

Assessing the Validity of Body-Mind Perspectives: A Qualitative Inquiry in Social Science

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Abstract:

This research paper empirically investigates the value of the mind-body perspective in the social sciences. Using qualitative survey methods through in-depth interviews, this study applies an agnostic approach to unravel the complex dynamics between these fundamental aspects of human cognition.

This study presents a diverse sample of 53 participants from different socioeconomic backgrounds, including workers and individuals from the middle and disadvantaged classes. The main objective is to verify the degree of validity associated with these views.

The results showed a compelling pattern in the participants' accounts. While the majority of respondents emphasized the importance of voice or mind-related aspects in their daily lives, careful analysis shows that these views often have a relative degree of validity lower, which is characterized by significant fluctuations in responses.

In contrast, individuals who focused on discussing the physical body consistently found this view to be of higher value. Their views show consistency and resilience to ever-increasing change, with exceptionally rare exceptions.

This research not only enriches the understanding of mind-body perspectives but also provides a unique perspective for understanding how socioeconomic factors may shape these views. These findings have important implications for researchers, policy makers, and individuals seeking a deeper understanding of the interplay between socioeconomic status and the value of public opinion. mind and body points.

Key words: Authenticity, physicality, quality, social science, socioeconomic factors, in-depth interviews.

1.Introduction:

The concept of assessing the validity of mind and body perspectives is a topic of ongoing research in the social sciences. This paper took a qualitative approach to this lingering question, using in-depth interviews to explore the complex interplay between these fundamental aspects of human cognition.

Drawing on a diverse group of 53 participants from various socioeconomic backgrounds, including workers, disadvantaged and middle-class individuals, this study aims to verify the degree of correctness regarding these prospects. Through interviews, participants clarified their views, giving valuable insights into their beliefs and perceptions about the importance of the body and mind in life. daily.

The results of this study, drawn from this large and diverse data set, begin to unravel intriguing patterns in the participants' accounts. While the majority indicated the relevance of aspects related to the voice or mind, present perfect analysis revealed that these views exhibited a lower relative value of value, often characterized by significant variations in responses. .

In contrast, those who base their speech on the physical body have consistently held this view to be of higher value. Their views show a commendable level of consistency and resilience to change, with exceptions proving to be exceptionally rare.

This article, in exploring views of the mind and body through the lens of the present perfect, not only contributes to a deeper understanding of this fundamental aspect of human experience, but also offers a perspective. new understanding of how socio-economic factors might affect these prospects. The following sections delve deeper into the methodology, findings, and implications of this study,

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providing a comprehensive view of the complex relationship between socioeconomic status and the value of perspective of mind. and body.

2.Literature review:

The exploration of mind and body perspectives and their value has been a recurring theme in literature for decades. Researchers in the fields of psychology, sociology, and philosophy have devoted much time and effort to understanding how individuals perceive and prioritize these fundamental aspects of human existence. .

Over time, many studies have examined the complex interaction between body and mind, often guided by different theoretical frameworks. These studies have explored the importance of mental and physical aspects in everyday life, seeking to understand their respective roles and the dynamics linking them.

Although previous research has provided valuable insights, there are still notable gaps in understanding the temporal aspect of these views. Several studies have explored how people's views of the body and mind can change or remain consistent over time. This article seeks to address this time aspect by conducting a qualitative survey within a specific time frame, allowing us to capture any change or stability in participants' views. about the validity of those views.

Furthermore, the literature has highlighted the potential effects of socio-economic factors on an individual's perception of body and mind. Over time, socioeconomic status has become a determining factor in the formation of these views. Previous research has suggested that individuals from different socioeconomic backgrounds may favor and perceive the body and mind differently. This article aims to contribute to this body of literature by examining how socioeconomic factors can interact with the time dimension, potentially shedding light on whether attitudes change or not. whether and how it remains stable over time in distinct socioeconomic groups.

By integrating temporal and socioeconomic aspects into the understanding of mind-body perspectives, this study aims to provide a comprehensive understanding of how these fundamental aspects of human existence is perceived and validated over time in different socioeconomic contexts.

Previous works in the realm of body-mind perspectives have contributed significantly to our understanding of how individuals perceive these aspects. For instance, studies conducted in the mid-20th century, such as those by Maslow (1954) and Rogers (1961), explored the hierarchy of needs and self-actualization, emphasizing the importance of psychological well-being and self-perception. These seminal works highlighted the role of the mind in fulfilling one's potential and achieving a sense of self-worth.

In the late 20th century, the emergence of cognitive psychology, as exemplified by the works of Piaget (1972) and Vygotsky (1978), further illuminated the intricate processes of mental development and the importance of cognition in human behavior. These theories provided a foundation for understanding the mind's role in learning, problem-solving, and social interaction.

More recent studies, particularly those in the fields of neuroscience and psychology, have delved into the neural mechanisms underpinning cognitive functions and the mind-body connection. Researchers like Damasio (1994) have explored how emotions and bodily sensations influence decision-making and consciousness, further emphasizing the interdependence of the body and mind.

While these studies have offered invaluable insights into the body-mind relationship, there has been a limited exploration of how individuals' perspectives on these aspects may evolve over time. This paper addresses this temporal dimension by conducting a qualitative survey with a focus on participants' changing or stable views regarding the validity of body and mind perspectives.

Additionally, socio-economic status has been a recurrent theme in past works, particularly in sociology and public health literature. Research has shown that socio-economic factors can significantly shape individuals' access to resources, opportunities, and healthcare, thereby influencing their perceptions of the body and mind. Previous studies, such as Wilkinson and Marmot's (1998) work on social determinants of health, have underscored the impact of socio-economic disparities on well-being.

This paper builds upon this foundation by investigating how socio-economic factors interact with the temporal dimension of body-mind perspectives. By conducting interviews with participants from various socio-economic backgrounds, we aim to elucidate whether and how these perspectives change or remain stable over time within distinct socio-economic groups.

In summary, while past research has illuminated the importance of body-mind perspectives and highlighted socio-economic influences, this study advances our understanding by incorporating the temporal dimension and investigating potential shifts in perspectives over time, thus contributing to a more holistic comprehension of these fundamental aspects of human existence.

2.1 Past related works:

Some relevant past works that are closely related to the topic of assessing the validity of body-mind perspectives, especially in the context of social science and qualitative research:

Descartes, R. (1641). "Meditations on First Philosophy." René Descartes, a pioneer in the mind-body problem, explores the distinct nature of mind and body, setting the stage for later discussions on their validity and relationship.

Maslow, A. H. (1954). "Motivation and Personality." Abraham Maslow's hierarchy of needs theory addresses the role of mental well-being and self-actualization, laying the groundwork for considering the significance of the mind in daily life.

Rogers, C. R. (1961). "On Becoming a Person." Carl Rogers' work on self-concept and self-actualization underscores the importance of psychological well-being and personal growth, shaping perceptions of the mind's validity.

Damasio, A. R. (1994). "Descartes' Error: Emotion, Reason, and the Human Brain." Antonio Damasio's research delves into the connection between emotions, bodily sensations, and decision-making, illuminating the mind-body relationship.

Wilkinson, R. G., & Marmot, M. G. (1998). "Social Determinants of Health: The Solid Facts." This report emphasizes how socio-economic factors significantly influence health outcomes, providing context for understanding the impact of socio-economic status on body-mind perspectives.

Vygotsky, L. S. (1978). "Mind in Society: The Development of Higher Psychological Processes." Lev Vygotsky's sociocultural theory explores the role of culture and social interaction in cognitive development, highlighting the social dimension of the mind.

Piaget, J. (1972). "Intellectual evolution from adolescence to adulthood." Jean Piaget's research on cognitive development elucidates how individuals' thinking processes evolve over time, contributing to our understanding of the mind's development.

Husserl, E. (1900). "Logical Investigations." Edmund Husserl's phenomenology provides a framework for understanding the subjective experiences and perceptions of individuals, which are integral to discussions of the mind and its validity.

2.2 Discussion with past and this current research:

Comparative analysis between the previous research mentioned and the current research paper aims to assess the validity of mind-body perspectives using qualitative methods in the field of social sciences.

2.2.1 Focus on validity:

Past research:

Historically, previous research, such as Descartes' dualism, has often explored the nature of mind and body, but may not have focused explicitly on assessing the validity of these views. This.

Current search:

This research paper clearly aims to assess the validity of the mind-body perspective, which sets it apart from many previous works. It uses qualitative methods to deepen the perception of value among the participants.

2.2.2 Mental health:

Past research:

Maslow and Rogers' work emphasizes psychological health and self-actualization, recognizing the importance of the mind in everyday life. Current search:

The present study acknowledges these underpinnings but focuses on assessing whether individuals' views of mind value change over time, taking into account socioeconomic factors.

2.2.3 The neuroscience perspective:

Past research:

Damasio's research explores the neural basis of emotion and perception, enriching our understanding of the connection between mind and body.

Current search:

While integrating knowledge from neuroscience, the present study extends the exploration to a socioeconomic dimension, aiming to determine whether changes in opinion are influenced by economic factors. socioeconomic or not.

2.2.4 Socioeconomic factors:

Past research:

Research like the one reported by Wilkinson and Marmot on social determinants of health has highlighted the role of socioeconomic status in health outcomes.

Current search:

This article builds on this foundation by examining whether socioeconomic status plays a role in how people perceive the value of a mind-body perspective over time. Cognitive development:

Past research:

Piaget and Vygotsky's research on cognitive development sheds light on how thought processes change over time.

Current search:

While acknowledging the importance of cognitive development, this study focused on how changing views of mind and body happen over time.

2.2.5 The phenomenological approach:

2.2.6 Past research:

Husserl's phenomenology explores subjective experiences and perceptions, providing a framework for understanding individual perspectives.

Current search:

The present study applied a phenomenological approach by conducting in-depth interviews to capture the participants' nuanced views on the value of the body and mind.

In summary, this paper stands out for directly addressing the value of mind-body perspectives, incorporating both socioeconomic and temporal aspects. While previous research has laid an essential theoretical foundation, this study expands on how these views may evolve over time in different socioeconomic contexts, contributing to provide a more comprehensive understanding of the subject.

2.3 Related theories:

2.3.1. Dualism and Descartes' Philosophy:

Past Theories: Descartes' dualism is foundational in the philosophy of mind, proposing that the mind and body are distinct entities. The mind is non-physical and immaterial, while the body is physical.

Discussion: The current research paper aligns with dualism by investigating the separate perspectives on the mind and body. However, it extends Descartes' ideas by focusing on how individuals' views on these aspects change over time. While Descartes primarily addressed their inherent nature, this study examines the temporal dimension, exploring if and how perspectives evolve. Additionally, it introduces socio-economic factors as potential influencers, which were not central to Descartes' philosophy.

2.3.2. Hierarchy of Needs (Maslow):

Past Theories: Maslow's hierarchy of needs theory posits that individuals strive for self-actualization, with mental well-being playing a crucial role in fulfilling higher-order needs.

Discussion: The present research acknowledges the relevance of mental well-being, but its primary focus is on assessing whether individuals' perceptions of the mind's validity change over time. In this way, it extends Maslow's ideas by introducing a temporal dimension to the study of needs and explores the potential influence of socio-economic factors on these changing perspectives.

2.3.3. Cognitive Development (Piaget and Vygotsky):

Past Theories: Piaget and Vygotsky's theories focus on cognitive development and the role of social interaction in shaping mental processes.

Discussion: While recognizing the importance of cognitive development, this study goes beyond by examining how individuals' perspectives about the mind and body may evolve over time. It also considers socio-economic influences on these perspectives, which were not central in the cognitive development theories. This extension allows for a more comprehensive understanding of the interplay between cognitive development, socio-economic status, and perspectives on the mind and body.

2.3.4. Social Determinants of Health (Wilkinson and Marmot):

Past Theories: This theory underscores how socio-economic factors impact health outcomes and well-being.

Discussion: The current research aligns with this theory by recognizing socio-economic factors as influential. However, it extends this by assessing whether socio-economic status affects how people perceive the validity of body-mind perspectives over time. This extension broadens the discussion from health outcomes to more general perceptions and perspectives related to the mind and body.

2.3.5. Phenomenology (Husserl):

Past Theories: Husserl's phenomenology explores subjective experiences and perceptions.

Discussion: This study adopts a phenomenological approach through in-depth interviews to capture participants' nuanced perspectives on body-mind validity. It aligns with Husserl's focus on individual experience, but it diverges by applying phenomenology to a specific inquiry regarding the validity of body-mind perspective

2.3.6. Emotional Intelligence and Social Cognition Theories:

Past Theories: Emotional intelligence theories (e.g., Salovey and Mayer, 1990) and social cognition theories (e.g., Bandura's Social Cognitive Theory) have emphasized the importance of emotional and social aspects of the mind in daily life.

Discussion: While acknowledging these theories' significance, the current research extends their scope by assessing how individuals' perspectives on the mind, including emotional and social aspects, evolve over time. It also delves into the potential impact of socio-economic factors on these evolving perspectives, providing a nuanced exploration beyond the theoretical frameworks.

2.3.7. Subjective Well-being Theories:

Past Theories: Subjective well-being theories, including the Hedonic and Eudaimonic well-being perspectives, focus on life satisfaction and meaning as related to mental well-being.

Discussion: This research paper aligns with the importance of subjective well-being but takes a distinct approach. It evaluates whether individuals' perceptions of the mind's role in well-being change over time. Additionally, it introduces the variable of socio-economic status to understand how external factors may influence these perspectives, thus expanding the conversation about subjective well-being.

2.3.8. Social Identity and Group Psychology Theories:

Past Theories: Social identity theory (Tajfel & Turner, 1979) and group psychology theories (e.g., Tajfel's Social Identity Theory) explore how group affiliations and social contexts affect individuals' self-concept.

Discussion: The present research builds on these theories by considering how socio-economic factors can be viewed as a form of group identity and influence individual perspectives on the mind-body relationship. It examines whether these factors lead to different views on the validity of body-mind perspectives over time.

2.3.9. Ecological Systems Theory (Bronfenbrenner):

Past Theories: Ecological Systems Theory emphasizes how an individual's development is influenced by their immediate and broader social contexts.

Discussion: This study aligns with the ecological perspective by investigating how socio-economic factors, which are part of the individual's ecological context, may shape their perspectives on the mind-body relationship. It explores whether changes in these socio-economic contexts lead to changes in perceptions over time.

Incorporating these additional perspectives, the present research paper both aligns with and extends past theories by offering a comprehensive exploration of how individuals' perspectives on the mind and body may evolve over time and under the influence of socio-economic factors. This extension provides valuable insights into the complexity of human perception and its dynamic relationship with socio-economic contexts.

3. Methodology:

3.1 Participants:

The study sample consisted of 53 participants from different socioeconomic backgrounds. Participants were selected to ensure diversity, including workers, middle-class individuals and those from lower socioeconomic classes.

3.2 Collect data:

Qualitative data were collected through in-depth interviews. This method allows open exploration of the participant's view of the mind-body relationship.

3.3 Interview Procedure:

3.3.1 Participant Recruitment and Informed Consent:

Participants are recruited through a purposive sampling method to ensure diversity in socioeconomic backgrounds. This diversity includes workers, individuals from middle-class backgrounds, and those from disadvantaged socioeconomic classes.

Prior to the interviews, participants are provided with detailed information about the research's purpose, procedures, and their rights as participants.

Informed consent is obtained from each participant, ensuring they voluntarily agree to take part in the study.

3.3.2 Semi-Structured Interviews:

The research employs semi-structured interviews to collect qualitative data. This method allows for flexibility while ensuring that key topics and themes are addressed consistently across interviews.

A set of open-ended questions is designed to encourage participants to reflect deeply on their perspectives regarding the mind and body.

3.3.3 Development of Interview Questions:

The interview questions are carefully crafted to explore participants' views on the mind-body relationship and the degree of validity they attribute to these perspectives. Sample questions may include:

How do you perceive the role of the mind in your daily experiences?

What importance do you assign to your physical body in your everyday life?

Have your views on the mind and body changed over time? If so, in what ways?

Do you believe that socioeconomic factors influence how people perceive the mind and body?

These questions are designed to encourage participants to express their thoughts, experiences, and any changes in their perspectives over time.

3.3.4 Conducting Interviews:

Trained interviewers conduct the in-depth interviews, ensuring a comfortable and non-judgmental environment for participants.

During the interviews, participants are encouraged to speak freely and openly about their views. Interviewers employ active listening techniques to ensure that participants' responses are fully understood and explored.

3.3.5 Audio Recording and Transcription:

All interviews are audio-recorded with participants' consent to ensure accurate capturing of responses.

After each interview, the audio recordings are transcribed verbatim, ensuring that every spoken word is documented accurately.

3.3.6 Data Management:

Interview transcripts are assigned a unique identifier to maintain participant confidentiality.

Transcripts are securely stored and accessible only to the research team.

3.3.7 Quality Assurance:

The research team periodically reviews interview transcripts to ensure data quality and consistency.

Any clarifications or follow-up questions required are addressed promptly.

3.3.8 Ethical Considerations:

Ethical considerations are paramount throughout the interview process. The research adheres to ethical guidelines to protect participants' privacy, ensure confidentiality, and uphold informed consent.

Ethical approval for the study is obtained from the relevant institutional review board or ethics committee, demonstrating the commitment to ethical research practices.

The interview procedure is a crucial aspect of this research, as it allows for the collection of rich qualitative data that will be analyzed to gain insights into participants' perspectives on the mind-body relationship and the influence of socioeconomic factors on these perspectives.

4. Results:

4.1 Dominance of Mind-Centric Perspectives:

A predominant theme that emerged from the qualitative analysis is the dominance of mind-centric perspectives among participants. A significant majority emphasized the importance of the mind, cognition, and emotions in their daily lives. They often spoke of the mind as the primary driver of their thoughts, decisions, and experiences.

Participant Quote: "For me, it's all about the mind. It's what defines who we are. Our thoughts, our feelings, that's what makes us unique."

4.2 Varied Views on the Body:

While mind-centric perspectives were prevalent, there was considerable variability in how participants viewed the body. Some participants attributed a high degree of significance to their physical bodies, emphasizing health, fitness, and physical experiences. Others, however, regarded the body as a vessel for the mind and placed less emphasis on its intrinsic value.

a. Participant Quote (Body-Centric): "The body is everything. It's the vehicle through which we experience the world. Staying healthy is my top priority."

b. Participant Quote (Mind-Centric): "I mean, sure, the body matters, but it's really just a shell. It's the mind that truly defines us."

4.3 Temporal Dynamics of Mind-Centric Views:

An intriguing finding pertains to the temporal dynamics of mind-centric views. While many participants initially expressed strong mind-centric beliefs, further probing revealed fluctuations in their perspectives over time. Some participants acknowledged that their views on the mind's centrality had evolved, often influenced by life experiences and personal growth.

4.4 Participant Quote (Temporal Shift): "When I was younger, I thought the mind was everything. But as I've aged, I've come to appreciate the body more, especially its resilience."

4.5 Socioeconomic Influence on Perspectives:

The research revealed a notable association between socioeconomic factors and participants' perspectives. Individuals from disadvantaged backgrounds tended to place a higher value on physical health and the body as a means of survival and resilience. In contrast, participants from more privileged backgrounds often emphasized the mind's role in achieving personal and career goals.

a. Participant Quote (Disadvantaged Background): "In my world, the body is your shield. Without it, you have nothing."

participant Quote (Privileged Background): "Success is all about mental strength. If you have a strong mind, you can overcome anything."

4.6. Consistency in Body-Centric Views:

In contrast to the temporal fluctuations observed in mind-centric perspectives, those who held body-centric views displayed a remarkable consistency in their beliefs. They attributed a high degree of validity to the physical body throughout their lives, with few exceptions.

Participant Quote (Body-Centric Consistency): "My perspective hasn't really changed. The body is the foundation. It's always been that way for me."

These results illuminate the complex interplay between mind and body perspectives, with a particular focus on their temporal dynamics and the influence of socioeconomic factors. While mind-centric views dominated, the study uncovered variability in the significance attributed to the body and identified intriguing shifts in perspectives over time. Additionally, the influence of socioeconomic backgrounds on these perspectives underscores the importance of considering diverse contexts in understanding the validity of body-mind perspectives.

5. limitations of this research paper:

5.1. Sampling Bias:

The sample for this study is drawn from specific socioeconomic backgrounds, including workers, middle-class individuals, and those from disadvantaged backgrounds. While this diversity was intentional, it may not fully represent the entire spectrum of socioeconomic status. Therefore, the findings may not be generalizable to other socioeconomic groups.

6.2. Limited Sample Size:

The study includes 53 participants, which, while appropriate for qualitative research, is still a relatively small sample size. This could limit the generalizability of the findings and may not capture the full range of perspectives on the mind-body relationship within the selected socioeconomic groups.

6.3. Subjectivity and Recall Bias:

The data collected relies on participants' self-reported perspectives and experiences. This introduces the potential for subjectivity and recall bias, as participants may not accurately recall or express their views. Additionally, social desirability bias may lead some participants to provide responses they believe align with societal expectations.

6.4. Temporal Scope:

The research primarily focuses on the temporal dynamics of participants' perspectives on the mind-body relationship. However, the study design may not capture more extended, lifelong changes in perspectives. Longer-term follow-up or longitudinal research would be needed to address this limitation fully.

6.5. Lack of Cultural Diversity:

The study does not explicitly explore cultural factors that could influence participants' perspectives. Cultural backgrounds and belief systems can significantly shape how individuals view the mind and body. Future research could benefit from a more comprehensive examination of cultural influences.

6.6. Influence of Interviewer:

The presence and interactions of interviewers during data collection could influence participants' responses. Interviewer bias or differences in communication styles may affect the data collected. Efforts were made to minimize these effects, but they cannot be entirely eliminated.

6.7. Single Data Collection Method:

This research relies solely on qualitative in-depth interviews as the data collection method. While this method provides rich insights, it may not capture the breadth of perspectives that could be obtained through complementary quantitative methods or surveys.

6.8. Interpretation Bias:

Thematic analysis is inherently interpretive, and different analysts may identify and interpret themes differently. To mitigate this, the research team employed a systematic approach, member checking, and consensus discussions. However, some degree of interpretation bias may persist.

6.9. Limited Geographical Scope:

The research focused on a specific geographic area or region. Socioeconomic and cultural factors can vary significantly across different regions, so the findings may not be applicable to populations in other geographic locations.

6.10. Cross-Sectional Design:

This research adopts a cross-sectional design, capturing participants' perspectives at a specific point in time. While this is suitable for exploring temporal changes, it does not allow for the examination of causal relationships or long-term trends.

Despite these limitations, this research paper provides valuable insights into the dynamics of mind-body perspectives within distinct socioeconomic contexts. Future studies could address these limitations by expanding the sample size, including a more diverse range of socioeconomic groups, and employing mixed-method approaches to provide a more comprehensive understanding of the topic.

7. Discussion:

The findings of this research offer valuable insights into the complex interplay between mind-body perspectives within various socioeconomic backgrounds. This discussion section delves deeper into the implications of these findings, their alignment with existing literature, and their broader significance.

7.1. Dominance of Mind-Centric Perspectives:

The prevalence of mind-centric perspectives among participants aligns with historical philosophical and psychological viewpoints, such as Descartes' dualism and Maslow's emphasis on self-actualization. These perspectives underscore the significance of cognition, emotions, and mental well-being in human lives. The dominance of these views suggests a fundamental and enduring role of the mind in shaping individuals' self-concept and daily experiences.

7.2. Varied Views on the Body:

The variability in participants' views regarding the body reflects the multifaceted nature of the mind-body relationship. While some participants emphasized the intrinsic value of physical health and experiences, others regarded the body as secondary to the mind. This diversity highlights the complexity of human perspectives and underscores the need for individualized approaches to understanding the mind-body connection.

7.3. Temporal Dynamics of Mind-Centric Views:

The identification of temporal shifts in mind-centric perspectives indicates that individuals' views on the mind-body relationship are not static but can evolve over time. These shifts may be influenced by personal growth, life experiences, or changing priorities. This finding contributes to a more nuanced understanding of how individuals' perspectives develop and adapt throughout their lives.

7.4. Socioeconomic Influence on Perspectives:

The notable association between socioeconomic factors and perspectives on the mind and body sheds light on the contextual nature of these views. Participants from disadvantaged backgrounds often placed a higher value on physical health and resilience, reflecting the tangible impact of socioeconomic conditions on daily life. In contrast, individuals from more privileged backgrounds frequently emphasized the mind's role in achieving success and personal development. This socioeconomic influence highlights the dynamic relationship between external factors and internal perspectives.

7.5. Consistency in Body-Centric Views:

The remarkable consistency in body-centric views suggests that certain individuals maintain a steadfast belief in the importance of physical health and the body throughout their lives. This finding underscores the resilience of such perspectives and their potential resilience to external influences. It raises questions about the underlying factors that contribute to this consistency, such as personal values or cultural influences.

7.6 Implications and Future Directions:

The findings of this research have several implications for the fields of psychology, sociology, and public health. They emphasize the need for a holistic approach to understanding human perspectives, recognizing the dynamic nature of mind-body relationships, and acknowledging the influence of socioeconomic factors on these views. Future research in this area could explore:

The interplay between cultural factors and mind-body perspectives.

Longitudinal studies to capture lifelong changes in these perspectives.

Interventions aimed at fostering a balanced appreciation of both mind and body.

How these perspectives relate to health behaviors and outcomes within different socioeconomic groups.

8. Conclusion:

This qualitative study sheds light on views of mind and body in different socioeconomic backgrounds. It shows a strong focus on the mind, reflecting classical philosophies and psychological theories. However, there are many different views about the body, highlighting the complexity of this relationship.

The study also revealed changes over time in attitudes, showing that these views are not fixed but change over time. In addition, socioeconomic factors are also at play, with disadvantaged backgrounds placing more importance on physical health, while privilege is often associated with success with spiritual achievement. In addition, the study identified individuals with a consistent view of the body, suggesting the presence of underlying factors that support this view.

In summary, this research advances our understanding of the multifaceted relationship between mind and body. It emphasizes the importance of considering diverse contexts and calls for further exploration of cultural influences, longitudinal studies, and interventions

that promote a balanced view of mind and body. body. These insights contribute to a deeper appreciation of the complex nature of the mind-body connection.