



Sociology of Education

Synthesis of Studies Related to the Social Health

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Purpose: Considering the role and importance of social health in improving the condition of societies, the current research was conducted with the aim of synthesis studies related to the social health.

Methodology: This study in terms of purpose was applied and in terms of implementation method was qualitative according to the synthesis research approach. The research population was all the articles and theses related to the research field (social health) from 2010 to 2022 years in reliable domestic and foreign databases with number of 94 cases, which according to the inclusion criteria number of 20 cases were selected as a sample with using the purposeful sampling method. To collect the data was used note-taking method which their reliability with using Cohen's kappa coefficient method was calculated 0.746, and for their analysis was used the coding method.

Findings: The findings of this study showed that the social health had 59 sub categories in 22 main categories. The main categories were including social support, religiosity, social capital, social class, social security, social trust, communication skills, quality of life, social networks, lifestyle, leisure time, social actualization, social cohesion, social acceptance, social participation, socio-economic base, openness, sense of anomie, demographic variables, life satisfaction, social commitment and social responsibility.

Conclusion: According to the identified main and sub categories in this research, specialists and planners can take an effective step towards improving people's social health.



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Purpose: Today, health does not only mean a biological and medical concept that can be improved with therapeutic processes including biological and medical interventions, but it is a multidimensional phenomenon that is affected by social, economic, political, environmental, etc. various factors. The modern view of health is a holistic model and view that based on it health includes different dimensions of physical, emotional, intellectual, spiritual, psychological and social and the relationship between them. As a result, human health more than medical interventions depends on social factors, facilities and conditions in society and economy. Health promotion is the process of empowering people to increase control and improve health in relation to others, and for this purpose, coordination between two institutions of family and school is necessary to have a healthy society. In the past, the social dimension of health was less discussed than other dimensions of health, i.e. physical and mental health, but today social health as one of the dimensions of health, along with physical, mental and spiritual health has gained a wide role and importance; So that health no longer means the absence of physical and mental illness, but also emphasizes how a person functions in social relationships. Social health as one of the dimensions of health refers to the ability to perform social roles effectively and efficiently without harming others. Belloc and Breslow were the first researchers who focused on social health in 1972 year, and based on their opinion, social health is defined by the value of people's participation in society. They argued that health is not only the absence of symptoms, disease and functional capabilities of individual, but is the dimension of individual well-being. Paying attention to social health is perhaps more important than other aspects, including physical health. Because factors that endanger the physical health have limited effects and consequences; On the other hand, factors that threaten social health continuously affect relationships with others and involve a group of people. Social health means a person's perception of the quality of communication with others, relatives and social groups that a person is a member of them, and includes the person's internal responses, feelings, thoughts and behavior which indicate the person's satisfaction and dissatisfaction from life and social environment. The mentioned concept mostly implies having happiness and satisfaction and expresses the positive aspect of health. Social health refers to a person's perception, evaluation and report of the quality of his relationship with others, and in this concept, it means a person's understanding of the community as a set of meaningful, understandable, with potential power for growth and actualization along with this feeling that he belongs to the community and He considers himself to contribute to the community and its progress. This structure plays an important role in the balance of social life and provides the basis for social development. Therefore, since social health is a concept that appears in the context of society and relationships between people in social networks, it can be said that the social, economic, cultural and political conditions of society play an important role in the its formation. People with higher social health can cope with the challenges caused by playing the main social roles, they live in families with more stability and cohesion, they participate more in social activities, they observe social norms more and they show more favorable and adaptive social behaviors. Considering the role and importance of social health in improving the condition of societies, the current research was conducted with the aim of synthesis studies related to the social health.

Methodology: This study in terms of purpose was applied and in terms of implementation method was qualitative according to the synthesis research approach. The difference between synthesis researches and other researches is that the statistical population in these researches is the previous researches and the research unit is each of the previous independent researches. There are many methods for synthesis research and in this current research was used the seven-step model of Sandelowski and Barroso (2007) which is the most used for meta synthesis. The meta synthesis method is one of the types of meta-study methods that uses the information of findings extracted from previous studies in this field as a kind of qualitative study. The researcher in the meta synthesis method the secondary data the results of other studies to respond to the results of his study combines with other and obtains new results. The research population was all the articles and theses related to the research field (social health) from 2010 to 2022 years in reliable domestic and foreign databases with number of 94 cases, which according to the inclusion criteria number of 20 cases were selected as a sample with using the purposeful sampling method. To collect the data was used note-taking method which their reliability with using Cohen's kappa coefficient method was calculated 0.746, and for their analysis was used the coding method.

Findings: The findings of this study showed that the social health had 59 sub categories in 22 main categories. The main categories were including social support, religiosity, social capital, social class, social security, social trust, communication skills, quality of life, social networks, lifestyle, leisure time, social actualization, social cohesion, social acceptance, social

participation, socio-economic base, openness, sense of anomie, demographic variables, life satisfaction, social commitment and social responsibility.

Conclusion: In general, the results of this study indicate the existence of 59 sub categories and 22 main categories, for social health including social support, religiosity, social capital, social class, social security, social trust, communication skills, quality of life, social networks, lifestyle, leisure time, social actualization, social cohesion, social acceptance, social participation, socio-economic base, openness, sense of anomie, demographic variables, life satisfaction, social commitment and social responsibility. According to the identified main and sub categories in this research, specialists and planners can take an effective step towards improving people's social health. According to the findings of this study, in order to improve social health, it is possible to teach people about the identified main and sub categories or to provide the context for their realization in people.