

## **Sociological study of a health-oriented life style and social health during Corona crisis**

**Mehdi Tavakoli Allah Abadi<sup>1</sup>, Hadis Honaramooz<sup>2</sup> and Masumeh Dadkhah Far<sup>3</sup>**

<sup>1</sup>Graduate of Sociology, Islamic Azad University, Kerman Branch, Iran

<sup>2</sup>Master student of Sociology, Islamic Azad University, Kerman Branch, Iran

<sup>3</sup>Graduated from the Islamic Azad University, Kerman Branch, Iran

### **Abstract:**

The corona pandemic and quarantine situation have had various impacts on psychological and social modes of people in the society. The present study seeks to analyze the life style and social health of society during this pandemy. This research is a documentary-based study that reveals the life style as one of the areas impressed by this crisis. Health-oriented life style is a multicausal, multidimensional phenomenon which relates to collective behavior patterns and can be an obstacle in the health issues or health guarantee of an individual. This style consist of varied dimensions such as exercise, good and bad diet, self-control, preventive health behavior and etc...

Keywords: lifestyle, social health, COVID 19 virus (Corona).