

Evaluating the Impact of Social Capital on the Empowerment of Young Female Heads of Households (Case Study of Bojnourd)

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Abstract

Until now, only income factors were considered for empowerment. But in contemporary times, most nonprofit and non-advocacy approaches, such as social capital and its components, have been taken into consideration. The World Bank has identified social capital as one of the pillars of the empowerment process. Hence, the main purpose of this paper is to examine the effect of social capital and its components on the empowerment of young female head of household. The present study was conducted using a survey method. The statistical population consisted of young female headed households who are resident in Bojnurd city in 2019 and are covered by the Welfare Organization. The sample size of the study was 106 people. A random sampling method was used to select the sample size based on the list of households covered by the Welfare Organization of North Khorasan Province. The results of the comparison of the means show a significant difference between the mean components of social capital in the statistical population under study. The F test shows that there is no significant difference between the ethnicity of women head of household and social capital and their empowerment level. Also, there is a positive and direct relationship between social capital and the empowerment of young female headed households. From the components of social capital, a significant relationship between social cohesion, social security and social trust with the empowerment of young female head of household has been confirmed. The strongest relationship is social trust with empowerment. Young female headed households are more vulnerable to social networking and social security network components; therefore, efforts to improve the components of social capital can be an effective way to empower women headed by households.

Keywords: Social capital, Empowerment, Young women, Head of household.

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1. Statement of the Problem

Until now, development was thought to be a process in which backward countries were driven to economic prosperity and development. But in its revision in the 1990s, belief in this process and its assumptions were severely weakened and even rejected by some thinkers, who became increasingly important to human development. Human development is a set of measures that are taken to increase the capabilities of individuals, development and transformation of economic bases and removal of barriers to equal opportunities (Anbari, 2011, p. 328). Today, most countries have found empowerment to be the most effective way to achieve sustainable development. The goal of empowerment is to help the weak to try to overcome their weaknesses, improve the positive aspects of their lives and increase their skills and abilities to control life wisely and put it into practice (Kimiaei, 2011, p. 64). In other words, the main values of sustainable development should be in improving the quality of life, i.e. empowering women and men to meet basic needs, trying to resolve class differences in society, growing public awareness, self-confidence and public confidence in the goals of development and maintenance. He sought security and freedom (Gholipour, 2011, p. 35).

In this regard, one of the important indicators for measuring the development of any country is the manpower in general and the status of women and the level of empowerment of this group in particular. Ugbomeh defines women's empowerment as meaning that they have greater access to the resources of control over their lives, which leads to a sense of independence, self-confidence, and increased self-esteem (Ugbomeh, 2001: 239). There are many reasons such as poverty, poor economic situation and social and cultural problems that women heads of households can be considered among the most vulnerable in any society. These issues provide the ground for the occurrence of crime and types of delinquency in them (Afshani, 2016: 21). Statistical data show a growing trend in the proportion of female-headed households in Iran; in 1976, 1986 and 1996, female-headed households accounted for 3.1%, 4.7% and 7.7% of all Iranian households, respectively. This ratio reached 9.4 percent in 2006, which has increased by one percent compared to 1996. In other words, according to the report of the Statistics Center of Iran, in 2006 there were

1641044 female-headed households in the country, which in 2016 reached 3061753 households (ShahandehKhandan, 2007: 31). Therefore, in recent years, we are facing a growing trend of female-headed households. However, many women live in extreme poverty and their pensions and benefits are much lower. In a sense, there are serious injuries lurking in families headed by women, especially young women, and in the absence of support and provision of families, we have to wait for phenomena such as psychological injuries and rising crime rates.

Governmental and non-governmental organizations and institutions contribute to the empowerment and self-sufficiency of women heads of households. The main focus of the executive programs of the Imam Khomeini Relief Committee is to empower this group through employment, insurance coverage, marriage, and so on. But the poverty of women heads of households goes far beyond material poverty and the issue of providing the necessary facilities for life and includes broader aspects such as access to opportunities, deprivation of the right to choose, self-reliance, self-confidence, ability and ability to participate. There are also economic, social and political activities. In general, women's empowerment not only has an economic dimension, but more importantly has political, social and psychological dimensions (RezaeiGhadi, 2009, p. 181). Thus, materialistic approaches neglect the immaterial aspects because they deal primarily with material conditions of deprivation.

One of the important and effective dimensions of empowerment of women heads of households is social capital. As its dimensions, ie social cohesion, social participation, social trust, social security and social relations network are necessary conditions for comprehensive development. Social capital is one of the new concepts that has been introduced in modern economic and social studies today and allows people to use it to achieve their goals and can improve and increase trust, mutual relations and facilitate activities. Social capital can play an important role in improving and enhancing trust, reciprocity and facilitating activities, and advances the process of participation and development (HeidariSarban, 2016, p. 28). In fact, social capital plays an effective role in managing and preventing women's social vulnerability by creating formal and informal social networks, and women, as half of the human

resources of any society, should participate in development programs. Therefore, empowering women through concepts such as power choice, life control, decision-making ability, life skills and increasing their abilities and skills through social capital can play an important role in improving the status of young women caregivers. Have a family.

In light of the above, in the present study, an attempt has been made to gain a broader understanding of the deprivation of young women heads of households by adopting a new perspective on the vulnerability of young women heads of households in terms of intangible assets (social capital). The main purpose of this study is to investigate and evaluate the effect of social capital and its components on the empowerment of young women heads of households in Bojnourd and in which dimension of social capital are young women heads of households more vulnerable?

2. Background of the Study

Ketabi (2003) in a study entitled "Empowerment of women to participate in development" has studied the factors affecting women's empowerment. The findings of the present study show that increasing the level of education, improving health status, having legal property rights, eliminating discrimination in the labor market and eliminating traditional beliefs have an effective role in increasing women's empowerment. Among these variables, education level has the most direct effect and other variables have an indirect effect on empowerment. Saei Arsi and Valipour (2009) have conducted a study entitled "Identifying the factors affecting women's empowerment to participate in social development" which was conducted by survey method and 384 capable women in Lorestan province. The results of this study show that among individual factors and personal characteristics of women, the level of education; On socio-cultural factors, overcoming popular traditional thinking about women; In relation to the administrative-political factor, the role of government protection policies for women; About the economic factor, women's employment; Regarding the factors of technology, self-technology and about the competitive factor, the creation of entrepreneurial thinking has

played an important and fundamental role in empowering women in Lorestan province.

Garossi and Shabestari (2011) conducted a study entitled "Study of the relationship between social capital and mental health among female-headed households" with a sample of 325 female-headed households covered by welfare by survey method in Kerman province. The results of regression analysis showed that financial support, emotional support, service support and social participation are the most important social factors predicting the mental health of the subjects. Therefore, the social capital of the network, especially in the functional dimension, is more important than the general social capital in explaining the mental health status. Rostami et al. (2013) in a study entitled "The situation of social capital among rural women heads of households" by survey method and with a sample size of 102 rural women heads of households under the auspices of Sanandaj Welfare Organization, have concluded that the component of Social trust and socio-cultural values and social relations, with a low percentage of explanation, have made rural women heads of households more vulnerable.

The results of Ghorbani et al (2016) entitled "Social capital analysis of rural women network in order to empower local communities" shows the amount of social capital and, consequently, the speed of trust and participation links before the project is moderate and during the stages. The formation of micro-credit funds has increased. Therefore, it can be said that the implementation of this project - which emphasizes the strengthening of social capital - has increased the amount of social capital in the network of women's relations in the village of Bazijan. The study was conducted by survey method and among 78 women members in rural development groups of Bazijan village of Markazi province. The results of Grotart (2003) entitled "Study of the role of structural and cognitive components of social capital in the success and empowerment of rural women" show that improving the structural and cognitive components of women's social capital in increasing and improving their empowerment indicators. The results of Chavdori and Noushin (2009) research entitled "Factors affecting the empowerment of rural women in the south of Punjab" show the effect of participation rate in the family and social and cultural norms

on women's empowerment. Mitra and Kawando (2012) study entitled "Estimation of empowerment through social capital" in West Bengal, India shows the very important effect of social capital on the empowerment of rural women.

3. Theoretical Foundations

Since the early 1970s, the role of women in the development process has been considered, as a result of which different approaches to equality between men and women in the development process have been considered. Empowerment theory emphasizes that women should not only question and combat existing inequalities, but also the structures that produce inequality at different and simultaneous levels. Empowerment theory defines more consideration of women's power in order to increase self-reliance and inner power and seeks to empower women through redistribution of power within the family and in society (CharmchianLangroudi, 2013:, p. 170). One of these theories is Sara Lange's (1991) theory of empowerment. Lange sees equality between women and men as central to the development of women's affairs. In this theory, achieving equal status of opportunities for men and women must go through five general stages of well-being, access, awareness, participation and control. Welfare is the zero stage of ability and the lowest level of empowerment. At this stage, the issues of material well-being of women compared to men in issues such as nutritional status, food supply and income are studied (Langeh, 1997, p. 26). Access means access to important and excellent resources.

In fact, gender gaps stem from inequality of access to resources, which mean fewer women have access to resources. Women should have equal access to resources such as factors of production, labor, capital, education, services, and skills training. Awareness means women's understanding of the structural inequalities of society. Empowerment at this stage means raising women's awareness of the current situation and outlining the desired situation and ways to achieve that situation. Participation means creating equality between women and men in all stages of identifying problems, studying needs, and implementing and evaluating performance. At this stage, women try to participate in all the projects in which they are somehow interested. At this

stage, empowerment means creating contexts and adopting mechanisms to facilitate women entering the process of activity and ease of access to resources and opportunities and exercise control over resources (KeshavarzShokri, 2016: 15). Control is the highest stage of participation in which women control the results of their exercise of power and participation. Merely being active and having access to and being aware of the status quo does not mean promoting participation. Rather, exercising control over the results of participation and exercising power is the institutionalizing factor of participation. At this stage, empowerment means women have more control over the results of their participation (Abbasnia, 2011: 7). In empowerment, the goal is for people in the local community to reach the level of attitude, knowledge and ability they want and to be able to play social responsibility and their role in the development and progress of their local community. This is possible through social capital. In fact, the empowerment of women heads of households depends on social capital. Social capital lies in the structure of relations between actors and facilitates social actions (Tajbakhsh, 2005: 12).

Social capital is one of the basic preconditions for sustainable access to financial resources. The primary rationale for financial sustainability is to actively develop and support social capital in order to increase economic and social activities in order to increase the income and empowerment of women and to challenge sex discrimination (Mayux, 2001: 462). The importance of social capital among women heads of households and bad heads is a necessary condition for achieving empowerment because the need to build social relationships, expand social cohesion, expand social participation and most importantly mutual trust within and outside the group is one of the foundations. They are considered as empowerment and social capital in the form of informal support networks plays an effective role in managing social risk and vulnerability and equips women to cope with poverty (Bahala and Lapierre, 2004: 15). The concept of social capital will ensure the social capabilities and reduction of social harms of women heads of households, as well as a tool to attract the presence and participation of this section of the excluded in the promotion of sustainable development programs. Numerous studies have shown that participation in social institutions, intergroup cohesion among

sections of society, the existence of trust and social relations, and respect for and awareness of the social rights of individuals, create social capital and make it possible to achieve goals that Without them, these achievements become impossible and costly. Social capital is considered as a concrete form and example of informal norm that promotes culture, cooperation, cooperation and social responsibility to solve the problems of poor and vulnerable groups in society and achieve harmonious and balanced development (Rostami, 2013, p. 11).

According to Pierre Bourdieu, capital comes in three basic forms; in the form of economic capital that can be converted into money and may be institutionalized in the form of property rights. In the form of cultural capital that, under certain conditions, has the potential to become economic capital and may be institutionalized in the form of educational qualities. In the form of social capital which is made of social requirements (communication) and in certain circumstances, has the ability to become economic capital and may be institutionalized as aristocracy or family originality (Mousavi, 2015, p. 89)? According to Bourdieu, social networks do not exist spontaneously and naturally, but should be created through institutionalized group relationships (Saroukhani, 2011, p. 85). In Bourdieu's theory, lasting and dense bonds are vital to social capital; because the amount of social capital of each person depends on the number of relationships and the amount of capital acquired through each relationship. In fact, "different people with the same capital (economic and cultural) achieve different returns that result from the extent to which they use group capital" (Sharbatian, 2013, p. 95). Also in Bourdieu's theory, social capital is positive between personal and social relations and at the same time is based on trust (Saroukhani, 2011, p. 85). James Coleman attributes a structural and interactive nature to social capital in which actors gain the information they need by joining a group and interacting with other actors by adhering to the principles and rules accepted in that group and gaining the trust of others. They enjoy. Therefore, social capital facilitates actions (Saroukhani, 2011, p. 86).

In Robert Putnam's thought, social capital is defined as a cultural phenomenon that indicates the importance and attention of members of society

to civic affairs and indicates the existence of social norms that promote collective action and the level of trust in public institutions (Sharepour, 2006, p. 41). Putnam considers social capital as a set of concepts such as network, norms and trust that cause optimal communication and participation of members of a community and ultimately provide their mutual benefits (Bahripour, 2012, p. 93). Putnam sees networks as the core of social capital. The most important benefit of norms in social groups is that they strengthen trust, reduce costs, facilitate interactions, and facilitate collaboration between members. He also emphasizes the concept of trust, and it is this factor that can lead to political development by gaining the trust of the people and statesmen and political elites. Therefore, trust is a valuable source of capital that if there is a lot of trust in a government, it will increase the same amount of political growth and social development. (Alwani, 2003, p. 39). Francis Fukuyama sees social capital as an established informal norm that encourages cooperation between two people. Reciprocity is potentially present when dealing with all people, but only when dealing with friends. He believes that social capital arises essentially outside the public sector, that is, either through a self-motivated process or through what is called exogenous production, and given that social capital is in a sense a public good. And its benefits are widely distributed and cannot be allocated to the causative agent. Therefore, the government and private organizations should also contribute to its prevalence (Fukuyama, 2000, pp. 159-122). According to the issues raised and with the aim of examining social capital at the micro level, the main hypothesis of this research is as follows:

4. The Main Hypothesis

There seems to be a significant relationship between social capital and the empowerment of women heads of households.

4.1. Sub-Hypotheses

It seems that the amount of components of social capital varies between different ethnic groups.

There seems to be a significant relationship between social cohesion and the empowerment of women heads of households.

There seems to be a significant relationship between social trust and the empowerment of women heads of households.

There seems to be a significant relationship between social participation and empowerment of women heads of households.

There seems to be a significant relationship between social security and the empowerment of women heads of households.

There seems to be a significant relationship between social networking and empowerment of women heads of households.

There seems to be a significant relationship between social capital and economic empowerment of young women heads of households.

There seems to be a significant relationship between social capital and social empowerment of women heads of households.

There seems to be a significant relationship between social capital and psychological empowerment of women heads of households.

5. Research Method

In terms of controlling the research conditions, the present study is a survey study, in terms of applied purpose, in terms of expansive scope and in terms of cross-sectional time. The method of data collection is a questionnaire in which questions are used to measure variables and Likert scale is used to measure structures. The statistical population of the present study consists of all female-headed households between the ages of 20 to 35 years living in Bojnourd, which are covered by the Welfare Organization of North Khorasan Province in 2019, which is 142 people and through simple random sampling with volume The sample of about 106 people (according to Cochran's formula with an estimated accuracy of 0.05, maximum variance of 0.25 and a confidence level of 95%) have been studied. In this study, the measure of women's empowerment as a dependent variable in three dimensions of social, economic and psychological has been done. Empowerment is the process by which social actors are expected to be able to make choices for themselves in life, and to strive to achieve those choices. Empowerment is the increase of various assets

and abilities of individuals. Capability has different dimensions. In this study, we will address the social, psychological and economic dimensions of women's empowerment.

Social capital, as an independent variable, refers to the characteristics of a social organization such as trust, norms, and networks that can improve society. This capital arises from relationships and interactions between individuals (Sean, 2010, p. 639). In this study, social capital in the form of five components of social participation, social trust, social security, social cohesion and social relations network in the form of a five-part Likert scale has been studied. Social participation is a set of activities that shape relationships and build support networks. Social trust means the degree of trust in the living environment from the perspective of individuals in society (Grotat, 2005). Social security is the level of comfort and tranquility of people in the community in their place of residence. Social cohesion is the degree of acceptance by others and the calmness of the magazine and the groups in which the individual is a member. A network of social relationships, weak and strong links and relationships is available to individuals in the community that facilitates action.

In this research, to determine the validity of the research tool (questionnaire), the formal validation method has been used, which is a kind of content validity. Also, to determine the reliability of the research, the items of social capital and women's empowerment were pre-tested among 30 young women heads of households in Bojnourd. The answers obtained from the pre-test (Cronbach's alpha coefficient) are presented in Table (1).

Table 1. Cronbach's alpha coefficient

Variables	Cronbach's alpha
Social capital	0.85
Women's Empowerment	0.79

6. Research Findings

6.1. Descriptive Findings

Descriptive study provides simple and basic statistics on which explanatory analyzes can be based.

The result shows that about 40.6% of respondents are unemployed and 59.4% are workers. Also, the level of education is 35.8% of the respondents of the cycle, 52.8% of the diploma and 11.3% of the bachelor. In terms of income, 40.6% of the respondents have a monthly income of up to 150 thousand Tomans (only the pension received from the Welfare Organization), 52.8% have a monthly income of between 151 and 300 thousand Tomans and 6.6% have a monthly income of between 301 and 450 thousand Tomans. 59.4% of the respondents are Kurdish, 27.4% are Turkish, 12.3% are Turkmen and 0.9% is Persian.

Table 2. Background characteristics of the respondents

variables	Variable range	frequency	percent
Job	Unemployed	35	40.6
	manual worker	63	59.4
Level of Education	Less than a diploma	38	35.8
	diploma	56	52.8
	Bachelor	12	11.4
Income	Less than 150	43	40.6
	150-300	56	52.8
	300-450	7	6.6
nationality	Kurdish	63	59.4
	Turkish	29	27.4
	Turkmen	13	12.3
	Persian	1	0.9

6.2. Assessing the Empowerment of Women Heads of Households

According to the information in Table 3, the level of women's empowerment in all three dimensions of psychological, social and economic is at a low level. In the meantime, economic empowerment is at its worst. The means of the mentioned table are calculated from 4.

Table 3. Empowerment rate of young women heads of households

Index	Psychological empowerment	Social empowerment	Economic empowerment	Empowerment
Mean	2.57	2.82	1.74	2.49
Standard Deviation	0.38	0.51	0.87	0.38
Variance	0.15	0.26	0.77	0.14
Rank	2	1	3	-

Women's empowerment arises from issues such as human development and sexual justice, and emerges through concepts such as choice, power to control life, decision-making ability, and life skills (Chant,2003). In fact, the empowerment of women heads of households depends on social capital. Social capital lies in the structure of relations between actors and facilitates social actions. Low level of empowerment is associated with low level of social capital (Table 4).

6.3. Assessing the Amount of Social Capital of Women Heads of Households

According to the information in Table 4, young women heads of households are not in a good position in all aspects of social capital. Meanwhile, social trust has the worst situation among the components of social capital. The means of the mentioned table are calculated from 4.

Increasing social capital facilitates social actions and ultimately empowers women heads of households in the psychosocial and economic dimensions. Low levels of social capital play an important role for women in combating poverty and vulnerability. . Attention to social capital as an approach to improving the lives of women heads of households seems essential. This is one of the best ways to combat the vulnerability of young women heads of households.

Table 4. The amount of social capital of young women heads of households

index	Cohesion	participation	Security	Trust	Network Relationships	Social Capital
Mean	2.93	2.71	2.47	2.40	2.56	2.62
Standard Deviation	0.28	0.45	0.43	0.45	0.29	0.27
Variance	0.08	0.20	0.19	0.21	0.09	0.07
Rank	1	2	4	5	3	

6.4. Analytical Findings

The data in Table 5 indicate that there is a relationship between social capital and the empowerment of women heads of households. In other words, with 0.99 confidences and 0.01 errors, there is a positive and direct relationship between social capital and empowerment of women heads of households. The

value of this relationship is equal to 0.401, which is average. Therefore, the higher the amount of social capital, the higher the level of empowerment of women heads of households. Social capital improves collective action and thus empowers women in various economic, social and psychological dimensions by creating active participation, strong cohesion, improving information balance and reducing communication barriers.

Table 5. Correlation coefficient of social capital and women's empowerment

Variables	Pearson correlation coefficient	Significance level	Result
social capital and women's empowerment	0.401	0.000	There is a positive and direct relationship

The data obtained from the F test in Table 6 show that there is no significant difference between the ethnicity of female-headed households and their social capital and level of empowerment. This result is probably due to the convergence and similarity of people living in a social space close to each other.

Table 6. One-way analysis of variance

Variables	Type Dispersion	Degree of Freedom	F test	Significance Level	Results
women's empowerment	between group within group	3 102	0.512	0.675	There is no significant difference
social capital	between group within group	3 102	2.550	0.060	There is no significant difference

The results of Table 7 show that there is a positive and direct relationship between cohesion, security and trust with women's empowerment. In other words, with 0.99 confidence and 0.01 error level, there is a relationship between cohesion, security and trust and empowerment of female-headed households. Therefore, the degree of cohesion, security and trust of women heads of households affects their level of empowerment. Increasing the components of social capital leads to the empowerment of women and ultimately improves the development process. Among the components of social capital, there is the strongest relationship between trust and women's empowerment. The value of this relationship is equal to 0.538, which is strong.

Therefore, social trust is a very important component. It facilitates the achievement of goals and creates increasing opportunities. Also, there is no significant relationship between social participation and the network of relationships with women's empowerment.

Table 7. Correlation coefficient of components of social capital and women'empowerment

Variables	Pearson correlation coefficient	Significance level	Result
cohesion	0.329	0.001	There is a positive and direct relationship
participation	0.151	0.121	There is no significant relationship
security	0.281	0.004	There is a positive and direct relationship
Trust	0.538	0.000	There is a positive and direct relationship
Network relationships	0.010	0.917	There is no significant relationship

The results of Table 8 show that there is a relationship between social capital and the empowerment components of women heads of households. In other words, with a confidence level of 0.99 and an error level of 0.01, there is a positive and direct relationship between social capital and economic and social empowerment. Also, with a confidence of 0.95 and an error level of 0.05, there is a positive and direct relationship between social capital and psychological empowerment of women heads of households. Therefore, increase the level of social capital, the higher the level of women's empowerment components. The more women have access to social capital, the greater the empowerment of women in dealing with social harms (Fireston, 2003: 549). In fact, social capital creates collective action in society through the creation of norms and network of relations, which ultimately increases the level of access to financial resources and social assets. This is especially evident in relation to social empowerment (0.526).

Table 8. Correlation coefficient of social capital and components of women's empowerment

variables	Pearson correlation	Significance level	result
Psychological empowerment	0.248	0.010	There is a positive and direct relationship
Economic empowerment	0.280	0.004	There is a positive and direct relationship
Social empowerment	0.526	0.000	There is a positive and direct relationship

6.5. Simple Linear Regression (two variables)

The results of Table 9 show that about 40% of the variance of the dependent variable (empowerment of female-headed households) is affected by the independent variable (social capital) entered in simple linear regression. The table shows that there is a relatively stable correlation between social capital and the empowerment of female-headed households. Social capital, on the other hand, as an independent variable alone explains 16% of the changes in the dependent variable.

Table 9. Regression model explaining women's empowerment

variable	B	Beta	T	T sig
social capital	0.385	0.401	4.470	0.000
	R=0.401	R square=0.161	F=19.98	Sig=0.000

7. Conclusion

An overview of the issues raised shows that in recent years, issues and problems that in addition to economic problems have affected the lives of female-headed households have led to non-income approaches to the deprivation of female-headed households, giving a new perspective to offer social issues. In many developing countries, the living conditions of poor sections of society, including women heads of households, are not as closely related to income as seen in developed countries. They do not have services in the market and the government is not very efficient in providing and distributing resources. Accordingly, informal exchanges play an important role in meeting the material and social needs of the poor. One of these informal exchanges is social capital. Social capital includes the social capabilities and

reduction of social harms of women heads of households, which will ultimately be very effective in advancing sustainable development programs.

The results of comparing the means (Between one and four) show that young women heads of households are not in a favorable position in terms of empowerment (2.49). Among the components of empowerment, economic empowerment (1.73) has the worst situation. Also, the results show that the amount of social capital of young women heads of households is not in a favorable condition. Among the components of social capital, the level of social cohesion (2.9261) of young women heads of households is in a more favorable situation than other components. This component will be an important support in creating and strengthening self-help groups. Social cohesion means connecting people in society at all levels. The level of social participation component (2.7123) is in average conditions. One of the most important issues and problems of developing countries is the non-participation of individuals in society, which is an important obstacle to development. Many women heads of households have limited their communication and interactions at the level of social relations network (2.556) due to the wrong culture of the society. The network of relationships in their social capital is average. The network of relationships increases access to financial resources and social assets through collective action. One of the most important roles of the social network in young women heads of households is its supportive role. The level of social security component (2.4717) is in an unfavorable situation that should be improved. Social security relates to areas of privacy that relate to other individuals in society, organizations, and government. Lack of social security is anything that destroys or diminishes one's abilities and possessions. Social security means how comfortable women in society are with the fact that their rights are being violated or are likely to be violated. This feeling affects the activities of women heads of households in the social environment. The level of social trust (2.4003) has the worst situation among the components of social capital of young women heads of households. Wherever there is a high level of social trust, there is more participation and cooperation of people in the areas of society and less social harm. The existence of trust indicates the potential readiness of citizens to participate and cooperate. Trust is the most important

component of social capital, which is a mechanism for creating cohesion and unity in social systems and facilitates participation and cooperation. In general, social trust means the degree of risk-taking and trustworthiness of the living environment from the point of view of individuals.

Findings of this study show that social capital has a significant and positive relationship with the empowerment of women heads of households. The results of the relevant statistical activity using Pearson correlation coefficient (0.401) at the 99% confidence level and standard error of 0.01 confirm the relationship between the above two variables. Among the components of social capital, social cohesion (0.329), social security (0.281) and social trust (0.5388) at the level of 99% confidence have a positive and significant relationship with women's empowerment. Of these three components, social trust has the strongest relationship with the empowerment of female-headed households. The component of social trust is the most important component of social capital. Young women heads of households need, above all, the ability to gain social trust in order to be empowered. By providing a favorable social environment for their presence in society along with providing social security, the ground for the growth of social trust can be prepared in order to gain more capital. Also, social capital has a positive and direct relationship with the components of empowerment of women heads of households, psychological empowerment (0.248) at 95% confidence level and economic empowerment (0.280) and social empowerment (0.526) at 99% confidence level. The results obtained from the simple linear regression statistical technique show that the independent variable (social capital) affects about 40% of the variance of the dependent variable (empowerment of female-headed households).

Overall, the research findings related to the relationship between social capital and empowerment of female-headed households are in line with the theoretical discussions of sociologists and the results of research by some researchers in this regard. In other words, previous studies have shown that under the influence of the conditions of today's societies in the third world, the empowerment of women heads of households is more affected by social factors such as social capital than by income approaches and support institutions.

Also, the findings of the present study are in line with the research findings of Rostami et al. (2013) in a study entitled "The status of social capital among rural women heads of households." They conclude that social capital, with its poor explanation rate, has exposed rural women heads of households to greater vulnerability. People such as Ketabi (2003), SaeiArsi (2009), Garossi (2011), Ghorbani (2016) and others have confirmed the impact of social capital on the empowerment of women heads of households. Therefore, according to the findings of this study, in order to promote the empowerment of young women heads of households using social capital mechanisms, there must first be a proper understanding of their needs and wants. In this regard, it is necessary to improve the components of social capital in women heads of households through the necessary training, and ultimately improve the participation of this group in social programs and activities.

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