





## A Sociological Research on the Relationship between Shivlilik Tradition and Child Health

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### Abstract

Shivlilik is an important tradition that is celebrated every year in the city center of Konya during the day of Regaib Kandili (Laylat al-Raghaip) with participation of almost all residents of Konya. At the heart of this tradition, which celebrates the beginning of the three holy months, including the month of Ramadan, are certainly the children. Early in the morning, children start going from house to house, knocking on doors to celebrate Regaib Kandili and receive treats from the hosts. The shivlilik treats given to children have undergone some changes over time. In the past, due to the limited availability of industrial snack products, shivlilik treats generally consisted of products such as roasted chickpeas, walnuts, raisins, oleaster, and figs. However, nowadays, nearly all shivlilik treats are ready-made and packaged foods such as chocolate, cake, biscuits, and candies. This change undoubtedly brings about many health risks for children. This study aims to examine the relationship between shivlilik consumption and children's health from various perspectives. In this regard, a qualitative research was conducted with 26 participants in the central districts of Konya. The research was conducted with a phenomenological approach and a semi-structured in-depth interview technique was employed. Participants were asked questions about the healthiness of the foods collected by children on shivlilik day, parental intervention in children's consumption of these foods, and parents' awareness levels regarding the potential health risks these foods could pose to children. The interviews were analyzed using MAXQDA Analytics Pro 2022. Four themes emerged from the analysis of the findings: shivlilik as a children's festival, shivlilik bag and health from past to present, the effects of shivlilik treats on health and sickness, and parental awareness in the regulating shivlilik consumption.

## Keywords

Shivlilik Tradition, Child Health, Nutrition, Sociology of Health, Konya

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