

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

Fredrica Nyqvist

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NATIONAL INSTITUTE FOR HEALTH AND WELFARE, FINLAND

To understand individual health, there is an increasing recognition that one must look into the individuals' 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-speakers in Finland.

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Fredrica Nyqvist: Social Capital and Health

2009

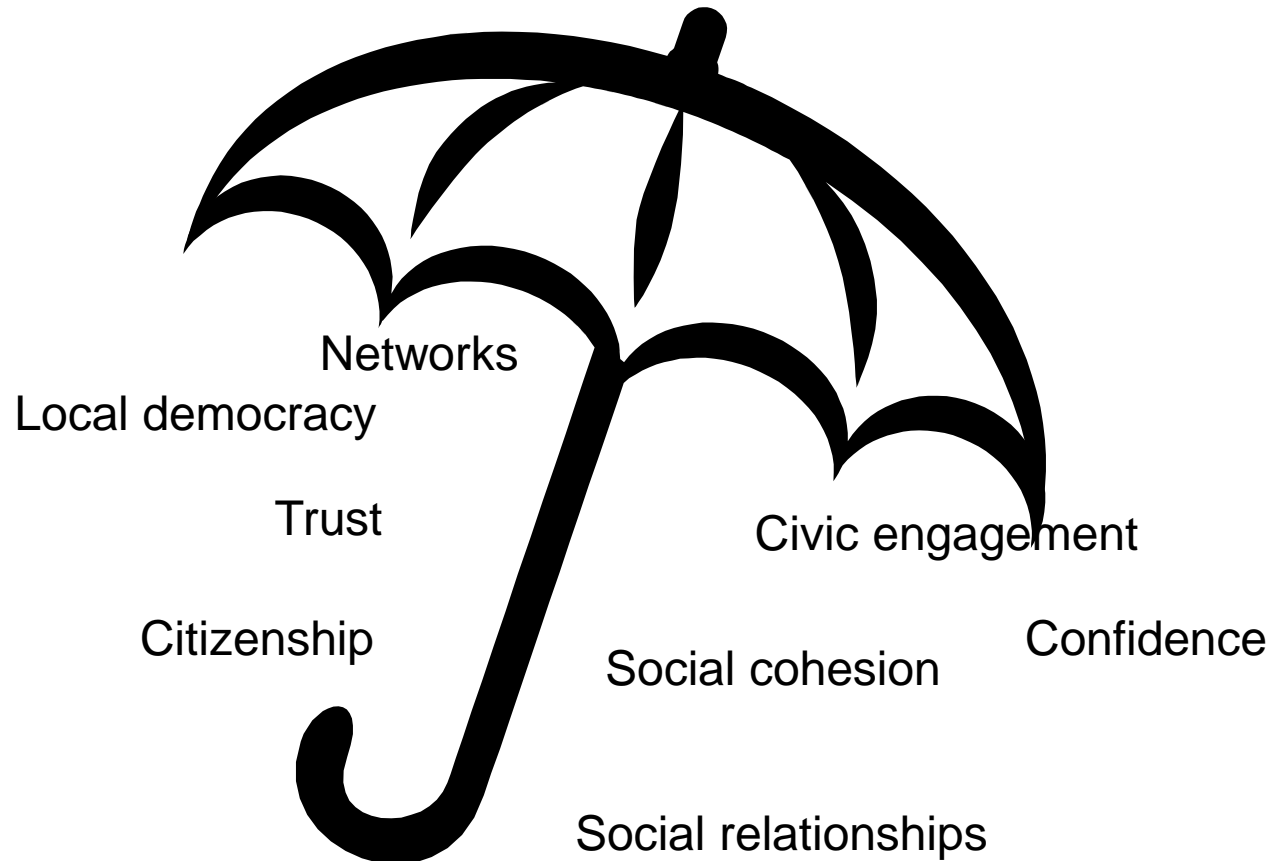
Social Capital and Health

Variations, Associations and Challenges



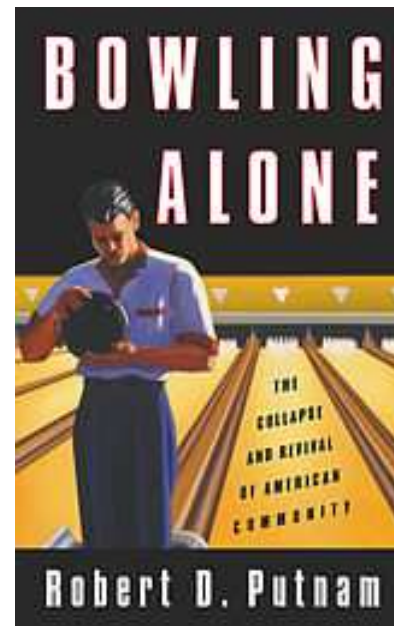
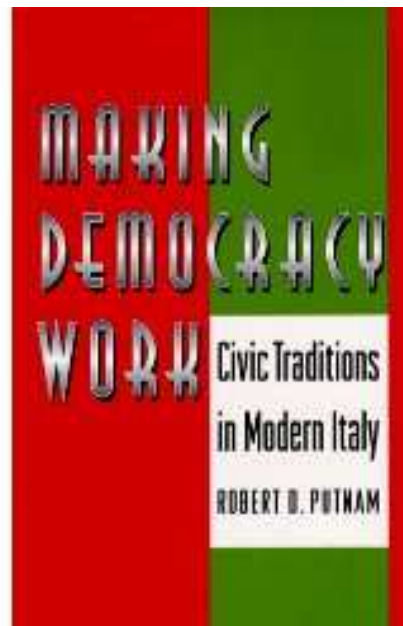
Fredrica Nyqvist

Social capital (we-attitude)



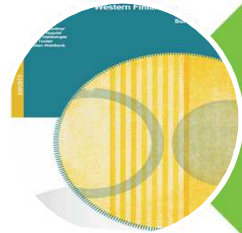
features of social organization, such as networks, norms, and trust that facilitate action and co-operation for mutual benefits (Putnam, 1993)

Robert D. Putnam





GERDA

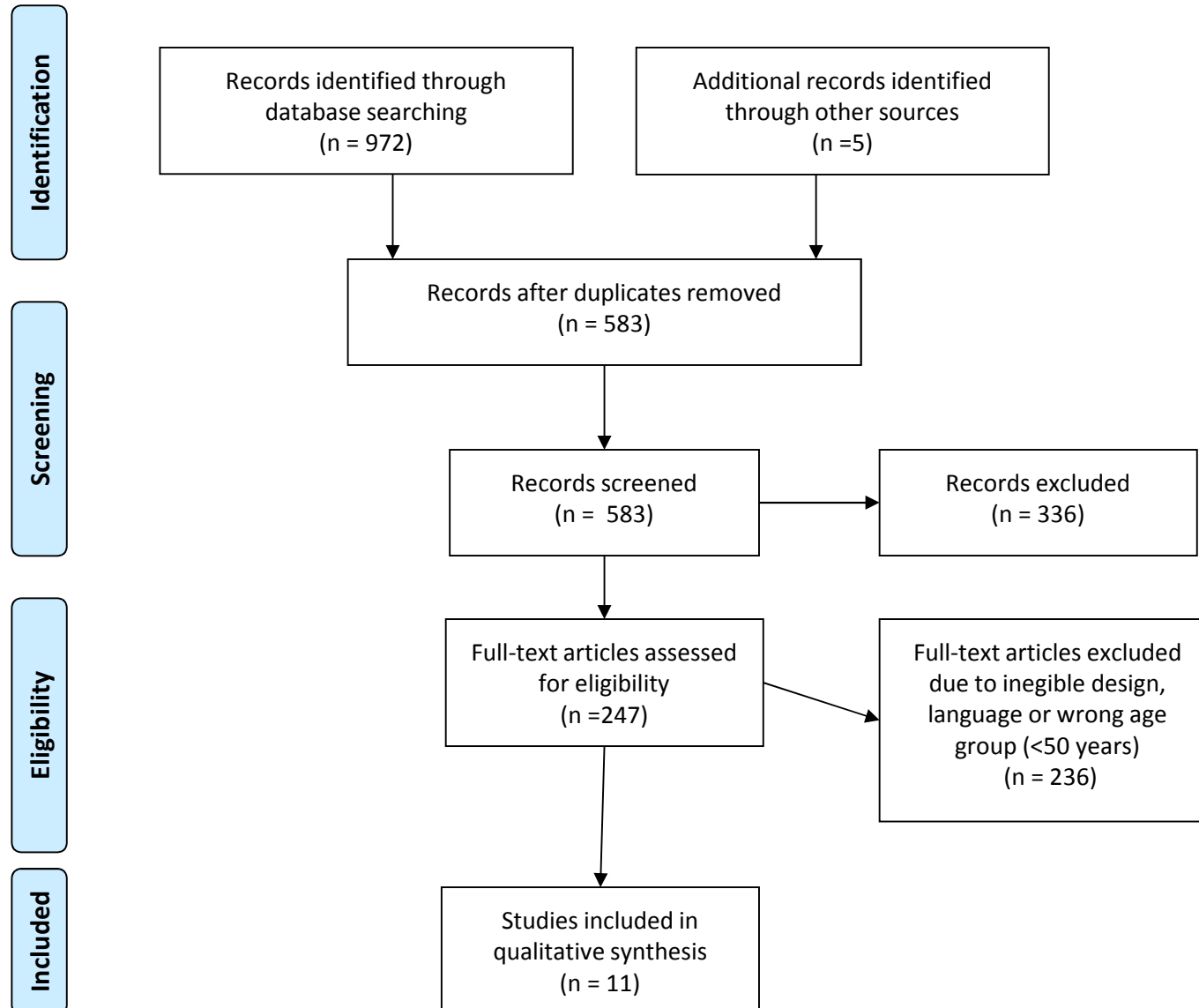


Western Finland
Mental Health Survey



COURAGE

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



GERDA

GErontological Research Database and Resource Centre



<http://web.novia.fi/gerda>

Nyqvist, F., Nygård, M., & Jakobsson, G. (i2012). Social participation, interpersonal trust and health: A study of 65- and 75-year-olds in western Finland. *Scandinavian Journal of Public Health*. doi:10.1177/1403494812453887

Nyqvist, F., & Nygård, M. (2012). Is the association between social capital and health robust across Nordic regions? Evidence from a cross-sectional study of older adults. *International Journal of Social Welfare*. doi: 10.1111/j.1468-2397.2011.00864.x

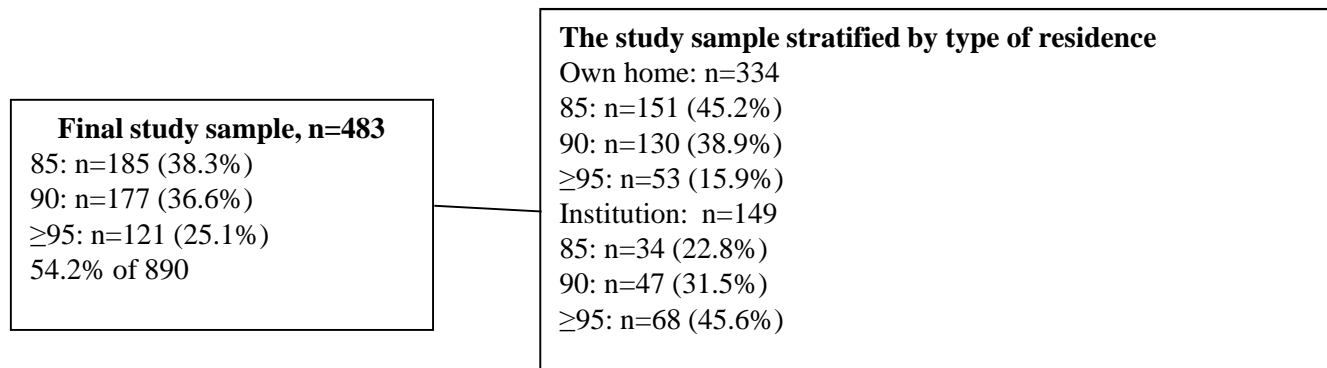
Forsman, A.K, **Nyqvist, F.,** Schierenbeck, I., Gustafson, Y., & Wahlbeck, K. (2012) Structural and cognitive social capital and depression among older adults in two Nordic regions. *Aging & Mental Health*. doi: 10.1080/13607863.2012.667784

GERDA: Oldest old (85+)

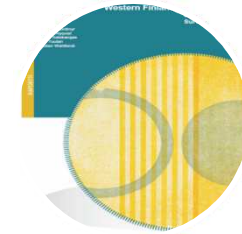


Authors: Nyqvist, Cattan, Gustafson,

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

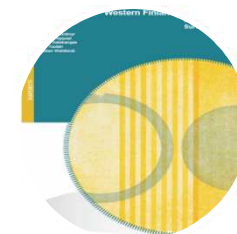


Western Finland Mental Health Survey



www.thl.fi/mthenkat

Social capital and mental well-being among older people: a comparison of employees and retirees



Authors: Nyqvist, Forsman, Cattan

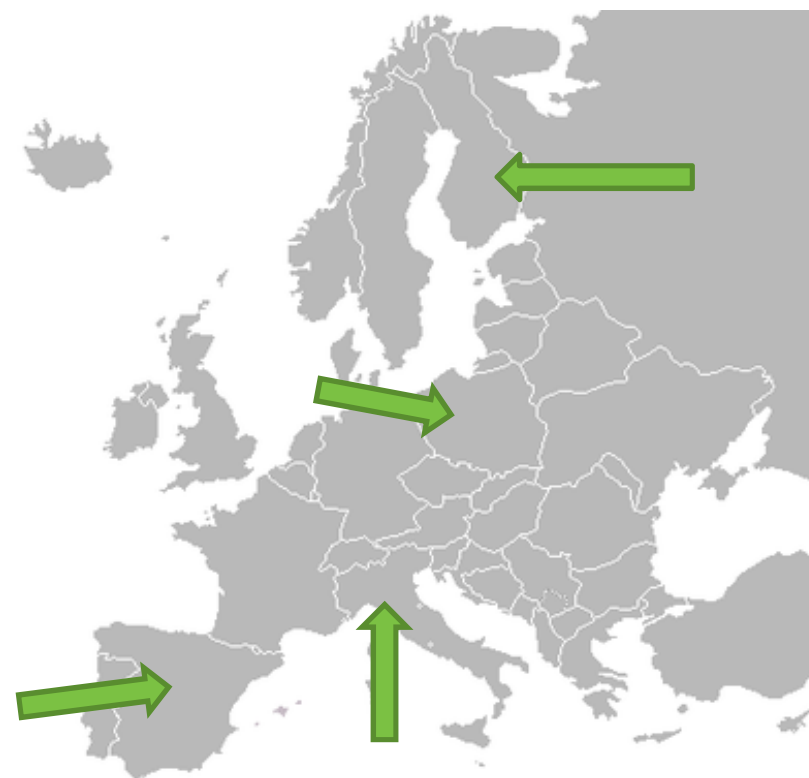
Aim: to study the influence of socio-environmental elements on well-being in the life transition between working life and retirement

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



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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>



Anna Forsman,
Finland

Julie Norstrand, USA

Mikael Nygård,
Finland

Malin Eriksson,
Sweden

Tine Poulsen, Denmark

Fredrica Nyqvist, Finland

Thank you!

