HRMARS
Exploring Intellectual Capital

A Survey on the Relationship between Social Capital and Mental Wellbeing of the Golestan Education Office Staff

Hosseini Masoumeh

Department of Educational Sciences, Bojnourd Branch, Islamic Azad University, Bojnourd, Iran
Email: hoseyni2012@gmail.com

Dr. Bahramzadeh Hossein Ali

Department of Educational Sciences, Bojnourd Branch, Islamic Azad University, Bojnourd, Iran
Email: BahramzadehHossein@yahoo.com

Bahramzadeh Saeed

Department of Governmental Management, Ali abad Branch, Islamic Azad University, Ali Abad, Iran

Kheirabadi Alireza

Student of English literature, Tehran, Iran
Email:Nimakheirabadi@yahoo.com

Esmaeil Kaffashi

Student of English literature, Tehran, Iran
Email: esmail2001201@gmail.com

Abstract
This study seeks to answer the fundamental question that whether there is a meaningful relationship between social capital and mental wellbeing of the Golestan Education office staff. The survey method is descriptive and correlation. Statistical society of the research is all the staffs of the Golestan Education office with the academic degree of diploma or primary diploma, BA, MA and above. These staffs were 120 people and based on the Morgan and Kerjesi's table, 92 of them were chosen by the method of random sampling. The data was collected by the method of library and sampling and the paraphernalia is the standard questionnaires of Volcat and Narayan's social capital and the mental health. Questionnaire validity was confirmed by teachers and guides. Questionnaire reliability was measured respectively 80% and 77% for the social capital and mental health questionnaires by the method of Cronbach's alpha. For the analysis of the data, the Spearman correlation test was used and at last, the SPSS software was used to confirm the normality of the data.

The results show that there is a meaningful relationship between all the elements of the social capital (In-group social capital, Out-group social capital, and communicative social capital) and the mental health of the Golestan Education office staff .

Keywords: Social capital, mental health, Golestan Education office

Introduction

A healthy human being is the source of development and in the shadow of the health and wellbeing of each of the people of society from the physical, mental, and social respects, we can proceed in the path of development. Teenagers and youths are the main social capital. They have a determinative influence in the destiny of the country because of their high level of energy and competency. In each country, the most dynamic groups are the organization staff and the wellbeing of them is to a high extent needed for the wellbeing of the other groups in society.

Nowadays, due to the development of technology and its direct influence on the quality of people's lives, the health issues and the factors influencing it are of a great importance, insofar as the common purpose of development in local, national and international levels is of a great importance.

Health and wellbeing is a crucial issue in all cultures and its definition in any society is derived to some extent from the common understanding of the people of health. (Sajadi and Sadr-Al-Sadat, 1384: 244). Social health besides physical and psychic health is one of the formative elements of health and wellbeing foundation. In fact, we count someone as socially healthy when s/he can divulge his/her roles and activities to some standard limit and feel accompanied with the society norms (Fadayi-Mehraban, 1386).

Based on the definition by World Health Organization, mental health means the ability of being harmonious and coordinated with others, alteration and improvement of personal and social environment, solving personal conflicts and in consistence in a logical, fair, and proper way so that the future life of the human beings will be relied on a better understanding of the factors which affect mental health. One part of these factors is related to the quality of others' relationships, public and nonpublic institutions all of which are called social capital. In the process of country development besides any kind of capital including natural, humanistic, and material, social capital is counted both as an input and an output in a society. In the economy of underdeveloped countries, social has been named "lost chain". It is postulated that the persons including the workers of a social organization are mentally healthy when the background of such a development is formed. Social capital acts as a well-organized whole of norms and informal values so that the staff of a consistent institution share the penalties together. The norms which produce social capital must have virtues like honesty, doing the commitments, and two-sided communications. These norms and values encompass a scope from the very simple ones like the interrelation of two friends to the very complicated moral systems which were produced by developed religions .Pountham says social capital have such characteristics as definite systems like channels, norms, and trust have which facilitate cooperation and coordination for two-sided benefits. He utilizes the social capital concept beyond the personal level and manner of social capital usage and in the level of water district and national level and how social capital influence democratic institution and finally, the economic development of a country. (Mousavi and Tavasoli, 1384) From this angle, the purpose of this research is clarifying

the influences of social capital on the mental health of the Golestan Education office staff and its dimensions (in-group, out-group, communicative).The main question of this research is whether there is a meaningful relationship between social capital and the mental health of the Golestan Education office staff.

Research Hypothesis

This research seeks to answer the following questions:

Main hypothesis: there is a meaningful relationship between social capital and the mental health of the Golestan Education office staff.

Secondary purpose: There is a meaningful relationship between in-group social capital and the mental health of the Golestan Education office staff.

There is a meaningful relationship between out-group social capital and the mental health of of the Golestan Education office staff.

There is a meaningful relationship between communicative social capital and the mental health of the Golestan Education office staff.

Literature review

1-The researches done in the country

A research by Abbas Bakhshi pour Roudsari et al intended to study the relationship between life contentment and social protection, and the mental health of the freshman students of Tehran university (2002-2003). The results showed that life contentment and social protection meaningfully determines mental health. Also marriage was meaningfully related to a higher mental health, life contentment, and the feeling of higher social protection. Generally, the vulnerability of immigrant students was higher. (Bakhshi pour Rodsari, 2005)

Ghaffari and Ounagh (2006) in a research for the analysis of the relationship between social fund and life quality which was conducted in three different phases in GonbadKabous reached to the conclusion that the relationship between social capital and life quality is 99% meaningful. Besides, social capital was on a basis of 4: national security, giving and taking, supposition about neighborhood, and community registration, specified the changing of life quality.

Ghaedi and Hamid Yaghubi (2007) conducted a research with the title "analysis of the relationship between conceived social protection dimensions and welfare dimensions in female and male students of Tehran and Allameh universities."the results showed that different aspects of conceived social protection are better determiners of life contentment and emotional balance of girls in comparison with boys and mental and social welfare in girls is determined mostly by social protection from family and in boys, it is determined mostly by social protection from friends. Also conceived protection of a special person and of group members in faculty is not influential in various dimensions of one's welfare. (Ghaedi and Yaghubi, 2007)

Abdullah tabbar et al (2007) in a research with the title "Analysis of students' social health" analyzed social health of students of Welfare and Rehabilitation University and its relation with demographic variables. The results showed that the average of social health in MA students (72/2) is more that its average in BA students (66/42). Also, there is a meaningful relationship

between social health variable and the variable of marriage, community registration, and the job state.

Soltani (2009) conducted a research with the title "Analysis of the relationship between social capital and mental health", case being studied: the students of sociology faculty, Shiraz university.

The results approved that the relationship between the two social capital variables were generally and mental health variables were statistically meaningful and the course of the relationship was also positive meaning that each person who is in a higher level ,considering the enjoying of social capital, is mentally healthier. The analysis of the relationship between in-group and communicative social capital with mental health was also statistically meaningful and the direction of the research was positive. But it was shown that there was no statistically meaningful relationship between the two variables of out-group social capital and mental health.

Kangarloo (2008) evaluated the mental health rate of shahed students who were busy educating in BA degree in Allameh University and compared it with that of those students who were not shahed. The results showed that there was no meaningful difference between the mental health rate of shahed students and non-shahed ones. In the shahed students' group, the students who were highly healthy mentally were less inclined to hide the matter that they benefited from special advantages (called Sahmieh) to enter the university more easily and on the other hand, the students who were mentally less healthy were more inclined to hide this matter and were worried that others might know it.

Also married students and generally female shahed students had a higher mental health rate.(Kangarloo, 2008).

2-Researches done outside the country

Blanco and Diaz (2007) in a research with the title "Social order and mental health with an approach to social health" tried to analyze the positive and negative feelings and contentment through studying the relationship between social health dimensions as the indicators of social order and the other aspects of health like depression rate, self-respect, conceived health, deprivation, anomy rate, and reciprocal social actions.

Cicognani et al (2007) in a research tried to evaluate the relationship between social cooperation and the concept of society among the young Italian, American, and Iranian students and the influence of these two variables on social health.

Tin et al (2004) in a research conducted in Cally Columbia analyzed 1168 youths between 15 and 25. In this research to analyze mental health of the cases, the results showed that the women in comparison with the men and the workers of the private departments and immigrants in comparison with others have a lower mental health. There was also a meaningful relationship between social capital and mental health so that the reduction of the trust of the persons in others was accompanied with the reduction of mental health.

Methodology

Regarding its aim the present research is applied descriptive. In data gathered, it is descriptive correlation. The population consists of the Golestan Education office staff (200 individuals).

They have been selected by simple random method. The data was gathered by bibliotheca and survey methods including 92 individuals according to Morgan and Kerjesi table.

Volcak and Narayan Standard questionnaires of mental health and social fund were used. The reliability of questionnaires was confirmed by Croanbach's alpha coefficient and stability of social capital and mental health were 80% and 77%, respectively.

Reliability of instrument was confirmed by content method. Data analysis is represented by Spearman correlation test, Mann Whitney, and Croscal and Alice multi variable regression. Finally, SPSS software was used for test normality.

Data analysis

The highest frequency refers to married men at the age of 36-55 under 5 years employment resume and with an associate degree. Sample description, based on mental health and social capital (in-group, out-group, and communicative), comes as follows:

percent	Communicative social capital	percent	Out – group social capital	percent	in-group social capital	percent	Social capital	percent	Social health	quantity
26.1		16.3		12.0		44.6		19.6		**A lot**
34.8		8.7		17.4		19.6		26.1		**lot**
12.0		10.9		7.6		13.0		27.2		**Some**
8.7		27.2		27.2		10.9		4.3		**A few**
18.5		37.0		35.9		12.0		22.8		**few**
100.0		100		100		100		100		**total**

On the other hand, mental health (in-group, out-group, and communicative) and social fund, due to the Alpha Croanbach's coefficient, are meaningfully less than 0.01 by comparison between scores in the following table we conclude that the differences gender, age, marital status, employment resume and degree of education were meaningful.

Gender:

Test Statistics (a)

	Social health	Social capital	in-group social capital	Out – group social capital	Communicative social capital
Mann-Whitney U	11.500	40.000	9.500	63.000	67.500
Wilcoxon W	1337.500	1366.000	1335.500	1389.000	1393.500
Z	-8.365	-8.331	-8.572	-8.032	-7.960

Asymp. Sig. (2-tailed)	.000	.000	.000	.000	.000

a Grouping Variable

Age
Test Statistics(a,b)

	Social health	Social capital	in-group social capital	Out – group social capital	Communica tive social capital
Chi-Square	72.819	70.731	78.297	69.940	64.166
df	2	2	2	2	2
Asymp. Sig.	.000	.000	.000	.000	.000

a Kruskal Wallis Test
b Grouping Variable: x2

Marital status
Test Statistics(a)

	Social health	Social fund	in-group social fund	Out – group social fund	Communicati ve social fund
Mann-Whitney U	57.000	155.000	2.500	8.000	87.500
Wilcoxon W	553.000	651.000	498.500	504.000	583.500
Z	-7.559	-6.887	-8.205	-8.059	-7.343
Asymp. Sig. (2-tailed)	.010	.010	.010	.010	.010

a Grouping Variable:

Job Background
Test Statistics(a,b)

	Social health	Social capital	in-group social capital	Out – group social capital	Communicativ e social capital
Chi-Square	73.286	84.073	74.474	75.649	75.538
df	4	4	4	4	4

Asymp. Sig.	.025	.025	.025	.025	.025

a Kruskal Wallis Test
b Grouping Variable: x4

Education Degree

Test Statistics(a,b)

	Social health	Social capital	in-group social capital	Out – group social capital	Communicative social capital
Chi-Square	71.333	75.207	69.465	79.579	76.413
df	3	3	3	3	3
Asymp. Sig.	.002	.002	.002	.002	.002

a Kruskal Wallis Testb Grouping Variable: x5
   **Correlation is significant at the 0.05 level (2-tailed).

On the other hand, Spearman correlation between social fund and mental health was equal to 0.934 and was meaningful. The correlation between in-group social capital and mental health was also meaningful. It is 0.905 between out-group social capital and mental health. It is 0.966 between communicative social capital and mental health, meaningfully.

Table 13-4: multi-variable regression analysis

Standard deviation Estimate equation defect	Determinant coefficient of modification	Determinant R^2 coefficient or	R	
5.64485	.557	.565	.751[a]	1

   The analysis of the results of multi-variable regression show that the amount of multi correlational coefficient R is equal to 751 %. This shows a strong relationship between variables. The amount of determinant coefficient/ R^2 is equal to .565% and this indicates that 56% of the independent variable changes (mental health) was related to the dependent variables and the rest were related to the factors which were dealt with throughout the research.

Table 14-4: analysis of dependent variable and independent variables' variances

Significance level	F statistics	Average of squares	DF	Total squares	
.000[a]	76.238	2429.285	5	12146.424	regression
		31.864	86	9368.122	remainder
			87	21514.547	total

Variance analysis table shows the regression significance and the relationship between variables. The F amount was equal to 76% and significance level 0.000 indicates the relationship between variables.

Table 4-15- Beta coefficient calculation and its significance level to analyze dependent and independent variables

Significance level	T-test	Beta weight	Standard deviation	Regression coefficient	Variables
. 001	3. 450		2. 551	8. 802	Fixed amount
. 949	. 064	. 002	. 167	011	Mental health
. 454	-. 749	-. 029	. 148	-. 111	Social capital
. 000	8. 313	. 466	. 113	. 940	In-group social capital
. 000	5. 175	. 290	. 163	. 842	Out-group social capital
. 001	3. 426	. 139	. 049	. 168	Communicative social capital

Hypothesis normality test: To analyze the hypotheses normality, Kolmogorov-Smirnov Test was used. The significance level 0.01 and less, is the indicator of normality of the hypotheses.

One-Sample Kolmogorov-Smirnov Test

		Social health
N		92
Normal Parameters(a,b)	Mean	2.5978
	Std. Deviation	1.51954
Most Extreme Differences	Absolute	.234
	Positive	.234
	Negative	-.159
Kolmogorov-Smirnov Z		2.244
Asymp. Sig. (2-tailed)		.000

a Test distribution is Normal.
b Calculated from data.

One-Sample Kolmogorov-Smirnov Test

		Social capital
N		92
Normal Parameters(a,b)	Mean	2.4783
	Std. Deviation	1.28797
Most Extreme Differences	Absolute	.201
	Positive	.201

	Negative	-.201
Kolmogorov-Smirnov Z		1.926
Asymp. Sig. (2-tailed)		.001

a Test distribution is Normal.
b Calculated from data.

One-Sample Kolmogorov-Smirnov Test

		in-group social capital
N		92
Normal Parameters(a,b)	Mean	2.2609
	Std. Deviation	.90018
Most Extreme Differences	Absolute	.223
	Positive	.223
	Negative	-.186
Kolmogorov-Smirnov Z		2.136
Asymp. Sig. (2-tailed)		.000

a Test distribution is Normal.
b Calculated from data.

One-Sample Kolmogorov-Smirnov Test

	Out – group social capital
N	92

Normal Parameters(a,b)	Mean	2.8370
	Std. Deviation	1.23393
Most Extreme Differences	Absolute	.229
	Positive	.149
	Negative	-.229
Kolmogorov-Smirnov Z		2.199
Asymp. Sig. (2-tailed)		.000

a Test distribution is Normal.
b Calculated from data.

One-Sample Kolmogorov-Smirnov Test

		Communicative social capital
N		92
Normal Parameters(a,b)	Mean	1.1158
	Std. Deviation	.32167
Most Extreme Differences	Absolute	.525
	Positive	.525
	Negative	-.359
Kolmogorov-Smirnov Z		5.115

Asymp. Sig. (2-tailed)	.000

a Test distribution is Normal.
b Calculated from data

Level of meaningfulness, 0.01, and less was represented through Kolmogorov- Smirnov test as the significant level is less than 0.05 in all cases, Null hypothesis is ignored and Basis hypothesis confirmed. Considering gender, female emphasis is more on the effect of social capital parameters on mental health. Considering age, 36-55 had more emphasis on the effect of social capital parameters on mental health. Considering marital status, married emphasized more on the effect of social capital parameters of mental health. Considering the job background, in all the cases, individuals with 5 years of job experience and less, had more emphasis on social capital parameters effect on mental health. Considering the educational degree, in all the cases, individuals with associate degrees had more emphasis on social capital parameters effect on mental health.

Conclusions

Main hypothesis: the relationship between social capital and mental health in Golestan Education office was studied. The results obtained from Spearman correlation test showed that between social capital and mental health of the Golestan Education office staff, there is a meaningful relationship and Spearman correlation degree was equal to 0.934. So, the first hypothesis is confirmed with 95% accuracy and because the direction of this relationship is positive and straight, it means that the greater is the staff's social capital, the more their mental health would be. Nevertheless, the opinions of men and women are not equal and the women had a more emphasis on the effect of social capital on mental health.

First side hypothesis: deals with the relationship between in-group social capital and mental health of the Golestan Education office staff. The results from Spearman correlation test show that the first hypothsis with correlation coefficient of 0.858 and 95% accuracy is confirmed and in other words, there is a meaningful relationship between in-group social capital and mental health of the Golestan Education office staff and Spearman correlation degree was equal to 0.858. Also, considering that the direction is positive and straight, meaning the more the level of trust of individuals on relatives, neighbors, friends, and , the higher the level of his mental health would be.

Second side hypothesis: deals with the relationship between out-group social capital and mental health of the Golestan Education office staff. The results from Spearman correlation test show that the second hypothesis is confirmed with 95% accuracy and in other words, there is a meaningful relationship between out-group social capital and mental health of the Golestan Education office staff and Spearman correlation degree was equal to 0.905. Also, considering that the direction is straight and positive, it can be said that individuals' registration level in religious, literary, artistic, scientific, sport, and Basij campaigns has a great influence on their mental health.

Third side hypothesis: deals with the relationship between communicative social capital and mental health of the Golestan Education office staff. The results from Spearman correlation

test show that the third hypothesis is confirmed with 0.95% accuracy and the correlation coefficient is also confirmed and in other words, there is a meaningful relationship between communicative social capital and mental health of the Golestan Education office staff and Spearman correlation degree was equal to 0.966. So, communicative social capital that is related to the state of interaction and interrelation with upper local social organizations, and staff's trust in these organizations including town counsel, press, and so on, have a positive relationship with mental health. In other words, the better the presumption of these people of the function of mentioned organizations and the more their trust on these organizations, the higher the level of mental health.

Acknowledgment

References

-Abdulahtabar, Hadi et al. (2008). The study of student's social health". social welfare quarterly. number 30-31.

-Bakhshi pour roudsari, Abbas ,Peyravi, Hamid , Abbedian, Ahmad .(2005). "study of the relationship between life contentment and social protection with students' mental health". mental health principles' quarterly. Seventh year, number 27-28.

-Bast, John .(2005). research method in educational and behavioral sciences. translated by Hassan Pasha Sharifi, NargesTaleghani. third edition. Tehran. Roshd publication

-Blanco,Amalio&Diaz.Dario.(2007).social order and mental health:a social well-being approach,Autonoma university of Madrid .psychologe in spain .vol.11(5)

-FadayiMehrabani, Mehrabani. (2007). "town citizenship, media, and social health". research and evaluation publication, number 149.

-Ghaedi,GholamHossein.Yaghubi,Hamid.(2008). "analysis of the relationship between conceived social protection dimensions and welfare dimensions in female and male students of Tehran and Allameh universities."Armaghan Danesh Journal, vol. 13(2)

-Ghaffari, Gholamreza ,Onagh, Nazmuhamad. (2006). "social health and life quality". Iran social studies magazine, first period (1).

-Kangarloo,Maryam.(2008)." The mental health rate of shahed students who were busy educating in BA degree in Allameh University and compared it with that of those students who were not shahed".

-Sajjadi, Homeyra ,Sadrosadat, Seyed Jalal. (2005) ."Social health parameters", political-economical quarterly, number 207-208.

-Sarmad, Zohre ,Hejjazi, Elahe , Bazargan, Abbas .(2009). research methods in educational and behavioral sciences, fifth of edition. Tehran, Agah publications.

-Soltani, Tahere. (2008). MA dissertation, study of the relationship between social capital and mental health of the students of sociology faculty, Shiraz university, The process of management and development magazine, number 68-69, summer and spring 1387.

-Tymon, W.G. &stump,s.A.(2003). "Social capital in the success of knowledge workers", Career Devdlopment Turner International , pp12-20

-Woolcock, M. & Narayan, D. (2000), "Social Capital: Implications for Development Theory, Research and Policy", World Bank Research Observes 15(2).

-Wallis, J., killerby P. and Dollery B. (2004). "Social economics and social capital"; International Journal of Social Economics, Vol.31, No. 3, pp. 239-258.

-World Health organization(WHO)1979, Health for all,Sr.No5.