

Social Capital Assessment of the Quality of Life of the Elderly in Rasht

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Abstract: *Social capital of the most important concepts in the social sciences is growing and the scope of its application in other sciences is increasing. This concept represents a ring lost in development. Scientists believe that cure the problems of modern society. Social capital is closely associated with the quality of life. Research methodology in the research work and information requirements with respect to the objectives of the research hypothesis and is collected. In this paper we tried to use the pundits this area including Bourdieu, Coleman, Fukuyama and others social capital effects on aspects and dimensions of the quality of life for seniors in the city of Rasht, investigated and the validity of the research method using Cronbach's alpha 0.78. For reaching the mentioned results in this paper we employ chi square test of independent and for obtaining the dependency of variables we used Spearman Correlation so. Extraction and its results using the software SPSS a sample 400 in Rasht which is obtained the following results: No significant relationship between quality of life and social capital, social trust, social participation, social networking, social environment with 95%. In the social environment variable is checked between the variables with the greatest correlation means that a lot of the quality of life impact of 0.551 seniors in the city of Rasht. Our main aim of doing this research is to find the most important variables effecting in quality of life for the elderly.*

Keywords: *social capital, quality of life, social trust, social support, social participation, ageing.*

Introduction

The evolution of the country's elderly population over the past five decades has shown that the increase in the number of elderly people by increasing the chances of survival, the phenomenon known in the demographics of individual aging, has been more pronounced in recent decades. The group has been hit by explosive charges over the past two decades. This explosive growth is also becoming an important challenge for family members and the community in which the elderly are living, and it becomes a matter of demographic, economic, medical, social, psychological, cultural and family dimensions. Increasing life expectancy and decreasing the mortality rate of the elderly has increased. As the phenomenon of aging creates significant changes in all aspects of human societies, including a wide range of age structures, values, and criteria, and the creation of social organizations, addressing the challenges posed by this phenomenon and adopting a policy suitable for improving the physical, social and mental status of the elderly is very important.

Elderly is a critical period in human life, studying and evaluating the quality of life of the elderly in such a critical period of the necessities of aging studies in Iran. This research attempts to study the effect of social capital on the quality of life of elderly people in Rasht. Paying attention to the quality of life of the elderly is the paved path for the successful completion of healthy aging. In fact, successful aging cannot be achieved only by adding to the longevity of a person, but a longer life accompanied by

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prosperity and health and well-being, which reduces the problems of the course for the elderly. Social capital is a characteristic that maximizes the ability of participatory and voluntary collective organization to solve group or public problems. In the absence of social capital, that is, the ability to use collective resources from sources for general purposes, it is unlikely that only financial capital and human capital increase can lead to positive outcomes such as economic growth, poverty reduction (Tajbakhsh, 2005, 10). The quality of life and social capital are two concepts related to the development literature, which, on the one hand, develop a deep link with the human and social dimension, and on the other hand they are linked together.

Definition of Social Capital

1. Relationships in society: Interactions and networks that emerge among human groups and the level of trust that is found among specific groups and congregations as a consequence of commitment and continuous norms with social structure (Alwani, 2004, 233).
2. The set of norms in the social systems that promote the level of cooperation of its members and also reduce the cost of exchanges and communications. In this definition, concepts such as civil society and social institutions also have a similar meaning to social capital. According to the above definition, social capital can be said of the set of institutions, laws, social habits, values, beliefs and behavioral rules that in society, it is governed by the social relations of society.

Problem Statement

The concept of quality of life has been of interest to sociologists since the late twentieth century, but its roots in sociology can be traced back to the middle of the twentieth century. The issue of quality of life has broadly been associated with the concept of trust and social participation and social relations, which can be a source of social capital. The quality of life is defined as a complex and multidimensional concept of population conditions and status at a specific geographical scale .It also relies on objective and quantitative indicators, that is, in the theoretical and empirical examination of the concept of quality of life from two approaches to functional and structural levels (Ermaki, 2012, 24). At first glance, observing that people living in different places with different types of life styles and different quality of life do not pose a particular issue. But when it comes to judging quality of life and judicial and social inequalities, early curiosity becomes a social issue. In essence, humans resolve their needs by interacting with others, the effects of these actions and their interaction and their role to such an extent that its removal makes it impossible to make life. But in the meantime, social scientists have identified these actions and identified a set of factors that they called social capital.

The concept of social capital embraces concepts such as trust, cooperation and cooperation among members of a group or a society that forms a system of purposefulness, hence the recognition of social capital can help the people in expanding the dimensions of social capital and increase social performance and Economic people in societies. Quality of life is descriptive of the state of physical, social and physical well-being of a person and their ability and influence on the daily life of a person. The quality of life is defined as the amount of enjoyment of the individual's basic living conditions. (Phillip, 2006, 11). This phenomenon, like social affairs, is influenced by many social factors, including social capital and its triple dimensions (membership in social networks, social relations, and social trust) and the economic and social situation (Kawachi, 2007). Social capital the concept of social capital since the 1960s has been seriously integrated into the social sciences and economics. Social capital does not exist within a person or social organization, but in the context of communication between people.(Ibid) Pontham interprets social capital in various aspects of social organization such as trust, norms and networks that can be improved by facilitating coordinated measures of community performance (Pontham, 2001, 285). Fukuyama is the basic element of social capital by the norms or unofficial values that contribute to the creation and enhancement of group collaboration (Fukuyama, 2000, 11). From the point of view of Pakistan, social capital consists of two dimensions: the objective connections between individuals and the type of transplantation, that is, there is a positive feeling and trust in the links. Social trust, social norm, social network, social relations and participation. Social capital has several dimensions that can be classified into two broad categories: the structure of the structure that includes

social network links, interactions, the form and composition of the network and social interests, and then the relationship that includes trust, norms, obligations and social relationships. . In this research, communication is our concern. According to Bergner, when the gap between goals and goals is reduced, quality of life increases. Or, according to Callman, in assessing the quality of life, there must be a difference or gap between expectations and experience He was noticed in a particular era (Kalman, 1984, 10).

Also, Coleman believes that social capital is the power and ability of people to communicate. Social capital initially attracted the attention of thinkers in the Western countries with the thorough development of the industrial process. Scientists have always been looking for factors influencing the quality of life of individuals, because the lack of identification of factors affecting the quality of life of people in various human territories will not only result in unexpected consequences, but also decrease the amount of life satisfaction among people in the community of manpower It will lose its productive and capable people over time. Improving the level of social capital to enhance the quality of life and well-being of the expected ends. Social capital as one of the social determinants of health. Linderstrom believes that social capital is also beneficial in reducing risk behaviors for well-being, as well as in facing economic, social and behavioral inequalities. The concept of social capital focuses on relationships between humans and relationships that affect everyday life of humans and their behavior and attitudes (Renani, 2002, 3). From Bourdieu's perspective, social capital actual and potential resources is the result of a durable network of more or less institutionalized relationships, dating and mutual understanding is (Bourdieu, 2005, 147).

Bourdieu also believes that the position of the agent in the social sphere depends on the size and amount of his (economic, social, and cultural) capital, that is, the higher the individual's capital, the higher the social space, and this behavior and style Affects the lives of individuals. However, the quality of life issue is broadly associated with the concept of welfare, social relations, trust and social participation and it can be a ground for the strengthening of social capital, but when mismatch between expectation and experience is formed, between the expectations of society and the satisfaction of Amin needs and available resources is split, the persons deprived of their links to the community lose confidence. By reviewing the above, by observing different living qualities in metropolises, on the one hand, and observing the decentralization of facilities and services, inaccurate population density, centralized management, ecological separation, marginalization, poverty and inequality, distance The high class, individualist behaviors, distrust, and the reduction of social capital, which are important factors in development, have led to study the relationship between the quality of life of the elderly and social capital in Rasht and seek to answer this question. What is the impact of social capital on the quality of life of elderly people in Rasht? And which type of community capital has the most significant?

Importance and necessity of research

One of the important and influential issues affecting elderly life is the quality of their life. Due to such an important factor, researchers have been increasingly aware of the factors affecting the quality of life of the elderly. Because the lack of identification of the factors affecting the quality of life of the elderly will have adverse consequences. Today, most scholars believe that the improvement and advance of the level of social capital can lead to an increase in quality of life. The concept of social capital focuses on the relationship between human beings. Relationships that affect everyday life in the life of humans and affect their behavior (Renani, 2002, 35). The main concept of social capital is: communication, by connecting people, doing things they say they alone cannot do it. The existence of social capital is a necessary and sufficient condition for the outcome of capital and social and economic policies. Without this capital, no society will achieve any capital. Without social capital, the path to development and cultural and economic evolution will be uneven. Among the impacts of neglecting the concept of social capital that have been seen in some countries in the world include: reducing social solidarity, unsustainable social relationships, developing behavioral abnormalities among adolescents and young people, and insecurity in educational settings, the loss of social trust And social cohesion, which in turn causes disorder and general disorder in society. When people feel that they are involved in society, they are valued in that community, the quality of life, the basis for their welfare, and their participation

increase. In a society where social capital is high, less crime and people have better education and more opportunities. This will reduce the quality of life of people in the community. Therefore, in order to raise the level of quality of life of the community, serious attention will be paid to this issue.

Research Questions

1. Is there a relationship between social trust and the quality of life of the elderly?
2. Is there any relation between social cohesion and the quality of life of the elderly?
3. Is there a relationship between social partnership and the quality of life of the elderly?

Essential concept of research (components of social capital)

The concept of social capital embraces concepts such as social trust, social participation, and social cohesion. Social capital is based on three components of social trust, social cohesion, and social participation. These three components are interconnected in a mutually reinforcing manner, each of which is another booster, and is one of the main components of social capital and key sociological concepts.

Social trust

Trust is necessary for the formation of social ties and social ties. Social trust is the basis of cooperation and co-operation. Social trust is based on justice and social security is also created. Trust and its impact on the development process is considered by the main facilitator in modern societies. . Whatever the level of social trust is high, the participation and cooperation of the people are less in the social arena and social harm. One of the contemporary sociologists, Atomka believes that the focus on social trust is not new, Rather, it's a few centuries, and it feels that the new society will have unique features Attitudes, the intensity of interdependence, the extent and diversity of societies, the enhancement of roles and social differentiation, the complexity of institutions, and the increase of ambiguity, the unknown, and the strengthening of obscurity and strangeness to the social environment, have drawn attention to social trust and its role in social life and some kind of growth. A culturist orientation that has a kind of rotation from hard concepts to soft concepts. Such a turning point has led to a deeper focus on the concepts of trust, and over the past two decades, we have witnessed a new wave of trust in the concepts of social sciences, especially sociology (Azkia and Ghafari, 2004, 278). Social trust can be defined as the amount of trust a person has to his relatives, family members, relatives, friends, trust in organizations. From Giddens's point of view, social capital means the network of relationships, social commitment and trust in the traditional, limited, and intractable society. In modern and generalized societies, three types of trust can be identified and investigated: fundamental trust, interpersonal trust and general trust. Generalized that goes beyond general communication. In a new society, trust is depicted as a collection of concentric radii with interconnected layers (Fukuyama, 2005, 173), Fukuyama explains in the concept of the radius of trust.

Social Participation

Social participation refers to voluntary activities through which members of a community engage in affairs of the neighborhood, city and village and contribute directly or indirectly to shaping social life (Mohseni Tabrizi, 1990: 23). Social participation is closely related to popular participation, because it is a partnership that comes from the context of society and covers various areas of social life. The multiplicity of local and non-governmental organizations in a community is an indicator of the existence of social participation in that society, to the extent that civil society is defined by the development of social partnerships and civil society. Civil society organizations are popular and non-governmental organizations that are created between the masses of the people and the government. The activities of these institutions, which are organized in order to participate in organized people, are very broad. Trade unions, private enterprises, cooperative companies. Real networks of social relations are considered as an integral part of social capital. The more these networks are denser in a community, the more likely the citizen's cooperation will be in providing mutual benefits. Contributions are divided into formal and informal categories. Official contributions such as participation in associations, formal social, cultural and non-formal partnerships, such as informal religious participation, neighborhood, neighborly and

citizen activities (Azkia, 2005, 28). According to the above definition, the relationship between neighborhoods and formal participation is emphasized.

Social Support

Social support is the level of affection and support of family members and friends that they have. Social support can be emotional, financial, or governmental support. Emotional support can be defined by establishing an intimate relationship or affection such as loving and loving and respecting others. State support for providing services and facilities by the state and government bodies can be defined. Social protection creates mutual obligations and creates a situation in which a person feels like, caring, self-esteem and worthwhile. It has direct connection with the results of health and quality of life.

Social Solidarity

Social cohesion implies a collective agreement among the members of a community and generally focuses on the level and pattern of interaction between actors, groups and subcultures (Azkia and Ghaffari, 2004, p. 286). Social cohesion in a certain evolutionary field of form and meaning will find. Durkheim creates an emotional in an interactive field, calling it "collective affection." In Durkheim's view, deep emotional affection is often created during collective rituals, thus providing an increase and consolidation of social cohesion (Ibid, 287).

Theoretical Framework

After the analysis, Bourdieu, Coleman, Robert Putnam, Fukuyama, Nan line and Emile Durkheim's Functionalist Theory are combined in this study.

Pierre Bourdieu

Pierre Bourdieu has made the first systematic analysis of social capital. Social capital relates to the communication and participation of members of an organization and can be used as a means of achieving economic capital. For Bourdieu, social capital is: accumulation of potential resources that seizes a durable network of cooperative capital support relationships and is worthy of credit (Stones, 2000, 328). According to Bourdieu, social capital in capitalist countries is seen as a means of consolidating and strengthening the economic status of individuals. In these countries, capital is the foundation of capital, and social and cultural capital is an instrument for its realization. Bourdieu's view of social capital is a purely instrumental view (Alwani, 1999). Bourdieu believes that quality of life is achieved through the overall communication between actors. Membership in groups and engagement in social networks that are achieved in the group, and the social relationships derived from membership can be used to improve the social status of the actors in different and diverse societies. In Bourdieu's view, there are differences in the control of social capital that explains the fact that, to the same extent as economic and cultural capital, it provides different benefits for individuals. On the other hand, it creates differences in the power of influence of different actors. Membership in groups creates social capital, which will have a multiplier effect on other forms.

James Coleman

James Coleman defines social capital in scientific terms: A variety of creatures with two common elements, all of which are part of social structures, and facilitates some of the activities of the perpetrators in that structure. That is, social capital is all that is derived from a network of relationships, trust, and a sense of intercourse and social norms that facilitates individual or social activity. For Coleman, social capital is a neutral source that facilitates any kind of practice. But whether the society benefits from it, it is completely dependent on its application in a particular situation. In Coleman's view, social capital shows how the social structure of a group can act as a source for that group. He believes that social capital is defined by its work and does not consider social capital as a single object. In Coleman's view, social capital shows how the social structure of a group can act as a source for those in the group. The colonist sees social capital in trust, effective performance guarantee, authority relationships, and the amount of homework in the group. In this way, he sees social capital not in himself, but in relations between individuals. Therefore, in the definition of social capital, Coleman treats its function and, in his opinion, is the capital of a social structure that allows the actor to access his resources

using it. This is after a social structure consisting of assignments, expectations, norms and executive guarantees that encourages or prohibits certain types of behavior. The social capital belongs to the social interaction and is not one of the individuals and comes from four sources:

- 1- A set of commitments and expectations that people create each other.
3. Channels or notification channels
- 2- Norms and effective enforcement guarantees for those norms.
4. Adoptable social organization. Such as voluntary organizations or groups that are created to meet a specific goal. But the structures are such that they can be used for other purposes (Sharehpoor, 2001: 8). People can communicate with one another and work together with each other.

The person's willingness to take risks in a social position is based on a sense of confidence in others, that is, they are expected to act in a supportive manner.

Putnam

From Putnam's point of view, networks based on shared values and norms are the source of the production and expansion of social trust and constitute a kind of asset that their members use as capital (Putnam, 2001: 67). An important point That is, trust cannot be artificially created. Trust is a social and economic condition in society that evolves over time through a series of interactions, and it manifests itself in three ways:

1. Interpersonal trust or trust in familiar individuals.
2. Social trust or general trust. Finding or trusted aliens.
3. Civic Trust or Trust in Organizations and Institutions (Sharehpoor, 2004, 74).

Robert Puntnam considers social capital to be the set of trust, norms and linkages that make cooperation easier for mutual benefit, which results in different types of collective action (winter 2000, 3). He considers three indicators for social capital: awareness, participation, and civil institutions. According to Puntnam, social capital can strengthen and co-operate simultaneously in expanding bilateral ties in communities and nations. And thus can be a valuable tool for combating many social inequalities in modern societies, such as crimes that are inseparable from them. Puntnam believes that social capital can be measured by examining the degree of confidence and the sense of mutual action in a community or among people.

Francis Fukuyama

The social capital is shared by norms or values, which reinforces social cooperation based on real social relationships. Fukuyama has studied social capital at a macro level, and the components of Puntnam's case (civil partnership networks, norms, or trust and cooperation are repeated), which, unlike other theorists, emphasizes only the nature of social capital, and It is considered to be the property of groups and societies. In his view, social capital can simply be defined as a certain set of unofficial norms or values (honesty, commitment, and mutual relations) that members of a group whose cooperation and cooperation are permitted are involved in.

Nan Lin

According to Nan Lin, access to and use of social resources can lead to better social and economic conditions. Bread Lane proposed the concept of social capital as a resource in the social structure that is accessible through targeted actions. In Lane's view, these valuable resources in most societies are wealth, power and social base, and therefore the social capital of individuals can be measured in terms of the variability of the characteristics of others, with which they are directly and indirectly linked. From Linus's view, two important elements of social capital (latent resources) and (network position) are the essential and important elements of the investment of individuals in social relations and networks in relation to two types of instrumental actions and declarative actions of the class It is a tool for three kinds of economic returns (power) and social (reputation) and, in the formulation of social capital, a tool

for consolidating resources and defense it refers to the potential loss of resources and to three types of physical health, mental health, and life satisfaction .

Uphoff Theory

Uphoff connects social capital in its structural form with various forms of social organization. The elements of the social organization facilitate the structural classification of beneficial two-way actions by reducing costs, creating interactive patterns of interaction that bring results to the fore. The ideas behind the cognitive taxonomy are beneficial for people to act bilaterally (Uphoff). The norms, values, attitudes and constructive beliefs of social capital make the behavior based on cooperation and co-operation reasonable and respectful. Uphoff speaks of the fact that although we can abstractly conceive of social capital without social capital, and on the contrary (the same). Another point that Uphoff suggests in this regard is the appearance and observability of the social, structural and internal social capital, and the invisibility of social capital. But it emphasizes that these two realms are in fact interconnected.

Emile Durkheim

In contrast to Durkheim's functional theory, when it comes to explaining a social phenomenon, it is necessary to determine the function for full explanation of social phenomena. In explaining a social reality, it is not enough to show the cause, but in most cases, the function of that fact is to stabilize Social show. Therefore, according to previous studies, it can be inferred that other elderly families in the present age do not insist on the presence and maintenance of the elderly at home. But, although elderly function is an intangible function, such as creating emotional energy and building a heartbeat, the elderly still has family functions that the family still receives; on the other hand, the elderly in the elderly's home feel hollow and mischievous Does not see for himself the function and the benefit, he feels he has lost his function and has become an extra surplus stock, as a result of the nursing home, due to all these feelings of frustration and emptiness that may have for the elderly, He will not be welcomed. On the other hand, with the rising age of people, their social capital increases E, and people are more likely to have intercourse Darndba his cronies, rather than sit in the corner. (Zynly and Rezai, 1373).

Internal Researches

- Majdi and Lahsaie Zadeh (2006) in a research study of the relationship between the underlying variables of social capital satisfaction with the quality of life thesis among the villages of Fars province, which was published in the village's quarterly issue No. 4, winter 2006, using the research method Scrolling up the high level of social capital leads to a high level of satisfaction with the quality of life. On this basis, social capital was found to be a better predictor of quality of life than the underlying variables such as age. Among the indicators of social capital, trust has had the highest impact in this regard.
- Another research titled "Social Capital and Quality of Life in Gonbad-e-Kavos Town" by Ghafari and Onagh in 2006). The findings of this study show that the relationship between the two variables of social capital and quality of life is significant at the level of 99% confidence.
- 3. Yaqubee and Haghighat (1998): A study of 258 elderly people, 96 of whom lived in nursing homes and 162 in their families, concluded that the level of loneliness in the elderly living in nursing homes is greater than the amount of loneliness in the elderly has been with the family. And variables such as the former job, number of children, gender, and financial status have been effective in developing this feeling in the elderly.
- Fedaei (1999) concludes in a research that: when an elderly person lives apart from other members of the family, the traditions are riddled, the separation of generations emanates, apparent modernization takes the place of modernization and negative tensions increase. An elderly person reveals psychosocial-psychological stresses in the form of mental illness, antisocial behavioral manifestations, or physical illness.
- Zainali and Rezaei, (1994) According to a study, some of the children bring home parents to help themselves. According to the study, it was found that if there is mutual assistance in family

relationships and the elderly in matters such as homework, Kids, catering, and out-of-home work are content with the family's climate.

Foreign Researches

- In a study entitled "Social Capital, Satisfaction and Quality of Life at Work in Spain," Fielix conducted a Secondary Analysis, an empirical analysis of the relationship between social capital and satisfaction and quality of life in the workplace. The results of the model's significance in this field, as a result of confirmation of the assumptions under test, were achieved. Accordingly, higher levels of social capital entail higher levels of satisfaction and quality of life at work, and social capital is more suitable indicator for predicting quality of life in the workplace and job satisfaction in comparison with indicators such as characteristics of workers' places, characteristics The Company is with the organization or characteristics of the work environment. Regarding the nature of the subject matter of the research, the most appropriate method and the main method of research is the survey method. The survey research is one of the most common methods of social science research that is used to examine the distribution and characteristics of a statistical society. In this method which is usually carried out on large populations with the help of a questionnaire. The researcher usually attempts to re-examine the studied population through sampling and then generalizes the results from the sample population to the entire statistical society
- Laporta et al. (2001) in a study in Canada, titled "Utilization of old age, social capital, and social relationships between old age and social capital, they concluded that the greater the social capital in the elderly, the length their lives will be even greater.
- In a study by the Australian Institute for Family Studies in Australia entitled "Aging, Social Capital, and Social Assistance," Aston (2003) showed that social capital and social protection in the elderly have a direct and positive relationship, and the greater the social capital in the elderly, it will also have more social support.
- Nilsson et al. (2006) investigated the relationship between social capital and the quality of life of the elderly in the villages of Bangladesh. The main goal of these researchers was to determine the determinants of the determinants affecting the quality of life and to investigate the correlation between the quality of life and the individual and collective levels of social capital among elderly people in Bangladesh villages. Using logistic regression, the results showed that high age, poor economic base of the family, low level of social capital at the individual level in the village are the determining factors in the quality of life of the elderly. Social capital at the individual and village level is also directly related to the quality of life of the elderly.
- In another study, John Black and Yoshifuha Yashi (2005), have addressed the issue of social, social and social interaction as spatial and social interactions. The purpose of their research was to present a simulated model for achieving a suitable model for the proper assessment of the aspects of urbanization process, with an emphasis on the role of social capital as the backbone of interactions and social networks as a platform for the emergence and emergence of social capital. The statistical population of these countries is from Japan, their research method is simulation and modeling based on quantitative data. Based on the results of the research, attention was paid to the role of the elderly as the center of gravity of social networks and high level social capital holders.

Research Hypotheses

The main hypothesis

There is a relationship between social capital and the quality of life of the elderly.

Sub- Hypotheses

- 1- There is a relationship between social capital and the quality of life of the elderly.
- 2- There is a relationship between social relationships and elderly quality of life.
- 3- There is a relationship between social trust and the quality of life of the elderly.

- 4- There is a relationship between social participation and the quality of life of the elderly.
- 5- There is a relationship between state support and the quality of life of the elderly.
- 6- There is a relationship between social cohesion and the quality of life of the elderly.
- 7- There is a relationship between trust in institutions and the quality of life of the elderly.
- 8- There is a relationship between interpersonal trust and the quality of life of the elderly.
- 9- There is a relationship between social support and the quality of life of the elderly.

Definition of Quality of Life

The who understands the quality of life in a welfare state in the social, psychological and physical fields: the quality of life is the perception of the individual from his position of life within the framework of cultural and value systems in which he lives and with goals and His measurements and concerns are very wide-ranging, and in a complex manner influenced by physical health, psychological state, and independence, they first outline the theory of social capital, such as Bourdieu, Coleman, Putnam, Fukuyamawa and Dotkouil.

Social Capital Theorists

Theorists define the field of the name of the theory:

- Bourdieu (1985) Resources that make it easy to access group services. Sociology of Social Capital.
- Coleman (1988) describes aspects of the social structure that actors use to get their resources from sources as sources. Sociology of social exchange, rational revolution.
- Puntnam (2003) Trust, norms and networks that facilitate mutual benefit. Sociology of Social Capital.
- Fukuyama (2000) Participation of group members in a set of informal norms or values that allow co-operation Sociology of Social Capital.
- Aphff (2000) links social capital in its structural form with various forms of social organization. Sociology of Social Capital Participation.

Research Methodology

The statistical population of this research is elderly people living in Rasht city. According to the latest census of the Iranian Statistical, Rasht Center, 38544 people are elderly (19,992 women and 18,552 men) of the total population of 1283497. A random sampling method was used to collect data using a questionnaire. The statistical sample of this research obtained based on the error rate of 0.049 (we have taken it 0.05) at 95% confidence level and the elderly population of Rasht 38544 people according to Cochran formula 396 (approximately 400) people. Reliability of the research was confirmed by SPSS software and the validity of the research method using Cronbach's alpha is 0.78.

Research Findings

Hypotheses and Correlation between Variables

Chi-square test was used to examine the dependence of variables and spearman correlation coefficient was considered. In this test, we compare the sig with alpha 0.05, if the value of sig is greater than or equal to 0.05, we accept zero assumption with 95% sure otherwise (i.e., if sig is less than 0.05) we reject the zero assumption with 95% confidence. We also calculated this correlation with the gamma coefficient. The value of gamma is always between -1 and +1 in the change. If the gamma value is somewhat positive, then there is direct relation between those variables and the value of gamma is negative then the inverse relationship is concluded. When the gamma value is +1 or -1, the intensity is extremely high.

The summary of the results are below:

Table (1): Independence of variables and Gamma coefficient for quality of life for the elderly

Variables	Independent Variable	Dependent Variable	sig	There is no relationship	Gamma coefficient	Degree of dependency
1	Social support	Quality of life for the elderly	0.000	"	0.532	Fifth
2	Government support	"	0.000	"	0.830	Second
3	Social participation	"	0.001	"	0.865	First
4	Individual trust	"	0.002	"	0.603	Fourth
5	Social trust	"	0.003	"	0.319	Sixth
6	Social cohesion	"	0.009	"	0.761	Third

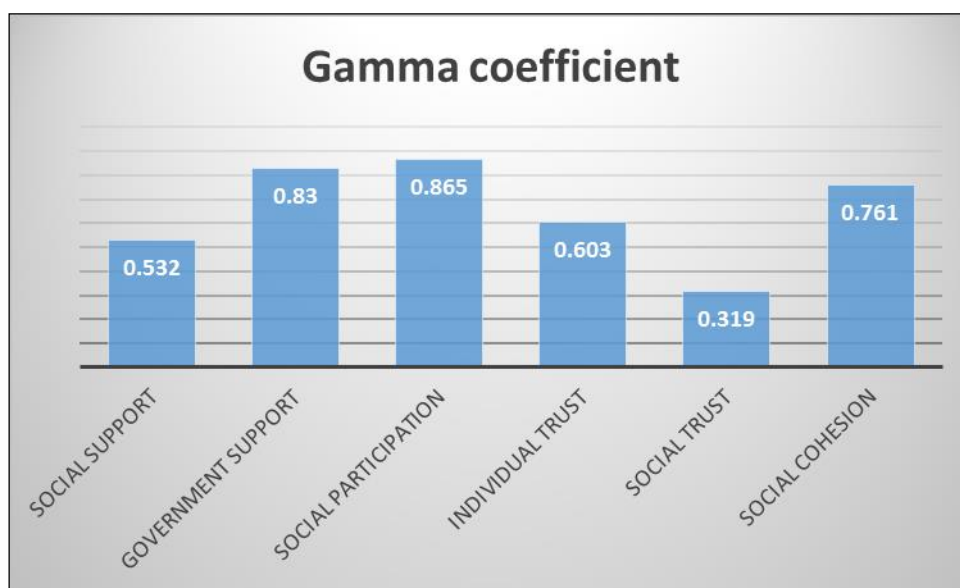


Figure (1): Gamma coefficient of variables

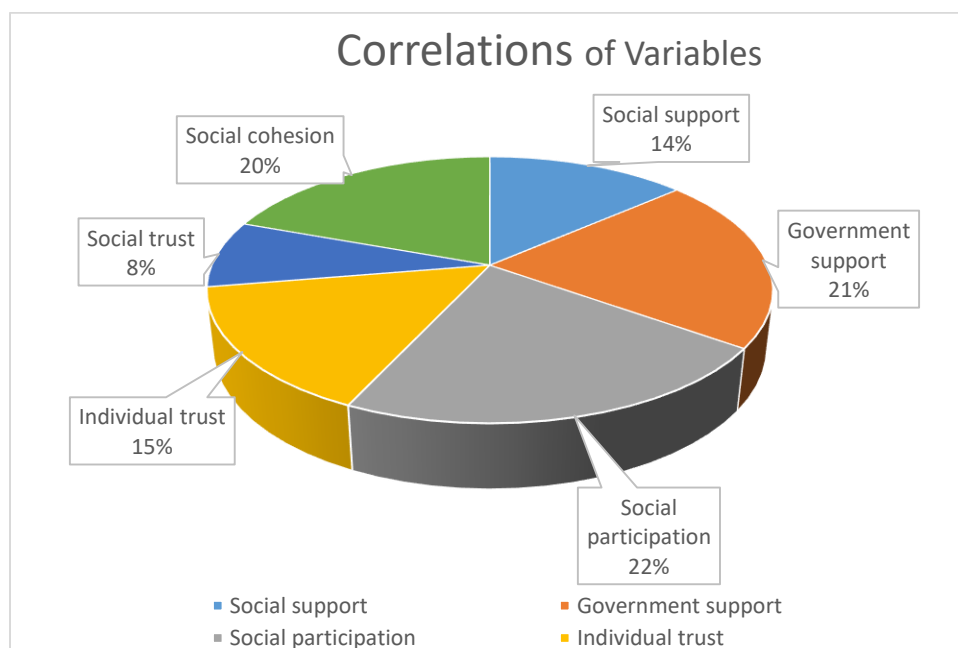


Figure (2): Percent of dependencies

In this part of paper, we will examine whether each of the variables studied in the table above has the same effect on the quality of life of the elderly, male or female, or the effect is different. To do this, we use the Mann-Whitney nonparametric test. In fact, we do this test six times, and each time we perform one of the independent variables examined in the table above. The results of this survey are summarized in the table below.

Statistical Tests

Table (2): Mann-Whitney nonparametric test for examine of effect on the quality of life of the elderly, male or female, or the effect is different

	Social trust	Social Support	Government support	Social participation	Individual trust	Social cohesion
Mann-Whitney U	10631.000	10534.500	10549.500	11022.000	11208.500	11004.000
Wilcoxon W	21956.000	21859.500	21874.500	22347.000	22533.500	22329.000
Z	-.909	-1.120	-1.076	-.336	-.061	-.382
Asymp. Sig. (2-tailed)	.363	.263	.282	.737	.951	.702

Conclusion

According to the Mann-Whitney test, the effectiveness of variables on the quality of life of elderly women and men in Rasht's nursing homes shows that there is no significant difference between the effectiveness of social capital variables (Social trust, Social Support, Government support, Social participation, Individual trust and Social cohesion) and the quality of life of the elderly of men and women. According to the gamma correlation coefficient, the variable with the most influence on the quality of life of the elderly variables is Social participation and the variable with the least effect on the quality of life of elderly variables is Social cohesion. The effectiveness of the variables in the order of descending order is as follows: Social participation, Government support, Social cohesion, Individual trust, Social support and Social cohesion.

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