The Relationship of Social Capital and Happiness among High School Students of Karaj City

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Abstract

The aim of this study was to determine the relationship of social capital and happiness among high school students. Using cluster random sampling 318 student were selected .Then social capital and happiness questionnaires administrated. Collected data analyzed using Pearson correlation coefficient, stepwise regression analyses and Z test. The results showed that there is positive and significant relationship between social capital and happiness (P<./.1). There is positive relationship between social participation, social trust, neighborhood relations, family and friend's relations, self-believe, attitudes towards others, giving to strangers, social control, lack of deprivation and happiness (P<./.1).But there is no significant relationship between interest in society and happiness. Among components of social capital self-believe, family and friend's relations, lack of deprivation, giving to strangers overall explain about 0/52 of student happiness variance. The relationship of social capital and happiness among female and male students is no different.

Keywords: social capital, happiness ,students

Introduction

Happiness, that is the common goal of individuals and all people are trying to achieve that, is the evaluation of people from self and their lives (Buss, 2000). From the very beginning of human civilization, thinkers discussed about human life and the "good life". Some of individual see ideals in their wealth, some in meaningful and collaborative relationships, and others to help needy people. All of these individual are different in conditions and external appearance, but a sense of "Subjective well- being "have in common. The term of Subjective well- being refers to people assessment of their lives. This assessment may have been the cognitive aspects (such as judgments about the satisfaction of life) or the emotional aspects that appears in responding to life events. If people are satisfied with their conditions, to experience positive emotions and have less negative emotions, said that have the high subjective well-being. The term subjective well-being is equivalent psychological term to happiness (Moradi et al, 2005).

Happiness is positive emotions that consists of two dimensions of social behavior and inner satisfaction and can show joy of individual. Values and social norms are determinant of individual happy behavior that can make different expression of happy from community to community. Happiness is very effective in creating mental health. In addition, help to individual

be successful in social relationships and achieve personal goals. Happiness of people come from both internal and external factors, the factors causing the inner happiness are inner, subjective, mental and physical strengths of individual that if individual attention to them create sense of satisfaction and permanent and prolong happiness without others interfere (Denier, 2000). From external factors, social capital can be noted. Extroversion individuals are happier because their social relationships are more and have more social activities (Canani, 2006).

Argyle (2001) as the leading theorists of happiness knows social relationships as an important component of happiness and considers close bonds such as friendship, love and marriage effective on happiness. Fordyce creates plan to increase the happiness of individuals that includes 14 elements. This plan has eight cognitive elements and six behavioral elements. From behavioral elements including increased activity and rearing social personality (Cananie, 2006). Lu and colleagues found that positive relationships with others, purposeful life, personal growth, love others and nature are the components of happiness as well (Alipour and Noorbala, 1999).

Putnam (2000) knows social capital as relations between individuals, social networks, norms of social and trust in the relationship. From Paxton viewpoint (2002) Social capital has two basic aspects. One of them is objective link between people that include groups that linked people with together in daily life. And other subjective link that includes trust and social trade-offs between people. Social support and social participation are important forms of social capital that are important explanatory of happiness (Imani, 2003). Chan and Rans (2006) showed that social capital as a more general variable is positively associated with happiness. Broader relations effect on how individual percept own social situations and thereby provides person's physical and mental health. On the other hand, social live and sense of belongings to social provides opportunities and contexts for reinforce social capital.

In short, social capital is defined as a social link of community (Wakefield &Poland, 2005). Social capital associated with a number of positive outcomes including mental health (Welsh and Berry, 2009). Research on the positive aspects of mental health focuses on terms such as happiness, life satisfaction or quality of life. Increasing research related social indicators in the nation, state, neighborhood and individual levels with positive health outcomes. Recent studies in Australia have described that perceived security in the neighborhood relationship predict physical health. In fact, social trust is so important that some researchers in their definition of social capital are included. Backers lens of "social capital" in different countries reported a strong correlation between the various social networks and social consequences such as lower crime rates, improved child welfare, better general health, more efficient government management, reduced political corruption, improve market performance, academic performance and ect (Putnam, 1993; Putnam, 2000; Woolcock, 2001).

Olds and Schwartz argue that loneliness is often mistaken for depression. Instead of connecting with others, we consume a pill (Loenhardt, 2010). Environmentalist and author Bill McKibben says that we won't have sustainability without community. Until we see other people as our main source of security, we'll keep turning to things, using up oil and other resources and

heating and polluting the planet. Some studies focus on short-term health benefits such as reduced incidence of colds and flu. Other research looks at longevity, alleging that the number of friends correlates with longer life. Still other studies have found that people have better survival rates for diseases when they have social support (Loenhardt, 2010). Social capital by providing emotional and psychological support has an effective role in promoting people's mental health (Lahsaezade and Moradi, 2007). Indicators of social capital include variables such as trust, confidence in institutions, social interaction and citizen participation in elections (Bartilini, Bilancini, and Sarracino, 2009). Research shows that social networking resources are essential in the prevention of physical and mental illness (Gele and Herselef, 2010). Putnam (2003) argues that social capital has "forceful, even quantifiable effects on many different aspects of our lives". These quantifiable 7 effects include lower crime rate (Halpern 1999; putnam,2000), better health(Wilkinson, 1996), improved longevity (Putnam, 2000), better educational achievement (Coleman,1998), greater levels of income quality(Wilkinson,1996), improved child welfare and lower rate of child abuse(Cote and Healy,2001), less corrupt and more effective government(Putnam, 1995), and enhanced economic achievement through increased trust and lower transaction costs(Fukoyama,1995).

Again, there is growing evidence that offers social capital is related with a wide range of social (Messer, Baumer, Rosenfeld, 2004), economic (Woodhouse, 2006) and Health consequences (Kawachi, Subramanian& Kim, 2008). Social capital is related with many health consequences such as cardiovascular disease (scheffler, Brown, Syme, Iribarran, 2008), as well as suicide rate and mortality (Lochner, ,Kawachi, Brennan & Buka, 2003).

There is also growing evidence that supports the idea that social network links provide important psychological health resources for the prevention of physical disease, also for promotion of overall health. Findings suggest that social capital improves quality of life improves, increase happiness, improves health of people with chronic diseases such as diabetes, and reduce the confusion. The evidence shows that mortality rates increase with the lack of social relationships (Voltmer& Spahn, 2009; Golden, Conrey & Lawlor, 2009).

A lot of research on social capital shows that social ties affected not only personal health but the social health is affected (Loenhardt, 2010). Studies (Helliwell, 2006; Bruni &Stanca, 2008, and Becchetti, 2008) have reported a positive relationship between social capital and happiness.

Gele and Herself (2010) showed that who had someone to talk to him in distress times rating their health positive than who are deprived of such person. As well as those who are active members in a social organization were reported more health.

Studies show that social capital is one of the biggest predictors of health, happiness, longevity (Loenhardt, 2010). Helliwell and Putnam (2004) have described that a broad range of indicators of social capital such as contact with friends and neighbors, involvement in community associated with increasing welfare between populations. Gandlach (2004) showed that at a collective level, social capital can explain the happiness.

Majedi and lahsaezade (2006) showed that a high level of social capital leads to high levels of satisfaction with the quality of life. Iman and Hosseini (2008) showed that the more social capital is related with higher mental health situation. Garrose & Nagavi (2008) and Ghafare & Onag (2006) showed that social capital has related with quality of life. In this research the relationship of social capital and happiness among students is studied.

Methodology
Method of study is a correlation.

Population: Population of study is all public high school students is the city of Karaj.

Sample and sampling: samples in this study were 318 students who were selected by multistage cluster sampling. The 156 students were male and 162 female students.

Measuring instruments :(a).Oxford Happiness Questionnaire

This tool has been developed in 1989 by Argyle and Lu. This questionnaire has 29 items that each item scored from 0 to 3. Total score of each subject is from 0 to 87. Cronbach's alpha 0/93 and Two-split reliability 0/92 reported. It also verified the reliability of the questionnaire after three weeks of 0/79.Ghamari (2009) reported Cronbach's alpha for the questionnaire 0.926.

(B). Social capital questionnaire

In this study data to assessment social capital variable is obtained from the report WVS (World Values Survey) 1995-97. Mobarake (2004) used this questionnaire in his research and some questions that have been changed or added. in Mubaraki research (2004) Cronbach's alpha for each subscale reported   as following: social participation 0/77, interest to community 0/80, social trust 0/77, neighborly relations 0/88, family and friend relations 0/68, self- believe 0/81, attitude toward others 0/42, aid to strangers 0/75, informal social control 0/63, a sense of relative deprivation 0/85.

Statistical methods: To describe the data in this study of indicators of descriptive statistics were used. For test of hypothesis Pearson correlation coefficients and stepwise regression analysis, and Z test were used

Findings
Table1: descriptive indicators of studied variables

variable	component	f	minimum	maximum	mean	s
Social capital	Male	156	151	335	264/13	29/66
	female	162	158	353	260/59	33/61
	total	318	158	353	262	31/73
Happiness	Male	156	15	76	50/32	13/59

Female	162	3	82	43/39	15/66
total	318	3	82	46/79	15/04

Table1 show descriptive indicators of variables such as frequency, mean and standard deviation.

The first hypothesis: There is relationship between social capital and happiness of students.
Table 2: correlation coefficient of social capital and happiness of students

variables	Social capital
happiness	0/589[**]
sig	0/000

Table 2 shows that the correlation of social capital and happiness is significant. So we can conclude that there is positive and significant relationship between social capital and happiness of students.

Table3: descriptive indicators of social capital components and happiness between total subjects

variable	component	f	minimum	maximum	mean	s
Social capital	Social participation	318	7	29	15/97	4/01
	interest to community	318	8	35	23/47	5/90
	social trust	318	22	78	51/18	9/41
	neighborly relations	318	12	52	28/18	8/61
	family and friend relations	318	21	84	35/98	6/50
	self believe	318	9	45	28/91	6/96
	attitude toward others	318	6	19	12/77	2/36
	aid to strangers	318	7	33	21/05	4/40
	informal social control	318	6	25	14/84	4/04
	a sense of relative deprivation	318	10	42	29/91	5/78
happiness		318	3	82	46/79	15/04

Table 3 shows descriptive indicators of social capital components and happiness between total subjects.

The second hypothesis: there is relationship between components of social capital (social participation, interest to community, social trust, neighborhood relations, family and friends relations, self-believe, attitude to others, helping others, , informal social control, and a sense of relative deprivation)and happiness.

Table 4: Correlation coefficients of the components of social capital and happiness

variables	social partici pation	interest to commu nity	social trust	neighb orhood relation s	family and friend s relati ons	self- believ e	attitu de to others	helping others	informa l social control	Lack of depriva tion
Happines s	0/243**	0/054 0/340	0/256**	0/240**	0/489**	0/681**	0/234**	0/349**	0/213**	0/355**
sig	0/000		0/000	0/000	0/000	0/000	0/000	0/000	0/000	0/000

** Correlation is significant at 0 / 01 (two tailed)

Table 4 shows the relationship of components of social capital and happiness. This table shows that the correlation of all component of social capital except interest to community and happiness is significant.

The third hypothesis: social capital components predict students' happiness. In order to predict the happiness of students from social capital component step by step regression analysis were used that results presented following:

Table 5: Multivariate correlation coefficients

model	R	Adjusted R square	Standard error estimated
1	A 0/681	0/463	11/03
2	b 0/703	0/494	10/72
3	c 0/714	0/510	10/57
4	d 0/725	0/526	10/41

a:pridictors(constant):self-believe, b:pridictirs(constant): self-believe, family and friends relations c: self-believe, family and friends relations, lack of deprivation d: self-believe, family and friends relations, lack of deprivation ,help to others depended variable: happiness

Table 5 shows that in the first step self- believe component in order to stronger relationship with happiness entered the equation. Then family and friends relations, lack of deprivation and help to others components entered. These components explain about 0/52 happiness variance. Components of trust, attitude to others, control and neighborhood relations don't be able to predict and have been removed from equation. Using variance analysis (F test) the significant of R square examined that results are presented in table 6:

Table6: multivariate regression

model		SS	df	MS	F	p
1	Regression Residual total	33222/564 38495/15 71717/714	1 316 317	33222/564 121/820	272/718	a 0/000
2	Regression Residual total	35460/862 36256/851 71717/714	2 315 317	17730/431 115/101	154/042	b 0/000
3	Regression Residual total	36605/218 35112/496 71717/714	3 314 317	9434/207 108/565	86/899	c 0/000
4	Regression Residual total	37736/828 33980/886 71717/714	4 313 317	7806/234 104/765	74/512	d 0/000

a:pridictors(constant):self-believe, b:pridictirs(constant): self-believe, family and friends relations c: self-believe, family and friends relations, lack of deprivation d: self-believe, family and friends relations, lack of deprivation ,help to others depended variable: happiness

Table 6 shows that calculated F is significant

Table 7: Standardized beta coefficients

model	B	Standard error	Beta	t	p
1 self-believe	1/47	0/089	0/681	16/514	0/000
2 self-believe Family and friend relations	1/253 0/470	0/99 0/106	0/580 0/203	12/606 4/410	0/000 0/000
3 self-believe Family and friend relations Lack of deprivation	1/183 0/426 0/349	0/100 0/106 0/109	0/548 0/184 0/134	11/764 4/023 3/199	0/000 0/000 0/000

4 self-believe	1/115	0/101	0/516	11/02	0/000
Family and friend relations	0/362	0106	0/159	3/462	0/000
Lack of deprivation	0/368	0/108	0/142	3/424	0/000
Help to others	0/548	0/142	0/134	3/229	0/000

Table 7 shows the part of each variable in predicting happiness. The beta coefficients show that changing a single unit in mentioned components equivalent with how much change in happiness. For example, the amount of beta in the first step is 0/681. This beta coefficient indicates that a unit change in score of self believe equal 0/681 unit change in students happiness. Also a unit change in scores of self-believe, Family and friend relations, Lack of deprivation, Help to others equals with 0/134 unit change in happiness scores.

The fourth hypothesis: the relationship between social capital and happiness in boys and girls are different.

Table8: comparing correlation coefficients in groups

variables	r	Zr	Calculated Z
Social capital and happiness in male students	0/562	0/633	-0/75
Social capital and happiness in female students	0/616	0/717	

Table 8 shows that calculated Z (-0/75) is smaller than table Z (1/96). So we can conclude that the relationship between Social capital and happiness is no different among male and female students.

Discussion and Conclusion

The aim of this study was to determine the relationship between social capital and happiness. The result showed that there is a significant positive relationship between social capital and happiness. And components of social capital, predict happiness. The result of this research is consistent with researches such as i Chan and Rance (2006), Helliwell (2003,2006), Helliwell and Putnam (2005), Brunei and Stanca (2008) Becchetti and colleagues (2008) who reported a positive relationship between social capital and happiness. Leonhardt (2010) knows social capital as biggest predictors of health, happiness, length of life, that it is consistent with the results of this study. Helliwell and Putnam (2004) have described a broad range of indicators of social capital, such as contact with friends and neighbors, involvement in community, and trust is related with welfare among population. Also the present research results is consistent with result of research Majedi and Lahseazade (2005), Garossi and Nagvi (2008), and Ghaffari and Onag (2006) about the relationship between social capital and quality of life, and research of khajedadi and colleagues (2008) about the relationship between cognitive social capital and physical and mental health.

Toadies because of complicated life, people more than every other time deprived from feel of happiness and some people intend create happiness in their life with providing more and better possibilities, but creating happiness by this way is impossible. Researches and experiences show that when people are happy and in better mood they are collaborative, has more positive

vision, and the time of confronting with problem apply effective and useful coping styles. But unhappy and sad people are withdrawal and negativist and avoidance from problems or apply ineffective styles of coping. Happiness is effective in enhances of memory power, processing of information and creativity. Happiness not only is effective in mental health but is effective in physical health as well. Studies have shown that happiness can strengthen the immune system and strengthen the immune system healthy, also improves cardiovascular activity.

Research on happiness show that thoughts and behaviors of happy people are adoptive and facilitator. This people see things with clear vision, prayer, directly try to solve their problems and help others in time of demand. On the other hand, unhappy people think and act pessimistic, the fantasies are down, they blame themselves and others and avoid work to solve problems (Moradi and et al, 2005). Toadies the complex nature of social impairments requires that to deal with renewed understanding and completing the existing theories with the reliance on new findings broad our cognition circle. From this perspective of social capital as an essential tool has high capable to explain problems, including the social damage, so it can be use as a solution to social problems (Mubaraki, 2007). Society with high levels of social capital with high social behaviors, social participation among citizens, the public's trust in other people, high levels of political trust in community institutions, bilateral generalized interaction are described.

Also research has shown that children family and community social capital decrease possibility of drop out(Behzad, 2002). Coleman (1998, quoted Sharifian, 2001) show relationship between social capital in family and academic success of students. Among the components of social capital is relationship with family. Social capital within families, including norms, social networks and relationships between parents and their children that is valuable for children especially during the socialization. This social capital appears from investment in the interaction of family members and creates opportunities for interpersonal interaction and frequency and time of that interaction. Self- believe, name the stability of opinion about self and characteristic of self, is also a component of social capital. Social participation through community involvement, helping, and responsibility are social capital as well. Putnam believes that trust is one of the main components of social capital. Because trust facilitates cooperation and the more level of trust in society the possibility of cooperative is high, and cooperation itself create trust.

Naturally, whatever the number of support resources and the degree of help that offer to individual is high and whatever the mind of individual about the potential helps is clear and confident, his capacity to adjustment with problems will be more. With regard to significant relationship between social capital and happiness in this research and with regard to literature of research about positive consequences of happiness as well as social capital recommended to administrators of education that in addition to attention the cognitive abilities of students, social development and enhance of interaction among students especially through education and counseling programs be regarded.

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