

Discussing the Relationship Between Social Capital and Health Related Life Quality of Physical Education Instructors of PNU University of Kermanshah Province

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Abstract: The purpose of the present study is to investigate the relation between social capital and health related quality of life among physical education instructors of PNU university of Kermanshah Province. This study is a correlative research and its population includes the entire physical education instructors of PNU university of Kermanshah as 150 individuals. According to Morgan Chart, a number of 108 individuals were selected as the sample of study through a simple random sampling method. For realization of research goals two standard questionnaires including social capital (Onyx and Bolen) and Persian version of life quality questionnaire of WHO (World Health Organization) were used. Validity of both questionnaires was assessed by 15 experts and also their reliabilities were estimated respectively as 0.83 and 81%. For the purpose of data analyses, both descriptive and inferential statistics were used. In terms of inferential statistics, K-S test was used for determination of normality of data distributions and also Pearson's correlation coefficient test was used for determination of the relation between components. Furthermore, multivariate regression analysis was also performed for determination of each variable's share in anticipation. Entire statistical operations were performed using the SPSS Software. Results of the study indicated that a significant and meaningful relation exists between social capital and health related quality of life among instructors of physical education. Additionally, regression analysis results have indicated that social capital is able to anticipate 41.2% of changes occurred in quality of life among physical education instructors. However, the share of communicational aspect is more than other aspects. Overall, it can be stated that through establishment and empowerment of social institutions, one can establish a structure for improvement of physical education instructor's social capital. In fact in such institution, everybody is able to have mutual identities and also contexts for group cooperation are improved which overall, lead to improved quality of life among instructors.

Key words: Social capital, quality of life, physical education instructors, physical education, instructors

INTRODUCTION

Social capital is a term which has recently been introduced to the domain of social sciences. However, many extensive researches have been performed regarding its process and finding effective factors on it. Social capital includes three essential components namely as social trust, social solidarity and social participation. In fact social capital expands these three components and also has a firm mutual relation with humane, economic and physical capitals and facilitates economic development of the society as well as helping its growth (Baker, 2002). From the view of Pierre Bourdieu, social capital is a potential source resulted from more or less institutionalized persistent networks, mutual familiarity and or in other words, participation in a group that

provides all its' participants with group capital support (Niko and Ashlaqi, 2008). Cohen and Prosaic believed that social capital includes trust, mutual recognition, mutual values and those behaviors which bound participants of humane networks with each other. Not unlike other sorts of capital, social capital is generative and is also valuable in terms of facilitation of certain actions. However, for other certain actions, it may be of no use or even harmful (Noghaani *et al.*, 2008). Establishment of social capital as an organizational competence requires providing a context in which people are persuaded towards activity in methods which result in creation, maintenance and expansion of the network. In this regard, expansion of intrapersonal communications and interactions is a necessary condition. In fact, by being adhered to moralities, supporting sustainable development, feeling a

sense of social responsibility and feeling united with the society; managers are able to have a determining role in creation and development of social capital. Social capital plays a crucially essential role in terms of creating solidarity between human resources and organizations. In other words, in absence of social capital, other capitals lose their efficiency as well and without it, human resources are not able to proceed through carriers of development and evolution (Alvani and Taghavi, 2003). Discussing theories existing in the literature of the subject shows that level of social capital and its related variables including trust and collaboration are effective on quality of life among participants of a society. Social capitals are sources which are made available individually and from within the business networks. These sources include information, thoughts, guidelines, business opportunities, financial capitals, power, influence, emotional support, benevolence, trust and collaboration. In fact these form a purposive system and guide it towards obtaining a goal (Nedjat *et al.*, 2010). Coleman believes that social capital is not a single thing, it's rather different things which all have two features in common: first of all, all of them include an aspect of social structure and second they all facilitate certain actions of people inside the structure. From the view of Putnam (2000), social capital is referred to as a set of linear communications and different dimensions of social organizations such as trust, norms and networks which create and facilitate synchronized equipment, mutual benefits, efficiency of community and resultant quality of life. As Zhao *et al.* (2009) has interpreted, the structure of life quality is to some extent ambiguous. On the one hand, quality of personal life is considered as a perception of manner of the individual's living. From a more general perspective, quality of life opportunities regarding a factor; includes situations such as surrounding environment or culture in a certain community. Quality of life is a structure which despite materialistic dimensions includes other supernal dimensions as well. One of these supernal dimensions is exhilaration in personal and social scales. Overall, expansion and facilitation of communications network and social connections improves individual's level of access to social and economic sources. In their different shapes, these connections and communications work as a kind of adhesive and results in connection of elements of a society and consequently, facilitates group actions such as collaboration, social support and etc (Sharifian and Fotovat, 2011). Existence of group actions and problem solving in groups results in improved implication of social resources as well as reduction of costs and improvement of efficiency of economic and social plans. Therefore, it can be claimed that life quality and its aspects are

influenced by quality of social connections and communications (Taherian and Kafashi, 2011). Previous researches regarding health have shown that existence of social capital in social networks and communities maintains health. People who live in social networks enriched with support, public trust, information and norms; have access to sources which have positive effects on their health (Kim and Kawachi, 2007). For example, a patient suffering from cancer can obtain his or her required money or mental support. Social capital promotes public trust and participation. These factors can prevent people from smoking and drinking alcoholic drinks which are both harmful for human health. On the other hand, social capital can also be harmful for human health as well. Although, only a few researches have elaborated on social capital in criminal communities but even this limited amount of information indicates that social capital has negative effects in shattered communities. Perverted companions persuade people towards perverted behaviors through giving desirable explanations and learning opportunities provided by network norms. However, in the very same community, replacing and reforming norms can prove effective (Alireza *et al.*, 2010). The system of education is consisted of different elements one of which is instructors and teachers. Quality of life and social capital of instructors can have essential roles in terms of realization of higher goals of educational system. On the other hand, since social capital can be the context for a democratic society (Putnam, 2000); recognition of features of social capital among instructors can somehow determine their view towards development of society and its components. On this basis the main goal of the present study is to investigate the type of relation between social capital and health related quality of life among instructors of physical education in PNU University of Kermanshah Province.

MATERIALS AND METHODS

The present study is a descriptive-correlative study and is performed through field studies. The population of this research includes the entire instructors of physical education in PNU University of Kermanshah Province as 150 individuals during 2016. Among this population, a number of 108 individuals were selected as the sample of study through the application of Morgan chart and a simple random sampling method. For realization of research goals two standard questionnaires including social capital and Persian version of life quality questionnaire of WHO (World Health Organization) were used. Validity of both questionnaires was assessed by 15 experts and also their reliabilities were estimated

respectively as 0.83 and 81%. For the purpose of data analyses, both descriptive and inferential statistics were used. In terms of inferential statistics, K-S test was used for determination of normality of data distributions and also Pearson's correlation coefficient test was used for determination of the relation between components. Furthermore, multivariate regression analysis was also performed for determination of each variable's share in anticipation. Entire statistical operations were performed using the SPSS Software.

RESULTS AND DISCUSSION

Research findings indicated that 59% of the sample size, were males; 25% were aged between 36 and 40 year; 64% were married, 68.4% held a B.A; 28.4% had a working experience of between 15-18 year and also 65.2% were contractually employed Table 1.

With respect to results of the K-S test, and as it can be seen in Table 1, data distribution is statistically normal.

As you can see in above Table 2 with respect to a person correlation coefficient of 0.485 and significance level of 0.0001; the null hypothesis is denied and instead, the research hypothesis is accepted. Therefore, there exists a significant and meaningful relation between the component of social capital and health related quality of life among physical education instructors.

As you can see in Table 3 with respect to the obtained Pearson's correlation coefficient values of 0.29, 0.38, 0.51 and 0.44, respectively for physical health, mental health, social relation and environmental health and considering the significance level obtained, the null hypothesis is denied and instead the research hypothesis is accepted. Therefore there exists a significant and meaningful relation between communicational aspect of social capital and aspects of life quality of instructors of physical education.

As you can see in Table 4, considering the obtained Pearson's correlation coefficient values of 0.35, 0.31, 0.41 and 0.38 for respectively physical health, mental health, social relations and environmental health and the obtained significance value, the null hypothesis is denied and instead the research hypothesis is accepted. Therefore there exists a significant and meaningful relation between structural aspect of social capital and dimensions of quality of life among instructors of physical education.

As you can see in Table 5, considering the obtained Pearson's correlation coefficient values of 0.26, 0.36, 0.33 and 0.41 for respectively physical health, mental health, social relations and environmental health and the obtained significance value, the null hypothesis is denied and instead the research hypothesis is accepted.

Therefore there exists a significant and meaningful relation between cognitive aspect of social capital and dimensions of quality of life among instructors of physical education.

Table 6, shows the summary of the regression model. By taking a look at the table, it turns out that the coefficient of multiple regressions between dimensions of social capital and quality of life is equal to $R^2 = 0.379$. This value shows that dimensions of social capital have been able to anticipate almost 0.38 of the total variance of changes of quality. For a more significant analysis of this value, refer to Table 6.

Table 1: Results of K-S test

Variables	Z-value	Sig.
Social capital	1.352	0.098
Life quality	0.895	0.429

Table 2: Correlation between variables of social capital and life quality

Variables	Correlation coefficient (R)	Number (N)	Sig.
Social capital	0.485	150	0.001
Life quality	150.000		

Table 3: Correlation between communicational aspect and dimensions of quality of life

Variable	Statistical indices	Quality of life	Environmental health	Community relations	Mental health	Physical health
	R	0.480	0.440	0.510	0.380	0.290
	P	0.001	0.001	0.001	0.001	0.001
Communicational	Number (N)	150.000	150.000	150.000	150.000	150.000

Table 4: Correlation between structural variables and dimensions of life quality

Variable	Statistical indices	Quality of life	Environmental health	Community relations	Mental health	Physical health
	R	0.390	0.380	0.410	0.310	0.350
	P	0.001	0.001	0.001	0.001	0.001
Structural	Number (N)	150.000	150.000	150.000	150.000	150.000

Table 5: Correlation between cognitive variables and dimensions of life quality

Variable	Statistical indices	Quality of life	Environmental health	Community relations	Mental health	Physical health
	R	0.430	0.410	0.330	0.360	0.280
	P	0.001	0.001	0.001	0.001	0.001
Cognitive	Number (N)	150.000	150.000	150.000	150.000	150.000

CONCLUSION

The purpose of the present study was to investigate the relation between social capital and health related quality of life among instructors of physical education of PNU University of Kermanshah Province. The first hypothesis of research elaborated on investigation of the relationship between communicational aspect of social capital and quality of life among physical education instructors. With respect to obtained Spearman correlation coefficients of 44, 38, 51 and 44% for respectively physical health, mental health, social relations and environmental health; it can be seen that a significant and meaningful relation holds and exists between communicational aspect of social capital and dimensions of quality of life among physical education instructors on PNU University of Kermanshah Province. These dimensions point to the quality of interactions and connections between participants of a group. This dimension includes indices including trust and mutual trust. As the communication between the instructor and participants of the board is increased and improved, his or her social health level is promoted. Positive interpersonal relations are essential for individual's health. Fujisawa *et al.* (2009) defined communicational skills as the apparatus of communication between the person and environment. They also believe that this apparatus is used as an essential segment of mental health for initiation and maintenance of constructive and healthy relations with peers. Therefore, a person with high communicational skill can obtain higher levels of social health and life quality through establishment of a constructive and healthy relation with other participants of the society. From the view of most researchers, social capital and trust are effective on participation and improvement of quality of human lives. Trust facilitates collaboration. As the level of trust in a society rises higher, there will be more possibilities for collaboration as well. On the other hand, collaboration itself promotes trust. Trust is an essential component of empowerment of collaboration and is not a sub-conscious factor. Trust, collaboration, general awareness, mutual relations, commitment and responsiveness can be considered as social components. In fact, absence of each of these factors or components results in reduced collaboration and reduced access to information as well. These in turn result in occurrence of issues and problems such as increased absences of teachers, reduced job satisfaction, reduced motivation, quitting and ultimately, reduced effectiveness and efficiency. Results of this section of our study are in consistence with results obtained by Fujisawa *et al.* (2009) and Drukker *et al.* (2003).

Second hypothesis of our research elaborated on the relation between structural aspect of social capital and health related quality of life among physical education instructors. With respect to obtained Spearman correlation coefficients of 35, 31, 41 and 38% for respectively physical health, mental health, social relations and environmental health; it can be seen that a significant and meaningful relation holds and exists between structural aspect of social capital and dimensions of quality of life among physical education instructors on PNU University of Kermanshah Province. The structural aspect includes the pattern of connections between the participants of the group and combined organization of these participants. The hierarchy of network, congestion and homogeneity of the group are among major indices of structural dimension. The structural dimension is related to managerial structures and processes including responsiveness of managers regarding their performance, transparency in decision making, level of decision making and taking actions based on teamwork. From the view of Putnam, social capital is referred to as a set of linear relations and different dimensions of social organizations such as trust, norms and networks. These factors create and facilitate synchronized equipment, mutual benefits, societal efficiency and resultantly quality of life. Therefore, programs aimed at empowerment of instructors, counting on them in decision makings and consistency between personal and organizational goals result in increased job satisfaction among instructors and ultimately, it will be accompanied by improved quality of life. Results of this section are consistent with results obtained by Noll (2002) and Nejat *et al.* (2006). Null believes that opposing being put away empowerment of individuals are the most important factors in terms of improvement of quality of life through empowerment of social solidarity.

Third hypothesis of our research elaborated on the relation between cognitive aspect of social capital and health related quality of life among physical education instructors. With respect to obtained Spearman correlation coefficients of 28, 36, 33 and 41% for respectively physical health, mental health, social relations and environmental health; it can be seen that a significant and meaningful relation holds and exists between cognitive aspect of social capital and dimensions of quality of life among physical education instructors on PNU University of Kermanshah Province. The main axis of this dimension is recognition. In fact, by using a common language, it creates a common perception of values and goals for the participants of the network. In schools which are of higher levels of participation, commitment and trust, instructors put less time on

protecting themselves from getting dissolved in routine interactions. They also process and share more information at higher confidence and trust levels. These result in improved job satisfaction for an instructor. Social capital can be simply defined as existence of a certain set of norms and values which is shared between the participants of a group between whom collaboration is common. Mere participation in values and norms does not lead to production of social capital because these values may be negative ones. On the other hand, life quality is a structure which despite its materialistic dimensions includes other supernal dimensions as well. One of these supernal dimensions is exhilaration in personal and social scales. Overall, expansion and facilitation of communications network and social connections improves individual's level of access to social and economic sources. In their different shapes, these connections and communications researcher as an adhesive and result in adherence and connection of participants of a society with each other. Results of this section of our study are consistent with results obtained by Majid *et al.* (2006); Mousavi (2006) and Ghaffari and Ownegh (2011); Sharifian and Fotovat, (2011) and Kim and Kawachi (2007). At the end we have elaborated on the issue that to what extent the dimensions of social capital are able to anticipate quality of life among instructors of physical education of PNU University of Kermanshah province. Obtained results indicated that social capital is able to anticipate quality of life for approximately 0.485 units. In this regard, communication has the highest share. Results of this section are consistent with results obtained by Roslan *et al.* (2010). These researchers have defined social capital as a set of relations, interactions and social networks which exist among participants and result in warming of relations and facilitation of teamwork. As explanation of these results, it can be stated that education system is a universal unit which affects behaviors and both explicit and implicit norms in terms of morals, politics, economy, religion, rights, society and culture of the community. In fact the main dynamic nature and main goal of it is promotion of creativity spirit, efflorescence of talents, and improvement of public awareness level and determination of strategies for obtaining development, prosperity and growth. Instructors have a very essential role in terms of growth and social development of a society. Quality of their lives is a criterion for organizational success and in most cases, it is considered as an effective factor in terms of successful teaching and motivation of students. However, with respect to the nature of career of physical education instructors, they may have different levels of life quality because this element is influenced by several factors. One

of these factors is social capital. In general, in every group or society, level of social capital indicates level of trust between participants. In addition, existence of desirable and acceptable amounts of social capital result in facilitation of social actions in a way that, in critical situations, social capital can be considered as the most basic source of resolving problems. The point which is transferred by the social capital and its concept is that investing in social relations as well as increased information sharing are aimed at facilitation of team actions and improvement of trust in a society. Therefore, social relations are considered as the main context for social capital. On this basis if instructors are successful in terms of establishment of mutual relation with other participants of the organization, they will benefit from a higher life quality.

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