Evaluating the Impact of Social Capital Components on the Quality of Life of Iranians

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Abstract

Social capital is an important and powerful driver for predicting the future of society, the psychological well-being of citizens, and their quality of life. This index means maintaining civic integrity, participating in social affairs, and combating negative individualism, developing horizontal trust among citizens of a nation, and drawing lines of connection to protect the quality of life and social life of the people. The research aims to evaluate the impact of social capital components on the quality of life of Iranians by analyzing these two variables at the macro level with secondary data. The research method for analysis and investigation is a systematic review of survey studies with an emphasis on meta-analysis of quantitative research. In the period from 2006 to 2024; according to the research entry and exit criteria; about 88 research samples were extracted from 102 communities and entered into the software for evaluation. The research findings between 2006 and 2024 indicate the importance and value of the social capital index at the macro level in maintaining, maintaining, and enhancing the quality of life of Iranians. Its final effect coefficient is 56 percent. According to the overall results, it should be said that social capital, by creating a network and lines of connection, interaction and support between the individual and the community, provides a set of benefits, capabilities and conditions for people within the network that are effective in solving problems, obstacles and failures in life and leads to facilitating the solution of social needs, eliminating deprivations and failures and ultimately improving the happiness and quality of life of individuals. So that happiness, psychological satisfaction, reducing stress and the undesirable consequences of socio-economic pressures on the spirits, minds and psyche of society (controlling heart disease, improving the hope of disabled and sick people, severely reducing strokes and preventing risky lifestyles) are based on the structure, status and quality of social capital among citizens.

Keywords: Social capital, quality of life, social health style, reduction of negative individualism.

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Extended Abstract

Introduction

The availability of social capital resources can significantly affect their social mobility and opportunities for advancement. Conversely, older adults who have built social networks and support systems over time may be less dependent on social capital for their quality of life. They may have developed flexible coping mechanisms and alternative sources of support, thus reducing the direct impact of social capital. Accordingly, with the increase in social capital, the quality of life of citizens also improves. Numerous works and researches have been conducted in the period from 2006 to 2024. Considering the large volume of research, the lack of empirical coherence found, and the lack of a comprehensive report on the process

and manner of impact of social capital on quality of life, the present study aims to answer the following question by systematic review and quantitative meta-analysis method CMA2:Main question: Did social capital and its components have a significant impact on quality of life?

Materials & Methods:
This study used quantitative meta-analysis. Meta-analysis is the estimation of the effect size of research in a main unit, which is evaluated by referring to published articles, the year of research, and significant dependent variables. To receive and collect articles from the websites of Normags, Civica, Irandoc, and MagIran with the keyword "social capital and quality of life" in the period from 2006 to 2024, a statistical population of 102 studies was identified, and after controlling for methodology, credibility, validity, and scientific findings, 88 documents were entered into the software, and the final effect size of each study and the total final effect were estimated using the Fisher and Cohen formula.

Result
According to the results, the average of the groups shows that the post-test morning test scores of the experimental group have decreased compared to the pre-test scores. One-way and multi-way analysis of covariance was used to analyze the data. For this purpose, the assumptions of the analysis of covariance test, i.e. the assumption of normality of the distribution, have been checked and verified using the Shapiro-Wilk test. The results show, the assumptions of the Shapiro-Wilk test indicate the normality of the data distribution, so we analyze the data according to the establishment of this assumption. To investigate the effect of sleep deprivation on memory performance, univariate analysis of covariance test was used. The results show that there is a significant difference in the variable of memory performance between the experimental and control groups ($P<0.001$). Considering that the average of the experimental group had an effect on the dependent variable compared to the control group, it can be concluded that sleep deprivation has led to a decrease in memory functions. According to results, the F statistic of multivariate covariance analysis examining the difference between the experimental and control groups in the memory performance component (5.792) was significant at a level less than 0.001.

Discussion and Conclusion
As social capital increases, quality of life also improves. Social capital reduces stress, anxiety, feelings of insecurity, and social concerns through social trust, altruism, collective participation, and cohesion in dealing with crises and solving social needs, and improves their socio-psychological health. Thus, there is a significant relationship between social capital and quality of life. Its final effect size is 0.565 according to Cohen's criterion. As social capital increases, the quality of life of citizens improves to the same extent. Social capital is a reality that is based on relationships between individuals and represents a public good. Relationships between individuals who produce social capital are strongly influenced by their cultural and value anchors and accepted norms. Quality of life is a concept through which individuals express their level of satisfaction or dissatisfaction with their lives. Accordingly, social capital has positive effects on physical and mental health, happiness, education, crime reduction, well-being, social relations, and life expectancy, and improves the quality of life of Iranian citizens.