

## Influence of Economic Level in the Lifestyle from a Social Perspective

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Received January 4, 2015; Accepted May 26, 2016

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### Abstract

The Association of lifestyle with socio-economic factors has been documented in developed countries. Behaviors of health such as food, physical activity and the bad habits are agents that are correlated with the lifestyle and socioeconomic position. Max Weber offered a sociological view of lifestyle emphasizing the adoption and maintenance of social determinants, as well as the socio-economic aspects.

The aim of this work is to analyze the influence of economic level in the lifestyles from a social perspective by an electronic bibliographic review of articles related to the economic level, lifestyles, as well as sociological theories of Max Weber. The results show that life styles have been modified as a result of that society has progressed to side of modernization; in addition the choices for the consumption realize so much of an individual way as in conformity with the socioeconomic position of the individual. In this way, consumption, production and the social position that provides the economic level are influential factors in the lifestyle

**Lifestyles, Economic level, Social theory, Max Weber**

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**Citation:** PEÑA-MERINO, Alejandra, GUERRERO-ALCOCER, Elvia Vianey, PÉREZ-GARCÉS, Ranulfo and MÁRQUEZ-MOLINA, Ofelia. Influence of Economic Level in the Lifestyle from a Social Perspective. ECORFAN Journal-Republic of El Salvador 2016, 2-2: 1-7

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## Introduction

The socio-economic level is not a physical feature and easily informable but that is based on overall measure that combines the economic and sociological part of the preparation for work of a person and of the economic and social position individual or family in relation to other people (Vera-Romero 2013), as well as the manner in which they integrate the various personal traits and family, according to the countries and historical moments of each one.

The interest to consider the socio-economic data, is based on the fact to take into account the greater amount of factors (Bauce & Córdova 2010), that allow you to have an approximation to the reality of families and in this way have a measure more objectively on their condition, associated with socioeconomic level are the styles of life (Gil Flores, 2013).

The aim of this study is to analyse the influence of economic level in the style of life from a social perspective. The present work is structured in the following manner: first, presents a literature review of the main sociological theories of Max Weber. Presents the methodology and, finally, we present the results obtained and the conclusions of the work.

## Literature review

The style of life, according to Perez of the Plaza (2003), refers to the set of habits and customs that are influenced, modified, encouraged or forced by the socialization process to which we are all subject to throughout life and reflects the way in which the subject is integrated in the world that surrounds it.

The style of life (SL) is defined by the World Health Organization (WHO) as a general form of life, based on interaction between the conditions of life and the individual patterns of conduct, determined by socio-cultural factors and personal characteristics. The style of life incorporates a social structure, defined by a set of values, norms, attitudes, habits and behaviors (García-Laguna et al, 2012).

The styles of life are determined by the presence of risk factors and/or protective factors for the well-being by which should be viewed as a dynamic process that not only consists of actions or behaviors of the individual but also actions of a social nature (Llueu Juárez, 2013).

Acuña Castro & Cortes Solis (2012) mentioned that it is "a way of life that is based on identifiable patterns of behaviour, determined by the interaction between the individual personal characteristics, social interactions and the conditions of socio-economic life and environmental".

The socioeconomic level is an overall measure that combines the economic and sociological part of the preparation for work of a person and of the economic and social position individual or family in relation to other people. Therefore, to analyze the socioeconomic level of a family, there seems to be some consensus on the idea that the socioeconomic status of families includes three basic aspects: economic income, educational level and occupation of the parents as mentioned Vera-Romero (2013).

However, Max Weber offered a sociological view of the style of life emphasizing the social determinants of its adoption and maintenance, admitted that the style of life is determined in part by the socio-economic aspects, but to turn the style of life which they adopt individuals influences and even determines the theory of social stratification.

Its stratification model refers to a three-dimensional outline, based on the separation of the orders or economic, social and political spheres, where reference is made to the way in which societies have been subjected to a process of ordering and systematization, with the goal of making predictable and controllable the life of man.

This process is manifest in at least three areas of human life: at the level of the images of the world (religious and metaphysical concepts), at the level of collective action, where politics, economics, law and other institutions of public life have become technocratic organizations; and at the level of the individual action, where the personal life-style is oriented according to functional patterns of production and consumption.

Within the stratification that performs Weber, as mentioned above takes place in three different dimensions - economic, social and political - and are represented respectively in the phenomena of the classes, the strata and the parties (Duek & Inda, 2006).

Social classes are formations or strata that appear in the context of situations divided the market into two basic categories deferred for possession or ownership of the means of production, although the existence of class differentiation is supported primarily on the amount of income or sources of goods (Lopez, 1989), the estates represent the distribution of social power:

"Honor status" or prestige, are expressed by a specific lifestyle, expected by all who wish to belong to that circle, setting their class order, the typically effective claim, positive or negative privileges in social consideration (Solano, 2002), parties are mainly the distribution of political power, the characteristic is that this phenomenon is pursuing is power, exercise Community actions influence or seek to conquer the direction of the association in which they develop (Duek & Inda, 2006).

Ruano (2002) mentions that the more advance society on the side of the modernization both more reality will be the trend toward bureaucratization, whose general meaning consists in the imposition of a new "style of life" that reproduces forms of technical rationality instrumental.

On the other hand Alvarez (2012) added that there is a distinction in regard to that life-styles are not based on what the person produces, but in what used or consumed; therefore, the styles of life are not based on the relationship with the means of production but with those of consumption.

The style of life, according to Gómez (2005), is made up of two elements: the conduct vital and life opportunities. The vital behavior is defined as the elections that made individuals in their style of life and vital opportunities constitute the probability of making such elections on the basis of their socio-economic position.

Similarly Pierre Bourdieu, he contributed significantly to the study of the lifestyles particularly applied to the field of health, analyzed the lifestyles related to health, as there is a link between health and disease and their position subjects in the social structure, which I call habitus, defined as:

"Systems of durable and transferable dispositions, structured structures predisposed to function as structuring structures, that is as generators principles and organizers of practices and representations that can be objectively adapted to an end without assuming the conscious search ends and the express domain of necessary operations to achieve "(Cruz et al, 2013).

The style of life is more articulated toward the fight between social classes, the people from the same social class tend to share the same styles of life, such as the taste for certain foods, sports or hobbies that have the same opportunities. The habits are aligned with the individual aspirations and expectations to correspond with the objective possibility for achieving them (Alvarez, 2012).

The individuals who occupy a high position in the social pyramid and/or the upper classes, will have some practices that are placed within a particular lifestyle and which is different to the practices and style of life that keep the lower classes or individuals who are further down in the social hierarchy (Alonso, 2012).

Also, it is the theory of Social Action Max Weber in which mainly means "action" to human behavior whenever the subject or subjects linking action to it a subjective sense. The "social action", therefore it is considered as such actions where the subjective sense by subject or subjects is based on the behavior of others, guided by this in its development, which may be present or expected as future; It is an elementary form of sociability that allows an individual to interact and be related to the others (Weber, 2002).

The inseparability between the society and the cultural factors that affect, allow you to set the different typologies of action for this theory, thus distinguishing four types of orientation of the social proceed:

1. - The rational action in accordance with the end, refers to the greater rationality of the action, by measuring the consequences of the action and comparing the effectiveness of the means in relation to the result.

2. - The rational action in accordance with values, which responds to the belief that the individual possesses, ethical value, religious, aesthetic considering that the individual already has before these convictions the decision-making process is more brief. However, the action does not cease to be rational, since the means chosen are the most appropriate to meet the order and perform the action.

3. - The affective action is determined by emotions and current moods; their sense does not set media instrumentation toward the end, but in performing an act "that yes". In other words, goes below the horizon judgmental, the subject is moved by member emotional of the moment.

4. - The traditional action is determined by the usual modes of behavior of the actor and by their customs (Ritzer, 1993).

So that social action is conceived as the elemental form of sociability that allows an individual to interact and be related to the other.

The be-in-society and be accepted by society are as a point of reference constantly renovated and verified, the adequacy of the act individually with the invisible but real requirements of the group.

Also, the frame of reference implicit shared by the members of a group or society is endowed with a structuring power when it is able to influence the action of own and outside (Lutz, 2010), in other words, the importance given to the gaze of others shall be measured according to its ability to guide the behavior of other persons.

## Methodology

As noted earlier, this research analyzes the influence of economic level in the style of life from a social perspective. This information was obtained by an electronic bibliographic review of related articles at the economic level, lifestyles, in addition to sociological theories of Max Weber.

## Dependent variables

In this article is handled in the style of life as a dependent variable which from sociology, have been made relevant contributions in this regard.

However, Max Weber refers to the lifestyle as that relationship between the status, prestige and power that determine social position, defining it as a social class that includes individuals who share similar material circumstances and prestige, education and political influence and its members share a similar lifestyle, adding that lifestyles are not based on what the person produces, but what use or consume, ie, they are not based on the relationship to the means of production but with the consumer (Alvarez, 2012).

## Independent variables

In this review it is considered that the socioeconomic level this conditional on the styles of life.

Since 1994, the socio-economic level of the Mexican Association of Agencies of Market Research and Public Opinion (AMAI) has become the standard for the classification of the market research industry of Mexico.

Currently the AMAI classifies households using the "Rule AMAI 8X7". This rule is an algorithm developed by the Committee of socioeconomic levels and measures the level of how satisfied are the most important needs of the household, also produces an index that classifies households in seven levels, considering eight characteristics or possessions in the home and the schooling of the person making the greatest contribution to expenditure.

The eight variables are: Educational level of the head of household or person making the greatest contribution to expenditure, number of rooms, the number of bathrooms, number of outbreaks, number of cars, possession of shower, possession of stove, type of floor and the seven levels and its main characteristics are (AMAI, 2016):

## Results

Within the reviewed literature electronically in articles related to the theme.

Results were obtained in which in the theory of social stratification of Max Weber, which is divided into three main areas that are the economic, social and political, emphasis is placed on the way in which the society today have been subjected by an important systematization which seeks to keep a check on the life of the individual. An example of this is meant the economic level, this being a social determinant dispensable in the present, added to this is determinant has arrived getting a value in the resolution of the styles of life, linking this way to the pattern of production and consumption.

On the other hand, is the theory of social action in the detailed precisely as the actions of the sociability of an individual allow this relates to its environment, in other words, the actions carried out by each of the individuals are subjective sense of the subject or subjects and are referred to the behaviour of others, becoming in this way domain on the adoption of the styles of life.

## Conclusions

This literature review was carried through electronics to analyze the influence that has the economic level in the styles of life.

All organized societies have been structured in different groups in the course of time; this has fallen in which each of these get privileges, obligations and different interests.

The as relate these references to external values of social phenomena, stressing that human actions are subjectively, it is understandable that these actions refer only to some values (Lopez, 2005).

Due to the foregoing it is as from a social perspective, life styles have evolved hand in hand with the modernization, added to this the elections of consumption not only are done individually, but that are influenced in accordance with the socio-economic position of each one of them.

It is, as the consumption, the production and the social position which provides the economic level, as well as the actions taken by each individual are influential factors in the style of life.

With future lines of research are proposed to expand the vision from a social perspective of how each of the determinants and factors are influencing this theme and how has gone to disrupt societies for generations. As they are

reporting evidence, reports and even articles to the public researcher, will be feeding back the social field.

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