

## Investigation of the Impact of Cyberspace on the Lifestyle of young Female Students of Shahid Modarres Girls' School in Chenaran city

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### *Abstract*

The purpose of this study was to investigate the impact of cyberspace on the lifestyle of young female students. The statistical population of the study was 90 students of Shahid Modarres Girls School of Chenaran city. Considering the number of the population, the complete enumeration method was used to distribute the questionnaire. In general, two major methods of library and field methods have been used to collect data. The research questionnaire consisted of 55 items in two parts: cyberspace with 30 questions taken from Zendaniyan et.al (2013) and the lifestyle consisted of 99 items from Laali et al. (2012) research which was reduced to 25 items in Foroutan study (2013). SPSS 21 software was used for statistical analysis and Pearson correlation and regression methods were used to test the hypotheses. The reliability of the whole research tool based on Cronbach's alpha coefficient is 0.90. Research findings show that cyberspace with a correlation coefficient of 0.557 and amount of 30% affect students' lifestyle. Also, in terms of relationship with the family, cyberspace with a correlation coefficient of 0.508 and 25% amount and cyberspace in terms of educational status with a correlation coefficient of 0.268 and 6% amount, and cyberspace from a compatibility or adjustment point of view with a correlation coefficient of 0.421 and amount of 17% and cyberspace from the perspective of belief- theological status with correlation coefficient of 0.373 and amount of 13% and cyberspace in terms of mental status with a correlation coefficient of 0.225 and amount of 5% affects students' lifestyle. Creating restriction on the use of virtual social networks or negative propaganda is inconsistent with the results of this study but also, social and cultural contexts should be provided in this respect along with the values and norms of society.

**Keywords:** cyberspace, lifestyle, girl's students, Shahid Modarres Girls' School of Chenaran

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### **Statement of the Problem**

Life style is one of the differentiation mechanisms in today's society that has attracted the attention of social scientists. The importance of the meaning of lifestyle and its type among individuals, attract double attention to lifestyle choices based on personal taste and elegance. Also, in the modern world, different lifestyles determine each person's contribution to social, cultural, and economic relationships to achieve their goals. Therefore, all members of society attempt to have a lifestyle so as not to fall of enjoyment inform personal and collective interests in social exchange. Because of the lifestyle, the amount and manner of social interaction, and the kind of meaning that is exchanged, it is very important for men and women, especially the youth of society (Ebrahimi, 2010, p.14).

Previously, humans had a face to face relationship with each other, and the prosperity and promotion of lifestyles through this type of communication was accompanied by a very slow and weak process, but with the development of new information and communication technologies, we can say that the power of technology has reached a point where human societies have online communication and that has caused new styles and lifestyles in the world to formed. Today, with the advent of communication, societies have undergone many changes, and information and communication technologies such as satellites and the Internet and virtual social networks have achieved a position where the change in culture and daily life is only one of its consequences (Khoshnevis, 2010, p.9). Today, the cyberspace with its vast and real potential is rapidly expanding in society especially among the younger generation. The rapid, inclusive and widespread comprehensiveness of cyberspace has raised questions about its potential consequences for users in the community. The advent of Internet social networks has brought with it widespread economic and social changes and even new lifestyles. A person living in modern society manifests his personal identity in his lifestyle. In fact, according to Cheney, lifestyle has a direct relationship with people's identities. In his view, lifestyle is the language of one's social identity and culture that defines one's way of expressing itself (Cheney, 1994, p. 91).

In this regard, Najafi Solari believes that online social networks have attracted the aforementioned age groups while simultaneously satisfying the intellectual, rational and emotional needs of youth and adolescents and founders of virtual societies are taking full advantage of the opportunity to transform their political and social-cultural concepts into their soft and hidden form (Najafi Solari, 2010, p.36).

The trend toward social networking sites around the world is increasing. Therefore, due to the increasing attractiveness of these social networks on one hand and the ease of membership in these networks, on the other hand, many people are interested in participating in these networks. Most of the youth are eager to enter these networks. Since about 31.5% of Iran's population is young and this population is the most users of social networks comes from this group, this study tried to provide an answer to the following question: Does cyberspace affect the lifestyle of adolescent girls in Shahid Modarres Elementary School?

### **The Purpose of the Study**

Main purpose of the study is to determine the effect of cyberspace on the lifestyle of youth female students in Chenaran Modarres School. The minor objectives of the study are the investigation of the effect of cyberspace in terms of the relationship between youth female students and their families on lifestyle, the educational status of youth female students on lifestyle, adjustment and adaptability of youth female students on lifestyle, belief- the theological status of youth female students on lifestyle, and the mental status of youth female students on lifestyle.

### **Definition of Basic Research Concepts**

**Cyberspace:** There have been numerous definitions of cyberspace in the research literature. These definitions can be divided into two main categories: technical engineering and communicational sociology. Cyberspace is the product of Internet-based applications designed based on the second-generation Web technologies and, from the communication sociological point of view, are the content and relationships that are created as a result of users' social interactions in the context of web-accessible technologies. In the technical definitions, the emphasis is on web technology and applied programs, while communicational sociological definitions emphasize on user interaction and content production and consumption; thus, key elements in defining cyberspace are users, content, interactions, and the social web and it can be concluded that cyberspace is a network of active users that interact with each other through the production, sharing, consumption, and retrieval of digital content in the social web context (Zokaei & Hasani, 2016).

**Virtual Social Networks:** The concept of the social network was first introduced in 1940 in anthropology by Radcliffe Brown. Then in the mid-1950s, the concept was used by Boots and Barnes (Chalabi, 1994, p. 10). Networks are social structures that are created by communication between individuals and groups (Litell John, 2005, p. 684). Social relations can be systematical and advanced as networks. The network can be described in a single image as a mass of interactions between many people that may occur at different times and places (Brugman, 2010, p.14).

**Lifestyle:** Lifestyle in the field of cultural studies refers to the set of behavior patterns of each individual's actions that focus on the normative and semantic dimensions of social life, and it shows the quality and quantity of one's belief system and individual actions. In other words, lifestyle implies the specific nature and content of the interactions and actions of individuals in each society and is placed between the intentions and interpretations and motives of the individual inflows of daily practice and daily life (Hajiani, 2007, p.7)

David Cheney's lifestyles are seen as a discourse tantamount in modern era. The modern era is characterized by the emergence of dominant non-religious ideologies, which in varying degrees and items of class consciousness constitute social conflict (Cheney, 1996, p. 159). So, it can be said that the lifestyle is a set of behaviors dominated by a cohesive principle; it covers an area of life and it is recognizable to a group of people in society, but not necessarily recognizable to everyone (Fazeli, 2003, p. 83).

## Literature Review

Qasemi and Qasemi (2015) summarize issues related to Islamic lifestyle and their differences with Western lifestyle in a study entitled "*The Impact of Virtual Social Media on Iranian-Islamic Lifestyle*" and then they studied the positive and negative impacts and multiple damages of virtual networks on the lifestyle of people especially Iranian youth and finally, they suggested ways to promote the Iranian Islamic lifestyle.

Pournaghdi and Hashemi (2015) investigated the impact of virtual social networks and electronic addiction on lifestyle among 1200 Internet users in 2013. The results show that with the increasing development of Internet and Information Technology usage among young people in the country, changing the habits, norms, and lifestyle of people as well as the tendency to virtual life instead of enhancing personal, social and group skills, as well as the prevalence of electronic addiction, are the most important challenge and problem of information technology in current era for the health of the life of individuals of the community.

Motalebi and Amir Ahmadi (2015), in a descriptive-analytical study, examined the impact of mobile virtual social networks and disrupting in the social order and lifestyle of Iranian citizens. The results showed that despite the benefits and positive effects of mobile social networks in facilitating communication and living, due to the lack or weakness of media literacies of most Iranian citizens, social networking software on mobile phones and computer systems such as Facebook, WhatsApp, Beetalk, Viber, Line, Instagram, and Tango have had negative consequences and somehow cause trouble in the order and social life of Iranian society.

Fathi et al. (2014) conducted a study entitled "*Evaluation of the Relationship between the Virtual Social Network's Consumption and the Youth's Lifestyle*". The results show that there is little relationship between the virtual social network and general lifestyle. But looking at the details of this relationship, it can be seen that there is a significant relationship between the variables of cultural interactions and the exchange of full information with the lifestyle.

Pishvaii (2014) analyzed the changes in the youth lifestyle that are caused by the introduction and prevalence of virtual social networks. Research findings show that Facebook social network leads to changes in youth lifestyle in areas such as leisure, attention to and disposition of the body, type of clothing, conversational style and style of expression, creating conditions for communication with the opposite sex, and acquiring the daily capabilities has become a global space.

Bashir and Afrasiabi (2012) conducted a study on Internet social networks and youth lifestyle in Iranian virtual community. There has been a relationship between membership in online social networks and devotion of time to other social activities and most respondents acknowledged that they were being objected by other family members because of overuse for activities in social networks. There is also a relationship between membership in social networks sites such as how to interact with the opposite sex and how members interact in the external environment.

Maklowski (2015), in his research studied Facebook development by measuring social support and examining the relationship between depression and quality of life

and social support and states that high social support is a predictor of lower depression and higher quality of life. The results indicate that Facebook's social support is assessed by four perceptual, emotional, cognitive, and instrumental factors.

In the study of Bi et al. (2014) that was conducted in Taiwan the quality of sleep among 2360 entrant students was measured using a self-administered questionnaire with variables including the Internet, breakfast and social support. The results show that poor sleep quality in these students was significantly correlated with these variables. People with Internet addiction, who did not eat breakfast, drank tea alot, and had poor social support, had poor sleep quality.

Cockerham et.al (2004) examined healthy lifestyles in Central Asia (Kazakhstan and Kyrgyzstan). The results showed that despite high economic poverty, the Kyrgyzstan people's life expectancy is higher than that of the Kazakhstan people due to their proper lifestyle.

Campbell (2001) stated in a study entitled "*Lifestyle, Minerals and Health*" that human health and even human behavior are affected by the increase or decrease of minerals (magnesium, zinc, calcium, etc.). Diseases such as depression, allergies, joint pains, cardiovascular and gastrointestinal diseases can be considered examples of this condition. Excessive consumption of salt, sugar, saturated oils, alcohol and smoking also causes various diseases, including cardiovascular diseases.

## **Theories Related to Lifestyle**

### **Pierre Bourdieu**

Bourdieu believes that tastes give people a sense of their place in the social system. It brings together those who have the same preferences and distinguishes them from people with different tastes. So, people categorize relevant items through practical applications and implications and in the process, they also classify themselves (Ritzer, 2000, p. 35).

Bourdieu believes that lifestyles include classifier and categorized practices of individual in areas such as the distribution of day hours, the type of leisure and sports, the ways of socializing the manner of speaking, walking, the type of clothing, the type of food (Bourdieu, 1984). From Bourdieu's perspective, lifestyle is the source of actions that are categorized in a specific way and results from specific perceptions. The visualized lifestyle is the preferences of individuals which are tangible in practice, are non-random, and have a class nature. Bourdieu uses the concept of habitus to explain how people belonging to a particular place in society choose a particular lifestyle (Fazeli, 2003, p.27).

### **Max Weber's perspective**

the concept of lifestyle is the result of the expansion of interaction with dignity groups. Lifestyles were different in methods of behavior, clothing, talking, thinking, and attitudes that characterize different dignity groups and it also refers to a model for those who wanted to be a part of these different dignity groups (Fazeli, 2003).

Weber's goal of lifestyle are values and common customs that give the group a sense of collective identity. What Weber calls lifestyle goes back to how the same classes and groups create a kind of life. Despite Weber, lifestyles in addition to group

differences legitimize dignity and class preferences, dignity groups and classes are transformed into reference groups through lifestyles and they also define different social criteria and ethical evaluation (Mahdavi Kani, 2007, p. 206).

### **George Simmel's Perspective**

George Simmel is one of the theorists who have referred to the concept of consumption and lifestyle. Simmel believes that one can tolerate the signs of modern life through the profound expansion of individualism aimed at following the symbols of dignity and fashion. Such consumption is a way of proving oneself and maintaining individual authority. In his view, in addition to being a source of structural happiness for the metropolis, it also symbolizes class distinction. From Simmel's perspective, fashion has a dual function; on the one hand, it is to express one's desire to be different from others and to express one's identity and desire for individuality but, on the other hand, it also has a class aspect which causes the correlation and strengthens class social cohesion. The upper classes differentiate themselves with fashion, and after the lower classes imitate the present fashion, they adopt a different fashion. Simmel analyzes consumption patterns as a tool to critique and evaluate the process of social change and analyzed the impact of social change on consumption patterns (Fazeli, 2003). Simmel was the first sociologist to consider the world of leisure and consumerism. He regards the concept of fashion as one of the main phenomena of consumer society. One of the functions of consumption for him is the ability of different people at different times and places. Simmel has not seen the consumer society where humans are governed by rational behavior (Backman, 2007, p. 278).

### **Theories Related to Cyberspace**

#### **The Globalization Theory of Thomas Kastelz**

Regardless of any survey, it is possible to prove some kind of relationships between membership and presence on internet social networks and youth lifestyles within the framework of Kastelz's dual globalization theory and networking society. Using this theory, we can explain how virtual social network actors have been exposed to changing cultural symbols associated with lifestyle in a dual globalized space and the impacts of being in social networks through the type of relationships and how user page formatting features have emerged in virtual communities and on the other hand, some of these effects are on display in their lives in the outside world. According to Kastelz's, the price paid to enter the system is to conform to its logic, language, inputs and its encoding and decoding system (Kastelz, 2011, P. 432).

#### **Anthony Giddens' Perspective**

Giddens disagrees that lifestyle is limited to activities outside the workplace and inside workplace and believes that the work and professions of individuals greatly enhances the chances of life in the Veberian sense and life chances are in turn a concept that we have to understand in terms of the availability or the absence of potential lifestyles. Work is never completely separate from the choice and the choice of work and workplace is one of the essential elements of a lifestyle orientation in the highly complex division of labor of modern age societies. With the increasing

globalization of the mass media, the existence and functioning of various circles and organizations in every field, to the ears and eyes of anyone who wants to hear and see and that information opens up new ways for choice. Considering the central importance of consumption in defining and explaining lifestyle, the relationship between lifestyle and consumption has been emphasized in this study. Therefore, the theoretical approaches presented for consumption can also be of great help to this research, so a brief reference to these theories is given (Giddens, 2004).

### **Cultivation Theory of George Gerbner**

Cultivation theory studies the extent of the impact by determining the amount and type of media programs used to acquire the mechanism and mode of impact. Cultivation theory has been one of the forms of media effects at the cognitive level and to what extent can media exposure shape public beliefs and perceptions of external reality? (Morvarid, 2013, p. 81). Based on the Cultivation theory, it can be concluded that the amount and duration of membership in social networks and realizing the content of Internet social networks affect users' lifestyle. It can be said that the more the use and duration of social network memberships is, the more likely the user will be affected. Conversely, the less the use and duration of the social network membership is, the less likely it is to be affected.

### **Neil Postman's Perspective**

Neil Postman, a sociologist and mass media researcher, has focused his research studies on the effects of the mass media on the destruction of culture and ethics and social relations and the family focus and the destruction of humanity as a whole. The origin of all these is attributed to the nature of ultra-modern technology and the unbridled nature of its bellicose rivalry. Postman, in his book "*Life in Pleasure, Death in Happiness*", documented the destructive effects of mass media on culture, religion and the family. In this book, he warns that with every viewpoint and belief system, families want to raise their children the way they want; while mass media trains their children by the way the hypermedia wants them to. In other words, social media replaces parents and they take the initiative to fully influence our children, as it affects the economy and the market (Postman, 2009, p.9).

### **Sigmund Bowman's Theory of Modernity**

Bowman addresses issues such as technology, urbanization, consumption, mass media, space, and individuality; he seeks to show how human relations dominate during the time, especially in modern times. Modernity can best be described as an era that is characterized by constant changes. Owners of the modern era are aware of this contradictory characteristic, the era in which their legal forms, their material, and semantic creations, their knowledge and beliefs are viewed as liquid, transient, unstable and uncertain currents. The currents that simply need to believe and acted to them. By illustrating the changes made to these components, Bowmann wants to identify the concept of liquid modernity (Shahnoshi & Taji, 2012, p. 289).

### **The Theoretical Framework of the Study**

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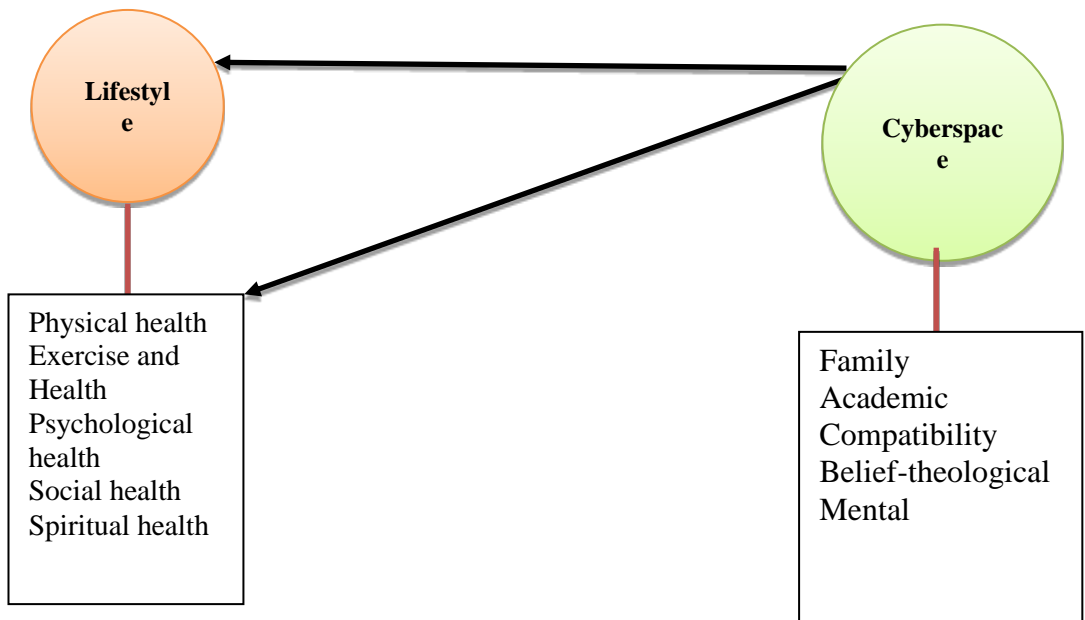
Theoretical framework for the conceptual model of this study is based on theoretical relationships between factors and variables affecting the research subject from the research literature. The study included lifestyle as a dependent variable and cyberspace as an independent variable. In this study, it is attempted to develop a combination of several model theories to investigate the effects of the variables. Several theories have been used to construct the theoretical framework. The theoretical framework relies on Weber's theory of lifestyle; we begin with what Weber calls the lifestyle which refers to the behaviors, clothing, speaking, thinking, and attitudes that characterize different dignity groups and used as a pattern for those who wanted to be a part of these different dignity groups (Fazeli, 2003, p. 28). Bourdieu also knows how to classify and classifier a person's lifestyle in the areas such as entertainments and sports, socialization methods, speaking rituals, type of clothing and music tastes that the ways in which people interact have been expanded and included social interactions, family relationships, and finding friend (Bourdieu, 1984). Gerbner's cultivation theory about the media and the Internet and social networks is also utilized. This theory emphasizes the interaction between the media and the audience who use that media, as well as how the media affects the audience (Ameli, 2009, p. 23).

Thus, using this theory we can explain how cyberspace actors have been exposed to changing cultural symbols associated with lifestyles in a dual globalized space and the impacts of being in social networks through the type of relationships and how user page formatting features have emerged in virtual communities and, on the other hand, some of these effects are on display in their lives in the outside world (Kastelz, 2011, p. 432).

The media have a great deal of influence over the order and harmony that they have in delivering the message over time so that they should be seen as shaping society. Today, people's lifestyles are heavily influenced by modern media and technology and because of that people have similar lifestyles. Accordingly, in this study, we used a combination of theories such as Bourdieu and Weber to explain the lifestyle that is divided into the components of "physical health, excercise and health, psychological health, social and spiritual health". To analyze and explain cyberspace, we have used Gerbner's theories of cultivation and the two factors of globalization and Kastelz global community. Accordingly, the virtual social network is divided into the components of "family, education, adjustment, belief, and psychology". A glance at the latest research in this area reveals different and in some cases contradictory findings, while research by Soleimani Nejad (2012) and Shahnoshi and Taji (2012) show no relationship between social media use and users' lifestyle changes. Other study emphasizes the significant impact of these interactive media on users' daily life (Khalili Azar, 2013). Also, while some studies indicates the positive impact of virtual social networks on user relationships (Abbasi-Shavazi & Homayoon, 2014), others point to the weakness of user relationships following the use of these networks (Adlipour et.al, 2013). In the initial study, the main origin of this paradox can be traced in the methodology of these studies, and in particular in lifestyle indexing; the indicators used for lifestyle are not identical in any of these studies. For example,



Imam Jomezadeh et al. (2013) used cultural consumption, deviant behavior, political behavior, body management and religiosity; Shahnoush and Taji (2012) referred to cultural consumption, clothing type and body management; Bashir and Afrasiabi (2012) emphasized the relations with opposite sex, clothing type and manner of expression; Pakseresht (2011) focused on media consumption, sports, consumption of public spaces and artistic activities; and Shalchi (2008) referred to leisure, music, clothing, body importance, moral values, and attitudes as indicators of lifestyle. There are also differences in what researchers think of the concept of cyberspace. Some scholars have considered cyberspace in its specific meaning, and so have explored networks such as Facebook (Qasemi et.al, 2014) and some have a more general understanding of this concept, and blogs are also considered as part of cyberspace (Khaniki & Babaei, 2011). In this regard, the conceptual model of the study was drawn.



## Research Hypotheses

### Main Hypothesis

Cyberspace affects the lifestyle of young female students.

### Minor Hypotheses

Cyberspace has an impact on their lifestyles in terms of the interaction of girl students with families.

Cyberspace has an impact on their lifestyles in terms of education status of girl students.

Cyberspace has an impact on their lifestyles in terms of adjustment of girl students with each other.

Cyberspace has an impact on their lifestyles in terms of Belief-theological status of girl students

Cyberspace has an impact on their lifestyles in terms of the mental status of girl students

## **Research Method**

### **Design of the Study**

The purpose of this study was to investigate the effect of cyberspace on the lifestyle of young female students in Shahid Modarres School in Chenaran. And through its findings, solutions are provided for future decision making and planning, therefore, the type of research is descriptive-correlational in terms of purpose, application and nature. Because it describes the status of the variables and their relationships and using correlation analysis and regression analysis, it tests and explains the simultaneous relationships between variables.

### **Statistical Population and Statistical Sample of the Study**

The statistical population of the study was 90 students of Shahid Modarres Girls School of Chenaran city. Considering the number of the population, the complete enumeration method was used to distribute the questionnaire.

### **Data Collection Method**

In general, two major library and field methods have been used to collect information and data. The library method used a variety of books, journals, research reports, English and Persian articles and dissertations related to the research subject and a questionnaire was used in the field method. The research questionnaire consisted of 55 items for cyberspace with two dimensions; 30 questions were taken from the Zendaniyan et.al (2013) and the lifestyle consisted of 99 items from Laali et al. (2012) which was reduced to 25 items in Foroutan (2013). The reliability of this questionnaire was reported to be above 0.7 and the validity and reliability of the questionnaire were also confirmed. Questionnaire spectrum in this study is 5 points of Likert.

### **Validity and Reliability of Research Tools**

The validity of the measuring tool (questionnaire) was obtained through content. To assess the validity of the questionnaires, the research tool was approved by respected professors, supervisors and several experts in the field of research. After acceptance of the main concepts, it was corrected and finally, a final questionnaire was prepared. Cronbach's alpha coefficient was used to evaluate the reliability of the research tool; Cronbach's alpha coefficient of the whole research tool was greater than 0.90 indicating high reliability of the research tool.

### Statistical Methods and Techniques Used for Analysis of Observations

To analyze data and observations after collecting, reviewing, coding, entering data, and forming a database in SPSS, descriptive statistics such as frequency distribution tables, descriptive charts, and central indices and distribution such as mean, standard deviation, etc. were obtained. In statistical inference section after converting the research variables from sequential scale to spatial scale, Pearson correlation and regression coefficients were used to test the research hypotheses.

#### Research Findings

60.5% of the students' father had not completed their high school education, 24.4% had a diploma, 8.1% had a bachelor degree in arts, 4.7% had a bachelor degree and 2.3% have a master degree.

result	Error deviation	Significance level	Statistical-F	Determined coefficient of determination	coefficient of determination	correlation coefficient	Hypothesis
verify	0.078	0.000	37.782	0.302	0.310	0.557	Cyberspace affects the lifestyle of sixth-grade female students.
verify	0.050	0.000	29.208	0.249	0.258	0.508	Cyberspace has an impact on their lifestyles in terms of the interaction of girl students with families.
verify	0.065	0.000	6.485	0.061	0.072	0.268	Cyberspace has an impact on their lifestyles in terms of education status of girl students.
verify	0.055	0.000	18.048	0.167	0.177	0.421	Cyberspace has an impact on their lifestyles in terms of adjustment of girl students with each other.
verify	0.059	0.000	13.572	0.129	0.139	0.373	Cyberspace has an impact on their lifestyles in terms of Belief-theological status of girl students.
verify	0.059	0.000	5.871	0.054	0.065	0.256	Cyberspace has an impact on their lifestyles in terms of the mental status of girl students.

48.8% of the students' mothers had not completed their High School education, 29.1% had a diploma, 12.8% had a bachelor of arts degree, 5.8% had a bachelor degree and 3.5% had a master degree.

70.9% of the students' fathers were self-employed and 19.8% of them were employed by the state, 3.5% of them were retired and 5.8% of them had other jobs.

80.2% of mothers were housewives and 9.3% of them were self-employed, 8.1% of them were employed by state and 2.4% of mothers had other jobs.

### **Research Hypotheses**

Considering the normality of the research variables, the research hypotheses were tested through the Pearson correlation coefficient and regression analysis.

### **Discussion and Conclusion**

Although the concept of "lifestyle" is implicit in Max Weber, Thorsten and Veblen's ideas and opinions but its origin goes back to the last two decades and is influenced by Pierre Bourdieu's work and the evolution of the class system and the formation of urban life with young people and the new generation. As noted, the "urban" lifestyle has been realized in a modern (urban), middle-class, and consumption-based society. Then, in a society where middle-class oppression is pursued as politics, the hidden lifestyles are formed and in contrast to the power of the middle class, the styles mentioned can emerge and society will evolve.

Today, with the expansion of information technology functions, we are witnessing dramatic changes in different aspects of human life. Changes which in the macro perspective had caused changes in the way of life in the age of information society. The creation of virtual communities as the latest achievement has been able to link the functions of virtual social networks with the social life of individuals and in two ways it could change people's lifestyles. First, increasing the hours of Internet use and surfing social networks is a direct consequence of such communities. And the other way that people's lifestyle changes is with the way they deal with the opposite sex, the style of clothing, the type of music they prefer, the type of exercise, family relationships, and so on, results from the effects of virtual social networks.

Based on what we have discussed in the theoretical discussions and the results obtained in this study, we can analyze the expressed theories. As Giddens states, it is the social structure that influences the lifestyle and people have different lifestyles depending on their position in the social structure. Bourdieu also considers objective and individual conditions in society to be influenced by the lifestyle of the individuals, and in his view individual and social circumstances lead to distinctions between individuals and different preferences between these people depending on their place in society and their social background from each other and its individual and social characteristics have influenced their choice in using modern information technology and communicational tools, So their behavior is also different. So they act different in their choice and types of programs. As Gerbner believes, the media, in a long time, will have an impact on the worldview and value system of its overused users and it gives them a unified view of the facts. As demonstrated in the main research hypothesis, cyberspace has an impact on students' lifestyles. In this regard, in each of the different aspects of lifestyle, it creates a different value system and worldview which results in different actions by individuals. And it makes people in a different area of life follow different patterns. The results of the main hypothesis of this study are in line with the results of the previous research (Bashir et al., 2012; Fathi et al., 2014). According to some social science scholars, theorists have such power that they can create a new generation for the first time in human history. A generation that is

very different from previous generations. Proponents of this view compare the power of the media to the atomic bomb that they can benefit from good or evil with great effect (Sarokhani, 1989, p.84).

According to the results of the minor hypotheses, it was found that the cyberspace has a direct impact of lifestyle in terms of female students' relationship with families, educational status, adjustment, belief-theological status and mental status of female students. This means that with the increasing use of cyberspace, we will experience changes in these lifestyle components. These results are similar to the findings of studies by Pournaghdi and Hashemi (2015), Hassani (2015), Motlab and Amir Ahmadi (2015).

### **Suggestions**

It seems that due to the positive and direct effect of cyberspace on female students' lifestyle, creating restrictions on the use of virtual social networks or negative propaganda is inconsistent with the results of this study, but also, social and cultural contexts must be provided in order to conform to the values and norms of society.

- holding cultural education courses by cultural affairs in cities to inform parents about new technologies, especially the Internet and virtual social networks.
- holding educational classes in schools to inform teens and youth about the advantages and disadvantages of new technologies and how to use them correctly.
- educational programs and shows hosting celebrities, such as popular athletes and artists, who are generally followed by youth, on the advantages and disadvantages of the Internet
- designing and editing a section of textbooks related to students' familiarity with new technologies, the Internet and their potential hazards.
- increasing children's encouragement and creating an attractive environment for them, whether in school or at home, to encourage them to participate in social activities.
- increasing students' willingness to communicate with parents using parenting practices that bring students closer to parents and lead to a more intimate relationship. In such ways, parents need to give their children more time to fill the emotional and psychological gap.
- Holding scientific meetings with professors and students to investigate the impact of cyberspace on religious identity and survey its implications for reducing the damaging effects of such an environment.

- Increasing the number of entertainment and sports facilities for students to spend their leisure time which in turn motivates them to engage in social activities.

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