

Original Paper

Social Capital and the Role of Resilience in its Development

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Abstract

It has always been of special importance during different periods of quality of life and its improvement for people and societies. Improving the quality of life reflects the living conditions and well-being of people. There are different factors involved in getting this important. Factors such as socio-economic status, environmental status and social capital. Social capital is a subject that seems to have received less attention.

Social capital, which is considered as an intangible capital, leads to an increase in the quality of life and will lead to prosperity in general. One of the ways to achieve its development is to increase resilience. In this research, after the introduction, with a review of the theoretical foundations related to the topics of social capital and resilience and the research that has been done in this field, it has been tried to determine its importance as much as possible, and finally, after the discussion and conclusion, some suggestions have been proposed.

Keywords

Social capital, resilience, quality of life, welfare

1. Introduction

Social capital, unlike other capitals, is not physical, but is the result of group and social interactions and norms (Qayyomi et al., 2021). The concept of social capital shines like sparks in social sciences. Social capital is considered as the most diverse form of capital. It is not a single entity. Social capital is the characteristics that exist within people and between them. High social capital can also provide high professional development. In the traditional views of management, the expansion of economic, physical and human capital plays the most important role in development, but in the current era, we need social capital more than we need economic, physical and human capital for development, and the reason this is because without this capital, the use of other capitals will not be done optimally. Social

capital is a new concept that is discussed today in the economic and social studies of developed societies, and in recent years it has been discussed in various fields of social sciences, economics, and recently in political sciences and management (Rahimi, 2018). Social capital implies to the set of relationships, networks, interactions, associations and institutions that are formed by shared norms and values, leading to the warmth of human society and facilitating social interaction, which some mass media experts. And he mentions a group as a means of spreading social capital (Rahmani Khalili, 2017). Resilience helps to maintain and improve our mental health by strengthening internal strengths and providing conditions to protect against potential threats (Khosla, 2017). Resilience is defined as a dynamic concept and positive adaptation to adverse conditions and stressful situations (Manina, 2006; Rutter, 2013). In other words, the phenomenon that can explain the volume of differences in reactions is nothing but resilience (Martins & Opalinski, 2019). According to Zotera and Stargen (2016), resilience depends on the speed and precision of recovery from stress, the capacity to maintain a goal under stressful conditions, the ability to learn and develop psychologically from stressful experiences. The research conducted in this area shows that people with higher resilience have better mental health (Jamshidi Aini & Razavi, 2016; Khosla, 2017), they are less harmed by disasters (Sabri Fard & Haji Arbabi, 2019; Hosseini et al., 2015), they suffer less stress disorders (Khosla, 2017; Harner, 2017), have a better quality of life (Graham, 2018), and have a positive attitude towards diseases (Almazen et al., 2018; Baghi et al., 2016), show better responsibility and social interactions (Maniana, 2006) and are satisfied with their lives (McConlis et al., 2018; Khosla, 2017; Karimi et al., 2015; Hosseini Beheshtian, 2015). They have social cohesion and participate in social activities (Kaku & Miner, 2019), they have self-esteem, cognitive ability and social skills (Mao et al., 2019; Haner, 2017) and finally a better ability to deal with problems from They show themselves (Martins & Opalinski, 2019; Tajikzadeh et al., 2015). Kaku and Miner consider social cohesion and participation in social activities to be effective in resilience. Moreno et al. (2019), believe that social relations as one of the components of social capital are the basis for the formation of community interactions and community membership. According to them, the factors that affect the resilience of society are: leadership, collective efficiency, preparation, attachment to place and social trust. According to Jayawardana et al., social capital is one of the most important and basic components of anthropological, cultural and social of resilience (Moradi et al., 2018, cited by Jayawardana et al., 2019). Aldrich (2012) identified three types of combinations between social capital and resilience against disasters, that is, before, during and after disasters, which are:

- 1) Deep levels of social capital that help as formal guarantees to promote mutual support after a disaster.
- 2) Many and deep bonds and connections that help survivors to solve problems that hinder their rehabilitation through collective action.
- 3) A strong social bond that strengthens the morale of the survivors and reduces the possibility of withdrawing and leaving.

Social capital is a way to achieve success and the main axis to achieve development. Social capital is the set of existing norms in social systems, which leads to the improvement of the level of cooperation of members of that society and the lowering of communication costs. In the absence of social capital, other capitals will lose their effectiveness, and without social capital, it will be difficult and impossible to follow the path of development and uneven cultural and economic evolution. Therefore, social capital has a generative and productive nature, it forces people to create value, do things right and achieve the desired goals and complete their life mission (Rusta, 2019). Resilience theory can be seen as a stream of knowledge and awareness that people acquire during their life, and in this approach, attention is paid to the existing capacities in the society. In a general sense, resilience refers to the local ability to respond, cope and adapt to change through collective action (Cornati, 2016, p. 29). Resilience is also a multidisciplinary concept that includes social, economic, cultural, environmental, physical and spatial infrastructures (Hosseini et al., 2019). One of the new concepts in sustainability literature is resilience, which has created a new understanding of the relationship between humans and the environment. On the other hand, with the rise of human environmental challenges in the new century, this concept has been expanded in various sciences and has been redefined by thinkers of various fields (Bahrami & Hemti, 2019). Considering the above topics and what we have witnessed during the last four decades, in response to the concern about the consequences of the increase in the number and severity of crises, the concept of social resilience has attracted a lot of attention in the circles of science and politics. This concept shows that it is not possible to avoid all threats and it is necessary to create mechanisms to reduce disturbances and disorders (Rusta, 2019).

1.1 Theoretical Framework

1.1.1 Social Capital

The total of real and potential resources that can be accessed through a network of institutionalized relationships of recognition and mutual familiarity is called social capital. Social capital consists of both the network and the resources that can be mobilized through the network (Jia, 2018, p. 19). The first systematic analysis of social capital was done by Pierre Bourdieu. From her point of view, social capital pays attention to the communication and participation of members of an organization and can be a tool to obtain economic capital (Rostampour et al., 2019). Social capital is the capacity that facilitates coordination and cooperation in society and group. In other words, social capital can be a composite concept that has three dimensions; it is structural, cognitive and communicative (relational) (Rahimi, 2018). According to Bourdieu, social capital in capitalist countries is considered a tool to stabilize and strengthen the economic position of individuals (Alwani, 2017, p. 5). From Coleman's point of view, social capital represents how the social structure of a group can act as a resource for that group. He believes that social capital is defined by its function and does not consider social capital as a single object. Coleman considers the existence of social capital in trust, efficient executive guarantee, authoritative relationships and the amount of assignments in the group (Sharapour, 2009, p. 10).

Therefore, he sees social capital not in the individuals themselves, but in the relationships between them. From the scientific point of view of James Coleman, social capital is a diversity of beings with a common element; All of them include a part of social structures and facilitate some of the activities of actors in that structure. In this sense, social capital is everything that results from the network of relationships, trust, sense of reciprocity and social norms that facilitate individual or social activity. From his point of view, social capital is a neutral resource that facilitates any type of action, but whether the society benefits from it or not, depends entirely on its application in a specific situation. Therefore, in the definition of social capital, he pays attention to its function and believes that capital is a part of the social structure that allows the activist to use it to get his resources. This dimension of social structure includes assignments, expectations, norms, and enforcement guarantees that encourage or prohibit certain types of behavior. Social capital belongs to social interaction, and it does not belong to the individual, and it originates from four sources:

- 1) The set of mutual obligations and expectations that people create for each other;
- 2) Notices channels or ducts;
- 3) Norms and effective executive guarantees for those norms;
- 4) Adaptive social organization, such as organizations or voluntary groups that are created to fulfill a specific goal, but the structures are such that they can be used for other goals as well (Sharapour, 2010, p. 8).

Humans inherently surmount their needs in confrontation and interaction with people, and the effect of these interactions and their role is to such an extent that it makes life impossible to remove. In the meantime, social science thinkers have identified these actions and have realized a set of factors that they call social capital. The concept of social capital includes concepts such as trust, cooperation and collaboration between members of a group or a society that forms a purposeful system. Therefore, knowing social capital can help societies in expanding the dimensions of social capital and lead to the increase of social and economic performance of people in societies.

1.1.1.1 Basic Indicators of Social Capital

Rostampour et al. (2019) have stated different indicators of social capital from the point of view of different researchers, which are:

- **Social Trust:**

Social trust is necessary for the formation of social bonds and contracts, and in other words, it creates cooperation and collaboration.

- **Norm:**

It is one of the behavior patterns acquired with behavior standards that all people belonging to a culture share.

- **Social Participation:**

It is the type of voluntary activities through which members of a community participate in neighborhood, city and village affairs and directly or indirectly participate in shaping social life.

○ **Social Support:**

It is the amount of affection and companionship of family members and friends that a person enjoys from them.

In short, Theories of social capital in the sociological field are listed in Table 1.

Table 1. Theories of Social Capital (Rostampour et al., 2019)

theorists	Definition of social capital	The purpose of social capital
Putnam (2003)	Resources that provide access to group interests.	Preservation of economic capital
Coleman (1988)	Aspects of the social structure that activist's use as resources to achieve their interests.	Preservation of human capital
Bourdieu (1985)	Trust, norms, and networks that facilitate cooperation for mutual benefit.	Maintaining an effective and efficient economy and democracy
Fukuyama (2000)	The sharing of group members in a set of informal norms or values that allow cooperation among them.	Maintaining collective participation in the cooperative
Uphoff (2000)	It links social capital in its structural form with various forms of social organization.	Social capital participation
Efe and Fosh (2002)	Awareness and attention to social political affairs, trust, and community activity	Economic efficiency

In general, the network of themes related to what is social capital is shown in Figure 1.

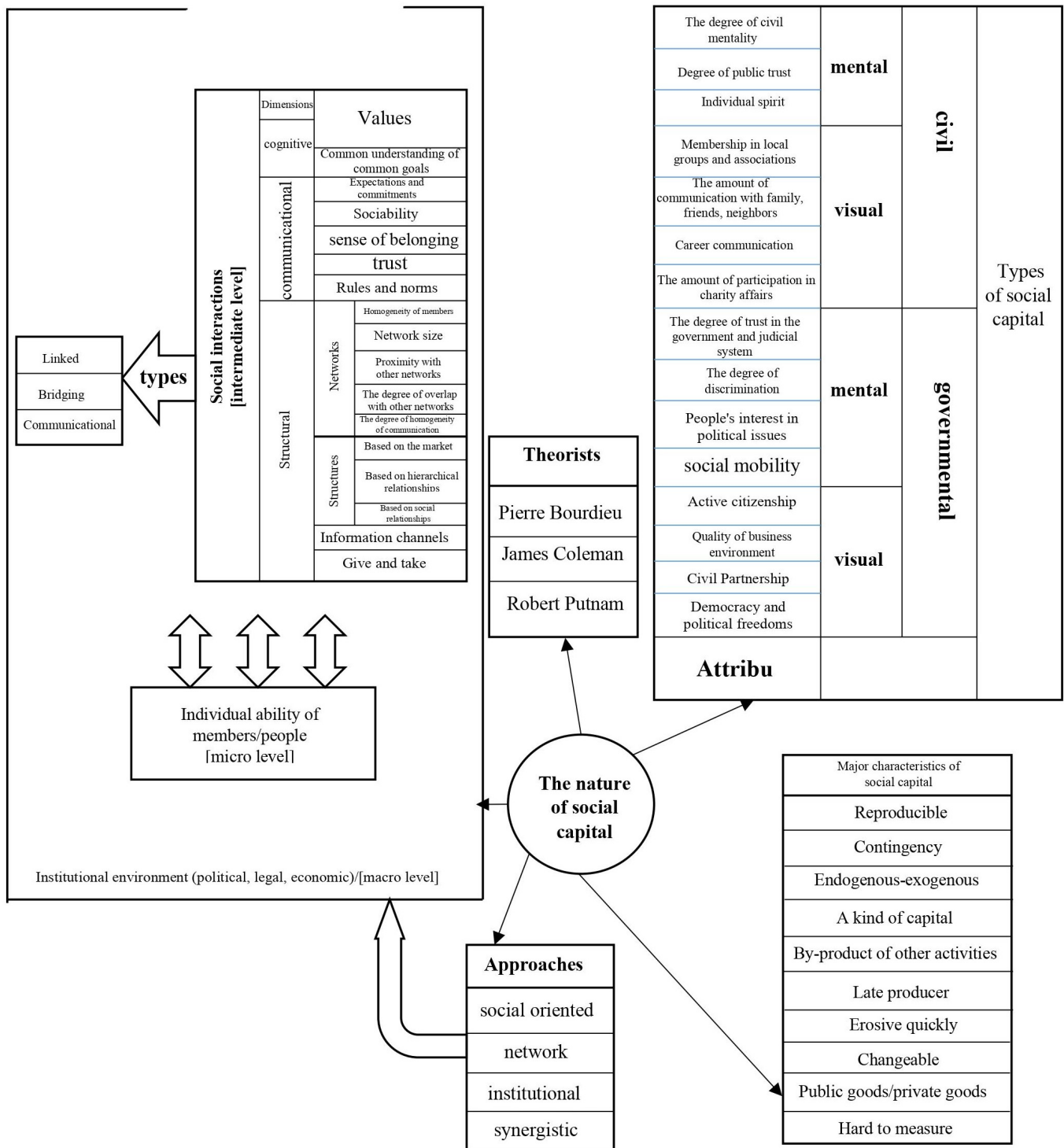


Figure 1. The Network of themes Related to what Social Capital is (Banai et al., 2018)

1.1.2 Resilience

The term “resilience” is derived from the Latin word *resilire* and *rezio* meaning “return to the past” (Alexander, 2013; Manina et al., 2011). During the 16th century, it was transferred to Middle French (*rosailier*) and then to English as the verb “*rosail*”. According to Alexander, the word goes back to “a long history of multiple and interconnected meanings in art, literature, law, science, and engineering.” Table 2 summarizes the new definitions related to resilience:

Table 2. Concepts and Definitions of Resilience (Kitabchi and Tessapour, 2017)

Definers	Definition
Merriam Webster Dictionary	recovery ability, rapid improvement, change, buoyancy, elasticity, spring and resilience properties
Holling, 1973	Durability of relationships within a system and also the ability of these systems to absorb changes related to state variables, driving variables and parameters in a resistant state.
Pimm, 1984	Returning the system to the initial state after creating chaos.
Gunderson and Holling, 2001	The capacity of a system to face problems and disturbances and control its operation.
Walker et al, 2006	Humans as a part of natural-human systems; Social-bio-environmental systems are complex adaptive systems; Resilience determines the stability of these systems
Walker and Salt, 2006	description of nonlinear dynamics of complex adaptive systems by biologists
UNISDR, 2010	It is the ability of a system or society to resist the problem and danger it has encountered, adapt to it, and get rid of its negative effects in a timely and efficient manner while being able to preserve its basic structure and function.
Abunnasr, 2013	The ability of a system to return to its initial state after a natural disturbance or a problem created by humans.
Caputo, 2013	The ability and capability of a system to continue functioning in the face of problems and incompatible conditions.

Resilience is also defined from the point of view of different fields. These definitions are listed in Table 3.

Table 3. Definitions and Concepts of Resilience in Different Scientific Fields (Rafian et al., 2011, p. 23)

Science	Definition
ecology	The system's return speed to its initial state, the system's capacity to absorb disturbance and reorganize, the amount of disturbance that the system can absorb and still remain in the same state.
Social ecology	Learning for life despite the changes and uncertainty, the variety of reinforcements increases the ability to learn from lessons; Combining different types of knowledge for the purpose of learning, creating an opportunity for self-organization.
social	The ability of societies to adapt to tensions and disturbances, to carry out recovery activities to reduce social disintegration, the ability to recover by using physical and economic resources, the development of resources for the above Ensuring the safety of residents, the capacity of a system or part of it to absorb dangerous incidents and Quick recovery.
Economy	The natural response and adaptation of societies to disasters in a way that makes them able to reduce the damages caused by problems and risks.
psychology	A person's ability to bounce back in the face of adversity, a flow of capacity for successful adaptation despite the challenge, positive performance in the face of long-term and intense shocks.
Science	The speed with which the system returns to the equilibrium state regardless of the required fluctuations.

1.1.3 Literature Review

In Hosseini et al.'s research (2019), under the title "Analysis of social resilience based on social capital indicators in Tehran city", he analyzed social resilience from the perspective of social capital as the most important pillar of this type of resilience in districts 1, 6 and 19 of Tehran. This research is a descriptive-analytical type and the method of collecting documentary and survey information (questionnaire) was. By using statistical methods such as factor analysis, Pearson's correlation and one-way analysis of variance, the factors affecting social resilience were analyzed. The results of the research indicated that, eight factors for social resilience from the perspective of social capital, including the factors of shared values and beliefs, sense of belonging to place, informing, participation, social-institutional networks of crisis management, intimacy and responsibility, social trust and institutional trust-building are identified. Is. Correlation analysis showed that in region one, the highest correlation between the amount of social relations and beliefs, and between the sense of place belonging and awareness, in region six, the highest correlation related to the variables of public and institutional trust and the amount of social relations with knowledge and sense of place belonging, and

in region nineteen. Also, the highest correlation is related to the amount of social relations and public and institutional trust and awareness. The comparison of the variables showed that except awareness, other variables are significant in relation to the selected areas. Also, the general comparison of the regions shows that Nozdeh region of Tehran shows a weaker situation in terms of social resilience.

In the research of Moradi et al. (2018) under the title “Representing the process of benefiting from social capital in the resilience of Kermanshah earthquake victims: a qualitative study”, it was carried out with the aim of representing the process of benefiting from social capital in the resilience of Kermanshah earthquake victims. The qualitative research approach and the research method are the type of foundation data. After collecting, recording and coding, the data of this research were categorized into main categories and analyzed through Corbin and Strauss coding techniques, open coding, axial coding and selective coding. Based on the obtained results, sense of responsibility was chosen as the core category. The causal conditions were respect and value and emotional support of relatives, family and friends. Extensive social networks were selected as contextual conditions and public assistance as mediating conditions. The strategies used were role modeling, humor and employment and entertainment. Finally, unity and solidarity, partnership and cooperation and altruism were introduced as the result of this model.

Zhang (2021), in his research, has examined social capital, income and mental well-being in rural areas of China. In this research, after examining the definition and measurement of social capital and mental well-being, four hypotheses of social capital, income and mental well-being have been tested. The results of this research show that the level of happiness of farmers has a positive correlation with higher income, more active participation in social activities and mutual activities. That is, social capital is a strong predictor of happiness.

Yeon and Hyung Kim (2017), Social capital and its role in the innovation of South Korean industries have been investigated. In their research, they have chosen 113 South Korean factories as a statistical population. The results of their research indicate that the communicative and cognitive dimensions of social capital play a very important mediating role in creating organizational innovation.

2. Methodology

The present research method is descriptive based on literature review and analysis.

3. Result

Resilience always plays an important and essential role for the development of social capital. In today's societies, resilience is important and studied from various aspects. From the perspectives of organizations, natural disasters, life and social welfare, many studies have been conducted in relation to increasing resilience. If we can increase the level of resilience in a society, we can also develop social capital and achieve the desired goals, one of the most important of which will be to achieve welfare and a good quality of life. Today's society needs people's resilience more than anything else. With the

emergence of the corona virus, attention to the issue of resilience has become the focus of many researchers, governments and individuals. Due to the newness of this crisis, access to correct knowledge and correct information can lead to a principled and safe encounter with the situation (Moradzadeh et al., 2019). Resilience of people leads to their growth, and their skills and thinking will also increase. In order to achieve this goal, it is necessary to first identify and check the indicators related to resilience and take the desired measures to increase the level of resilience. As seen in various researches, making people resilient can bring many benefits. Some of these are:

- Resistance to stressful events
- Control incidents and problems
- Positive impact on different aspects of life such as; Social, emotional, physical
- Positive effect on sick people and reducing stress and negative emotions
- A positive view on the difficult and difficult conditions of life
- Quick return of people to normal state after facing adverse conditions
- Turning threats into opportunities and obtaining desired results
- Strong communication and high social relations
- Empowering people to change
- Creating a sense of satisfaction in life by reducing negative emotions

Increasing resilience also provides the basis for the development of social capital. There are several methods for this. Social support has a direct relationship with quality of life. Expanding relationships between people will bring resilience and the result will also affect the development of social capital. The goals should be specified and realistic planning should be done to achieve the goals. Threats will always exist. Success will come when you turn threats into opportunities. For this, the strengths and weaknesses should be identified and actions should be taken to reduce the weaknesses. Various social skills should be raised and establishing relationships with people will lead to social cohesion, which will automatically form social groups and institutions. As stated earlier, high resilience leads to socialization and the development of social capital and makes it possible to benefit from social abilities.

4. Discussion

Social capital refers to features of social organization, such as trust, norms, and networks that enhance social efficiency by promoting coordination and action. Social capital increases the return on investment in physical and human capital. Social capital forms a network of relationships between social members and forms mutual relationships that are embodied in familiar society and human society. The accumulation of social capital among members can encourage and improve them to participate in popular governance. Some researchers believe that social capital can be divided into three dimensions: social network, social trust and social participation (Wang et al., 2021). In the present research, the concept of resilience has been explained in detail and then its role in the development of social capital has been discussed and investigated. In future research, we can:

- By using the fuzzy Delphi technique, the basic indicators affecting the improvement of social capital of key organizations were identified and evaluated and ranked in terms of importance with multi-indicator decision-making techniques.
- With the approach of fuzzy interpretive structural modeling, it explained the relationship between the basic indicators effective on the improvement of social capital and resilience.

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