



RESEARCH PAPER

Conceptualization of Social Capital in Mental Health Context among Adolescents and Adults

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ABSTRACT

The present study aimed to explore the concept of social capital concerning mental health among adolescents and adults. The glue that holds civilizations together has been described as social capital. According to Putnam (2002), social capital refers to the characteristics of social organization, such as norms, networks, and social trust that enable individuals to coordinate and cooperate with others for their mutual advantage. The present study employed a qualitative inquiry, data were collected from mental health professionals and social capital researchers (N=14) by following semi-structured interviews. A thematic analysis approach was used to analyze the data. Findings revealed Four overarching topics that emerged from experts' views: the impact of social capital on mental health; envisioning of social capital; social capital in Pakistan; and Pakistani youth and social capital. In the future, data must be collected from adults, adolescents, and persons with mental disabilities by following different research designs. The present study would help generate indigenous tools to measure social capital.

KEYWORDS Investment, Mental Health, Social Capital, Social Links, Thematic Analysis

Introduction

Social capital refers to the reciprocal contacts individuals have with their community within a structured society, as well as the resources that may be obtained via this network (Kang et al., 2023). Social capital is an acquired resource derived from social networks, encompassing both behavioral and structural elements. Social capital encompasses the resources and connections that individuals and collectives possess inside their social networks, including trustworthiness, reciprocal aid, and shared cultural norms (Vonneilich, 2022). It is characterized by the presence of networks, established practices, and a sense of social trust that facilitates coordination and collaboration for the benefit of all parties involved (Sampson, 2009). Social capital is a valuable asset that is formed via interpersonal interactions rather than individual efforts (Berkman & Krishna, 2014; Kawachi & Berkman, 2014). Experts unanimously assert that network connections provide social capital. Sociology dedicates a significant portion of its research to the study of social capital. (Kwon & Adler, 2014).

Social customs govern our relationships with our neighbors, and social standards govern our behavior in a community. These standards may include helping neighbors, avoiding loud noises, and maintaining clear pathways (Halpern, 2005). Social capital is connected to unstructured social norms and activities, which are governed by statutes and administrative agencies. Cognitive social capital consists of congruent beliefs, attitudes, and concepts that are based on previously held notions about culture, politics, and intellect (Lynch et al, 2022). Bonding Social Capital referred Ties that bind social

capital together and are intimate. This indicates that individuals share a high level of resemblance. It refers to the social ties between individuals who have close interactions and are highly familiar with one another, such as family members, friends, and neighbors (Aldrich & Meyer, 2015). Social capital can be either bridged or bonded, often reflecting the nature of social relationships. When the relationship is with a person similar to yourself who maintains relationships in similar social realms, this is known as a tie (Staveren & Knorringas, 2007). Connecting Social Capital referred a form of relationship that exists between members of a community, social group, or organization with equivalent social rank (Narayanan & Kwen, 2016). Social capitals that bridge are between, inter, inclusive, open, and outward-looking (Aldrich & Meyer, 2015). Bridge social capitals are comprehensive, reciprocal, open, and outwardly focused (Staveren & Knorringa, 2007). If a relationship is with somebody who circulates in different groups than you, then it refers to bridging social capital. The relationships, and connections between various groups are defined as the basis of social capital for bridging (Putnam, 2000; Rojas, 2021).

Interactions of different social classes between people and groups in a hierarchical structure in which power, social position, and income are earned through various groupings (Gao et al., 2021). Moreover, it refers to the networks and relationships between persons with distinct types of power or social rank. It is the link between community people and officials or authorities, non-governmental organizations, and the private sector (Aldrich & Meyer, 2015). Social capital varies across countries due to cultural, historical, economic, and political factors. In Pakistan, familial and kinship networks are strong, but the emphasis on extended family ties and the influence of clans and tribes may be more prominent. Community-based organizations exist in various forms, but their prevalence and influence may differ. Religious institutions can vary significantly across countries based on religious demographics and cultural practices. In Pakistan, Islam plays a central role in society, and religious institutions such as mosques and madrasas hold significant influence (Rani et al., 2021).

Churches can also serve as significant social venues and generators of social capital. Trust and reciprocity are fundamental elements of social capital, however, trust levels in Pakistan and other South Asian nations tend to be somewhat lower when compared to countries in Western Europe and Scandinavia. The influence of online networks and social media on social capital differs, particularly in Western nations where there is a robust civil society sector with several nonprofit organizations, volunteer efforts, and community involvement. Voluntary organizations and non-governmental organizations (NGOs) possess varying degrees of institutionalization and resources in contrast to nations with more well-established institutions. It is important to acknowledge that social capital is a multifaceted and diverse term that takes on different forms in different countries (Mikiewicz, 2021).

Literature Review

Social capital is an essential psychosocial component of public health, and several recent research has examined the correlation between social capital and psychological well-being (Hamano, 2010; Fujiwara & Kawachi, 2008; Hans, 2019). Berkman and Krishna (2014) found a connection between people's social networks, involvement, and support, and their psychological health, including depression and emotional control. Increased participation in social networks and access to support services are associated with improved mental health and reduced risks of cancer, cardiovascular disease, and stroke (Berkman & Krishna, 2014; Henderson, 2016). Almedom and Glandon (2008) conducted a study on social capital and mental health, finding that the psychological

process of being a part of a neighborhood and community has positive effects on the mental and emotional well-being of both adolescents and adults. Based on a study examining the relationship between social capital and mental health, those with a highly cooperative social network have the lowest levels of daily psychological stress. Establishing a network that facilitates interactions among neighbors provides a social safety net for the exchange of assistance under challenging circumstances, hence reducing psychological strain. Previous studies have shown that social capital has a beneficial effect on mental well-being (Almedom & Glandon, 2008; Giordano & Lindström, 2011; Kim & Kawachi, 2006). In a society characterized by economic inequality, the presence of social capital alleviated everyday psychological stress. Our research indicates that the significance of social capital in mental well-being becomes more pronounced as social disparities and an inequitable environment intensify. The findings illuminate the correlation between diminished faith in governmental institutions and local communities, and an increase in stress levels (Kan et al., 2023). Elderly individuals with greater social capital had reduced levels of grief and anxiety, as indicated by the findings of Borgonovi et al. (2021). Social capital has many impacts on mental well-being. For instance, social support may offer individuals emotional and practical aid during challenging periods, therefore reducing the adverse impact of stress on mental well-being. Social connectivity can also provide individuals with a sense of inclusion and direction, so augmenting their experience of joy (Kan et al., 2023).

Furthermore, social capital can provide wider community-level advantages, in addition to its influence on individual mental well-being. Communities that possess greater levels of social capital have a greater capacity to gather resources and take action to tackle mental health concerns. This can be achieved through the establishment of support groups or the enhancement of mental health service availability (Sampson, 2009). Investigating the role of social capital in mental health holds inherent worth and has the potential to address lingering inquiries. Additionally, it might assist in resolving the dispute about the contrasting theories of 'psychosocial' and 'neo-materialist' for health disparities. Lynch and colleagues (2022) demonstrate Social capital has a crucial role in facilitating the connection between communities, shared characteristics, and individual well-being. Overall, substantial data indicates that social capital significantly contributes to the promotion of mental health and well-being. Encouraging the formation of social networks and community ties may be an effective method for improving mental health outcomes, both at the individual and community levels (Borgonovi et al., 2021)

Social capital enables a group of people to work together successfully to achieve a goal. It helps the community or organization to work together as a whole in trust and sharing of common ownership, norms, values, and relationships as a non-profit organization. It is increasingly recognized that interactions between adults and persons or organizations beyond social networks and diverse communities have a substantial influence on the welfare of young individuals. According to Robert Putnam, a prominent researcher on social capital, there is a strong correlation between the decline in social connectedness among community members and civic institutions and the rise in depression, suicide, and violence among youth in recent generations compared to previous generations in the twentieth century. For adults, social connectedness is a stronger predictor of subjective quality of life in a community compared to educational or economic variables. Adolescents exhibit improved health and academic outcomes when there is a high level of trust and social interaction among adults in their community. This is further enhanced by active civic engagement, regular attendance at a religious institution, diverse social connections, and a strong interest in politics. As individuals age, they tend to increase their involvement in community groups and

support programs outside their immediate family, peers, non-family adults, and other community institutions. Regrettably, the research indicates that when young individuals start direct interactions with their family outside of their homes, a significant proportion of them develop a strong sense of attachment to their communities. (Benson et al., 2016).

Based on the literature, it is concluded that in Pakistan there is a lack of qualitative research that can conceptualize social capital within the context of mental health. Indigenous tools for social capital are not available in Pakistan. To generate the background and conceptualization of indigenous social capital tools, there is a need for qualitative inquiry.

Material and Methods

Research Design

Present study based on qualitative research design following semi structured interviews.

Sample

A sample of (N=14) mental health professionals and social capital researchers were selected through purposive sampling technique.

Measures

Demographic Sheet: The demographic data sheet was created using the following information: the participants' age, education, occupation, job experience, marital status, physical health issues, and mental health concerns.

Interview Schedule: The semi-structured interview schedule was created using available literature. The interview schedules were created primarily for mental health practitioners and social capital academics.

Data Collection and Procedure

The study used semi-structured interviews to collect data. Semi-structured interviews allowed participants to openly express their ideas and feelings, while also allowing me to probe about their experiences through targeted inquiry. The interview schedule was designed to keep me focused on the study's questions and objectives. During the interview process, the interview schedule was iteratively developed.

A semi-structured interview aided in the building of rapport by allowing participants to think and express themselves during the interview. The interviews ranged in length from forty to sixty minutes, with forty minutes being the average. A briefing was held before each interview to give the participant a synopsis of the scenario, including a discussion on the aims of the interview and the technique of recording, as well as the opportunity for the participant to ask any questions. This was done to provide context for the participants and to address any questions about the interview, so building a sense of connection. Furthermore, before beginning the interview, the participants were given a consent statement to sign. They were also told that at the end of the interview, they would be able to ask questions and debate them. Throughout the interviews, I meticulously wrote my thoughts and feelings to keep a complete record.

Transcription: Transcribing oral words into written form. Because it includes structuring the data into a format that can be further investigated, transcribing audio

recordings into textual form might be considered a preliminary type of analysis. I thoroughly recorded and transcribed the interviews for this study utilizing audio equipment. The building of social capital; social capital in Pakistan; and Pakistani youth and social capital

Analysis: Thematic analysis approach was used to analyze the data. The data obtained in this study was carefully evaluated and reviewed numerous times to detect any repeating patterns linked with the notion of social capital in mental health. I've outlined the sequential techniques used in this analytical attempt, which were guided by the Braun and Clarke (2006).



Figure 1: Six-phase guide to thematic analysis

Ethical consideration

The ethical considerations kept in view during the study were informed consent, debriefing, and confidentiality.

Results and Discussion

Analysis of data was carried out through thematic analysis (Braun & Clarke, 2006) by reducing text, clarifying emerging themes, and clustering themes to get a better insight. To conduct a thematic analysis, transcripts were read repeatedly and reviewed to get insight into the conceptualization of sub-themes and major themes.

Table 1
Overreaching themes, major themes, and sub-themes relevant to the formation of social capital

| <i>Overarching theme</i> | <i>Major Theme</i> | <i>Sub-Theme</i> |
|----------------------------|--------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Envisioning Social Capital | Defining Feature of Social Capital | <ul style="list-style-type: none"> • Number of Social Connections • Internal and External Social Connections • Formal and Informal Social Connection |
| | Indicators of Social Capital | <ul style="list-style-type: none"> • Social Interaction • Closeness • Belongingness • Mutuality in Relations • Shared Interest • Values and Efficacy |
| | Strength and Quality and Utility of Social Connections | <ul style="list-style-type: none"> • Depends on Bonding • Availability of Social Resources • Social Obligations • Civic Engagement • Adherence to Cultural and Social Norms |
| | | <ul style="list-style-type: none"> • Need to Interact |

| | |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| Community shared Engagement | <ul style="list-style-type: none"> • Help and Support • Information Sharing • Changing Lives |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------|

Envisioning Social Capital

Social capital emergence depends on the structure, features, strength, and qualities of social connections, and the capacity and utility of social capital. The strength and qualities of social connections depend on bonding, availability of resources, trust and confidence, civic engagement, and adherence to culture.

“how many connections a person has and how much he can get out of those connections. How many friends and social connections does he have” (E7).

“Social capital is anything you can use from your social life. This includes your family, friends, family friends, and your ability to connect with the people around you. All of the people you talk to and who are now a part of your social capital. Your values, norms, and other parts of your culture make up your social capital” (E5).

Table 2
Overreaching themes, major themes, and sub-themes relevant to social capital in Pakistan

| Overarching theme | Major Theme | Sub-Theme |
|--------------------------------------|---------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pakistan's context of social capital | Characteristics of Pakistani Social Capital | <ul style="list-style-type: none"> • Social Nurturance • Religious Commitments (Brotherhood) • Extended Social Ties • Conformity • Social Reliance • Social Obligations • Altruism • Patriotism • Cast system |
| | Agents of Pakistani SC | <ul style="list-style-type: none"> Immediate Family Extended Family Neighborhood Ethnic groups Political Parties Gender and Age groups |
| | Challenges to Social Capital | <ul style="list-style-type: none"> • Availability of Resources • Social Boundaries and Complexities • Social Demands • Social Diversity • Individualistic Tendencies • Social Inequalities • Lack of Planning • Sectarian Divisions • Sense of Responsibility |
| | | <ul style="list-style-type: none"> • Foster Social Connections |

| | |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Investment in Social Capital | <ul style="list-style-type: none"> • Facilitating Navigators for Cultivating Social Capital • Identification and Utilization of Community Resources • Social Tolerance • Improving Assets • Social Awareness Campaign • Community engagement programs |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Social Capital in Pakistan

Pakistani social capital has a variety of qualities and faces several challenges. Qualities of social capital involve social nurturance (like informal connections, hospitality, and social rituals,), which also have the influence of religion, collectivistic mindsets, and extended social challenges of social demands. While challenges to social capital involve the availability of resources (opportunities, financial lack), set of social boundaries and complexes, lack of planning, social inequalities, division of sects, individualistic trends, and social diversity. In Pakistan, there must be an investment in social capital that includes fostering social connections, identifying and utilizing social resources, starting social awareness campaigns, and facilitating navigators for cultivating social capital.

“We define social capital by saying that our society is diverted, disintegrated, and heterogeneous (sect, cast, religion, provision, language” (E1). “I think that communication with our neighbors and within our community constitutes social capital in Pakistan, there is no official organization in which I may engage or join, except the Chenab club in Faisalabad. As a result, I think Pakistan needs to create social capital because there aren't enough chances there” (E6). “People are divided by groups, which makes them less tolerant and less connected” (E2).

Table 3
Overreaching themes, major themes, and sub-themes relevant to the social capital of Pakistani youth

| Overarching theme | Major Theme | Sub-Theme |
|------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pakistani Youth and Social Capital | Factors affect social capital in children and adolescents | <ul style="list-style-type: none"> • Parental factors • Familial factors • Community • Religion • Global |
| | Utilization of social ties | <ul style="list-style-type: none"> • Channelizing energies • Motivation • Personal grooming |

Pakistani Youth and Social Capital

In Pakistan, youth itself is a social capital. To utilize it as a social resource, there is a need to strengthen ties among themselves and bridge the generation gap. It will foster trust among communities. Social capital is a valuable notion for addressing how the quality of the many social situations in which adolescents grow up influences their well-being. Social capital is impacted by several factors and is involved in all parts of life. The factor that affects social capital among adolescents involves parental, familial, community, religious, and global factors. It is built via the cultivation of trustworthy relationships. Developing and maintaining high-quality bonds between individuals, groups, and institutions is essential. This is the crucial element that determines stable

households and the growth of social capital in neighborhoods. All indicators of religion were higher among those who frequently attended religious services, except bridging trust. The majority of country-specific capital flow volatility may be attributed to global forces. The significance of global forces increased with the global financial crisis. Certain internal characteristics can protect economies from the fluctuations of the global financial cycle.

“Parents and other Family conditions should affect children's social adjustment since they influence the accumulation and usage of social capital in families” (E8).

Young people make use of social capital by directing their efforts in a positive and constructive direction. Motivate them with reward systems to discourage potentially aggressive inclinations and make productive use of their energies

Table 4
Overreaching themes, major themes, and sub-themes relevant to social capital and mental health

| Overarching theme | Major Theme | Sub-Theme |
|-----------------------------------------|-------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Social Capital: Impact on Mental Health | Improving wellbeing | <ul style="list-style-type: none"> • Source of social support and bonding • Reduce burden • Reduce stress |
| | Addressing inequalities | <ul style="list-style-type: none"> • Lack of social capital • Strengthening and useful social ties • Linking and bridging social capital as strategies |
| | Mental health problems and mental illness | <ul style="list-style-type: none"> • Relationship issues cause mental health problems • Lack of social resources • Social capital as community intervention • Flourishing health community • Reduce stigma |

Impact of Social Capital on Mental Health

Social capital is important for mental health. Social capital relies on both psychological well-being and psychological illness. Social capital improves well-being by providing social support that will reduce burdens and relieve stress. Social capital is useful in reducing social inequalities and strengthening relations through bonding and bridging. Participants reported that mental health issues can be caused by relationship issues. There is a lack of social resources that directly affects social capital and causes mental illness. If a person has already any psychological issue, social capital can aid as an intervention. Social capital can be used as a community intervention that will flourish health communities and reduce stigma.

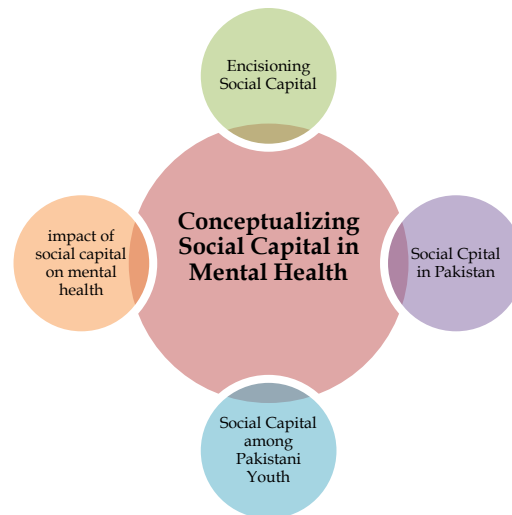


Figure 2. Thematic Model relevant to Conceptualization of Social Capital in Mental Health

Discussion

The objective of the present study was to conceptualize social capital in the context of mental health among adolescents and adults. To explore social capital in the context of mental health, a thematic analysis approach was used. Data were collected from mental health professionals and social capital researchers by following semi-structured interviews. A variety of main themes followed by sub-themes emerged.

Envisioning Social Capital

The major theme of envisioning social capital is the structure, features, strength, and quality of social connections. This study aimed to explore social capital in a mental health context. Social connections are strong outcomes that result from relationships between people and can take the form of favors, new information, new views, and future chances. The structure of social capital includes several relationships with family, friends, neighbors, and community. The quality of social connections depends on the type of social connections, such as basic or general relations. Basic relations involve intragroup social ties within a family or household, while general relations involve weaker ties/connections between socially heterogeneous groups. Relations are formal or informal based on the type of interaction we have. Social capital can be increased by engaging in social interactions, growing closer to others, experiencing a sense of belonging, experiencing mutuality in relationships, sharing interests and values, and making effective use of social connections. People in society respond to one another through their social interactions by acting and reacting towards one another. A sense of belonging shared interests, and respect are the three cornerstones on which healthy relationships are founded. The development of social capital is dependent on encounters that leave participants feeling uplifted. The strength and qualities of social connections are influenced by a variety of factors, including the availability of resources, trust, and confidence in social relations, social obligation, civic engagement, and adherence to cultural and social norms. Bonding is the pillar of social connections that is realized in tough times (Chetty et al., 2022).

Social Capital in Pakistan

The current study showed that Pakistani social capital has a variety of qualities and faces several challenges. Qualities of social capital include social nurturance,

religion, collectivistic mindsets, extended social ties, and fulfillment of social demands. Challenges to social capital include the availability of resources, set of social boundaries and complexes, lack of planning, social inequalities, division of sects, individualistic trends, and social diversity. In Pakistan, social capital is developed via the cultivation of personal connections between individuals, such as interacting with members of one's own family, friends, neighbors, and other people who are a part of the local community. The extended family structure, or the extended family structure combined with joint families, is common among Pakistan's Muslim population. Social inequality is caused by a variety of variables, including uneven wealth distribution, financial resources and assets among people, education in Pakistan, gender inequities, and economic disparities. To create a level playing field, it is feasible to halt rising inequality by legislating through action and public chastisement of those guilty. In the last 10 years, the rate of poverty in Pakistan increased from 30% to 40%, with 40% of the people living in poverty. Literacy refers to those above the age of 15 who can write and read. Pakistan's main social concerns include political instability and corruption, inflation, overpopulation, and unemployment (Rani et al., 2021).

Partiality is the act of favoring family members or close friends, usually by offering employment. Nepotism prevents worthy people from being admitted to universities or employed for employment. Domestic abuse disproportionately affects women. Violence in Madrassas or schools has been reported in the media. Gender discrimination has been a severe societal issue, with women excluded from economic and educational opportunities. Without an active mindset and real-world solutions, Pakistan's social issues continue to stymie the country's economic growth.

Pakistani Youth and Social Capital

The "Pakistani youth and social capital" is an emerging topic of significance that categorizes the various factors that influence young people's social capital and examines how their social interactions are employed. High levels of social capital are associated with better outcomes for children, adolescents, and young adults. Parental effects are one sort of influence that might affect the social capital of children and adolescents. Social capital refers to the formation of trustworthy networks, which requires not only the establishment of strong linkages, but also the enhancement of the quality of existing ties between families, communities, and institutions. Communities may aid in the development of their youth by offering parents educational and peer-to-peer support programs, as well as chances to engage in activities that will help them build their social capital (Ahlborg et al., 2019).

Adolescent religiosity on moral outcomes was demonstrated to be mediated by social capital resources, which are reported to be higher among youth who are actively participating in religious activities. The decreased levels of social connectivity among community members and civic institutions have a clear correlation with the higher rates of despair, suicide, and homicide reported among teens in recent centuries, as compared to previous years in the twentieth century (Holland, 2009). Young individuals need strong social relationships since they are capable of working well with others in groups. To increase the likelihood that they'll develop into valuable resources for us, we need to teach people how to work together and promote group projects in schools. Motivation and support can motivate people with the prospect of rewards if they work together in groups. Trust is the foundation for sharing problems and solutions and creating a community where people are motivated to work together, all of which contribute to an individual's sense of well-being. As adolescents mature into adults, adolescents develop a growing interest in how they seem. Factors of social capital serve as its basis, such as

openness to others, acceptance of personal responsibility, trustworthiness, empathy, and cooperation with other groups (Winstone et al., 2021).

The Impact of Social Capital on Mental Health

During the study, the final and most important topic was the link between social capital and mental health. Examining the role of social capital in mental health was the study's main objective. Social capital features serve as the foundation for positive psychology. There is a link between social capital and psychological well-being (Musson, 2019). Determinants of social capital do not just include mental disease or mental health; they also consider a person's psychological well-being. To both prevent and sustain mental illness, we must increase levels of psychological well-being through the growth of social capital. It is a source of community support, whether in the form of emotional or economic support, and it helps to reduce loads and relieve stress by alleviating pressures. If we find ourselves in a difficult financial circumstance, we may seek help from our neighbors or another member of the family; doing so will give us the financial support we need to relieve tension. The more nature there is that encourages sharing, caring, and understanding, the stronger our psychological well-being will be (Youssef-Morgan, 2018).

Flores et al., (2018) explain interpersonal connection problems were the primary cause of mental health illnesses. The relationship develops into something that creates emotional stress. Relationships might be with family members or with members of the community. The quality of a person's relationships has a direct link with their social capital and mental health. When a person's social capital is poor, it has a substantial influence on their mental health. As a result, a dearth of social support has been recognized as a major cause of mental illness. The present study also focuses on how a person suffering from mental illness may be treated by using social capital as an intervention. The use of social capital for the benefit of others might take the shape of community intervention. This is an example of how social capital may be leveraged to benefit the health community while minimizing stigma. The investment in social capital involves boosting or fostering social connections. In rural areas, people are more connected. A group of people sitting together in rural areas is an example of good interaction. Social capital investments involve facilitating navigators for cultivating social capital. Identify the social resources that help in utilizing social capital. Improve social resources to more invest in social capital. People are unaware of social resources, so provide them with social awareness by starting campaigns.

Conclusion

The research advances our understandings how to explore social capital in mental health context. The present intended to conceptualize social capital in context of mental health among adolescents and adults. Data were collected from mental health professionals and social capital researchers by following semi-structured interviews. Thematic analysis approach was used to analyze the data. A variety of main themes followed by sub-themes emerged including Envisioning of social capital included the structure, features, strength and quality of social connections and its utility in people's life. Pakistani social capital has a variety of qualities and faces several challenges. Moreover, investment in social capital also emerged as an important major theme. They also revealed the factors that affect adolescents and utilization of social ties. Generalizability of the data was limited because the data was only collected from mental health professionals and social capital researchers. Finding of the following study would be helpful to generate indigenous tool to measure social capital

Recommendations

This study follows a thematic analysis. Further studies may follow the grounded theory approach and other qualitative investigations. focus groups, written documentation, or observations his data-gathering strategy limits the participants' voices to a certain place and time. To gain a broader insight, increase the data, and deepen the research, future studies may include observations, written records, or focus groups in addition to semi-structured interviews. The limited data and interviews compromise the study's credibility. Future studies may involve more data collection activities as schedules and resources are more flexible. Due to the short sample size and the narrow range of mental health problems stated, only a small proportion of participants were included in the study. There has been very limited literature about social capital in Pakistani culture, so the concept must need attention. In Pakistan, there is no indigenous scale of social capital, this study will be used to construct one. The current study's findings suggest that investigating social capital in mental health is crucial and may contribute to addressing important unsolved clinical and epidemiological issues. These encompass conversations on the structure or circumstances of geographical and socioeconomic discrepancies in mental health. Gaining a more comprehensive comprehension of the essence and origins of social capital, along with its connections to physical and mental well-being, might assist in settling the dispute between 'psychosocial' and 'neo-materialist' theories regarding health disparities. Social capital might potentially serve as a substantial mediator in the relationship between a community, the collective qualities of its people, and individual health. The current study also contributes to the development of a native measurement of social capital within the framework of mental health.

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