity periods, health is considered as an achievement that a person needs to try for acquisition it by adopting a healthy lifestyle. Therefore, in these periods, people increasingly are responsible for their own health. Because according to Anthony Giddens, late modernity has the reflectivity characteristic [26]. In this sense, Giddens believes that despite the effectiveness of social structures through modern culture, lifestyle and globalization on the individual, the individual also has the power to manipulate and modify themselves [27].

Review and revision again and again the interviews of this research showed that social activist, despite influences of the socialization process in the family, has not been completely denied of the power of choice and can guide his/her habits in a direction that is according to social criteria. This shows that achieving the optimum mental health and reducing the volume of mental chaos, encourages and bitter experiences that are the frequency of unhealthy lifestyle and beyond the conventional life choice and, although is affected by the exterior contexts and situations that C.Cockerham was noted to it.

But on the one hand, as Giddens believed in the reflexive character of modern culture, and as Bourdieu believes that the habits do not have imposed, one-sided and mechanical aspects, but also practical strategies and approaches that person also manipulates them and from the other side lived experiences of actors that were taken step in normal living practices, show that actor can keep him/her self away from the contrary contexts and fields to the common and conventional culture and also from unhealthy lifestyle.

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