

Examination of the Relationship among Various Types of Capital (Social Capital, Cultural Capital and Economic Capital) Along with the Lifestyle of Elderly Women under the Aegis of the Welfare Organization (Case study: Golestan province)

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Abstract: Today, the lifestyle of the elders has been noticed by sociologists, doctors, researchers and politicians, as ageing and the ageing phenomenon are inevitable. The increment of the growth rate of the elderly population in the country, especially the increase in the population of elderly women in the coming years, emphasizes the need for prophetic planning to control issues related to this group of the population. The main aim of this study is to identify the effect of three types of social, cultural and economic capital on the lifestyle of elderly women. The method of the study in terms of nature has been survey research and the statistical population encompasses 340 elders above 60 years old who use daily services of welfare organization that 183 samples were selected by stratified random sampling by using Cochran's formula. To examine the lifestyle, The Miller and Smith Lifestyle Questionnaire were used and to examine the social, cultural and economic capital, the questions of the previous researches related to this field were used that their validity and reliability have been confirmed and to analyse the data, the test of multivariate Pearson and regression correlation coefficient have been used. The findings of the research demonstrate that there is significant and positive relationship among social, cultural and economic capital along with the lifestyle of elderly women. In the equation of regression analysis, the analysis of variance, has been calculated, the F value indicates 31.644 and the F significance is (Sig = 0.000), that shows certainly the lifestyle with these three types of capital (economic, cultural and social capital) has a direct linear relationship. Therefore, the main hypotheses of the research based on the fact that the changes and fluctuations in the lifestyle of elderly women are explained through the main types of capital (economic, cultural and social capital) have been confirmed.

Keywords: lifestyle, elderly women, social capital, cultural capital, economic capital.

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Introduction

In definition of lifestyle, Giddens believes that lifestyle is an approximately regular set of all behaviors and activities of a specified person during lifetime (Giddens, 121: 2003). But social science theorists believe that lifestyle is influenced by many factors as economics, values, attitudes, religion and social contexts and so on. In fact, people choose their own lifestyle according to their assets that in fact cultural capital is considered as one of these assets (Ganji, 176: 2015). Bourdieu uses the concept of economic, cultural and social capital in this notion. In his viewpoint, the volume of these different types of capitals paves the way for class formation, and the character of each individual in every class are connected to each other's, and this common character and behavior, causes the lifestyles formation. And people reveal their distinctions in a social space according to the type and rate of their assets, and this leads to the formation of multifarious styles. According to Bourdieu, capital is a resource that allows a person to obtain special profit by taking part in competition for it. Capital is a public resource that can turn into monetary and non-monetary as well as tangible and intangible form. Therefore, he considers distinct forms of capital that are as following:

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1. Economic Capital: It can be converted into money and can be internalized in the form of property rights.
2. Cultural Capital: It encompasses the values, norms and social capabilities that a person has internalized and it can help him in accessing and obtaining the resources. This type of capital can be converted into economic capital in some conditions. According to Bourdieu, cultural capital can be existed in three manners.
3. Social Capital: Among the various types of capitals that are considered by Bourdieu, social capital has a special locus. In his viewpoint, social capital as a network of relationships is not a natural or even a social deposit, but something that is acquired over time and obtained by uninterrupted effort. (Bourdieu, 31: 2002).

According to this, what can be significant in lifestyle is its capital dimension, and in this study, the variables connected to the lifestyle of elderly women, as social, cultural and economic capital are considered. And its main aim is to identify the effect of different types of capital (social, capital and cultural capital) on the lifestyle of elderly women. The aging phenomenon in global population due to the reduction of mortality derived from advances in medical sciences, health, education and consequently increase in rate of hope to life and longevity (Tajour, 3: 2003) and Increment in the population who are 60 years and older have caused these people are called elderly people according to the definition of the World Health Organization (Jakisu, 174: 2015). According to this definition, more than 600 million people in the world are elderly and this number will be doubled by 2025. Until 2050 it will be over 2 billion people (World Health Organization, 2011). Presently, Iran is experiencing the transition stage of the age structure of the population from youth to old age as well. In Iran, by increase in healthy, economic and social indicators, the rate of hope index has now reached to 74 years and it is predicted that in 2021, the population who are over 60 years old in Iran will reach to more than 10% of the total population in Iran and in 2050 will reach to more than 20% of this population. The severity of the elder population of Iran will be notable from 1415 onwards. In this case, the increase in the proportion of the elderly population at the age of 60 and over will reach from around 12% to 14% in 1415 and will reach 22% in 1425 (Statistical Center of Iran, 2011). The ageing phenomenon will carry challenges in social, health fields and in treatment expenses and....for the family and the government, which indicates that special attention should be paid to the lifestyle of the elderly people. The ageing phenomenon can also be examined from an economical dimension. In fact when a person leaves the economic cycle and converts to an inactive and consuming force the economic pressure will be intensified over the active and employed population of the society.

Today's, the lifestyle of the elders has been noticed by sociologists, doctors, researchers and politicians, as ageing and the ageing phenomenon are inevitable, but researches have shown that the ageing time can be spent desirably if a proper change occurs in lifestyle. For these reasons, the importance of the studies of the elderly lifestyle will be doubled. That how elderly people live is very significant. Certainly the rustic lifestyle of an elderly person in a third world country will be different from the urban lifestyle of an elderly person living in the heart of a developed country. Therefore, the lifestyle of the elderly people will be related to the circumstances of place and time, the space in which they live (Jadidi, 47: 2018). Studies demonstrate that the men status is better than women. As the elderly women will not only be vulnerable in terms of sexually, but also they may be harmed from various health, social and psychological aspects. The rate of the quality of life in elderly women is lower than elderly men (6.31% vs. 26.34%). The rate of loneliness in elderly women is higher than elderly men (8.12% vs. 5.2%) and the rate of going to the nursing home in elderly women is higher than elderly men (6.60% vs. 4.39%) (Shirazikhah, 67: 2011). In 1335, the index value of the sex ratio in Iran shows that for 100 elderly women (65 years old and older), 111 elderly men have been in the population of the country. In 1390, this index value indicates for 100 elderly women, about 99 elderly men have been in the country (Statistical Center of Iran). About 6% of elderly men live alone; while this rate reaches to 21% for women (Welfare Organization of the Country, 2016). The respective statistics of elderly women in Golestan province also indicates an increment in elderly women than men. The latest census report of the Statistics Center in 1395 demonstrates that the country has 4871518 elderly people that it constitutes 6.1% of the total population of the country. (Statistical Center of Iran) and Statistical Center of Golestan

province show that the total number of women and men who are above 60 years old is 145694 which out of this number, 69967 are men and 75727 are women that is indicator of the high number of elderly women compared to elderly men (Statistical Center of Golestan province, 2016). Considering the important and serious differences between the lifestyles of elderly women and men and with the advent of feminization of aging signs in Iran conducting studies and researches in this domain are very important.

In relation to the previous issues and the problem of aging, we must say that the feminization of ageing in Iran is more complicated as a large proportion of women in Iran are unemployed and do not have any source of personal income. Moreover, the ownership of immovable properties, especially housing, is a more masculine matter and thereby a great economic inequality will take place that the lives of Iranian elderly women will be influenced (Ghazi Tabatabai, 21: 2008). In investigations conducted by some demographic experts, one of the factors that are considered significant in the deterioration of the elderly people status in the future is the lack of determined social policy over the issues of the elderly people in Iran (Mehryar, 2007). But what is definite is that we cannot prevent from ageing and everyone will experience it (Afzali, 1: 2005).

With regard to the examined issues, one of the most important issues that societies should concentrate on it is paying attention to the elderly people and identifying the role of capital for elderly women in their lifestyles. By increasing the number of elderly people in the world, especially in Iran, paying attention to their problems and their lifestyle are significant. It is also worth mentioning that the process of aging population in countries as in Iran is faster than socio-economic development for them. Considering the feminization of ageing in Iran, paying attention to social, economic and cultural policies for facing with this phenomenon looks necessary and mandatory. Thus, by understanding the necessity and importance of the issue, this study intends to answer the fundamental question that what relationship having different types of capital (social, cultural and economic capital) has with the lifestyle of elderly women?

Theoretical foundations and backgrounds of the research

According to Giddens, lifestyles are considered as normal everyday behaviors that manifest themselves in the form of habits of dressing, eating, and favorable environments for interacting with others. But these normal everyday behaviors are exposed to change in the light of the nature of the identity variable. Every big and small decision that a person makes daily (what to wear, what to eat, how to behave at work, whom to meet) helps with these ordinary affairs. The more modern the environment in which one lives, the more concerns of lifestyle are embedded in the center of one's (identity). (Shahabi, 37: 2007). Bourdieu in his book titled *Distinction* (1997), analyzes the choices of lifestyle and considers it important because social and structural distinctions in the last decade of modernity are increasingly expressed through cultural forms. For Bourdieu, all acts of consumption, in other words, gains and interference, should be considered as a manifestation of dominance over a communication code, and should also be understood as an "aesthetic tendency", which is the most favorable title that the world of culture imposes it (implicitly) and believes that the style of using goods, especially those goods that are considered privileged, are constituent of the key signs of identity and also an ideal weapon in distinct strategies. In this book, according to dialectical logic he has shown that consumption is not only a way to show differences but also a way to create differences. The concept of distinction refers to the fact that indeed the meaning of distinction addresses to a set of differences that the behaviors and lifestyles of people in society in terms of their different capital positions and being in different social fields among them will be revealed. For Bourdieu, different aesthetic tastes and preferences create various lifestyles; Lifestyle is a systematic product of characters that is understood through a bilateral relationship with character procedures and is converted to a system of cues that is comprehensively evaluated. In fact, as Bourdieu points out in the above phrase, consumption is presented as a system of symbols and signs that has functions such as social distinction. Of course, according to Bourdieu, the meaning of consumption derives from this difference and is nothing but that. Therefore, in Bourdieu's discussion, consumption is not only considered as a response to biological needs, but also as a mechanism of signs and symbols that the signs and symbols themselves are produced through the process of consumption. Thus, in

Bourdieu's contemplation, unlike classical Marxism, consumption is not only a dependent variable but can also be an independent variable (Behnoui, 87: 1391). Bourdieu considers lifestyle as a product of taste choices and believes that these choices are made under the influence of structural position. Lifestyle includes different parts as leisure activities, cultural consumption, body management, shopping pattern, food consumption patterns. Lifestyle is a manifold set of preferences that differentiate the consumption sector and reveals a unit display in a specific logic of each symbolic sub-space (clothing, food, etc.). Every aspect of lifestyle is manifested in other aspects, and it manifests other aspects itself as well (Bourdieu 1997). He refers to three types of economic, cultural, and social capital during discussion (Bourdieu 1997) and believes that capital can be divided into three basic forms depending on its field of activity:

"Economic capital" that can be converted into money immediately and directly and includes income and other types of financial resources and it can be internalized in the form of property rights. "Cultural capital" that can be converted into dependent economic capital under certain conditions and it can be internalized in the form of educational qualities (education degrees). And social capital which is constituted from social duties and obligations (links and communications) and it can be internalized in the form of an aristocratic framework (in the form of originality and reputation) (Sharipour, 2002: 1381). Therefore, social, cultural and economic capitals are considered as main and influential variables on lifestyle. The volume of social capital owned by an individual depends on the size of the networks that he can mobilize effectively and it relies on the volume of capital (economic, cultural capital) doubly in ownership of those that he communicates with them. Thus, social capital is a means of accessing to economic and cultural resources through social communication. According to Bourdieu, it differentiates its cultural holders from others. Having cultural capital mostly means having higher cognitive ability that this knowledge helps the person to select options that distinguish him from others and ultimately lead to having a different lifestyle. And the volume and amount of one's influences his behavior and lifestyle. According to Bourdieu's theory, the dimensions of cultural capital consist of: consumption of cultural goods, ownership of cultural goods and knowledge titles. In this research, Bourdieu's theory is used for explaining the relationship between social, cultural, economic capital and lifestyle of elderly women.

Research background

- Zare et al. (2013) in a study entitled Determinants of Health-oriented Lifestyle of Elderly People in Tehran found that almost two-thirds of the examined elderly people have a moderate lifestyle. Considering the types of capital, 56.6% of the sample of the study related to the medium economic capital and 62.2% of them concerned with the moderate social capital. The results of hypothesis test showed that social and economic capital have a significant relationship with lifestyle based on elderly health, while cultural capital has no effect on lifestyle. Regression analysis results demonstrated that 16% of lifestyle changes in the elderly people are subject to social and economic capital.
- Schwartz and Marlin (2000) identify three different parts based on cultural tastes and assets. The employed in Public service that have high "cultural capital" and low "economic capital" tend to choose intact and more active ways of life. Managers of administrative officials with low cultural capital and high economic capital prefer traditional styles of home decoration and fashion.
- Niazi et al. (2018) in a study entitled Meta-analysis of the Relationship between Cultural Capital and Lifestyle, which it was conducted in a survey method, showed that cultural capital has a different effect on lifestyle by ethnicity, gender and marriage adjustment and findings demonstrates that the effect size of cultural capital and lifestyle is 0.28.
- Moloudi et al. (2017) in a study entitled Lifestyle (Iranian-Islamic) and Cultural Consumption that was implemented on 384 citizens of Gorgan over 18 years old, it showed there is a significant relationship between the two main variables of the study (lifestyle and cultural consumption).
- Ghasemi et al. (2008) in a study entitled Structural and Capital Determinants of Health-oriented Lifestyle, has shown that different forms of human capital (social, economic and cultural

capital) have a significant relationship with the lifestyle of citizens. The result of the study demonstrates that there is significant relationship between capitals and a health-oriented lifestyle completely. Finally, the effect of social capital in this study has been greater than economic and cultural capital, or in other words, the relationship between economic capital and health-oriented lifestyle was weak.

- Ahmadi et al. (2016) implemented a study entitled Examination of the Relationship between Capital Types and health-oriented lifestyles in Women. This research is a non-experimental descriptive study that has been implemented by survey method. The statistical population of the study included all women at the age of 18 years old, that among them 310 people were selected as a sample size and the method of the study was multi-stage cluster sampling. The findings of this study showed that the women status in four dimensions (spiritual growth and self-fulfillment, responsibility for health, interpersonal relationships and nutrition) is moderate, but in two dimensions of sport and physical activity and stress management is low.

Moreover, analytical findings demonstrated that the two types of economic and cultural capital and their dimensions and the dimension of social networks in the social capital scale, of course, with distinct degrees and intensity are concerned with health-oriented lifestyle. It means the level of taste and diversity of cultural consumption increases in four categories of consumption (music, film, book, television) by promoting the level of citizen's life style. The results of examining the relationship between cultural capital and different forms of lifestyle have demonstrated that cultural capital, especially institutional cultural capital, plays a significant role in these studies and in the previous study, the importance of education and increasing the level of literacy of citizens put forth for discussion.

Research Hypothesis:

- There is a relationship between social capital, cultural capital, economic capital and lifestyle of elderly women.

Findings

The findings of the study show that out of 183 people that had been studied, 60.1% were married, 39.3% were illiterate and their age average were 66.95 years. The study samples in terms of quality of life were 2.2% to the extent of very low, 15.3% to the extent of low, 30.6% to the extent of moderate, 38.3% to the extent of high and 13.7% to the extent of very high respectively. The comparison of the above percentages shows that among the subjects studied around 50% has moderate and lower lifestyle.

Table (1): The sample and statistical features

Variable	Options	Number	Percentage	Mean
Marital Status	Single	2	1.1	-
	Married	110	60.1	
	Abandonment (Divorced)	4	2.2	
	Without any spouse (Death)	67	36.6	
Educational Level	Illiterate	72	39.3	5.20
	Elementary	21	22.4	
	Middle	24	13.1	
	High school and Diploma	36	19.7	
	Academic	10	5.5	
Age	64-60	90	49.2	66.95
	69-65	30	16.4	
	74-70	33	18.0	
	79-75	16	8.7	
	Above 80	14	7.7	

Table (2): Frequency distribution of respondents based on quality of life style

Row	Quality of life style	Absolute frequency	Relative frequency
1	Very low	4	2.2
2	Low	28	15.3
3	Moderate	56	30.6
4	High	70	38.3
5	Very high	25	13.7
6	Total	183	100
Mean= 3.459 out of 5			

As it can be seen, the samples had been studied in terms of quality of life style were 2.2% to the extent of very low, 15.3% to the extent of low, 30.6% the extent of moderate, 38.3% to the extent of high and 13.7% to the extent of very high respectively. The comparison of the above percentages shows that among the subjects studied 38.3% are placed at the most and highest quality of life and 2.2% are placed at the least and lowest quality of life.

Table (3): The Summary of the model, the coefficient of multivariate regression analysis test and the effect of different types of capitals on lifestyle

Dependent Variable	Non-standardized regression coefficient b	standardized regression coefficient Beta	Non-standardized regression error S.E	Test value t	Significance test level t	Alignment statistics	
						VIF	Tolerance
Fixed amount	39.886	-	4.071	9.799	0.000	-	-
Economic capital	0.853	0.135	0.423	2.018	0.045	1.221	0.819
Cultural capital	0.195	0.171	0.076	2.560	0.011	1.216	0.823
Social capital	1.137	0.477	0.147	7.715	0.000	1.049	0.953

In the above regression analysis equation, merely types of capitals are embedded in the equation as independent variables. The table above shows the results of multivariate regression performed by using the algebraic method. As it can be seen, for the regression equation, the analysis of variance is calculated and the F value is 31.644 and the F significance is (Sig = 0.000), which demonstrates that the lifestyle along with this three types of capital (economic, cultural, social capital) are placed in a direct linear relationship certainly. Therefore, the main hypotheses of the research based on the fact that the changes and fluctuations in the lifestyle of elderly women are explained through the main types of capital (economic, cultural and social capital) are confirmed. The adjusted coefficient of determination shows that 33.6% of the changes in life style of elderly women are influenced by three types of capital. The standardized beta regression coefficient, which shows the weight of the effect, indicates that social capital is the most important factor in explaining the changes in lifestyle of elderly women. After that, the weight of cultural capital is placed in second locus. Finally, the last influential factor on the changes in lifestyle of elderly women is economic capital. Thus, according to the results of applying multiple regression analysis it has been specified that social capital is the first priority of influential capitals on the lifestyle of elderly women. The weight of the effect of this type of capital is about three times that of other types of capital that indicates the importance and locus of social capital factor in the lifestyle of elderly women.

Discussion and Conclusion

The results of this study show that there is a positive and significant relationship between social, cultural, economic capital and lifestyle. These results are consistent with the researches of Schwartz and Marlin (2000), Ghasemi et al. (2008), Zare et al. (2013), Niazi et al. (2018), Ahmadi et al. (2016). Studies have shown that loneliness and decreasing economic income are the most important problems for elderly women, and as social capital can be converted into other capitals, including economic capital and the

rate of capital accumulation creates different lifestyles. Therefore, social capital can compensate the decrease in women's economic capital in elderly age and overcome their feeling of loneliness, and increasing and promoting this capital can enhance the level of individual relationships to the level of collective relationships. Cultural capital addresses to a specific cultural method that can be established in the procedures of formal and informal family education and increases the cognitive capacities of people in using of cultural goods, and on the other hand high cultural capital holders are placed in higher social class and have different quality lifestyles among others. As economic capital can create cultural and social capital for its owner, cultural and social capital creates economic capital through its functions as well. Therefore, the importance of paying attention to social and cultural capital in creating a lifestyle is obvious, and obtaining social and cultural capital is one of the most significant ways to promote lifestyle of elderly women and explains lifestyle more than other factors. Therefore, it is suggested that legislators and planners pay more attention to strengthening and promoting social and cultural capital in the pre-aging and aging period.

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