

# The Composition of Everyday Life: A Comprehensive Exploration with APA 7e Updates

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The intricate tapestry of our daily existence, the seemingly mundane and unremarkable moments that collectively shape our reality, has captivated the attention of scholars and philosophers for centuries. The composition of everyday life, with its intricate interplay of routines, rituals, and interactions, offers a profound lens through which we can gain deeper insights into ourselves and the world we inhabit. This article delves into the multifaceted nature of everyday life, exploring its key components, theoretical perspectives, and the latest updates according to the APA 7th edition (2020).

## Components of Everyday Life

The composition of everyday life encompasses a wide range of interconnected elements that contribute to its unique character:



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by John Metz

★★★★☆ 4.2 out of 5

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- **Routines:** The predictable patterns of behavior that structure our days, from our morning coffee to our evening commute.
- **Rituals:** Symbolic actions or practices that hold cultural or personal significance, such as daily prayers or family dinners.
- **Interactions:** The countless exchanges we have with others in the course of our day, ranging from brief encounters to intimate conversations.
- **Objects:** The physical and digital artifacts that surround us and shape our experiences, from our smartphones to our coffee mugs.
- **Spaces:** The physical and social environments where we live, work, and interact, such as our homes, workplaces, and neighborhoods.

## Theoretical Perspectives

Sociologists and philosophers have developed various theoretical frameworks to understand the composition of everyday life:

- **Structuralist Perspective:** Emphasizes the role of social structures, such as class and gender, in shaping everyday experiences.
- **Interpretivist Perspective:** Focuses on the subjective interpretations and meanings that individuals give to their everyday experiences.
- **Phenomenological Perspective:** Examines the lived experiences of individuals in their everyday worlds.

- **Post-Structuralist Perspective:** Challenges the idea of a fixed or universal reality, highlighting the fluidity and subjectivity of everyday life.

## APA 7e Updates

The APA 7th edition (2020) provides updated guidelines for referencing and citing sources in academic writing:

- **Parenthetical Citations:** In-text citations now include the year of publication after the author's name, e.g., (Smith, 2023).
- **Reference List:** Reference list entries should include the (Digital Object Identifier) if available, e.g., <https://doi.org/10.1037/0003-066X.56.2.123>.
- **Formatting:** The reference list should be double-spaced and indented, with a hanging indent for the second and subsequent lines of each entry.

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The composition of everyday life is an endlessly fascinating subject that offers a window into the human experience. By exploring the intricate components, theoretical perspectives, and APA 7e updates, we gain a deeper understanding of the multifaceted nature of our daily routines and interactions. Whether we navigate the bustling streets of a city or the quiet solitude of our homes, the composition of everyday life shapes who we are and how we experience the world around us.



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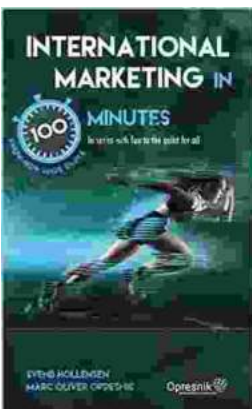
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