



A Reflection on the Process of the Contemporary Urban Space Transformation with an Emphasis on the Concept of Lifestyle

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ABSTRACT

The nature of citizens' social and personal relationships is a derivative of their lifestyle. Today, the development of digital platforms and the rapid growth of technology have brought about extensive changes in people's lives, insomuch that their lifestyle is now completely different from what it was in the past. The present article is an attempt to recognize the factors that shape the lifestyle and examine the theories that support the idea to present a comprehensive reading of the concept of lifestyle. Another objective of the study is to identify the characteristics of today's lifestyle and how it influences the urban space. To this end, the research employed the meta-synthesis method. In the first step, of the total 83 relevant sources, 37 were acquired, screened, and selected using the assessment method. Then, the selected sources were coded in MAXQDA 2020 focusing on the research question. A total of 95 codes were extracted and categorized into 4 groups: "characteristics of today's lifestyle", "forming factors", "functions", and "approaches". According to the findings, the factors forming lifestyle are as follows: Human, temporal, and environmental factors. The most important and influential component of lifestyle is the temporal factor. Due to the alterations in the temporal aspect, nowadays such characteristics as individualism, considerable power of choice, market orientation, and new behavioral patterns are the indices of people's lifestyles. These characteristics have caused alterations in urban spaces such as weakened social interactions, pluralism, status symbols, visualization of signs, and a multiplicity of shopping malls and leisure centers.

Keywords: *Lifestyle, urban space, contemporary, citizens, meta-synthesis.*

1. Introduction

For people living in contemporary era, the task of deciding what to do with their own lives is more important compared to previous periods and has become an important part of their everyday existence. This goes back to the fact that people today are more responsible for what they want to do with their lives than before [1]. For this reason, in recent years, a concept called "lifestyle" has been introduced to the research of different disciplines. In general, there are several fields

related to the lifestyles, including sociology, cultural anthropology, psychology, philosophy, marketing, and human geography fields [2]. Over the past ages, one of the most influential developments of human life is the occurrence of the industrial revolution. In addition to changing the biological and physical conditions of life, introduction of the culture itself to the human societies has a profound effect [3].

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Examining the evolution of the concept of lifestyle shows that the lifestyle in traditional (pre-industrial) societies is unitary and based on social integration [4]. While in the industrial (modern) society, productive activities and the position of the individual in the production system is the foundation of his social identity, which has led to the emergence of the concept of social class in this era [5]. Such social classifications, along with the development of new technologies (as an integral part of people's daily life) have changed the behaviors, habits, and tastes of society (such as increasing consumerism, fashionism, digitization of affairs, etc.). Such changes in scale have faced a wide shift in the lifestyles of human life, and consequently in the elements and components of cities. Thus, lifestyle changes and their impact on urban space is the main challenge for today's cities to overcome. In other words, the main problem of the research is what is the concept of today's lifestyle and identifying its changes and effects on the urban space. Although many studies have been done in the area of lifestyle and different fields, the lack of research that examines all its dimensions and recognizes its impact on urban space is perceptible. The goals of the current research are to extract the factors that shape the lifestyle by reviewing the previous research and using the meta composite method, and examine how they relate to the supporting theories, and finally, to examine the characteristics of today's lifestyle and how they affect identifying the urban space.

2. Theoretical Framework

Oxford English Dictionary says the term "lifestyle" has first been used by Alfred Adler - psychologist- in 1929, to "express the original character of a person in the early childhood and govern his reaction and behavior" . George Simmel used the term in the Book of *Money*, published in German in 1900, but it was not

available in English until 1960, and Max Weber used the term in economics and society in 1922, but there was not yet much of it translated in English. Ansbacher (1967) traces the use of this term in French and German literature to the 18th and even 16th centuries. The concept of lifestyle was widely used in American research on marginalization in the 1950s and 1960s [6]. While the term may not be used explicitly, the concept is certainly reflected in early social studies. The book *Economics and Society* (1922) was the first sociological study to help theoretical discussions about lifestyles .Weber criticized the class theory of Marx, where the person's behavior was determined by his economic position (i.e., at the disposal of means of production), emphasizing the importance of a cultural/symbolic dimension. He argued that behavior is not always based on which person does not produce (i.e., economic dimension), but based on what he/she consumes (i.e., cultural/symbolic dimension). In general, the definitions related to the lifestyle are placed in a wide spectrum; on one side of this spectrum is Alfred Adler, who defines lifestyle as individual and based on psychology, and on the other side, it reaches "Max Weber", who defines lifestyle based on sociology and the concept of social stratification. In the middle of this spectrum are those like Simmel, Bourdieu, Giddens, and Hadidi who search for lifestyles at both individual and collective levels [4]. According to Hadidi (2017), lifestyle is rooted in people's minds and attitudes, on the one hand, and it depends on the person's situation, on the other hand [7]. Ageev and Ageeva (2015) consider lifestyle as a type of relationship specific to historical conditions and life in the form of individual and group human activities. According to them, an urban lifestyle is a set of individual and group life activities that are carried out in cities [8]. Definitions of lifestyle are presented from the perspective of different experts in Table 1.

Table 1. The Lifestyle Concept from the Perspective of Theorists

Theorist	Definition
Hadidi (2017)	Lifestyle is rooted in the mind and the attitude of individuals, and it depends on the person's situation
Ageev & Ageeva (2015)	The lifestyle of social relationships is dedicated to historical living conditions and forms of individual and human activities. Lifestyle is manifested in the characteristics of relationships, behavior, and thinking in different situations. Urban lifestyle is a collection of individual and group life activities implemented in cities.
Veal (2013)	Lifestyle is a distinct pattern of individual and social behaviors of an individual or a group.
Alizadeh & Sajjadi (2009)	The lifestyle remains relatively stable because the individual will change the new realities of life in favor of his previous beliefs

Theorist	Definition
	rather than changing the pattern of his life and beliefs in favor of new experiences in his life.
Huang (2008)	Lifestyle focus is also on health education activities and is one of the main objectives of health education, changing people's behaviors in order to create healthy lifestyles.
Gorjiposhti (2008)	Lifestyle is a collection of interpretations, values, behaviors, ways, and preferences in different themes ranging from music to art and television.
Ghorban Alipour et al. (2007)	Lifestyle is a type of behavioral pattern that organizes behavior and takes aim at the efforts of the individual.
Hawkins (1998)	He sees lifestyle as an external expression of its concept.
Chany (1996)	He defines the lifestyle as part of the everyday life of people in modern society that separates people from the outside.
Clockhon (1985)	The sets or the conscious and exactly developed patterns of individual preferences in the personal behavior of the consumer.
Wenzel (1982)	The totality of behavioral patterns and normative tendency ... that evolves through the social processes.

According to the above definitions, the subjective dimension is classified into two sub-criteria of tendency and insight, and the objective

dimension is classified into condition and behavior criteria.

Table 2. Dimensions, Criteria, Sub-criteria, and Lifestyle Indicators

Dimensions	Criteria	Sub-criteria	Indicators
Visual	Behavior	Individual	The way of living, the way of eating and grooming, the way of spending free time, the way of dressing, the way of consumption, the way of talking, sports and marital relations, the way of raising a child, the habit of sitting, and budgeting.
		Communal	Contributions, axial law, social interaction, performing duties towards others.
	Condition	Finance	The furniture, the real estate, the automobile, the decoration, the appearance.
		Belongings	Social classifications, parties, geographical location, social units, economic units.
Mental	Insights	Perceptions	The way of looking at phenomena (self, others, existence, problems, etc.), purposefulness, frameworks.
		Beliefs	Worldview, spiritual affairs.
	Tendencies	Values	Patriotism, political values, religious values.
		Inclinations or tastes	Aesthetic taste, food tastes, artistic tastes, sports tastes, etc.

As mentioned, lifestyle can be divided into objective and subjective dimensions. The objective dimension includes behavior and condition criteria. The sub-set of the behavior criterion is the sub-criteria of individual behavior and communal behavior and the sub-set of the condition criterion is the sub-criterion of finance and belongings. The subjective dimension of lifestyle also includes criteria of insight and tendency. The sub-set of

insight is the sub-criteria of perceptions and beliefs and the sub-set of the tendency criterion is the sub-criteria of values and inclinations. The set of these dimensions and criteria shapes the patterns of life so that individuals return their identity to the pattern in practice. In Figure 1, this classification is presented in the form of a research conceptual model.

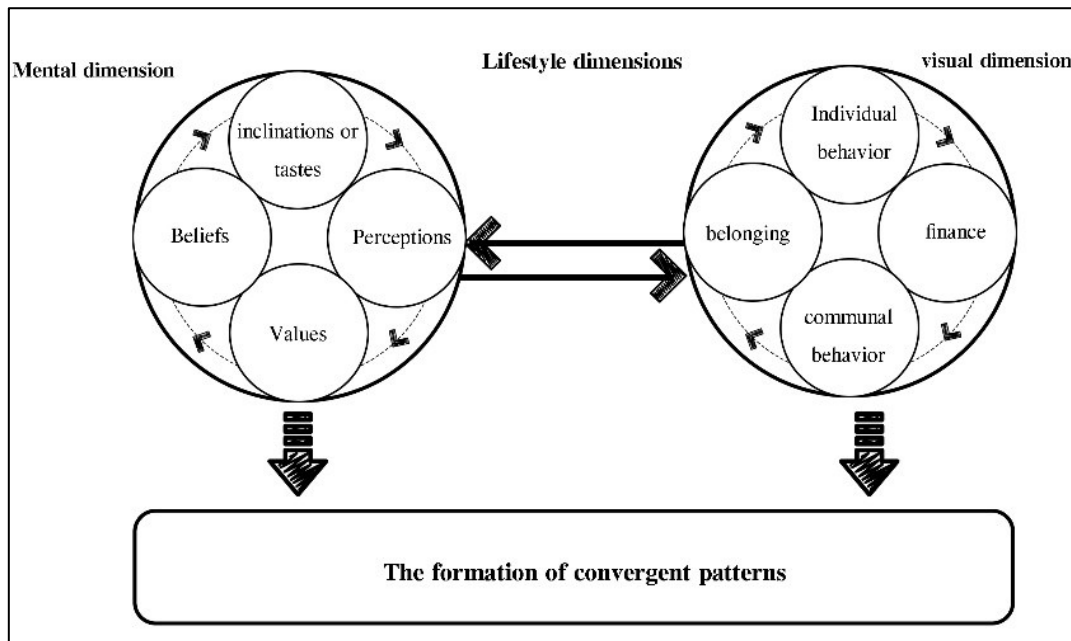


Figure 1. The Conceptual Model of the Research

3. Methodology

The research method of the current study is fundamental in terms of purpose, and documentary and library studies are the most important tools of data collection. The present research has used the content analysis method to review the theoretical literature and the meta-combination method to develop a conceptual model of lifestyle by using the seven-step model of Sandelowski and Baros. The mentioned model includes the following steps: formulation of the research question, a systematic review of texts, search and selection of suitable sources, extraction of information, analysis, and combination of qualitative findings, quality control of findings, and presentation of findings [9]. In the first step, the reading of lifestyle concepts has been proposed as the main purpose of this research. Then, in the second step, the systematic review of the texts related to the selected keywords and the search for scientific articles have been done through Sid, Magiran, Google Scholar, Science Direct, and Taylor & Francis databases. In the third step, suitable resources should be searched and selected. In general, a total of 83 books, articles,

and Persian and English essays which have been published between 1950 and 2022 about the subject of the research are extracted from valid scientific bases. Using the CASP method, 73 sources were screened for abstract review, 55 articles for content review, and 44 sources for quality evaluation, and finally, by screening 7 other sources in terms of quality criteria, a total of 37 sources were selected for content review and analysis. Among the 37 selected sources, 62 % are in English and 38 % in Persian. In terms of time, 18 sources were identified in the 2010 - 2010 intervals and 11 sources in the 2000 - 2000 and 1950 - 2000 intervals (Figure 1).

In the next step, the information related to the purpose of the investigation of the selected sources was extracted and coded by MAXQDA 2020 software. In this process, 95 codes were then classified into larger categories called *concepts and categories* according to the similarity of extracted data. According to the classification, 4 categories and 16 concepts were extracted about the subject of research.

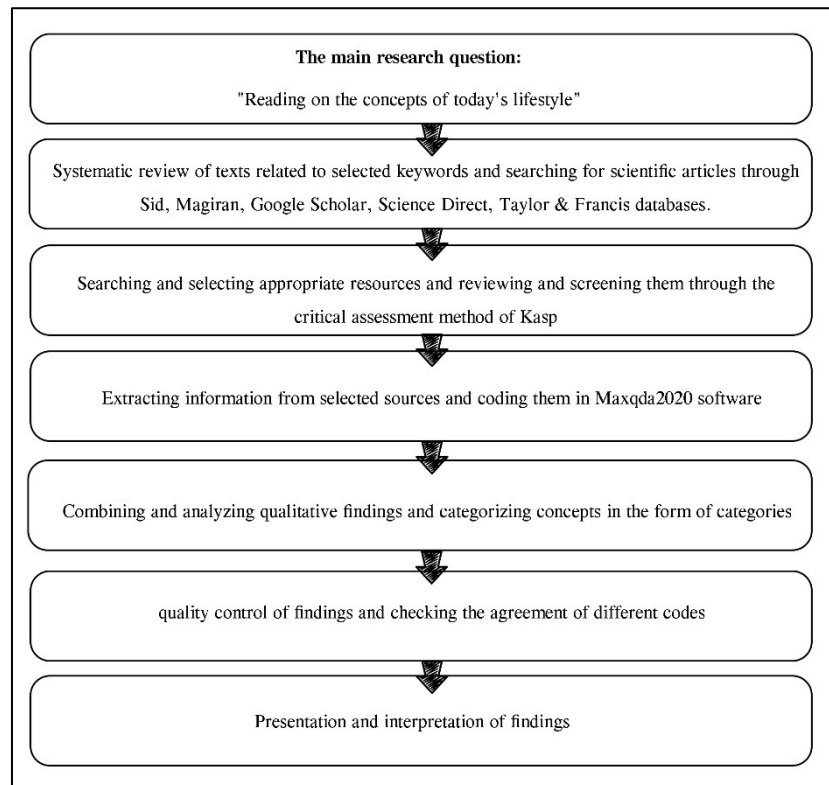


Figure 2. The Process of Research

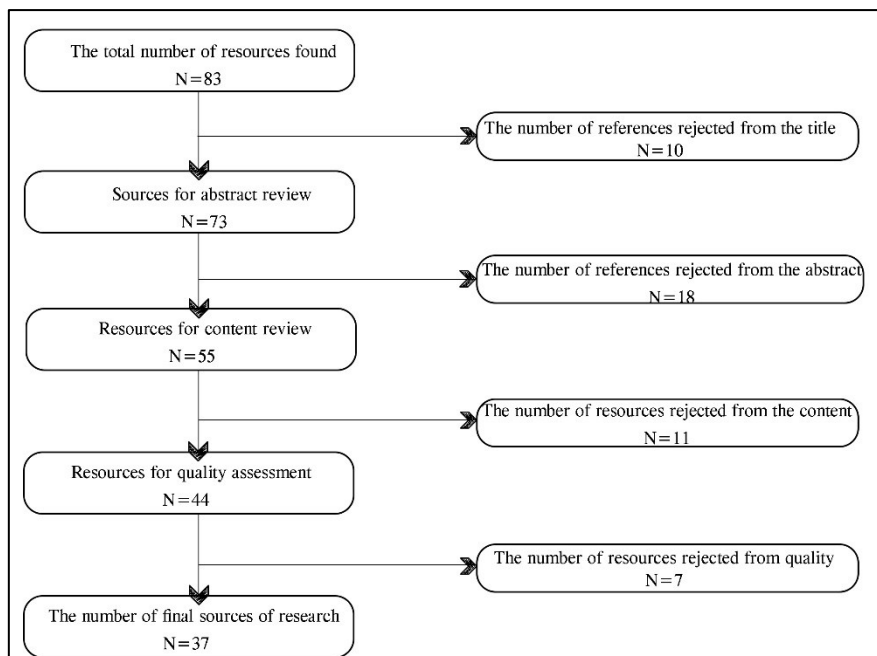


Figure 3. The Search Process and the Selection Process

Table 3. Details of the Final Papers Extracted from the Study

Author	Year	Title	Type
Shen et al.	2022	Associations of Combined Lifestyle and Genetic Risks with Incident Psoriasis: A Prospective Cohort Study among UK Biobank Participants of European Ancestry	Article
Giuntella et al.	2021	Lifestyle and mental health disruptions during COVID-19	Book
Roumiani et al.	2020	Impact review of spatial links on Women's Life Style of Around the cities Prestigious Settlements (Case Study: Selsaleh County)	Article
Park et al.	2019	Effect of Lifestyle Factors on Hypertension by Constitution Type: A Large Community-Based Study	Article
Mohammadpour Lima et al.	2018	Investigating the relationship between lifestyle and consumption culture and consumerism (case study: Astara city)	Article
Steffen	2018	Healthy Lifestyle: A Virtue in Search of a Vision	Article
Hadidi	2017	Determining the relationship between lifestyle and mothers' attribution styles with resilience in adolescents	Article
dehbanipor & khorampour	2016	Examination of the components of postmodernism and its related factors: A case study of the youth in Yazd. Scds	Article
Mikaniki et al.	2016	Spatial Function of Small Cities in Relation to Surrounding Villages: A Case Study of Sarbisheh County	Article
Mohajerani et al.	2015	A study of the effect of urbanization on the lifestyle of residents' villages converted to cities in Iran: A case study of new cities Khaf and Roshtkhar counties in Razavi Khorasan province	Article
Ageev & Ageeva	2015	Urban lifestyle as an element of consumption ideal and economic wellbeing: meaning-changing transformation from Soviet period to modernity	Article
Firouzabadi et al.	2015	Examining the Relationship between Lifestyle and Religious Identity (Case Study: 18-30 Years Young Boukan City and Three Villages (Salamat, Kora Kani, and Golulane Sofla)	Article
Van Acke et al.	2014	Key research themes on travel behavior, lifestyle and sustainable urban mobility	Article
Shastri & Falamaki	2014	Relation between Iranian Life Style & Housing Form (Based on "The Short-Term Society" & "Geostrategic and Geopolitical Theory of Iranian Society" Theories)	Article
Khajenoori et al.	2014	The Study of Life Style and Social Identity (A case study of the youth in Bandar Abbas city)	Article
<u>Navabakhsh</u>	2014	The Changes in Lifestyle in the Process of Modern Technologies' Development	Article
A. J. Veal	2013	The Concept of Lifestyle: A Review	Article
Peters et al.	2013	European Citizens, Carbon Footprints and Their Determinants—Lifestyles and Urban Form	Article
Kafashi et al.	2011	Investigating the effect of lifestyle on the social identity of young people: A case study of 15–29-year-old youth in Babol city	Article
Heijs et al.	2009	The labyrinth of lifestyles	Article
Khaksar	2009	Principles of public space design based on people's daily life	Master thesis
Alizadeh & Sajjadi	2009	Rudolf Dreikurs: Democratic relations and mutual respect	Book

Author	Year	Title	Type
Gorjiposhti	2008	A Study of Change in the Life Style of Urban Women in Tonekabon City in Iran	Ph.D. thesis
Mahdavi Kani	2008	The concept of style of life and its field in social sciences	Article
Gurban Alipour et al.	2007	Determining the effectiveness of group lifestyle change training on increasing marital satisfaction	Article
Huang	2008	Lifestyle management of hypertension	Article
Monahan et al.	2007	Phipps' medical-surgical nursing: health and illness perspectives	Book
ShafiAbadi & Naseri	2006	Counseling and psychotherapy theories	Book
Coolen & Ozaki	2004	Culture, Lifestyle, and the Meaning of a Dwelling	Article
Giddens	1996	In Defense of Sociology	Book
Chaney	1996	Lifestyles	Book
Jenkins	1996	Pierre Bourdieu	Book
Cathelat	1993	Socio-styles: The new lifestyle classification system for identifying and targeting customers and markets	Book
Simmel	1990	The Philosophy of Money	Book
Burdreu	1984	Distinction: A social critique of the judgment of taste	Book
Toffler	1981	Future shock	Book
Adler	1956	The Individual Psychology of Alfred Adler	Book

4. Findings

In this study, selected articles were written in 1950s, with over 48% from 2010 - 2010. In terms of lifestyle, 121 extraction codes are extracted and

classified into four categories and 16 concepts. The categories are lifestyle characteristics, lifestyle shaping factors, lifestyle functions, and lifestyle approaches.

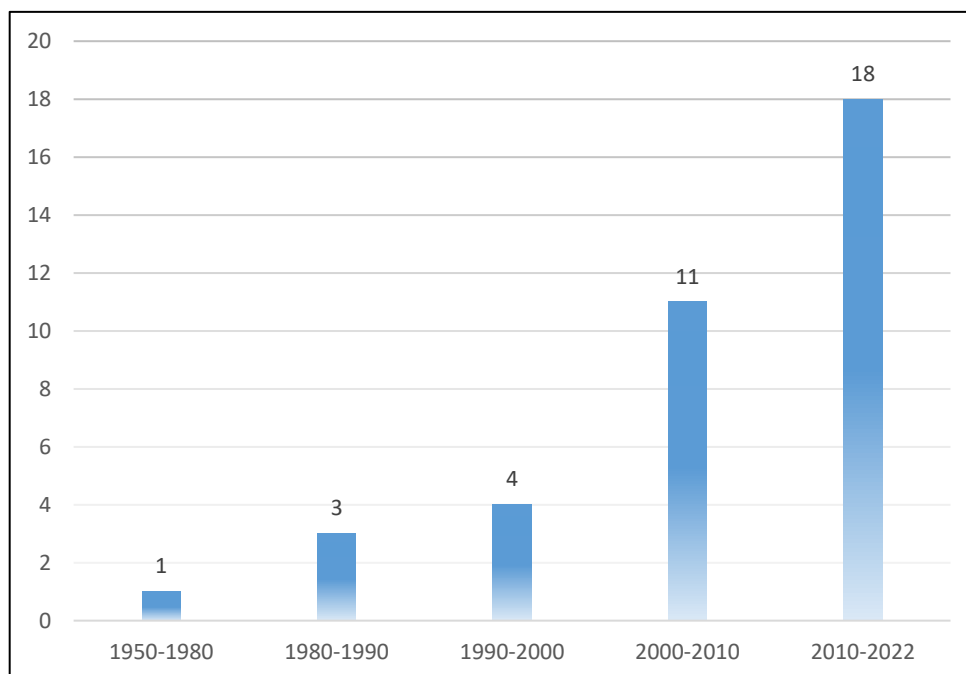


Diagram 1. The Final Articles Were Extracted Based on Time Intervals

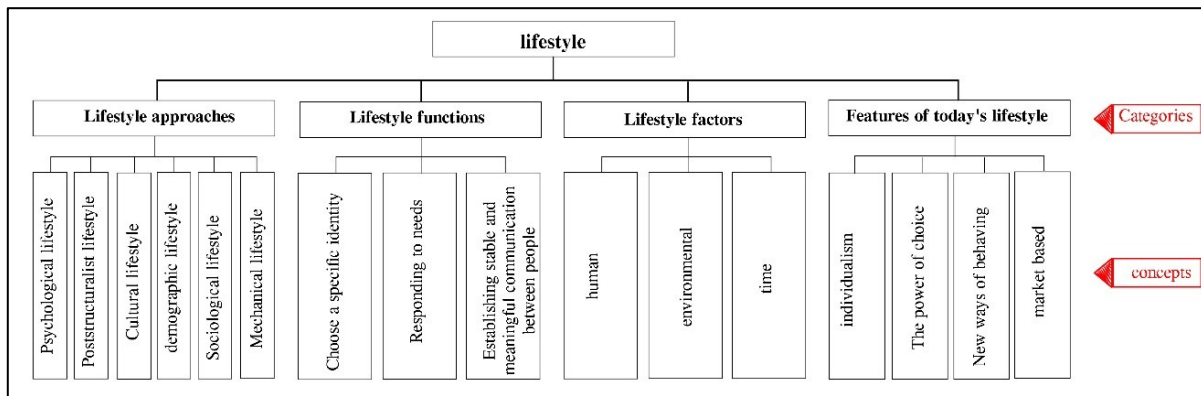


Figure 4. Categories and Concepts Extracted from the MAXQDA Software

5. Discussion

❖ Lifestyle Functions

One of the most important functions of lifestyle is to respond (or how to respond) to human needs. In addition, by choosing a lifestyle, people seek to choose a special identity for themselves to display it in front of others. With the materialization and consumerism of the present age, this type of show has reached its peak. In fact, with this type of display, a person wants to show a basic identity and tries to find his identity through the consumption of goods and different lifestyles. In addition, without the existence of a certain lifestyle, it is not possible to establish a stable and meaningful relationship between people, because the lifestyle causes certain frameworks to be formed in the society to reveal the differences and similarities. [10]; [11]; [12]; [13]; [14].

❖ Lifestyle Approaches

In general, five types of approaches have been proposed to the concept of lifestyles. These approaches are psychological, social, mechanical, and geographical approaches. Psychological lifestyle deals with the recognition and analysis of a person's mental characteristics such as personality traits and motivations, norms, and values as important sources of influence on lifestyle. Catlatt describes this approach with the name "lifestyle as personality style". First, Adler raised the concept of lifestyles in 1933, noting the style of life as the totality of the individual, and defining it as "The set of impulses, personality traits, interests, attitudes, and values that each creates and shapes that structure." Indeed, he is the founder of the psychological lifestyle approach. Another concept that closely relates to the psychological approach is the lifestyle approach to cultural life. In this approach, the focus changes from individual characters to shared core values. This approach is described as "lifestyle as a value

system". Sociological lifestyle studies are carried out by monitoring the changes and trends of society and analysis of individual views and attitudes. This type of approach is defined as the "lifestyle as a common way of thinking." In this approach, individual opinions and attitudes are considered in a historical context. The light lifestyle approach offers the most basic reading of lifestyles: "lifestyle is a way of living or living conditions and ways of being." This approach focuses on behavioral patterns and therefore is quite distinct from the previous approaches. Light studies of mechanical life use data on human behaviors, and often combines it with sociological data. The lifestyle approach is defined by a relative or full disconnection between the lifestyle and the social structure. This type of view focuses on individual choices that depend on local conditions. The last light lifestyle approach may seem a little different from any other approach. The geographic lifestyle approach (population) combines a variety of information about the person with their spatial information (habitat type, neighborhood characteristics, etc.). The purpose of this approach is not the genre of lifestyle but rather to understand the following areas of geography or district [15]; [16].

❖ Lifestyle Shaping Factors

Lifestyle factors are divided into three dimensions: human, time, and environment. The human dimension is classified into objective and subjective criteria. The objective criterion of the observer stresses the external environment of the human, the behavior and the state, and the subjective criterion measures the inner aspect of the human that involves insight and tendency. Then, the environment is divided into two local and global criteria. Local criterion includes geographical spatial factors and contextual forces.

The geographic location factor on one level refers to the impact of the city form on human relations, and on the other level to the impact of megacities on the surrounding areas (villages and smaller towns). Background forces are those factors that arise from the local environment and are specific to the existing context. These forces are religious, historical, economic (local and national), and cultural social forces. Global factors are those that have high impact levels and affect all systems. They include the ruling class (religious cultural sources, capitalism, and political leaders), intellectual currents, modernism and post-modernism, and technology (internet, communication tools, smart devices, infrastructure, and energy systems). The time factor, as one of the most significant factors, plays a major role in the formation of a lifestyle. Events that occur under uncertainty and are generally unpredictable are included in this category. For example, the Covid-19 pandemic has affected lifestyles in an

unprecedented way. The lifestyle of many people in different age groups has changed in the post-coronavirus era; in such a way that the changes that happened in the post-coronavirus era have caused people to experience new styles of life. In a study conducted by Giontella et al. (2022), the effects of this epidemic on the lifestyle of a sample size of 685 American adults have been measured. Based on the obtained results, there have been huge disturbances in physical activities, sleeping, time use, and mental health. At the beginning of the epidemic, the average activities decreased from 9400 to 4600 steps per day; sleep increased by about 25 to 30 minutes per night; the time spent socializing decreased to less than 30 minutes. Also, screen time (TV, computer, and mobile phone) increased more than double (5 hours a day). [17]; [7]; [8]; [18]; [19]; [20]; [21]; [22]; [23]; [24]; [25]; [26]; [27]; [28]; [29]; [30]; [31]; [32]; [33]; [34]; [35]; [36]; [37]; [38].

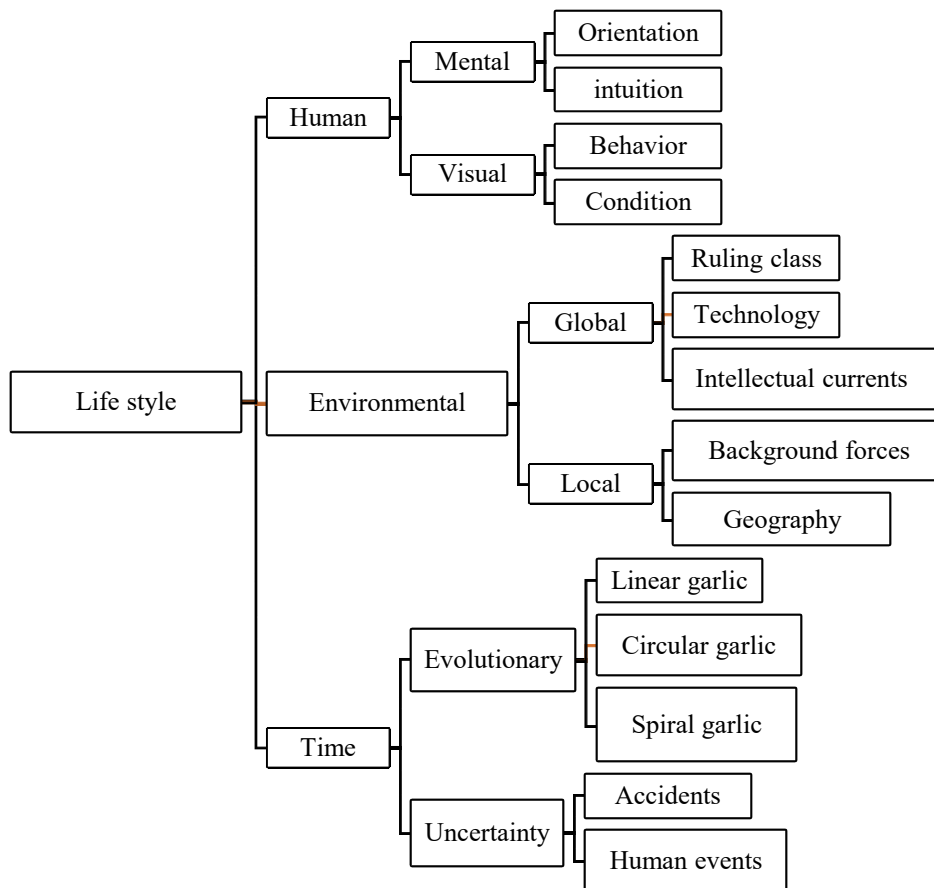


Figure 5. Factors Shaping Lifestyle

❖ Features of Today's Lifestyle

Huge changes and transformations occurred through the industrial revolution and the introduction of new intellectual currents to all aspects of human life. "Anthropocentrism" or the spirit of individualism was one of such effects that caused the centrality of humans in the universe. Having material and spiritual power, the urban man found the ability to choose and sought to take advantage of all the available facilities. With the consumerism and materialization of societies, the market and capital were put forward as the basic principles, and accordingly, media advertising became popular to acquire more capital in such a way that it became a tool to direct human thoughts to obtain economic and political benefits. Such changes were accompanied by new ways of behavior in cities. The type and manner of activities also changed from public to private, from active to passive, and from utilitarian to hedonistic. [18]; [39]; [30]; [32]; [13]; [40]; [41]; [14]; [42].

6. Conclusion

Although various studies have been conducted in the field of lifestyle and different fields, most previous research has examined the concepts of lifestyle specifically in the field of social sciences. In this research, concepts such as functions, approaches, and factors shaping lifestyle in the urban space, as well as the characteristics of today's lifestyle and its impact on the current urban space have been analyzed. By reviewing sources related to the lifestyle in the last 70 years and analyzing them using the meta-synthesis method, the current research has sought to read the concepts of lifestyle

concerning the urban space. In this process, by extracting 95 codes and analyzing them in MAXQDA software, 4 categories of "lifestyle shaping factors", "lifestyle functions", "features of today's lifestyle" and "supporting theories" were obtained. In general, the concept of lifestyle was first seriously proposed by Simmel in 1990 in the book *Philosophy of Money*. In 1992, Weber linked this concept with the economic and social spheres. From this period onwards, the sociological lifestyle approach can be seen in the sociological literature. In 1929, Adler pointed to the psychological dimensions of lifestyle. His research presented a psychological lifestyle approach. In the 1950s-1960s, the concept of lifestyles was used in the studies of American researchers.

The style of life entered the urban arena for the first time. The style of mechanical life also belongs to the same period. Since the 1970s, various researchers have begun a new lifestyle function using the concept of lifestyles in the field of leisure. In this period, the identity aspect of lifestyle surpassed its central need. In the 1980s, the concept of lifestyle entered the field of health and cultural studies. In the 1990s, the demographic lifestyle emerged. This approach seeks to know the foundations of human life (spatial) and to know human lifestyle through that. With the beginning of the 21st century and the spread of postmodernist ideas in various fields, the lifestyle approach of post structuralism opened its place among the theorists' research. This approach seeks to disconnect the individual from social structures.

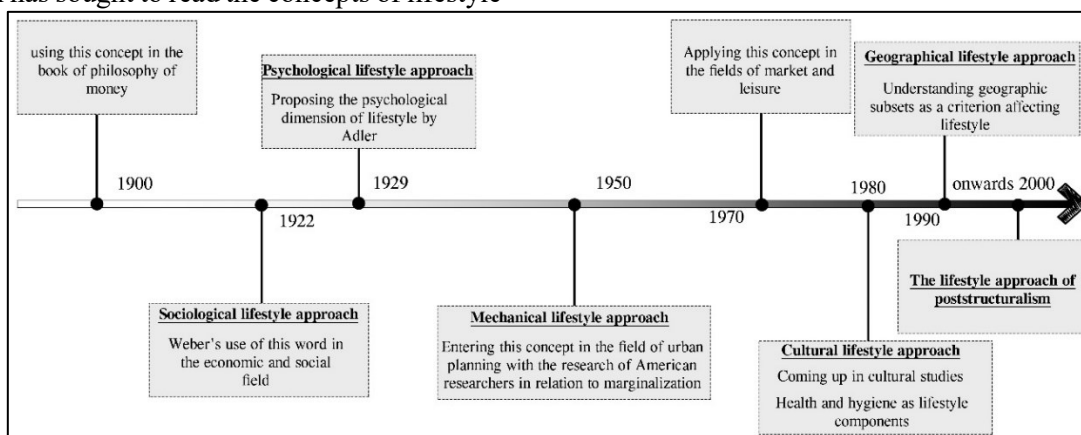


Figure 6. Evolution of the Concept of Lifestyle and Its Approaches

Among the factors shaping lifestyle, "time" is known as the most important influencing factor. The occurrence of sudden natural and man-made

events will cause drastic changes in people's lifestyles. Environmental factors have a high impact. These factors are divided into global and

local values. Abstract Human factors (objectivity and subjectivity) are known as the most influential factors. Today, due to the tremendous changes that have occurred in different fields, we have a major shift in lifestyle. In modern times, characteristics such as individualism, high power of choice, market-oriented and new behavioral methods (fashionism, preference for pleasure-seeking activities over utilitarianism, preference for passive over active leisure, shopping, body management, etc.) have been discussed as the most important human characteristics of the 21st century. These changes have had many effects on the citizens and the urban space, among which we can mention the dynamics of identity, the dimming of social

interactions (or its change), pluralism, status symbols, the visualization of signs, and the multitude of shopping and entertainment complexes. One of the most important things to be considered is the necessity of adaptation of lifestyles today to urban environments. Lifestyle in every society or periodically demands a certain type of urban space, or sometimes it is necessary to take special measures in urban space for some kind of lifestyle. This study aims at introducing lifestyle concepts with reliance on the old sources and identifying lifestyles; however, to continue research in this field, it is suggested to investigate the lifestyle adaptation to the urban space.

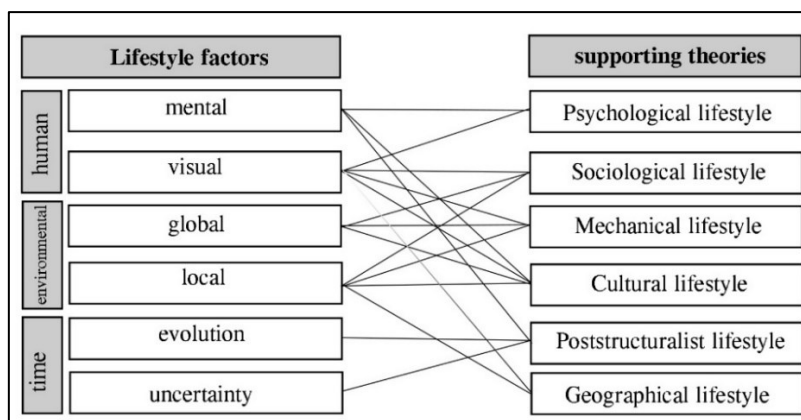


Figure 7. How to Relate the Lifestyle Shaping Factors with Supporting Theories

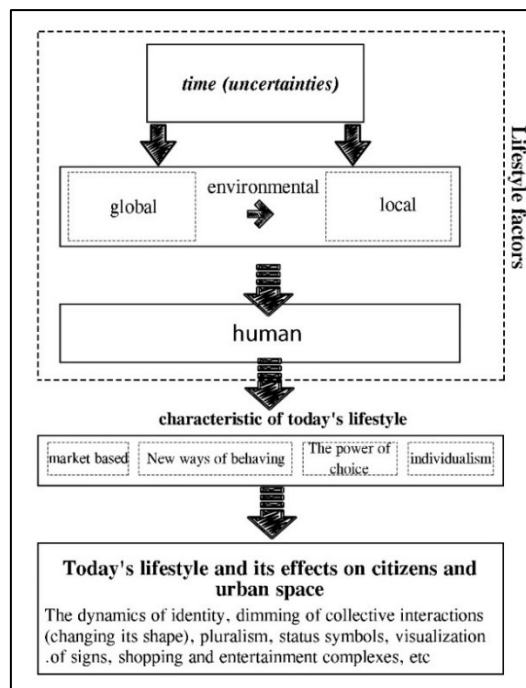


Figure 8. Today's Lifestyle and Its Effects on Contemporary Urban Space

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