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**A PHENOMENOLOGICAL RESEARCH TO UNDERSTAND THE REALITY OF
HEALTHY LIVING***

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Abstract: In this study, the concept of healthy life is tried to be revealed by making use of the experiences of individuals who tend to healthy living behaviors. In this study, in which the concept of healthy life was examined in depth, phenomenological design from qualitative research methods and criterion sampling method from purposeful sampling methods were used to determine research participants. The research group consists of 19 people who eat regularly, pay attention to their nutrition, do regular sports for at least one hour a day and reside in Yozgat. The MAXQDA program was used in the analysis of the data. In the research, (1) the concept of healthy life, (2) the distinctive features of individuals who pay attention to healthy life, (3) healthy life behavior, (4) the reason for choosing a healthy life, (5) the results of healthy living behavior, (6) situations that occur when not paying attention to a healthy life have emerged. Considering the remarkable points as a result of the research; Social well-being, which is included in the definition of the World Health Organization within the concept of healthy life, is neglected. In addition, it is one of the important results of the research that the media has a great role in healthy living behavior.

Keywords: Health, disease, healthy living, healthy living behaviors

**SAĞLIKLI YAŞAM OLGUSUNU ANLAMAYA YÖNELİK FENOMENOLOJİK BİR
ARAŞTIRMA**

Öz: Bu çalışmada sağlıklı yaşam davranışına yönelen bireylerin tecrübelerinden yararlanarak sağlıklı yaşam olgusu ortaya konulmaya çalışılmaktadır. Sağlıklı yaşam kavramının derinlemesine incelendiği bu çalışmada nitel araştırma yöntemlerinden fenomenolojik (olgubilim) deseni ve araştırma katılımcılarının belirlenmesinde amaçlı örneklem yöntemlerinden ölçüt örnekleme yöntemi kullanılmıştır. Araştırma grubunu düzenli beslenen, beslenmesine dikkat eden, günlük en az bir saat düzenli spor yapan ve Yozgat ilinde ikamet eden 19 kişi oluşturmaktadır. Verilerin analizinde MAXQDA programı kullanılmıştır. Araştırmada (1) sağlıklı yaşam kavramı, (2) sağlıklı yaşama dikkat eden bireylerin ayırt edici özellikleri, (3) sağlıklı yaşam davranışı, (4) sağlıklı yaşam yönelme sebebi, (5) sağlıklı yaşam davranışının sonuçları, (6) sağlıklı yaşama dikkat edilmediğinde ortaya çıkan durumlar şeklinde 6 tema ortaya çıkmıştır. Araştırma sonucunda dikkat çeken noktalara bakıldığında ise; sağlıklı yaşam kavramı içinde Dünya Sağlık Örgütü tanımı içinde yer alan sosyal iyilik halinin ihmal edilmiş olmasıdır. Ayrıca, sağlıklı yaşam davranışı içinde medyanın büyük bir rolü olduğu da çalışmada çıkan önemli sonuçlardır.

Anahtar Kelimeler: Sağlık, hastalık, sağlıklı yaşam, sağlıklı yaşam davranışları



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INTRODUCTION

The history of medicine dates back to ancient times (Dündar et al. 2019). It is difficult to answer the question of when medicine began. However, in the history of medicine, it is accepted that it started with the first person who attempted to heal a wound (Bayat 2010; Tözün and Sözmen 2014). Regardless of the origin of the disease, finding the disease and trying to solve it has been one of the main pursuits of humanity (Timurturkan 2020). Medicine has evolved throughout history through processes such as human thought, innovations, technology, and social movements (Kavuncubaşı and Yıldırım 2012; Coşkun 2019). The developments in the world over time have brought many changes. Just as agriculture brought good and bad situations, the Industrial Revolution had similar advantages and disadvantages. While population growth due to industrialization created a great welfare environment, it also brought about unsanitary living conditions, occupational diseases, and city-specific diseases such as rickets (Porter 2018).

According to Foucault, until the end of the 18th century, medicine was more concerned with health than with normality; in the 19th century, it began to focus on the degree of deviation of patients from normality and how to return them to it. In addition, instead of being limited to “healing techniques and the whole of necessary disease information, the definition of healthy person, that is, non-sick person and model person, has been included in the scope of knowledge and practice” (Foucault 1973). Since the last quarter of the 20th century, health has begun to be seen as a product of social and behavioral factors rather than a purely biological phenomenon. This situation paved the way for public policies and people to adopt healthy ways of life with lifestyle changes (Nettleton 2006). The idea that people can be protected from many diseases and maintain a healthy lifestyle by consuming vitamins, cures, detoxes, herbal teas, sunscreen, sports products, organic items, and 'healthy foods' has become a primary goal over time (Özen 2016).

When being healthy is the main goal in daily life, the importance given to being healthy has increased and healthy life has become one of the most important issues of daily life for individuals (Coward 1993; Bilişli 2018; Gezen, 2024). When we look at the changing process, health has now permeated all areas of life for individuals who are responsible for their health, as a phenomenon that can be achieved to the extent that individuals fulfill what is required of them. Being normal in terms of health has never been so changeable, developable, future-oriented and progressive (Vigarello and Holt 2011). Briefly, the pursuit of health has become one of the more conspicuous practices of contemporary life, commanding enormous social resources, infusing every major institutional space, and producing vast professionalization and commercialization, with accompanying goods, services, and knowledge (Crawford 2006). Currently, health and healthy living have gained a new meaning by turning into a goal that is shaped by the choices of the individual and must be achieved (Gezen, 2024). In addition, health is now seen as a personal value or individual capital (Kamp, 2020).

In the light of these historical transformations, the questions of how healthy life is understood by individuals today and which behaviours embody this understanding in daily life come to the fore. Healthy living behaviours, such as adopting balanced nutrition, engaging in regular physical activity, and integrating mental well-being practices, are not only individual choices but are shaped by societal norms, media influences, and personal goals. Despite the growing importance of these behaviours, there is limited information in the literature about what motivates individuals to engage in healthy living practices and how these practices impact their daily lives. Understanding these motivations and effects is crucial for developing

effective public health strategies and promoting sustainable healthy living habits. Therefore, this study aims to reveal what the concept of healthy living means for individuals, why healthy living behaviours are preferred, and the reflections of these behaviours in individual lives. In addition, Foucault's concepts of health and normality provide a valuable framework for understanding how social norms influence individuals' healthy living behaviours and shape both their motivations and practices in daily life.

METHODS

Research Design

In this study, qualitative research method, which is frequently preferred in social sciences, was used. Qualitative research is one of the preferred methods to deeply understand how a subject is understood by individuals and what kind of reflections it has on the life of the individual. In the scope of the research, it is an appropriate approach to choose the qualitative research method, since the concept of healthy life means for individuals who pay attention to healthy living, and what changes occur in their lives after they turn to healthy living behavior. In this research, the phenomenology design was used as the research design. In the phenomenology design, the researcher conducts close and long-lasting interviews with the individuals or groups that intends to examine and tries to obtain new information about the phenomena that we are aware of or not (Gürbüz and Şahin, 2014). Starting from this basic point, the healthy living behavior, which is a phenomenon, and the transformations seen in individuals afterwards were examined through the experiences of the individuals within the scope of the research, and therefore the phenomenology design was used. As a sampling method, the criterion sampling method, which is one of the purposeful sampling methods that allows the evaluation of the situations that are thought to be rich in information, was used. The criterion sampling method was chosen because this sample would allow access to deeper information for the purpose of the research. In line with this information and within the scope of the research, the participants were determined by determining the following criteria:

1. Eating regularly and being an individual who pays attention to their nutrition,
2. Being an individual who does at least one hour of regular daily physical activity,
3. Being an individual living in “Yozgat”,

The statement of at least one hour is based on the World Health Organisation's recommendation of at least 150 minutes of moderate-intensity aerobic physical activity per week for adults and the elderly (<https://hsgm.saglik.gov.tr/>).

Participants

The sample of this study consisted of 10 females and 9 males with different age, gender and occupational groups meeting the above criteria. The information of the participants is given in Table 1 below.

Data Collection

In phenomenological research, which is one of the qualitative research designs, interview is preferred as a data collection tool. Interviews are usually long in phenomenological studies. In order to reach the depth of their experiences, the researcher needs to interact intensely with the individuals interviewed (Yıldırım and Şimşek 2016). In this study, a semi-structured interview form consisting of open-ended questions was used as the data collection method. In this type of interview, the researcher is accompanied by a series of questions and topics prepared before the interview. Many elements that exist in the unstructured interview are also present in the semi-structured interview. However, the participant is allowed to go out of the interview guide determined by the researcher at a limited level (Gürbüz and Şahin, 2014). A

semi-structured interview form was prepared and the interviews were completed with 19 people who met the criteria determined in the research and volunteered to participate in the research. A volunteer consent form was obtained from the participants before the interview. For the study, ethics committee permission was obtained by Yozgat Bozok University Social and Human Sciences Ethics Committee on 16.12.2020 with decision number 16/19 of the letter dated 30.11.2023 and numbered E. 30375.

Table 1. Information of participants

No	Participant's Code Name	Job	Age	Gender	Place of Interview	Interview Time (Min.)
1	Mrs. Bilge	Pilates Instructor	25	Female	Researcher's Room	36
2	Mr. Kerem	Student	21	Male	Researcher's Room	22
3	Mr. Alper	Student	20	Male	Researcher's Room	55.46
4	Mrs. Hale	Nurse	22	Female	Park	16.05
5	Mrs. Hatice	Nutritionist	31	Female	Participant's Work Place	21
6	Mrs. Sibel	Academician	25	Female	Researcher's Room	70
7	Mr. Erdal	Engineer	18	Male	Researcher's Room	22.26
8	Mrs. Aylin	Academician	38	Female	Participant's Work Place	43.48
9	Mr. Fatih	Student	18	Male	Park	23.39
10	Mrs. Zeynep	Pilates Instructor	33	Female	Participant's Work Place	48.34
11	Mrs. Duygu	Housewife	64	Female	Park	23.39
12	Mr. Cemal	Academician	39	Male	Park	63.00
13	Mr. Serkan	Engineer	46	Male	Participant's Work Place	20.47
14	Mr. Emir	Engineer	52	Male	Participant's Work Place	52.27
15	Mrs. Ceyda	Academician	35	Female	Researcher's Room	52.27
16	Mrs. Filiz	Housewife	38	Female	Park	14.50
17	Mr. Murat	National Athlete	25	Male	Gym	28.22
18	Mr. Mehmet	Sports Trainer	21	Male	Gym	59.46
19	Mrs. Emine	Food Engineer	29	Male	Cafe	39.52

Data Analysis

Interpretive phenomenological analysis was used as the analysis method in the research. Interpretive phenomenological analysis deals in detail with the participants' life experience, the meaning of the experience for the participants and how they make sense of this experience (Smith 2011). This method was found appropriate because it requires a detailed examination of concepts and phenomena that may be encountered in daily life on the basis of experience.

Data analysis in qualitative research consists of three parts. In the first part, the researcher prepares the data and converts the data into written form. In the second stage, the data obtained at the end of the coding process are reduced into themes and codes are created. In the third stage, the data are read again and again and an idea about the data is obtained. Finally, the research is finalised by presenting the data with tables, figures and discussions (Güler et al., 2015: 44). In other words, in qualitative research, data analysis, data collection and writing the findings progress in cooperation (Creswell, 2017: 195).

In this study, the data analysis process steps were carried out in order. Firstly, the data collected with the voice recorder were transferred to Microsoft Word, one of the Office programmes. The transcription of the recordings of the interviews was carried out on the day of the interview. In order not to miss any part of the interviews, the interviews were returned many times and missing data were tried to be prevented. After all the interviews were transcribed, they were turned into a booklet and read over and over again, and then the coding stage, which is one of the analysis processes, was started. In the coding stage, which is the second stage, the transcripts were read at certain intervals and the codes determined while

reading were noted on the text. After all the interviews were read and the first coding was done, a break was taken for a certain period of time. Then, they were read again from beginning to end and new codes were created. During this coding process, the researcher started to note the themes that may emerge in a separate place. After the coding was done manually, whether the codes were placed in the appropriate themes was re-evaluated with the committee formed. Then, MAXQDA 18 Pro Analytics Programme was used for data analysis. In addition, concept maps related to the themes created from the programme were taken and the research was visualised. In the last stage of the analysis process, it was tried to create a conceptual map related to the phenomenon emerging from the research themes.

RESULTS

Based on the interviews, "the concept of healthy life" related to the phenomenon of healthy life, "distinguished characteristics of individuals who take care of healthy life", "healthy life behaviors", "reasons for a healthy life", "healthy life results" and "when not paying attention to healthy life" 7 top themes were created, including (Table 2).

Table 2: Top themes, sub-themes and explanatory quotations regarding the healthy life case

Main Theme	Theme
Healthy Life Concept	-Regular Nutrition
	-Staying Away From Substance Addiction
	-Regular sleep
	-Regular Physical Activity
	-Psychological Health
	-Physical appearance
	-Health Responsibility
Distinguishing Characteristics of Individuals Paying Attention to a Healthy Life	-Being Physically Healthy
	-Being Psychologically Well
	- Having Self-Discipline
Healthy Living Behaviors	-Doing Regular Physical Activity
	-Nutrition Sensitivity
	-Health-Related Follow-up in the Media
	-Paying Attention to Food Safety
	-Attention to General Hygiene
	-Tracking Personal Health Indicators
	-Regular Sleeping
-Stress Management	
Reason for Leading to a Healthy Life	-Preparatory Factors
	-Facilitating Factors
	-Need Factors
Consequences of Healthy Living Behavior	-Changes in the Social Environment
	-Family Consequences
	-Personal Results
Situations that Occur when a Healthy Life is Not Considered	-Negative Influence of Psychology
	-Negative Impact on Health
	- Disruption of Sleep Pattern

Healthy Life Concept

The participants were asked what the concept of healthy life connoted, and the associations in their minds regarding the concept of healthy life were gathered under seven themes (Table 2). One of the themes created within the concept of healthy life is regular nutrition. The theme of regular nutrition is divided into sub-themes of "paying attention to meals", "balanced diet" and "paying attention to ready-to-eat food consumption". Ms. Bilge, one of the participants, said, "When it comes to healthy living, I think of regular nutrition and not skipping meals as

much as possible. I think that in a healthy life, we should give importance to breakfast, not skip snacks, not eat dinner after 18:00-19:00, stay away from oily foods and packaged foods." She mentioned the concept of regular nutrition and its sub-themes, which have an important place in the concept of healthy life.

When it comes to healthy living, one of the subjects that the participants focus on is to pay attention to the consumption of ready-made food. Ms. Bilge, one of the participants, said, *"People need to stay away from packaged foods, whether fast food or carbonated drinks, as much as possible."* While making a comment that includes all of the sub-themes created with the comment of; Ms. Aylin, on the subject of additive-free foods, *"When it comes to healthy life, additive-free foods come, then, I don't know, it comes to staying away from foods that will harm the body."* mentioned in his comment.

Within the concept of healthy life, one of the themes created based on the comments of the participants is "staying away from substance addiction". Substance addiction has an important place in the concept of healthy life as it negatively affects the health of the individual. Some participant comments are as follows;

"she will not consume alcohol and cigarettes.(...)"(Ms. Emine, Food Engineer)

"(...) The person should stay away from substances such as cigarettes and alcohol that will harm his body."(Murat , National Sportsman)

While the answers given by the participants to the main question were thematized, it was seen that almost every participant also emphasized the concept of sleep. While one of the participants, Ms. Ceyda, touched on many issues about healthy living, she said, *"(...) In other words, she goes to bed early and wakes up early. Healthy life equals; healthy eating, exercise and sleep."* She emphasized the importance of regular sleep in the concept of healthy life.

One of the cornerstones of the healthy life concept map is physical activity. Physical activity is defined as any movement performed using skeletal muscles in daily life that requires energy expenditure. Regular physical activity, on the other hand, is regular, planned and repetitive movements aimed at improving one or more components of physical fitness.²² Participant comments are as follows;

"When we say healthy life, sport comes." (Ms Duygu, Housewife)

"When it comes to healthy life, a person should develop his/her own body in the best possible way, protect it, eat regularly, and do regular sports."(Mrs. Fatih , Student)

Psychological health is expressed as the capacity of an individual to cope easily when faced with difficult situations. Ms. Sibel, one of the participants, means that "For me, a healthy life is when a person feels good not only physically but also spiritually" stated in her comment.

In the comments of the participants, the external appearance theme was created due to the codes such as *"having a fit body"*, *"being physically healthy"* and *"being fit"*. When a healthy life is mentioned in Ms. Ceyda's mind, a fit look comes to life: *"(...) When a fit look is a healthy life."* Mrs. Kerem also expresses the importance of being fit and strong and appearance: *"When I say healthy life, I understand that one should be fit, strong and ready for action."*

Health responsibility can be expressed as what an individual should do for a healthy life. The participant comment is as follows;

“First of all, she should prepare herself for this psychologically, not because someone wants it or because she saw it from someone, first for herself. I have to exercise for myself. I have to think about positive things for myself at work. I have to eat healthy for myself and start by believing in yourself first.” (Ms. Zeynep, Pilates Instructor)

Distinguishing Characteristics of Individuals Paying Attention to a Healthy Life

“What are the distinctive features of individuals who pay attention to a healthy life?” Three themes were created based on the participant's comments on the question (Table 2).

The first of the participant's comments about the characteristics of individuals who pay attention to a healthy life is that they are weak. Ms. Bilge said, *“When we look at it in general, it can be understood by weight. Apart from this, as I said, the body reveals itself in a healthy individual or an individual who does sports. It manifests itself both in terms of motivation, spiritually and psychologically.”* In addition to differences such as weight, fat ratio, and appearance of the body, she also emphasized psychological well-being.

Some of the participants mentioned about psychological well-being and self-discipline under this theme. Participant comments are as follows;

Mrs. Cemal said, *“First of all, all of these things that you call a healthy life and an unhealthy life are especially important for the mental and mental health of the person. We can immediately perceive that psychological difference between the two people.”* while addressing the point of being psychologically well with his interpretation; Emine said, *“An individual who pays attention to a healthy life lives more vigorously. The body also becomes more dynamic when fit. She can do everything earlier. She can use her time well. Because the other side is bulky, it can get tired very quickly.”* She made comments on the themes of having self-discipline with her interpretation.

Healthy Living Behaviors

In order to determine healthy living behaviors, the participants were asked “What do you do for a healthy life?” basic question and some final questions were asked. The codes extracted from the answers given by the participants to the related questions were collected in 8 themes. (Table 2)

When we look at the healthy life behaviors of the participants, it is seen that they do various exercises at the point of physical activity. These exercises are “aerobic exercise/cardiovascular exercises”, “anaerobic exercise/strength exercises” and “mental body exercises/flexibility exercises”. Some participant comments are as follows;

“I do sports 4 days a week. Monday I work chest and forearms. I go to the shoulder and back arm on Wednesdays, legs and back on Fridays, and the central area, shoulders and other areas on Saturdays, and I go to the sauna on Saturdays.” (Mrs. Kerem, Student)

“(…) After finishing the running, I usually either play basketball here or volleyball, if possible, I have such an active life. On the days when there is no sports, I get up at 06.00 and 07.00 and come again. I run 8-9 laps. Then I come home and rest. In the evening, I run again between 18.00 and 21.00.” (Mrs. Fatih, Student)

“I do reformer pilates two days a week.(…) I do yoga from time to time. For example, I didn't put him on a routine, but I do extra yoga two days a week or sometimes one day.” (Ms. Aylin, Academician)

Considering the comments of the participants, it was seen that they emphasized that the consumption of some foods should be reduced and the consumption of some foods should be increased within the healthy life behavior. One of the participants, Mrs. Alper, said, *"I generally do not prefer to eat out. It is also important for hygiene. (...) I prefer things with low sugar content. I don't drink fizzy drinks."* while addressing the points that should be reduced in healthy living behaviors; Mrs. Kerem said, *"I get up early in the morning. I always drink water as soon as I get up. I drink half a liter of water."* Ms. Aylin, one of the participants, stated that she pays attention to eating greens and things that make pulp, *"I especially pay attention to eating greens and things that leave pulp."*(Ms. Aylin, Academician). In addition, it was stated by the participants that the choice of these foods is an important criterion in addition to following the meal for a healthy life, the foods to be consumed and the consumption to be reduced. Participant comments on this subject are as follows;

"For example; Although it is not known much, there is actually more sugar in diet products than in normal sugar ratio. Instead, let me tell you, for example, I don't take fructose-containing things, or I try not to take glucose-containing things." (Mrs. Alper, Student)

In product selection, I generally prefer brands that I know and have used for a long time.(...) (Mrs. Fatih, Student)

Both traditional media and new media present a lot of information to people today. There is also a lot of information in the media about healthy living. People can follow the information disseminated by these media tools and apply it to their own lives. The participants stated that they use the media to get advice on nutrition, physical activity and access to information sources at the point of healthy living. Participant comments are as follows;

"For example, I apply detox recipes. Apart from that, I try to apply the recipes about oats."(Ms. Bilge, Pilates Instructor)

"I follow people who have Zumba done."(Ms. Hale, Nurse)

"I follow specialist doctors about healthy life and sports trainers who are interested in sports. I follow more dietitian."(Ms. Ceyda, Academician)

Along with the media, personal health indicators have become an important part of people's lives with the development of technology. Most people now have such programs on their phones. While some of the participants actively use these applications, some participants do not use the applications related to this point. In general, pedometer and calorie counter are seen as the most preferred applications by the participants. The participant comments on the subject are as follows:

"I use it as a pedometer or on a calorie count basis." (Mrs. Fatih, Student)

"I use an electronic pedometer. I have now acquired a smart bracelet with a new feature. I use it while doing sports" (Mrs. Cemal, Academician)

Another issue emphasized by the participants in healthy living behaviors is sleep. It is seen that the participants focused on the time and duration of sleep. The participant comments on this theme are as follows:

"I get up early in the morning."(Mrs. Kerem, Student)

"I pay attention to my sleep as much as possible."(Ms. Sibel, Academician)

“I still pay attention to my sleeping pattern.”(Mrs. Erdal, Engineer)

In the study, some participants stated that they removed some elements that negatively affect their lives for a healthy life. In our research, these expressions were thematized as stress management.

“I try to reduce stress in my life. In other words, I remove things that can be a negative factor for me from my life.”(Ms. Sibel, Academician)

Reason for Leading a Healthy Life

When we look at the comments of the participants, it is seen that there are some personal reasons as the reason for turning to healthy life behavior, some situations that occur in their lives facilitate the process of orientation to a healthy life, and individuals tend to healthy life behaviors with the influence of their external environment. The participant comments on this theme are as follows;

“(…) Not only that, but also because I love this job, I like the exercise dimension. I especially love doing sports.(…)”(Mrs. Cemal, Academician)

“(…) As I said before, there was an overweight production. I was in high school, when I was in high school, I started sports with the encouragement of my friend.”(Mrs. Mehmet, Sports Instructor)

“Maybe it started a decade ago. I started with the weight problem(…)”(Mrs. Serkan, Engineer)

Consequences of Healthy Living Behavior

“Can you talk about the reflections of healthy living behavior on your daily life?” As a result of the answers given to the 5th question of the research, 3 themes were formed (Table 2).

This aspect of the participants who turn to healthy living behavior is also reflected in their social environment. The participants stated that due to these behaviors, they are admired in the environment, they are influential on the people around them, and they also respect themselves. Some of the participant comments are as follows;

“In terms of my friends, they all envy me.” (Ms. Hale, Nurse)

“Of course, if the person is clean and healthy, people who can be seen from the outside love and respect that person.(…) They try to eat the way I eat. They try to live the way I live.” (Mrs. Murat, National Athlete)

The theme of the reactions of the family covers the reactions of the families after the participants turned to a healthy life. Generally, the families of individuals who tend towards healthy living behaviors try to discourage the person from this work by approaching the issue reactively. After a while, the person takes a supportive attitude. Some families, on the other hand, support the individual from the beginning by approaching the healthy life behavior more positively. The comment of Ms. Bilge summarizes this issue.

“You are weak.” I get a response. My family is not so cold right now. Because they got used to it too.”(Ms. Bilge, Pilates Instructor)

The theme of reflections in the family mostly includes the changes that occur in the family after people turn to a healthy life. When we look at the comments of the participants in general, the families of the individuals who tend to healthy lifestyle behaviors gradually turn

to healthy lifestyle behaviors after a while. This change can also manifest itself as a change in physical activity or nutrition.

“What I do with my family, he does the same with them. My wife also agrees with me, especially in terms of diet.” (Mrs. Cemal, Academician)

“The positive happens. Children are also a little enthusiastic.(...)” (Mrs. Serkan, Engineer)

The theme of personal consequences includes the changes that occur in the participants themselves after they turn to healthy living behaviors. Based on the participant's comments, these changes were gathered under 6 themes (Table 2).

Mrs. Kerem, one of the participants, states that his circle widened after he turned to healthy living behavior: *“If you have a good appearance, your social relations also improve.” (...)* I mean, I definitely had friends from the gym salon.” Mrs. Emir made a similar comment with Mrs. Kerem at this point. *“By getting to know new people, your environment is positive, so sports not only provide a healthy life, but also a new environment.”*

In the theme of change in diet, the participants stated that they started to give more weight to some foods that they had not paid attention to before, and that they moved away from some foods. At this point, the comments of the participants are as follows:

“I used to not pay attention. Now I make sure that the foods I eat are not oily. I try to stay away from acidic foods.” (...)(Ms. Filiz, Housewife)

“It's usually stable, before the routine, but before that, I would pay attention, but not so much. 5 years ago I used to consume sugar. At this time, I consume very little sugar.”(Ms. Murat, National Sportsman)

Mrs. Bilge stated that her body resistance increased and she did not get sick very often after she turned to a healthy life: *“It works well. Sports increase my body resistance. Compared to the past, I don't get sick very often.”* Ms. Duygu, one of the participants, said that she improved her health problems as a result of her healthy lifestyle behavior, *“I have arthritis in my legs, I have a herniated disc, it helped. I don't gain much weight anymore, even if I gain a little, I lose it when I pay attention.”* she expressed it with her comment.

The theme of self-discovery refers to the positive changes that occur in the participants themselves after they turn to a healthy life. Participant comments are as follows;

“When I relax, I start sports. The more you feel comfortable, the more comfortable you do sports. I pay attention to my diet.”(Ms. Duygu, Housewife)

“It is also relaxing psychologically. Either you feel more peaceful. You feel more relaxed when you do your sports in nature and outdoors.”(Ms. Serkan, Engineer)

The participants also stated that there were some changes in their sleep patterns after they turned to healthy living behavior. In general, they stated that their sleep was regulated, they slept more comfortably, they woke up rested and started to enjoy their sleep. The participant comments on this theme are given below:

“For example, I used to sit up very late. I used to get up late in the morning. Now, since I usually walk at these hours, I am tired when I go home. I drink tea, I sleep, I get up early in the morning” (Ms. Filiz, Housewife)

“(...) I was getting up more rested. I think it also affects sleep.” (Ms. Ceyda, Academician)

Since people who tend towards healthy living behaviors think that they have knowledge on many subjects, they can also give some advice to the people around them about what they think they are doing wrong, and it is seen that they are consulted from time to time by the people around them. Based on the opinions of the participants on these issues, the theme of being the person to be consulted was created. Ms. Aylin stated that her colleagues in the business environment consulted her about healthy living and asked her for some recipes: *“When a topic is discussed at school, when something happens, for example, when we sit down with the teachers, or when we say, my teacher, do not eat this, do it instead, I get feedback. Sometimes, or for example, they ask me. Sometimes they consult when they want to prepare a detox.”*

Situations that Occur When a Healthy Life is Not Considered

In this title, where the last question of the study is discussed, the participants were asked whether there was a period when they did not pay attention to a healthy life, and the situations that emerged in that process were tried to be determined. In this context, 4 themes were created based on the comments of the participants (Table 2).

The theme of negative effects on psychology is related to the emotional states experienced by the participants in their inner world when they quit healthy living behavior. *Mrs. Bilge said that she felt bad because she thought that there were negative changes in her body at a time when she quit her healthy lifestyle behavior. But I was exercising at home. That comfort, pleasure and happiness in the living room did not give me that. Fitness especially. That's why when I wasn't doing sports, I inevitably felt bad.”* she expressed it with her comment.

The theme of adverse health effects deals with the results in terms of health during the period when the participants quit healthy living behaviors. After experiencing a health problem, Ms. Emine took a break from her healthy lifestyle and expressed that she had muscle pain during this period with the following comment:

“After I got cancer, I stopped the activity. Because my doctor forbade me, I quit cardio, I quit Zumba. I had a lot of pain. Because my body was involved in that sport and I was doing it regularly, I experienced incredible muscle pain at that time.”

Ms. Bilge, on the other hand, thinks that she gained weight when she quit her healthy lifestyle. *“When I stood in front of the mirror, I thought if I had gained weight. I wasn't paying attention back then. That's why it was affecting badly. Then I immediately made up for it again.”*

It was stated by the participants that the sleep pattern, which is also shown as a result of the healthy living behavior, is negatively affected when the healthy lifestyle behavior is stopped. The participant comments on the subject are as follows:

Because I always wanted to sleep. I didn't want to get out of bed all the time. (Ms. Aylin, Academician)

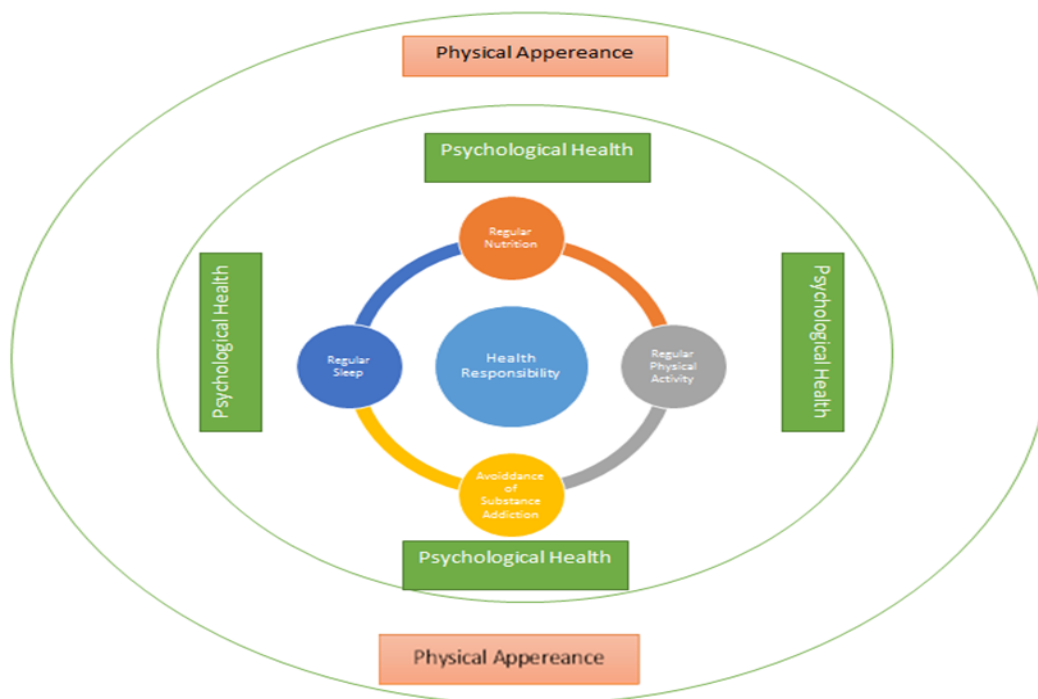
Some participants stated that they withdrew from their social lives when they could not pay attention to healthy lifestyle behaviors. Ms. Aylin made some comments that she did not want to communicate with anyone during this period and was reluctant to participate in the activities. The participant's comment is given below.

“I didn't want to communicate much with anyone and what I wanted to do most was sleep. A friend of mine was doing yoga remotely. It was going very well in the beginning, then I left it. The psychologist we went to for therapy did group therapy. I was not very keen on joining them. I didn't want to do anything extra even though it was very supportive, so actually it was a period of intense depression.”(Ms. Aylin, Academician)

DISCUSSION

In this research, the concept of healthy life was examined in a phenomenological framework, based on the views of individuals who care about healthy life behaviors. As a result of the examination, the approach to healthy living in Figure 1 was formed.

Figure 1: Approaches to the concept of healthy living



Looking at Figure 1, it is necessary to include the titles of regular nutrition, regular physical activity, regular sleep and avoidance of substance addiction within the concept of healthy life in human life, and it is necessary to manage the process within the framework of a health responsibility while applying these titles to the individual's life. In addition, it is an important point for the individual to have good psychological health while performing the mentioned topics in a healthy life. When the individual fulfills the mentioned titles in the responsibility of health, they will reach psychological health and a healthy appearance. As stated by Mamurov and others, healthy life includes many areas from nutrition to psychological status of individuals (Mamurov et al., 2020).

Balanced nutrition constitutes the first step of health in every period of life (Baysal 1992; Mominova and Ibragimova, 2021). For proper and balanced nutrition, it is important to consume a variety of foods, use sugar and salt in moderation, and especially to drink about 3% of our body weight in water (Öngel, 2021). In the research, it is seen that balanced

nutrition is included under each heading. Balanced nutrition is more about the amount and time of feeding, rather than the amount of nutrients the body needs. Adequate and balanced nutrition is an important point not only for the vital activities of individuals, but also for the development of the whole society (Dölekoğlu and Yurdakul 2004). For a healthy diet, adequate and balanced intake of all nutrients from various foods is necessary. It also attracts the attention of individuals due to the fact that it prolongs life expectancy and reduces health risks (Dölekoğlu and Yurdakul 2004). Considering the opinions of the participants on the subject; They emphasize the importance of a balanced diet for a healthy life, and it should be noted that sugar, bread and carbohydrate consumption should be controlled, sufficient fluid intake, natural and green-based nutrition should be emphasized, the body's calorie intake should be followed and individuals should be fed in accordance with their own body structure, since each person's body is different. They appear to be drawn.

As a result of the research, another issue that emerged within the concept of healthy life is physical activity. "Doing regular physical activity" has an important place in healthy living behaviors. When it comes to healthy life, people first think of physical activity along with nutrition. The participants stated that physical activity is important for a healthy life, emphasizing such as being active, walking and making sports a part of their life. Physical activity consists of body movements that enable the individual to spend energy by using muscles and joints (Uğur, 2022). Physical activity is defined by WHO as any bodily movement produced by skeletal muscles that requires energy expenditure. In addition, physical activity refers to leisure time, movements to go somewhere, for transportation or as a part of a person's work. It is defined as all kinds of movements (Turkish Physical Research Guide 2014). Physical activity includes activities of different intensities, which are performed with energy consumption by using muscles and joints in daily life, increase heart and respiratory rate and have different intensities. situation that has a positive effect. Therefore, a sedentary life throughout life is an undesirable situation. The sedentary life is one of the most important problems for the modern society, which even carries out its daily shopping on virtual markets in front of the computer. brings with it. The participants also added physical activity among the indispensables of a healthy life, on the grounds that the decrease in physical activity would be a threat to human health.

In addition to basic body movements such as walking, running, jumping, swimming, cycling, arm-leg movements and head-neck movements, various sports branches, dance, exercise, games and activities during the day are considered physical activities (Baltacı el all. 2008; Bek 2008). Regular physical activity has been proven in studies to help prevent and manage non-communicable diseases such as heart disease, stroke, diabetes and various types of cancer. In addition, regular physical activity not only helps to maintain a healthy body weight, but also raises mental health, quality of life and well-being. Considering the other participant comments about physical activity, there are comments that physical activities may be different depending on the age of the participants. It was also stated by WHO that physical activities should be differentiated depending on both age and chronic disease (www.who.int). The findings of the research support the literature.

One of the important elements for human health is regular sleep. Sleep is not a lifestyle choice, but one of the basic needs such as breathing, eating or drinking. In other words, sleep constitutes the basic step in Maslow's hierarchy of needs. Sleep positively affects both the physical and psychological health of the individual. For this reason, every individual should continue his life without interrupting sleep. Sleep hours vary depending on age (Pellat 2007). Poor quality sleep has a negative impact on the individual's psychological and physical health,

as well as on quality of life and life span (Wang et al. 2010). Therefore, one of the basic needs for a healthy life is regular sleep. Participant comments also support this behavior. In the participant comments, sleep hours are also emphasized. In particular, there are comments about not going to bed late and not getting up late.

It is seen that the participants try not to consume sugar, salt, acidic beverages, not to eat outside, not to eat on the go and not to use ready-made packaged foods in order to exhibit healthy lifestyle behaviors. As it is known, excessive consumption of sugar, fat and salt is an important nutritional problem and it is necessary to reduce them in order to be healthy. Again, the use of acidic beverages, snacks and ready-made packaged products brings many health problems, especially obesity. Participants within the scope of the research emphasized that they reduced the consumption of such products that would adversely affect health. The Turkish Dietary Guide also includes foods that need to be reduced and increased in consumption. When we look at the foods that need to be reduced, consumption of saturated and trans fats, consumption of alcohol, consumption of salt, consumption of sugar (Turkish Nutrition Guide 2019).

In the sub-theme of “the ones whose consumption needs to be increased”, the participants emphasized that they pay attention to getting the nutrients that the body needs. At this point, increasing water consumption and giving importance to green and fruit-based nutrition come to the fore. Individuals consume a certain amount of water daily in the light of both the comments of experts on water consumption in the media and the information heard in the environment. In order to eliminate the harmful substances that occur in the body with food consumption and to maintain the body temperature balance, an average of 2-2.5 liters of water, that is, about 8-10 glasses of water, should be drunk per day. and vegetables especially help to protect from chronic diseases. In addition, fruits and vegetables should not be neglected in the diet process (Sezgin 2014). Fresh fruits and vegetables, milk and dairy products, fish, seafood, pulp consumption and vitamin D are indicated as foods that should be increased in the Turkish Nutrition Guide. Although the comments were seen, more fruit and vegetable consumption in the foods that should be increased was expressed by the participants.

Today, the development of technology has allowed rapid access to information resources. At this point, people have instant access to information about every subject. It is seen that there is a lot of sharing about healthy life. Individuals frequently use these sources of information about healthy living. In the comments of the participants, it was stated that some important names were followed to get information about healthy life. This is sometimes in the form of dietitians, sometimes sports trainers and sometimes the pages of the Ministry of Health. Again, the main point is to get advice about healthy living.

As can be seen, the media is a resource that is frequently used by individuals at the point of healthy living, as it is in every field. On social media platforms, many contents including information on healthy living and the promotion of products and services in this field are shared (Wellman et al., 2020). By following the media, individuals gain some information from the media in terms of both nutrition and physical activity and direct their lives in terms of healthy living behavior. Witten/Herdecke Üniversitesi'nde yapılan araştırmaya göre, sosyal medya influencerlarının gençlerin fikir, davranış ve görüşlerini büyük ölçüde etkilediği, onları sağlıklı yaşama yönlendirdiği ve fiziksel ile ruhsal gelişimlerine etki ettiği belirtilmiştir (Aksakallı, 2023). In the research conducted by Arıcı, it was concluded that influencers direct their followers towards a healthy life (Arıcı, 2024). Ardesch et al. (2021) concluded that

adolescents at risk for problematic social media use are more likely to consume alcohol and smoke cigarettes, while exhibiting lower levels of positive behaviors such as healthy eating habits and physical activity (Ardesch et al., 2021). In addition, in a study conducted on adolescents, intensive and problematic social media use negatively affects sleep health (Poissant et al., 2024). This shows how important the accuracy of the information shared in the media is. For this, the knowledge of the people giving advice in this field should be critically examined and the dose of the applications should be adjusted well. Looking at today's television programs, it is seen that a specialist doctor is called to the program every day and gives advice for a healthy life in different fields. In addition, it is seen that many people in social media are active in terms of healthy living with their live broadcasts and shares. It can be said that choosing the right one for one's body among so many information is possible by filtering this information well.

When the findings are evaluated, it is seen that psychology is negatively affected when healthy living behavior is not continued. The most expressed situation in the comments of the participants is the comments such as I feel bad and disturb myself when I do not pay attention to a healthy life. When we look at the concept of healthy life syndrome, it is seen that this syndrome causes symptoms such as anxiety, self-blame and guilt.

When we look at the healthy life syndrome, it shows itself here. While the individual continues his healthy life behavior in his normal life, not while continuing his normal routine; It manifests itself in a negative situation that occurs in his routine. This is in the form of regret, guilt, feeling bad, thinking that you have gained weight. "I felt very uncomfortable. I feel like I can't breathe. I really don't know why that is. After eating, there is a regret." Her words (Ms. Hale, Nurse) are important. The participants stated that they felt uneasy when they stopped healthy living behavior and immediately turned to things related to healthy living again.

A situation that is negatively affected when not paying attention to a healthy life is the health of the individual. Participants commented that their health was adversely affected when they were not paying attention, they became more clumsy, they felt tired, they thought they gained weight and they felt weak. In addition, it is observed that some disruptions in the sleep patterns of the participants occurred during this period. There are participant comments about the constant desire to sleep and the fact that they do not pay attention to sleep hours.

A negative situation in the life of the individual that occurs when attention is not paid to a healthy life can be expressed as alienation from the social environment. During this period, the participants commented that they did not want to communicate with anyone, were not willing to participate in some activities, and did not want to go out and do something.

LIMITATIONS OF THE STUDY

The research has various limitations. The first limitation is that the research was conducted with individuals living in the central province of Yozgat. Therefore, the results obtained cannot be generalised for individuals in other regions of Turkey. Another limitation is that although criteria such as doing at least one hour of physical activity daily and regular nutrition were determined, these criteria cannot represent all health behaviours of individuals and individuals who could not fulfil these conditions were excluded from the study.

CONCLUSION AND RECOMMENDATIONS

The research findings offer a general framework for understanding the concept of healthy living. It is seen that regular nutrition, physical activity and sleep are the pillars of a healthy life. For a healthy life, the individual needs to transform these three pillars into behavior and create a health responsibility. However, an important result of the research is that social well-being, which is included in the definition of health by the World Health Organization, has been neglected. For a healthy life, the individual must also feel good socially. Ignoring social well-being may lead to inadequate programmes that address individuals' health from a holistic perspective. Integrating this dimension into public health policies will not only increase the life satisfaction of individuals but will also make significant contributions to the general welfare level of the society.

The importance of media in healthy life is one of the important results of this research. Especially with the development of technology, it is seen that a lot of information on behalf of a healthy life is reached quickly through many platforms. At this point, the importance of health literacy of individuals emerges. It is important for the citizens of the countries to carry out studies to increase the health literacy of the individuals in terms of interpreting the information they have acquired correctly.

It is observed that power imposes limitations on bodies by gendering them through exercises aimed at achieving the idealized body promoted by consumer culture (Erdem and Yıldız 2019). While men want to have an athletic, muscular body that refuses passivity; Rather than looking strong or building muscle, women want to make and shape their bodies more aesthetically (Favaro 2016; Karahan and Adak 2019). In other words, women prefer heart exercises to burn fat, while men prefer exercises that will enable them to have strong and muscular bodies by lifting weights (Erdem and Yıldız 2019; Mental Health Foundation 2011). Regarding regular physical activity when the participant comments are examined, it is seen that the physical activities of female participants and male participants differ from each other. While walking and fitness are seen as physical activities performed by both men and women; It is seen that women prefer pilates, yoga and zumba. The reason why men prefer fitness as more physical activity can be interpreted as the desire to shape their bodies more. In Ata's research, it was concluded that the urge to be muscular is more in men (Ata, 2021). Regarding this issue, awareness campaigns can be organised to support gender equality and to direct individuals' body perception in a positive way. In addition, inclusive policies can be established to reduce gender discrimination in the fields of sport and physical activity.

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