Social capital, loneliness and mental well-being in an ageing population

Fredrica Nyqvist

To understand individual health, there is an increasing recognition that one must look into the individual’s environment such as family and friendship relationships, relationships within more formal institutions and trust between individuals or into the level of social capital. Although social capital has been extensively studied during the last decade, there are still open issues in current empirical research. These concern for instance the measurement of the concept in different contexts, as well as the association between different types of social capital and different dimensions of health.

The present thesis addresses these questions. This research promotes the understanding of social capital and health in different population groups and contributes to the discussion on methodological issues in social capital and health research. The focus in present thesis is on social capital and health among people aged 85 and above and among Swedish- and Finnish-speaking in Finland.

Fredrica Nyqvist

Social Capital and Health
Variations, Associations and Challenges

Social capital (we-attitude)

features of social organization, such as networks, norms, and trust that facilitate action and co-operation for mutual benefits (Putnam, 1993)
To study the major social determinants of ageing related outcomes such as mental well-being, and specifically the role of social capital and loneliness in influencing this outcome
GERDA
Western Finland Mental Health Survey
COURAGE, ESS


ITALY (coordinator)
FINLAND
SPAIN
POLAND
WHO

www.courageproject.eu

A European Commission project funded within the Seventh Framework Programme Number HEALTH-F2-2009-223071
views & perspectives of the older adults
Study steps

- In collaboration with: Prof. Yngve Gustafson, Umeå University, Sweden; Prof. Mima Cattan, Northumbria University, UK
Thank you!