



The role of social capital and quality of life on happiness and preventing family breakdown

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Abstract

Aim: The research was conducted with the analytical purpose of the relationship between social capital and quality of life with happiness and the role of social capital in preventing family breakdown. **Method:** The current research is a survey method. The statistical population is the population of 20 years and older in Kerman. According to Cochran's formula, the selection of the research sample is equal to 400 people. Research tools for data collection include World Health Organization Quality of Life Questionnaire (1989), Oxford Happiness Questionnaire (1989) and Social Capital Questionnaire (Putnam 1993). The theoretical framework of the research is associated with the integration of the human development approach based on the description of Griffin and McKinley and the theories of Putnam, Coleman, Stone, Harper, Fukuyama regarding social capital. **Results:** The research results indicate that the relationship between quality of life and happiness is not significant, but social capital has a direct and positive effect on happiness, which is equal to: 0.155. With the increase of social capital, the level of happiness of people also increases. This relationship is a very strong relationship. **Conclusion:** All people want to be happy, but the structures of a society cause that sometimes their happiness is combined with despair and disappointment. People like Fukuyama have a direct reference to the relationship between the incidence of social problems and social capital. According to Fukuyama, the incidence of issues such as family breakdown and suicide and the like is a sign of the lack of social capital in people involved in these issues.

Keywords: Social capital, happiness, family breakdown, quality of life.

Introduction

Feeling happiness is one of the most important pleasant and positive emotions in humans, as happiness encourages useful human activities, enhances creativity, facilitates social relationships, boosts political and social participation, and provides the basis for emotional, psychological, and physical health and hope (Al Yasīn, 2001). The feeling of security, peace, and decision-making power is reinforced in individuals (Myers, 2000), and the feeling of closeness to others (liking), the feeling of being loved, the feeling of trust, and the quality of interaction with others are promoted (Argyle, 2004). The consequences of this emotion are so prominent and obvious in society that Maslow, one of the well-known theorists in the field of human relations, considers happiness a principal component of individuals who strive for self-actualization, perfection, and their own abilities (Taherian, 2000 cited in Rabani, 2011). Due to its nature and content, the concept of social capital is practically related to all the issues and topics in the field of human and social sciences (Chelbi and Mobaraky, 2006). The examination of existing theories and the use of theoretical foundations indicate that social capital affects people's life satisfaction, social performance, physical and psychological health, needs and desires, and their personal evaluations of life. It can be said that low social capital in the family leads to relational disturbance, which in turn leads to social isolation, despair, feelings of helplessness and passivity, and consequently to social harms (Chelbi, 1997).

Based on the theoretical framework, the following hypotheses have been proposed:

1. There is a significant correlation between quality of life and feeling happiness.
2. There is a significant correlation between family status and feeling happiness.
3. There is a significant correlation between social capital and feeling happiness.
4. There is a significant correlation between job satisfaction, quality of life, and feeling happiness.
5. There is a significant correlation between socio-economic class and feeling happiness.

Method

The current research is a survey method. The statistical population is the population of 20 years and older in Kerman. According to Cochran's formula, the selection of the research sample is equal to 400 people. Research tools for data collection include World Health Organization Quality of Life Questionnaire (1989), Oxford Happiness Questionnaire (1989) and Social Capital Questionnaire (Putnam 1993). The theoretical framework of the research is associated with the integration of the human development approach based on the description of Griffin and McKinley and the theories of Putnam, Coleman, Stone, Harper, Fukuyama regarding social capital.

Results

The research results indicate that the relationship between quality of life and happiness is not significant, but social capital has a direct and positive effect on happiness, which is equal to: 0.155. With the increase of social capital, the level of happiness of people also increases. This relationship is a very strong relationship.

Conclusion

All people want to be happy, but the structures of a society cause that sometimes their happiness is combined with despair and disappointment. People like Fukuyama have a direct reference to the relationship between the incidence of social problems and social capital. According to Fukuyama, the incidence of issues such as family breakdown and suicide and the like is a sign of the lack of social capital in people involved in these issues.

Quality of life in its collective dimension emphasizes the stability and sustainability of the physical and social environment, social resources within groups and communities they live in, including civic coherence, cooperation and unity, extensive networking and temporary links at all levels of society, norms, values such as trust, type of friendship and hostile behavior, justice, social justice, and equality. The polarization of some groups in society was examined in response to questions, the time-consuming nature of filling out questionnaires, and the subsequent non-cooperation of respondents, non-response to some questionnaire items, were limitations and research barriers. Rastoon (1995, cited in Galoy, 2005) identifies five parts of quality of life, including natural life, happiness, success in achieving personal goals, usefulness for society, and natural capacity. Grai et al. (2008) concluded in a study that income, heavy indebtedness, relative poverty compared to neighbors, access to formal education, and physical health are predictors of happiness. Strategic recommendations can be mentioned to increase mental well-being, including enjoyment, satisfaction, purpose in life, and personal growth, growth and flourishing on the path of happiness and hostility, and participation in a wide range of social activities. In terms of quality of life, increasing salaries, organizing in desired organizational locations, being close to the place of service close to the place of residence, increasing welfare facilities and services for the community, improving the standard of living by providing facilities, holding workshops to improve quality of life and its components in combating depression and increasing happiness.

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