

The Relationship between Psychological and Social Capital and Types of Well Being: Mediating Role of the Meaning of Life

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Extended Abstract

Aim

In recent years, the use of psychiatric medications to treat mental disorders has made it possible to address the field of health promotion. Undoubtedly, people must be in excellent mental health in order to enhance their effectiveness in various spheres of society and also to enjoy life. Today, health does not simply refer to the absence of disease. As the multidimensional model of health, the biological psychosocial and spiritual paradigm is well-known. The importance of psychological and social capital to positive psychological functions has been emphasized in the research's foundation. The role of psychological and social capital in providing happiness has been investigated in the current study. The purpose of this study is to investigate the meaning of life as the spiritual dimension of health and its mediating function in relation to psychological and social capital and psychological well-being. In this study, the mediating function of the meaning of life and the crisis of meaning as a mediating variable can better illustrate the mechanism underlying the association between psychological and social capital and well-being.

Method

The purpose of this study was to investigate the role of meaning of life as a mediator between psychological and social capital and different categories of well-being. The descriptive research employed a correlational approach with an applied-developmental objective. The statistical population for this study consisted of all students enrolled in the second semester of the academic year 1400-1401 at the Islamic Azad University of Qom. From this population, 234 male and female students (with an average age of 24.47 and a standard deviation of 7.189) from various faculties were selected as available. This study utilized the Onyx and Bullen Social Capital Questionnaire (SCQ), the Luthans Psychological Capital Questionnaire (PCQ), the Keys Comprehensive Wellbeing Scale (CSM), and the Schnell's Sources of Meaning in Life questionnaire (SoMe). Using version 26 of the SPSS program, descriptive statistics were computed. In addition, version 24 of the AMOS software was used to compute inferential statistics and evaluate the fit of the presented models using the structural equation modeling technique.

Findings

The outcomes demonstrated that the initial hypothetical models suited the observed data well. In the first model where meaningfulness of life played a mediating role, psychological capital and social capital explained 75% of psychological well-being, 70% of social well-being, and 46% of emotional well-being, according to the research findings. Also, in the second model in which crisis of meaning acted as a mediator, psychological capital had a significant negative relationship with types of well-being via crisis of meaning, whereas no such relationship was found between social capital and types of well-being via crisis of meaning. It is interesting to observe that psychological capital has neither a direct nor an indirect relationship with emotional well-being through the crisis of meaning; only social capital has a direct and powerful effect on emotional well-being. Comparing the path coefficients of the two models reveals that social capital has a greater impact on emotional well-being in the second model than in the first. Importantly, the mechanism of the social capital effect differs between the first and second models. In the second model, social capital operates directly and utterly without any intermediary, whereas in the first model, it operates both indirectly and directly by providing meaning to life. Regarding psychological capital, the situation is distinct. It has direct and indirect effects on psychological well-being in both models, but only indirect effects on social well-being.

Discussion

On the basis of the four-dimensional model of health, the present study demonstrated that the meaning of life as a spirituality-related indicator plays a significant role in explaining the relationship between psychological and social variables and well-being. This role was demonstrated first for psychological well-being, then for social well-being finally for affective well-being.

Keywords: Psychological Capital, Social Capital, Types of well-Being, Meaning of Life.