

## **The Habitus Process A Biopsychosocial Conception**

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### **Abstract**

The concept of habitus, popularized in the last two decades of the twentieth century especially by the work of Pierre Bourdieu and Norbert Elias, is frequently employed in the social and biosocial sciences. The concept of habitus seems to offer a fruitful way of dealing with some fundamental problems in social theory today by providing a promising conceptual linkage between cultural, social, psychological and biological dimensions of reality. The task of this paper is to work towards a clearer and more systematic conception of habitus based on a systemic and mechanistic philosophy of science. The paper surveys the various forms in which habitus appears in the social world, presents a systematic account of the structures and effects of habitus, and sketches a dynamic model of how habitus as process in biopsychosocial systems works. The illustrative case to be discussed is that of national habitus and *homo nationis* as a biopsychosocial system.