

Nightlife-based Lifestyle

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Abstract

Nowadays, the impact of lifestyle and related behaviors on the insights, awareness and tastes of people in society is obvious. Daily activities and lifestyles have increased the pace of urban life, resulting in the issue of lack of time, which is strongly felt. This has ultimately led to the destruction of social interactions, especially family relationships. Therefore, a new style of time management is needed so that the remaining time can be used for social interactions. Having introduced the views of great theorists and explained the elements affecting nightlife, the present study examined dimensions and components of the nightlife-based lifestyle, which is a new type of living in the current world and Iran. The research method was descriptive-analytical, and the data were collected using a researcher-made tool with 14 questions, validity coefficients between 75% and 80%, and the Cronbach's alpha coefficient of 74%. It extracted factors that explained the relationship between general lifestyle and nightlife-based lifestyle. The statistical sample consisted of 134 couples selected from three districts of Tehran, who spend more time outside the home for various activities. The findings showed that the couples were satisfied with their nightlife-based lifestyle, which affected all living aspects of the sample. Among the four dimensions of lifestyle (physical, psychological, spiritual, and social), the psychological dimension had the most and the physical dimension had the least to do with nightlife.

Keywords: lifestyle, nightlife, leisure, Islamic life, family.

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