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

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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 levels 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.

This 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 is present thesis is on social capital and health among people aged 65 and above among Swedish- and Finish-speaking in Finland.
Social capital (we-attitude)

- Networks
- Local democracy
- Trust
- Citizenship
- Civic engagement
- Social cohesion
- Confidence
- Social relationships
features of social organization, such as networks, norms, and trust that facilitate action and co-operation for mutual benefits (Putnam, 1993)
Robert D. Putnam
GERDA

Western Finland Mental Health Survey

COURAGE
Social capital as a resource for mental well-being in older people: a systematic review (Nyqvist, Forsman, Giuntoli, Cattan; submitted)

Records identified through database searching (n = 972) and Additional records identified through other sources (n = 5) lead to Records after duplicates removed (n = 583). From this, Records screened (n = 583) are reduced to Records excluded (n = 336) and Full-text articles assessed for eligibility (n = 247), which leads to Full-text articles excluded due to ineligible design, language or wrong age group (<50 years) (n = 236). Finally, Studies included in qualitative synthesis (n = 11) are identified.


GERDA: Oldest old (85+)

Authors: Nyqvist, Cattan, Gustafson,

Aim: Social resources and loneliness among non-institutionalised and institutionalised oldest old

Final study sample, n=483
85: n=185 (38.3%)
90: n=177 (36.6%)
≥95: n=121 (25.1%)
54.2% of 890

The study sample stratified by type of residence
Own home: n=334
85: n=151 (45.2%)
90: n=130 (38.9%)
≥95: n=53 (15.9%)
Institution: n=149
85: n=34 (22.8%)
90: n=47 (31.5%)
≥95: n=68 (45.6%)
Western Finland Mental Health Survey

www.thl.fi/mthenkat
Social capital and mental well-being among older people: a comparison of employees and retirees

Authors: Nyqvist, Forsman, Cattan

Aim: to study the influence of socio-environmental elements on well-being in the life transition between working life and retirement

Sense of mastery: “the extent to which people sees themselves as being in control of the forces that importantly affect their lives” (Pearlin et al. 1981).
• ITALY (coordinator)
• FINLAND
• SPAIN
• POLAND
• WHO

www.courageproject.eu

A European Commission project funded within the Seventh Framework Programme Number HEALTH-F2-2009-223071
Project Aims

• to develop assessment instruments;

• to demonstrate the reliability and validity of the assessment instruments;

• to demonstrate substantial innovations in ageing survey methodology;

• to provide cross-population analysis and a baseline for longitudinal data collection
European Social Survey (ESS): Finland, Poland, Spain (2008/2009)

Authors: Koutsogeorgou, Nyqvist, Nygård, Cerniauskaite, Quintas, Raggi, Leonardi

Aim: to study the association between aspects of social capital and health by using multilevel analyses

Level 2: countries
Level 1: individuals

http://www.europeansocialsurvey.org
Thank you!