

Social Support and Social Health

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ABSTRACT

Aims Social health is the part of a person's health that emerges in the community. We consider a person to have social health who can express his/her social activities and roles normally and feel connected to society and social norms. This study was aimed to determine a relationship between social support and social health among the people of Yasouj, Iran.

Instrument & Methods This descriptive study was a cross-sectional survey conducted on people of Yasuj in 2016. Four hundred people were selected using the cluster sampling method. A standardized questionnaire for the social support variables was used. The information was coded and entered into SPSS 22 software. Kendall's tau-c test was used to analyze the relationships between variables.

Findings There were significant relationships between social health and social, family, friends, and others' support ($p < 0.05$).

Conclusion Social support (family, friends, and others) can help increase the social health of individuals, and it can reduce social harm.

Keywords Health; Yasuj; Society; Social Support

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Introduction

Social issues are social phenomena, including structural conditions and action patterns, which are in the path of social developments, between the status quo and the desirable situation. They hinder the achievement of goals, threaten desirable values and perfection [1]. One of the issues is the health of people. Promoting health and active participation of people in social and civic behaviors is considered one of the indicators of youth development and promoting their health is one of the main goals in general health policies in different countries [2]. Health has been an issue since the beginning of human existence, and many efforts have been made [3]. In life, health is vital and important for maintaining a person, health is a necessary condition for playing social roles, etc., and illness violates this necessary condition [4]. There are generally two different approaches to defining health, which is: 1-Disease-based approach: This approach is limited by the presence and absence of disease in various physical and mental categories 2-Health-oriented approach in which health is defined as a state of enjoyment of a high degree of well-being [5]. Pasteur's discoveries decreased attention to living conditions and what was happening in the community (poverty, social harms, etc.). Pasteur's theory of etiology, which considered the cause of any disease to be the result of the action of a microbe, diverted attention to social reasons [6]. The World Health Organization (WHO) defines health as a state of complete physical, mental, and social well-being, not merely the absence of disease. The concept of health has long been defined by relying on the opposite point, namely disease, but now, the World Health Organization defines health in the absence of disease or defect and as a kind of physical-psychological-social well-being and focused all efforts on preventing the recurrence of diseases.

Today, with the change of the disease approach and the emergence of health-oriented views, health is not considered only on one axis, which is on one side of the disease (and eventually death) and the other side, the health of individuals; Rather, it includes the concept of ongoing health, which firstly is not passive and needs to be nurtured, and secondly, individuals, groups, communities, and the whole society are active and involved in maintaining and creating it, and thirdly, with a macro-holistic approach to the role of indicators and factors. Special attention should be paid to economic, cultural, and social factors, risk factors, and protective factors in health [7]. This definition of health means that in assessing health, one should pay attention to traditional health indicators, i.e., mortality and morbidity and the quality of life of individuals [8]. Human knowledge and awareness of the human body have found a prominent place in science in the last hundred years. The result of all this effort has been to study and find that today we

can have special programs to improve the quantity and quality of human life [9]. Today, a large part of the forms of the disease (both mental and physical) in developing countries have strong relationships with social factors and models [10]. Problems such as poverty, failure in education, living in a poor physical environment, high levels of insecurity in society (such as violence, accidents), and adverse life events such as separation from parents, job loss, or forced migration are factors. They are social; they have many effects on individuals' mental and social health [11]. The importance of the issue increases, especially when some studies show that the problems of this group are increasing and have an upward trend every month or year [12].

The importance of social health is that people with social health can cope more successfully with the problems arising from playing key social roles. They live in more stable and cohesive families, are more likely to participate in group activities, and should be expected to conform more to social norms. This situation can play an important role in preventing deviation that has dimensions beyond the realm of individual behavior [13]. Having the right social thinking and having a positive attitude towards society to have a better social life is the first and most important stage of social health, which unfortunately has not received enough attention [14]. Block and Breslow first studied the concept of social health in 1972. They synchronized the concept of social health with the degree of performance of members of society and made the index of social health [15]. The relationship between social capital and health has also been proven. People with social health have more social capital [16]. Goldsmith defines social health as the evaluation of a person's significant positive and negative behaviors concerning others and introduces it as one of the most basic health indicators in any country, which leads to the efficiency of the individual in society [17]. The World Health Organization estimated in 2002 that 154 million people worldwide suffer from depression, 25 million from schizophrenia, and 15 million from the effects of drug use [18], that promoting social health can help reduce these diseases.

Social health as one of the dimensions of human health has an important role in the balance of social life of every human being, and its comprehensive coverage in society can provide opportunities for social development; this issue is very prominent in our society as a society in transition and development [19]. We consider a person to have social health when he can express his activities and social roles normally and feel connected to society and social norms. The concept of social health has several indicators that these dimensions include: social cohesion, social acceptance, social participation, social prosperity, and social adaptation of social health of individuals, using Keys'

theoretical model. Keys believes that a person's quality of life and personal performance cannot be assessed without regard to social criteria and that good performance in life is more than just physical, emotional, and mental health, but also includes social tasks and challenges. Take. He defines social health as the evaluation of an individual's performance concerning society [20]. Quantity and quality of involvement and interaction of the individual with society to promote the welfare of individuals are one of the definitions of social health, and the result of this interaction is the promotion of social capital, social security, poverty reduction, and injustice, the opposite of which is increasing social harm. Studies have shown that increasing social health can ultimately have the following benefits:

- 1- Increase the productivity of health interventions
- 2- Reducing the infant mortality rate and reducing the death rate due to specific causes.
- 3- Increasing life expectancy and, ultimately, life expectancy.
- 4- Promoting the human development index of communities.
- 5- Better access to education and health information.
- 6- Optimal design of patient support and care systems.
- 7- High effectiveness of prevention and lifestyle modification programs.

Facilitating and stabilizing the correct cultural norms and beliefs that determine health [21]. As a result, planning to promote social health can positively affect physical and mental health [22]. Many factors affect a person's social health, one of which may be social support (by family, friends, and others).

Social support is help or support provided to a person by members of social networks. One of the characteristics of belonging to a communication network is having mutual obligations to each other, which is one of the popular elements of social support [23].

Gallagher showed that those connected to active social networks and received informal social support showed better mental and physical health than those who interacted less with others [24].

Miller Proved that social support protects the elderly from the harmful effects of stress and promotes their emotional and physical well-being [25].

Saber and Nosratabadi in a study entitled Social support and quality of life-related to health in the elderly covered by welfare in Kerman showed that social support can be considered one of the factors affecting the quality of life [23].

In their research, Theo and Tom, comparing the level of social support and mental health between healthy people and people with headaches, showed that healthy people have higher social support and mental health [26].

Bakhshipour *et al.* In a study entitled "Study of the relationship between life satisfaction and social support with mental health in students of the University of Tehran," showed that life satisfaction and social support significantly predicts mental health, and Marriage was significantly associated with higher mental health, life satisfaction and a greater sense of social support [27].

Sam Aram, in an article, showed that there is a direct relationship between increasing social insecurity and reducing social health in society. Also, the social contribution index is one of the dimensions of social health, one of the most important factors in achieving the goal of community-based policing, i.e., empowering the community to help solve the problems of increasing crime and disorder in the community. Therefore, the possibility of achieving the goals of community-based policing in a society with high social health is higher due to the ease of social participation and increased social trust [28].

Pourafkari, in a study entitled "Study of factors affecting social health in the city of Paveh," proved that the relationship between gender and social health is not significant but in the study of the relationship between education, social cohesion, social acceptance, social participation, social prosperity Social adaptation to social health was observed as a positive and significant relationship by Pearson correlation coefficient [20]. The results of this study can help cultural and social experts and managers adjust their activities to prevent and control various diseases, improve the level of health, and improve the quality of life of individuals.

Based on the above and the importance of the issue, the aim was to determine "is there a relationship between social support and social health among the people of Yasouj, or not?"

Instrument and Methods

This descriptive study was a cross-sectional survey conducted on people of Yasuj (N=115890 according to the latest census) in 2016. Based on the Cochran formula, 400 people were selected using the cluster sampling method. Based on the division of the municipality, the researcher divided the city of Yasuj into 5 clusters (80 people in each area), and data has been collected. In this sampling method, a cluster has approximately similar members in terms of socio-economic status, and a small part of the community is studied and then generalized to the whole community. Each area was blocked, and from the number of blocks in each area, 20 blocks were randomly selected, and the number of people coming out of each block, four people were randomly selected. Criteria for selecting each person were being over 15 years old and having at least a high school diploma.

The data collection tool was a standardized questionnaire for the social support variable [24] was

used. This questionnaire has 23 questions answered with yes and no [25]; But instead of yes or no, the researcher uses the 5-Likert scale (strongly agree-agree-have no opinion-disagree-strongly disagree from 1 to 5) with a bit of manipulation. To measure social health, the standardized Keys Social Health questionnaire [26] has been applied. This questionnaire has 20 questions, and its purpose is to assess the level of social health from different dimensions (social health, social prosperity, social solidarity, social cohesion, social acceptance, participation). The range of responses was of the Likert type (strongly agree-agree-have no opinion-disagree-strongly disagree from 1 to 5) [29]. To survey validity and reliability in this study, the researcher obtains the content validity of social support and social health questionnaires by referring to experts and getting their opinions. For more accuracy, he recalculated the reliability of the social support and social health questionnaires after the pre-test and, considering that their reliability was acceptable (0.85 and 0.90), started collecting information.

An ethical license was obtained from Yasouj University of Medical Sciences. To justify the participants, the researcher honestly told them that their cooperation could help increase the community's health. The questionnaires were filled out by the respondents in 6 months in Yasuj city, Iran.

The information was coded and entered into SPSS 22 software. Kolmogorov-Smirnov and Shapiro-Wilk tests were used to normalize the collected information, and Kendall's tau-c test was used to analyze the relationships between variables.

Findings

There were significant relationships between social health and social, family, friends, and others' support ($p < 0.05$; Table 1).

Table 1 Results of Kendall's tau-c test (N=400)

Dependent Variable	Mean±SD	Value	Sig.
Social Health	64.01±0.00	-	-
Social Support	86.53±0.00	0.129	0.001
Family Support	31.68±0.00	0.109	0.001
Friends Support	25.66±0.00	0.101	0.006
Others Support	29.18±0.00	0.149	0.000

Discussion

In the present study, data analysis showed a significant relationship between social support (family, friends, and others) and social health, this result with the results of research [18- 22]. It can be said that the social dimension of health is one of the important dimensions of health that can have important functions for individuals and society, so it needs to be considered in all societies. People who do not have social health increase when they are supported by family, friends, and others. As the study showed; Social support is positively related to

the quality of life of individuals in society. Given the wide range of problems and issues of individuals in the family and society, it requires that social support be considered comprehensively and community planners and policymakers use the components of social support to increase community health.

Conclusion

Social support (family, friends, and others) can help increase the social health of individuals, and it can reduce social harm.

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