



MANAGING
THE CHANGE
FOR BETTER TOMORROW




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CHAPTER 6

LIFE STYLE CHANGES AND HEALTH: DISEASES AFTER DIGITAL TRANSFORMATION

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Abstract

Lifestyle may be defined as a way of living which reflects the attitudes, values, likes, dislikes and manners etc. Lifestyle may also be characterised in terms of the interests, judgements, behaviours, patterns of living and behavioural orientations of an individual or a group. A lifestyle typically reflects an individual's or a group's attitudes and values. Therefore, a lifestyle is a means of building a sense of self and to create cultural symbols that match with personal identity.

Key words: Lifestyle, individuals, group.

ORIGIN OF TERM "LIFE STYLE"

The term "life style" was firstly introduced by Austrian psychologist Alfred Adler in his book, in the year 1929 "The Case of Miss R" in which it was used as "a person's basic character as established early in childhood". Lifestyle is a combination of both intangible and tangible factors. Tangible factors are related to demographic features such as an individual's age, sex, occupation, income, whereas intangible factors are concerned with the psychological aspects of an individual such as personal values, opinions, preferences, likes, dislikes and outlooks.

DEFINITIONS

TYPES OF LIFE STYLE

Lifestyle is the combination of physical, social, mental, economical, psychological factors along with values, interests, opinions, and behaviours of a certain individual, group or community. It is how people live their life. People all around the world have different kinds