

A FELNŐTT – KÖZÉPKORÚ LAKOSSÁG EGÉSZSÉGMAGATARTÁSÁNAK PSZICHOSZOCIÁLIS VETÜLETEI

DÉGI L. CSABA
SZABÓ BÉLA

*Babeş - Bolyai Tudományegyetem
Szociológia és Szociális Munka Kar, Kolozsvár
csabadegi@yahoo.com, szabobela@yahoo.com*

Abstract: Psychosocial aspects of health behavior in middle aged (35-65) population, mainly the relationship, correlation between social support and health status are discussed based on research data evaluation of one oncological, clinical and two non-clinical studies. Introduction focuses on middle age crises from the perspective of personality development and family sociology, on individual, familial and social level. Also we present relevant psychoneuroimmunological studies proving relationship between health and social support, as a psychosocial health-factor. Our results, in the last part of this paper, show statistically significant data about psychosocial aspects of health behavior.

Keywords: health behavior, psycho-social factors, social support, middle age