

## **EFFECT OF SOCIAL CAPITAL AND SUPPORT SYSTEM ON HEALTH: A REVIEW ARTICLE**

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### **ABSTRAK**

Social capital is the resources, social help, information channels, and social accreditations inserted inside a singular informal community. As a result, social capital can also be seen as both an individual trait and a communal property in this approach. This literature review will examine the relationship between social capital and support system on human health. Therefore, the primary focus points will be social capital & support system its relationship to individual's health. Participation in social groups has a normative influence on behaviors, often influencing whether people eat a healthy diet, exercise, smoke, drink, or use illegal substances.

Kata kunci: health status; individual social capital; support system

### **INTRODUCTION**

To ensure healthy and fulfilling lifestyles, people need to have various ways of motivation and assistance whenever they are faced with specific challenges. Social capital is defined as the resources, social help, information channels, and social accreditations inserted inside a singular informal community (Villalonga-Olives & Kawachi 2015). Notably, to achieve the desired general population health outcomes, people need to have specific problems fixed to help them face their existing challenges. For example, there is a need to have the necessary financial resources required to meet the ever-rising cost of health care, the proper nutrition needed for healthy lives, and other determinants of health. Additionally, the general population needs to have social connections to help them achieve their desired outcomes. Therefore, social capital is characterized by the existing relationships established between persons and other groups. Social capital is also conceptualized and measured at the individual or collective levels. It is found in communities and within neighborhoods and is viewed as a collective property at collective levels. Individual social capital can be described as a personal resource that originates from the social networks where people have access to more information, the necessary services, and support. Therefore, in general health, individuals and communities' benefit from social capital in the form of better health services.

Social capital affects public health in various ways. For example, the norms and attitudes that influence health behaviors, such as approaches that enhance self-esteem, are ways through which social capital can affect the general health of a person (Organization for Economic Cooperation and Development, 2018). Consequently, health behaviors such as smoking, consumption of alcohol, involvement in physical activities, duration of sleep, and dietary choices of an individual are regarded as some of the determinants of health and mortality among

the general population. Additionally, these health behaviors are important determinants of health care disparities between different subgroups of people.

Social capital influences an individual's health-seeking behaviors as people learn from their social contacts. In their study, Kaiser et al. (2019) demonstrate that family members play a crucial role in a person's health-seeking behaviour. In settings where the man bears the responsibility of providing for their family, a woman depends on them in terms of procuring for the services they need. Some men determine when their partner seeks antenatal care and other services that they need during pregnancy. A man can also determine the setting in which their wife will have their child based on their perspectives. The female family members are a source of information on women-related issues as well as provide social and emotional support to those bearing a child. The needs of an expectant woman and the role that their husbands or partners and close family members play in meeting them demonstrate the importance of social capital and its role in an individual's health.

Friends also influence the decisions and behaviors of their contacts as they are crucial sources of information. Notably, friends are important sources of information once an individual discovers their health needs (Low et al., 2016). People contact their social contacts upon diagnosis of their condition to make informed decisions about management and treatment. Patients tend to have faith in the recommendations of their peers as friendships generate trust and belief (Low et al., 2016). An expectant woman, for example, will trust the advice given by their friend as they believe in them and trust their assessment of the situation at hand. Availability of friends makes them an accessible source of information on health issues (Kaiser et al., 2019). Health-specific experiences of friends also make them trusted sources of information on management and treatment of conditions (Low et al., 2016). People diagnosed with diabetes, for example, may seek information on the management of their condition from their friends with the same experience.

The neighborhood social capital influences health-seeking behaviors in a population. Interestingly, neighborhood deprivation, for example, has been associated with poor health of a population (Vyncke et al., 2013). The neighborhood influences health outcomes as determines access to essential resources (Vyncke et al., 2013). Better socioeconomic conditions in a neighborhood are some of the determinants of better child and adolescent outcomes. In this case, neighborhoods in which children can access essential resources influences their health in the short-term and long-term.

## **METHOD**

Social support refers to the psychological and material resources provided by a social network to help individuals cope with stress. Such social support may come in different forms, and might involve:

1. Helping a person with various daily tasks when they are ill or offering financial assistance when they are in need.
2. Giving advice to a friend when they are facing a difficult situation.
3. Providing caring, empathy, and concern for loved ones in need (Cohens, Janicki, and Deverts,2009).

Supportive social networks can come in different forms and play different roles in your life. Three of the main types of social support are emotional support, instrumental support, and informational support (Morelli, LeeIA, Arnn, and Zaki 2015) Sometimes the people in your life provide emotional support. They back you up when you need it and are there with a shoulder

to cry on when things don't go your way. This type of support can be particularly important during times of stress or when people are feeling lonely. In other cases, the people in your social network might provide instrumental support. They take care of your physical needs and offer a helping hand when you need it. This might involve bringing you a hot meal when you are sick or giving you a ride when your car is in the shop. Such support is important when people have immediate needs that must be addressed.

People can also provide what is known as informational support. This can involve providing guidance, advice, information, and mentoring. Such support can be important when making decisions or big changes in one's life. By having this form of support, people may feel less anxious and stressed out about the problems they are trying to solve thanks to the advice of a trusted friend, mentor, or loved one. As you might imagine, people in your social networks may take on different roles. A teacher might provide informational support, while a parent might provide all three types. By having a solid social support network, you are more likely to receive the type of support that you need when you really need it (Crookes, Shelton, Tehranifarand, et al,2016). examples of social support include:

1. Listening to a friend talk about a stressful situation
2. Validating another member of a support group when they talk about their feelings.
3. Cooking meals for a neighbor who has been feeling ill.
4. Praising an employee for doing a good job
5. Providing constructive feedback on someone's work to help them improve.
6. Helping someone with housework when they are struggling with feelings of depression (Ko HC, Wang.2013)

## **RESULTS AND DISCUSSION**

Social connectedness has been attributed to several health benefits for various categories of the population that make it essential for people to pursue social capital in their daily activities. Notably, multiple benefits flow from higher levels of social connectedness that are likely to benefit individuals and impact their overall wellbeing. For example, social capital has been attributed to better health outcomes among different population categories. According to Ehsan et al. (2019), three outcome indicators at the individual, emotional, subjective wellbeing, and village levels, are linked to cognitive, social capital, such as trust among various population segments. Additionally, social isolation has been linked to unhappiness and illnesses of varying degrees and levels. Accordingly, to live happier and more fulfilling lives, people need to have varying degrees and levels of social connectedness that are likely to impact their lives positively. On the other hand, persons who do not have social capital are likely to experience varying degrees of illness and unhappiness in their lives.

Further, social capital is correlated with lower crime rates in most societies with a high rate of social connectedness. Notably, in a community where social connections exist among the various population categories, people are likely to co-exist as members of a closely-knit unit, thereby reducing crime incidents within such communities (Downward et al., 2020). Consequently, social capital is equated to several benefits in most communities that make it essential for people to invest in this aspect of connection to benefit their wellbeing. Also, social capital is a vital link to a better government and the associated services. Notably, through effective social relationships, people can maintain an effective social structure that enhances their access to essential government services. Moreover, it has improved general wellbeing compared to human capital. Social capital affects the population's health through various mechanisms, such as the established attitudes and norms that influence health behaviors. Women are likely to benefit from the social capital of their partners in situations where male

involvement in maternal health and service utilization is encouraged by women and social norms.

There are countries where the issues of reproductive health are considered taboo for men and women accept the responsibility of ensuring their sexual and reproductive health (Moshi et al., 2020). Tanzania is one of the countries with low male involvement in their partner's sexual and reproductive health (Moshi et al., 2020). Cultural gender roles play a crucial role in influencing the participation of men in the health of women. The belief that pregnancy and childcare are predominantly a woman's responsibility contributes to the low male involvement in matters associated with the sexual and reproductive health of women (Moshi et al., 2020). The role of attitudes in the low male involvement in the utilization of maternal services is demonstrated by the impact of a woman's willingness to involve their male partner on the degree of male participation. Negative attitudes towards male involvement are characterized by fear that their participation can decrease their superior power and cause insecurities in their relationship (Moshi et al., 2020). These are crucial barriers to male involvement in the promotion of maternal health. Notably, maternal ill-health and death have been linked to low participation of men in maternal service utilization (Moshi et al., 2020). Therefore, attitudes and norms influence a population's health as they affect service utilization.

Also, through social-psychological networks, social capital helps in increasing accessibility to health care services and other psychosocial networks that promote self-confidence. Individuals close to an expectant woman have been found to influence their decision to seek and access maternal care. In Zambia, for example, husbands, female relatives, and community health workers are some of the most important sources of influence on an expectant woman's willingness to seek maternal care (Kaiser et al., 2019). Husbands influence access to services as they have the responsibility of paying for the health services that an expectant woman needs, they permit their partners to seek services, determine whether a woman will deliver at a facility or in the home setting, and purchase the things that a woman and babies need to be comfortable (Kaiser et al., 2019). Female relatives, on the other hand, are a source of emotional support throughout pregnancy, offer advice based on their experiences, they escort a woman to a facility for delivery, participate in the delivery process, and care for a woman after delivery. Community health workers offer professional advice such as advising women on the importance of delivering at a facility (Kaiser et al., 2019). These networks demonstrate the manner in which social capital influences access to essential services.

In a population-based associational study, Nieminen et al. (2013) found that participation in social activities and social networks were associated with healthy living behaviors. For example, they found high trust and reciprocity levels associated with non-smoking, healthy diets, adequate sleep, and high social support. Moreover, social support, trust, and reciprocity were associated with the participants' self-rated health and psychological well-being through their engagements in physical activities. Consequently, irrespective of an individual's social status, this study points out that persons with high levels of social capital concerning networks and social participation engage in healthy behaviors and are healthier physically and mentally. In a multivariate analysis, Himanshu et al. (2019) established that elderly persons who married and have acquired resources and practice more excellent social action experience a higher rate of social capital. As a result, they are expected to have a better life and self-guaranteed good health. Further, they experience healthy aging, making social capital a worthy investment for the elderly persons in most communities. On the same note, social capital is attributed to a significant reduction in functional limitation and depression among the elderly members of the population. Moreover, social capital enhances the elderly persons' increased access to

psychological resources related to controlling some of the significant issues in their lives, thus profoundly impacting their quality of life. Finally, social capital promotes higher education, social solid capital components, wealth, civic engagement, trust solidarity, social action, and reliable psychological resources among the general population, improving the general population's quality of life.

A study conducted in Brazil has demonstrated that social capital plays a crucial role in the promotion of self-rated health. Notably, social conditions, social relationships, and the neighbourhood of an individual are crucial determinants of their health (Larmarca et al., 2013). The neighbourhood interacts with an individual's social capital to influence their health. Good self-rated health is associated with higher scores of social support and networks than in people reporting poor self-rated health (Larmarca et al., 2013). The study indicates that low levels of social support for expectant women are an important risk factor for poor self-rated health (Larmarca et al., 2013). The risk factors associated with poor self-rated health included low level of schooling, black and brown ethnicities, having more children, urinary infection, or water plumbing outside one's house during pregnancy (Larmarca et al., 2013).

Participation in social groups has a normative influence on behaviors, often influencing whether people eat a healthy diet, exercise, smoke, drink, or use illegal substances. Clearly, social groups can sometimes have a negative influence in this regard when peer pressure and influence leads to poor or even dangerous health choices. However, group pressure and support can also lead people to engage in healthy behaviors as well. If you have ever tried to give up a bad habit, such as smoking, you probably realize just how important social support can be. If your social connections do not support you, it can make success much more difficult. If your friends and family offer support and encouragement, you may find achieving your goal much more possible (Crookes, Shelton, Tehranifarand , et al,2016).

## **CONCLUSION**

Social relationships can also help people to stay motivated when trying to achieve their goals. People who are trying to lose weight or quit smoking, for example, often find that it helps to connect with people who are actively trying to attain those same goals. Talking to people who are going through the same experience can often be a source of support, empathy, and motivation, and importance of having a strong social support, and social capital network when trying to reach our goals or deal with a crisis, experts frequently implore people to lean on their friends and family for support.

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