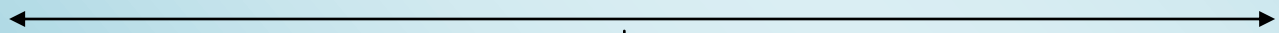


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A Study of Effective Elements on Social Health of Girl and Boy High School Students in the City of Khalkhal Focusing on Theories of Social Cognition

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ABSTRACT

Social health is a function of different social and cultural elements. By entering high school, students get into a new environment which is different from their previous social environments. During their studies, they get ready to face problems and difficulties that can damage their social health. This survey aims at studying effective elements on social health of girl and boy high school students in the city of Khalkhal while it focuses on social cognition. Hypotheses of the survey have been tested and taken from different theories of social health, social network, social capital and social cognition. Methodology of analyzing and collecting data in this study is a combination of predicative and survey methods. Statistical society of the survey is 300 high school students who have been surveyed with the tools of social health questionnaires with appropriate sampling methods. Social health of students was achieved as approximately normally distributed in the medium level. It was proved that there is meaningful statistical relationship between social actualization, social compatibility, network relationship and social compliance of students with the level of their social health. In the regression analysis, the introduced variables in the model were capable to specify approximately 44% of changes in the variable of students' social health.

Key terms: social health, social cognition, social actualization, network relationships, social compliance.

1. STATEMENT OF THE PROBLEM

One of the axial points in evaluation of different societies is social health of that society. It plays an important role to guarantee dynamism and productivity of every society. Since the important condition for growth and development of every society is existence of informed, productive and creative individuals. Growth and reinforcement of development motivation creates energy and properly directs the individuals' behaviors, interests and needs on the way to reach precious and fixed goals; and since social health has an important role in functioning of all individual, domestic and social aspects, it is natural that correct and comprehensive planning is totally essential to provide social health for students. Conditions and situations of school environments as well as different elements such as influence of friends, regulations of community life, emotional failures, education problems, etc. reduce the resistance threshold of this class of students in the society. In such conditions, increase of compatibility and highest capabilities of individual and social resistance are achieved through training individual and social skills.

An adolescent "who lacks enough mental and social health cannot get along with the challenges of playing social roles and cannot adapt himself to social norms". On the other hand, self-efficacy, as the most important factor, adolescents' resistance against challenges and conflicts could be subject to special changes in this period. Identifying effective networks on social health of students makes it possible to predict and plan so that mental health could be provided for them. On this basis, planners of developed societies try to elevate the level of their people's social health. One of the ways to elevate social health is to identify elements which are effective on increase of this aspect of health. Nowadays, schools are facing different challenges such as fast growth in quantity, explosion of information especially in sciences, change of attitudes towards schools in the light of socio-political changes, and emotional, mental as well as family problems, etc. Interaction of these elements and their effects on schools and students make the responsibility of managers, the people in charge and the related organizations more difficult. Unfortunately, during recent years, emotional, mental and social problems have had an increasing phase so much that abnormal phenomena such as suicide, tendency toward drugs, dropping out of education, etc. have influenced development of schools. (Ghanbarzade, 2006: 116) Keyes believes that because there are no tools to measure social health, this concept has remained a political and social argument in levels higher than the individual level. Hence, after compiling an index for measuring social health in the individual aspect, he talks about aspects of social health. Aspects of social health include a positive spectrum of individual's evaluation about his experiences in the society. One of the basic elements of sustainable and multilateral development is paying specific attention to the young generation, especially university and high school students

as the thinking class that owns ideas. Developing talents and capabilities of university and high schools students in accordance with the needs and developments of the society can lay the foundations for meeting the defined goals of a nation to attain their defined ideals. There is no doubt that different and variable factors affect students and schools both quantitatively and qualitatively.

1. KEYES

Cognitive theories show the fact that the learner is the main factor that gains information. A group of psychologists believe that all our abilities like cognition, ability to recall, reasoning, etc. have been organized in a complicated system called recognition. Followers of cognitive theories believe that human individuals can explain and interpret information, solve life problems and complications by the use of their own wisdom, predict mental events and issues, and organize measured and intangible experiences. In order to stand against these problems, it is unavoidable to identify issues scientifically and precisely according to findings of surveys and studies carried out by thinkers and scholars. The objective of this study is to find out features of a healthy society and present a localized definition of social health and cognition focusing on social theories and presenting acceptable indexes for it. In this way, there is the possibility to evaluate the present situation of the city of Khalkhal, compare inter-city and outer-city conditions, determine processes of social health, and evaluate interferences with the criterion of social health so that the effective elements on Social health of high school students in the city of Khalkhal could be identified. Considering the importance of providing social health for students, the question to be answered in this survey is that: what elements have been effective on social health of girl and boy high school students in the city of Khalkhal?

2. THEORETICAL PRINCIPLES AND BACKGROUND

2.1 Definition of Social Health

The concept of social health is a concept that has been considered along with physical and mental aspects of health. The social aspect studies it by centralizing the individual. For the first time, Blue and Berslu discussed the aspect of social health in a survey in 1972. They equalized the concept of social health with the degree of function of society members and built the index of social health. They tried to achieve the value of individual's activity and function in the society by asking different questions about physical, mental and social aspects of individual health. Some years later, Donald et al stated this concept in 1978 and argued that health is beyond reporting illness symptoms, degree of illness, and functional capabilities of the individual. They believed that individual

welfare and comfort is a different issue from mental and physical health. According to their understanding, social health is, in fact, considered as partly a principle of healthy situation and can be a function of it. Measuring the content of social health was initially carried out through concentrating on the individual and in relation to interactions between individuals, for example, meeting friends and social participation like membership in groups; and it was included in both definitions i.e. measuring projective principles (for example friends) and subjective principles (quality of friendly relations). After 1995, in addition to its general attitude toward quality of health among all individuals, in industrialized countries, the field of social health has attained a specific attitude in two aspects of mental and social health. A group of experts have been trying to connect the general goals of the concept "health for all" to social principles of health in its general concept by rationalizing the concept of elevating health. They believe that elevating health, in fact, includes the principles of social action to develop the level of health. Elevating level of health on this basis could be achieved in two ways. One of them is developing healthy ways of life and social action for health, and the other one is providing conditions that make it possible to live healthy lives.

Excessive use of the illness model in the past, in which health was defined as lack of signs and symptoms of physical and mental problems, led to redefining health in different ways and measuring it with various methods. Some of these methods are: personal statement, changes in the immunity function of body, appearance of external symptoms of illness, medical diagnosis, etc. (Peterson and Basio, 1991)

3. RESEARCH BACKGROUND

A) Foreign Studies

Blanco and Dize (2007) in an article titled 'social order and mental health focusing on social health' tried "to study the relationship between aspects of social health as the index of social order with other aspects of health like depression, self-esteem, conceived health, deprivation, level of anomie and reciprocal social actions, positive and negative feelings, and satisfaction. (Blanco and Dize, 2007: 61-71)

Cicognani et al (2007), in a study, tried "to evaluate the relationship between social participation, concept of society among Italian, American and Iranian university students, and the influence of these two variables on social health". (Cicognani et al, 2007: 97-110)

B) Domestic Studies

Gholam Reza Garmarudi and Maryam-us-Sadat Vahdani Nia (2006) in a survey titled 'social health; a study of the level of students' social skills' in the Seasonal of Payesh, have carried out a descriptive-analytical study section

ally in order to study the level of social skills of girl and boy students in the secondary and high schools of the city of Karaj. In evaluating the analytical relationships, the average value of social skills had meaningful relationship with gender and school of students (P. value was respectively 002.0 and 04.0). Also educational performance of students (absence from school and average mark) with sadak score of social skills showed meaningful relationship.

Hadi Abdullah Tabar et al (2007) in a survey titled (a study of social health of university students) studied social health of university students in the University of Welfare and Rehabilitation and its relationship with social demographic variables. The results showed that "the average of social health in students of master's degree (72.22) was higher than its value in students of bachelor's degree (66.42).

KhajeDadi et al showed in an article that "there is meaningful relationship between social capital and both physical and mental aspects of health". (KhajeDadi et al, 2008: 83)

4. RESEARCH HYPOTHESES

1. There is relationship between sources of students' social support and their social health.
2. There is relationship between level of students' network relationships and their social health.
3. There is meaningful relationship between social solidarity and level of social health.
4. There is meaningful relationship between social compliance and level of social health.
5. There is meaningful relationship between social participation and level of social health.
6. There is meaningful relationship between social actualization and level of social health.
7. There is meaningful relationship between social compatibility and level of social health.

5. RESEARCH METHODOLOGY

Regarding its functional objective and on the basis of data collection, this study is descriptive correlative. It is functional because the results are applied to improve social health if high school students in the city of Khalkhal. It is descriptive because it aims at studying the situation of effective elements on social health of this city; and it is correlative because the researcher tries to find relationships between two variables. In the sampling method of the survey, 6 high schools were selected randomly out of 12 high schools of this city. In every school too, considering the required sample size and in accordance with the total sample size, classes of every grade were selected and their students were entered into the study. In every school, after getting the class timetables from the manager's office and getting permission from the teacher, the researcher attended the classes and distributed the questionnaires among the students. It must be mentioned that before collecting data to analyze perpetuity of tools,

the questionnaires were distributed among 300 students and Cronbach's alpha correlative of questionnaires was analyzed; and sample size was achieved through Cocrane's formula.

Statistical society of the survey is girl and boy high school students (5000 students) of the city of Khalkhal in 2014. (Census of Population and Housing Department) The sampling method for this part of the survey is the appropriate leveled method in which research sample is selected in such a way that subgroups are selected with most possibility according to their own proportion in the society. (Delavar, 2001: 125) In this survey, according to Cocrane's formula, this proportion is the total of 365 members as the sample size (Afshani, 2009: 58) who were selected through random sampling method for selecting sample members. (Duas, 2004: 74)

6. RESEARCH FINDINGS

6.1 Descriptive Findings

In this part, the sample society is described and single variable analysis is carried out. According to findings of the society, the repliers are in the age groups of 15-17, who according to the table, 53% are boy and 47% are girl students. Education of students' parents is 67% below diploma, 17% diploma and 14% above diploma.

Table1. Descriptive statistic of sources of students' social support and its effect on social health

Cumulative Percentage	Valid Percent	Percent	Abundance		
0.4	0.4	0.4	12	Little	Valid
7.17	7.13	7.13	41	Medium	
0.100	3.82	3.82	247	Much	
	0.100	0.100	300	Total	

In interpretation, the achieved average score from the total questions for the studied members is 78.2. Considering the average score i.e. in the range of 1 to 3, the maximum is 3. Then, the achieved average result of repliers is above medium score which shows that according to students' perspectives, families highly emphasize on the process of learning. Approximately, 82.3% of repliers believed that the sources of social support were plentiful. Almost 13.7% of repliers believed that sources of social support were medium. About 4% believed that sources of social support were little and very little.

Table 2. Descriptive statistic between social participation and level of social health

Cumulative Percentage	Valid Percent	Percent	Abundance		
0.37	0.37	0.37	111	Little	Valid
7.65	7.28	7.28	86	Medium	
0.100	3.34	3.34	103	Much	
	0.100	0.100	300	Total	

The achieved average from the total of questions for the studied members is 97.1. Considering the average score, it is measured between 1 and 3 which is maximum 1. Hence, the result of the average score of repliers is lower than medium which shows that in students' perspective, having low average has little effect on social participation. Approximately, 34.38% of repliers selected the options 'much' and 'very much' in reply to the question about social participation. Almost 28.7% believed that social participation was medium. About 37% selected 'little' and 'very little'.

Table 3. Descriptive statistic between social actualization and level of social health

Cumulative Percentage	Valid Percent	Percent	Abundance		
0.26	0.26	0.26	78	Little	Valid
3.66	3.40	3.40	121	Medium	
0.100	7.33	7.33	101	Much	
	0.100	0.100	300	Total	

The achieved average from the total of questions for the studied members is 07.2. Considering the average score, it is measured between 1 and 3 which is maximum 2. Hence, the result of the average score of repliers shows that students value happiness and entertainment in the medium level. Approximately, 33% of repliers selected the options 'much' and 'very much' in reply to the question about social actualization. Almost 40% selected 'somewhat'. 26% selected 'little' and 'very little'.

Table 4. Descriptive statistic between social compatibility and level of social health

Cumulative Percentage	Valid Percent	Percent	Abundance		
0.26	7.17	7.17	53	Little	Valid
3.42	7.24	7.24	74	Medium	
0.100	7.57	7.57	173	Much	
	0.100	0.100	300	Total	

The achieved average from the total of questions for the studied members is 40.2. The average is measured in the range of 1 to 3 which is maximum 3. Hence, the result of the average score of repliers is higher than medium which shows that in students' perspective, teachers' performance while teaching is in the level 'much'. Approximately, 57% of repliers selected the options 'much' and 'very much' in reply to the question about social compatibility. Almost 24% selected 'somewhat', 17% selected 'little' and 'very little'.

Table 5. Descriptive statistic between level of network relationship and social health

Cumulative Percentage	Valid Percent	Percent	Abundance		
7.23	7.23	7.23	71	Little	Valid
7.60	0.37	0.37	111	Medium	
0.100	3.39	3.39	118	Much	
	0.100	0.100	300	Total	

The achieved average from the total of questions for the studied members is 15.2. The average is measured in the range of 1 to 3 which is maximum 3. Hence, the result of the average score of repliers is higher than medium which shows that in students' perspective, they are given advice and consultation in the 'much' level. Approximately, 39% of repliers selected the options 'much' and 'very much' in reply to the question about network relationship. 37% of repliers believed that network relationship was in the medium level. 23% believed it was 'little' and 'very little'.

Table 6. Descriptive statistic between social compliance and level of social health

Cumulative Percentage	Valid Percent	Percent	Abundance		
3.12	3.12	3.12	37	Little	Valid
7.29	3.17	3.17	52	Medium	
0.100	3.39	3.70	211	Much	
	0.100	0.100	300	Total	

The achieved average from the total of questions for the studied members is 58.2. Considering the average, it is measured in the range of 1 to 3 which is maximum 3. Hence, the result of the average score of repliers is higher than medium which shows that in students' perspective, they tend to participate in group sports. Approximately, 70% of repliers selected the options 'much' and 'very much' in reply to the question about expert forces. Almost 17% selected 'somewhat', and about 12% selected 'little' and 'very little'.

Table 7. Descriptive statistic between social solidarity and level of social health

Cumulative Percentage	Valid Percent	Percent	Abundance		
0.6	0.6	0.6	18	Little	Valid
3.28	3.22	3.22	67	Medium	
0.100	7.71	7.71	215	Much	
	0.100	0.100	300	Total	

The achieved average from the total of questions for the studied members is 65.2. Considering the average, it is measured in the range of 1 to 3 which is maximum 3. Hence, the result of the average score of repliers is higher than medium which shows that they have friendly and close relationships with others. Approximately, 71% of repliers selected the options 'much' and 'very much' in reply to the question about expert forces. Almost 22% selected 'somewhat' and 6% selected 'little' and 'very little'.

4. TESTING OF HYPOTHESES

Hypothesis 1. Pearson's test of correlation between sources of social support and level of social health

The achieved results from this test show that in a meaningful level ($\text{sig}=000.0$) the variable of sources of social support and level of social health with the value ($r=341.0$) have relationships with each other; and it could be interpreted that the intensity of correlation between two variables is 341.0 in which the coefficient of meaningfulness is below 05.0. It shows that the relationship between these two variables is meaningful. It can be said with 95% certainty that there is average intensity as well as meaningful and direct relationship between sources of social support and the level of high school students' social health in the city of Khalkhal.

Hypothesis 2. Pearson's test of correlation between social participation and level of social health

The achieved results from this test show that in a meaningful level ($\text{sig}=000.0$) the variable of social participation and level of social health with the value ($r=458.0$) have relationships with each other; and it could be interpreted that the intensity of correlation between two variables is 458.0 in which the coefficient of meaningfulness is below 05.0. It shows that the relationship between these two variables is meaningful. It can be said with 95% certainty that there is average intensity as well as meaningful and direct relationship between social participation and the level of high school students' social health in the city of Khalkhal.

Hypothesis 3. Pearson's test of correlation between social actualization and level of social health

The achieved results from this test show that in a meaningful level ($\text{sig}=000.0$) the variable of social actualization and level of social health with the value ($r=556.0$) have relationships with each other; and it could be interpreted that the intensity of correlation between two variables is 556.0 in which the coefficient of meaningfulness is below 05.0. It shows that the relationship between these two variables is meaningful. It can be said with 95% certainty that there is average intensity as well as meaningful and direct relationship between social actualization and the level of high school students' social health in the city of Khalkhal.

Hypothesis 4. Pearson's test of correlation between social compatibility and level of social health

The achieved results from this test show that in a meaningful level ($\text{sig}=000.0$) the variable of social compatibility and level of social health with the value ($r=439.0$) have relationships with each other; and it could be interpreted that the intensity of correlation between two variables is 539.0 in which the coefficient of meaningfulness is below 05.0. It shows that the relationship between these two variables is meaningful. It can be said with 95% certainty that there is average intensity as well as meaningful and direct relationship between social compatibility and the level of high school students' social health in the city of Khalkhal.

Hypothesis 5. Pearson's test of correlation between network relationship and level of social health

The achieved results from this test show that in a meaningful level (sig=000.0) the variable of network relationship and level of social health of high school students in Khalkhal with the value (r=475.0) have relationships with each other; and it could be interpreted that the intensity of correlation between two variables is 475.0 in which the coefficient of meaningfulness is below 05.0. It shows that the relationship between these two variables is meaningful. It can be said with 95% certainty that there is average intensity as well as meaningful and direct relationship between level of network relationship and the level of high school students' social health in the city of Khalkhal.

Hypothesis 6. Pearson's test of correlation between social compliance and level of social health

The achieved results from this test show that in a meaningful level (sig=000.0) the variable of social compliance and level of social health of high school students in Khalkhal with the value (r=475.0) have relationships with each other; and it could be interpreted that the intensity of correlation between two variables is 475.0 in which the coefficient of meaningfulness is below 05.0. It shows that the relationship between these two variables is meaningful. It can be said with 95% certainty that there is average intensity as well as meaningful and direct relationship between social compliance and the level of high school students' social health in the city of Khalkhal.

Hypothesis 7. Pearson's test of correlation between social solidarity and level of social health

The achieved results from this test show that in a meaningful level (sig=000.0) the variable of social solidarity and level of social health of high school students in Khalkhal with the value (r=444.0) have relationships with each other; and it could be interpreted that the intensity of correlation between two variables is 444.0 in which the coefficient of meaningfulness is below 05.0. It shows that the relationship between these two variables is meaningful. It can be said with 95% certainty that there is average intensity as well as meaningful and direct relationship between social solidarity and the level of high school students' social health in the city of Khalkhal.

4.2 EXPLANATION

Test Results ANOVA

Table ANOVA (294)

ANOVA ^b						
Model		Sum of Squares	df	Mean Square	F	.Sig
1	Regression	689.35	7	098.5	722.32	A000.0
	Residual	497.45	292	156.0		
	Total	187.81	292			

It can be observed in table (ANOVA) that F is meaningful. It shows that at least one of the independent variables was effective in predicting the independent variable.

Also according to the above table, (R) R square=663.0 i.e. 44% of changes related to social health (dependent variable) are explained by seven independent variables of this survey.

5. DISCUSSION AND CONCLUSION

The objective of this study was to determine effective elements on social health of Khalkhal high school students. As the results showed, according to students' perspectives, in terms of social health, most students of the region are above medium level. All effective elements on social health had meaningful and direct relationship with social health of girl and boy high school students. It means that the more effective elements improved, the more social health became positive. Most important effective variables were social actualization, social compatibility, network relationship and social compliance.

Considering the results of measurement and the related and mentioned information, the accordance between the level of students' network relationship and their level of social health was proved. It means that the more the individuals have relationships with network members, and have social compliance, social actualization and social compatibility, the more their social health increases. Positive inter-individual relationship is essential for people's health.

Schneider et al define relationship skills as means of relationship between individual and environment and believe that this means is used for starting and continuing productive and healthy relationship with peers as an important part of mental health. Therefore, an individual with high relationship skills achieves higher social health through building a healthy and productive relationship with others.

5.1. Research Suggestions

1. Giving consulting services to students who have low social health. Considering the fact that the students' level of social health is different, it is required that social workers give consulting services in accordance with the level of social health. Giving consulting services is also possible through individual and group social working methods. People who have lower levels of social health need more sessions.
2. Despite the high ratio of relationship between network relationship and social health proved in this survey, descriptive findings show limited and low levels of students' participation in these networks. Therefore, it is suggested that facilities be provided to create and reinforce these types of network relationships among students.

Nowadays, explosion of information and communication has introduced new definitions of social relationship and new lifestyles. This has made the present-day societies socially and ethically different from the ones in the past. It manifolds the need to teach life skills a lot more. Therefore, by teaching students life skills, the social workers can improve and elevate their social health. For this purpose, it is unavoidable that different organizations and institutions such as National Youth Organization, Social Affairs of Municipality and Social Affairs of Welfare allocate budgets for life skills training plans.

3. Considering the direct relationship of social and economic position with social health, there should be efforts for decreasing social layers i.e. decreasing inequalities in power, social compliance, income and wealth related to different economic and social positions.

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