## Contents

1 The Significance of the Social Group .......................... 1
   Introduction .................................................. 1
   The Concept of Group ........................................ 1
   Common Characteristics of Social Groups ..................... 2
      Interdependence of Members ............................... 2
      External Relationships ..................................... 3
      Cohesion .................................................. 3
      Identification with the Group and Membership Motives ...... 4
   Leadership Behavior .......................................... 5
   Group Culture .............................................. 5

Types of Groups .............................................. 6
The Individual Versus the Group as the Unit of Analysis ........ 6
Groups, Relationships, Health, and Well-Being .................. 10
   Effects of Social Ties on Health ............................ 10
   The Effects of Social Ostracism on Health ................... 12
   The Effects of Social Isolation on Health ................... 12
   The Effects of Loneliness on Health ........................ 14

Effects of Group Culture on Health and Well-Being ............. 15
   Old Order Amish ............................................ 15
   Mormons ..................................................... 16
   Seventh-Day Adventists ..................................... 17
   Israeli Kibbutzim .......................................... 18
   Clergy and Religious Orders ................................ 19
   Okinawans .................................................. 20
   Tarahumara Indians ........................................ 21
   Costa Rica’s Nicoyans ..................................... 22

Summary .......................................................... 23
Notes ............................................................. 24
2 The Concept of Social Cohesion .......................... 31
   Introduction ............................................. 31
   Historical Overview of Conceptions of Social Cohesion .... 31
      Empirical Studies (Late 19th and Early 20th Centuries) ... 35
      Experimental Studies (Early- to Mid-20th Century) ....... 35
      Social Network Analysis (Late 20th and Early 21st Centuries) ... 41
   Measuring Social Cohesion in Small Groups .................. 42
   Measuring Social Cohesion in Large Groups .................. 45
      Feelings of Social Cohesiveness ........................ 45
      Perceptions of Social Cohesiveness ...................... 46
      Social Network Analysis ............................... 46
   Summary ................................................ 47
   Notes .................................................... 48

3 Social Cohesion and Related Concepts: Social Support and Social Capital .................. 49
   Introduction .............................................. 49
   Social Support ............................................ 50
      Concept ............................................... 50
      Evidence of Effects .................................... 51
      Dimensions of Social Support .......................... 52
      Measurement .......................................... 53
   Social Capital ............................................. 55
      Concept ............................................... 55
      Evidence of Effects .................................... 56
      Dimensions of Social Capital .......................... 57
      Measurement .......................................... 58
      Functional Measures .................................. 58
      Structural Measures .................................. 59
      Positional Measures .................................. 59
   Community Social Capital .................................. 59
   Sorting Out Conceptual Relationships ........................ 61
   Different Concepts, Purposes, and Uses ...................... 63
   Summary ................................................ 63
   Notes .................................................... 65

4 Cohesive Societies ........................................ 69
   Introduction ............................................. 69
   Social Indicators and Social Cohesion ........................ 70
      Civic Health Index .................................... 70
      Index of Social Health ............................... 71
      OECD Social Indicators ............................... 72
Contents

Voting ................................................ 73
Crime .................................................. 73
Suicide ................................................ 74
Work Accidents ........................................ 74
Strikes .................................................. 74
Trust in Political Institutions ......................... 75
Life Satisfaction ....................................... 75
Societal Integration and Health ......................... 75
  Cultural Differences in Social Integration ............ 76
Health Information as a Proxy for Measuring Societal Cohesiveness 76
Summary ................................................ 77
Notes .................................................... 77

5 Cohesive Communities .................................. 79
  Introduction .......................................... 79
How Communities Become Cohesive ....................... 80
Maintaining and Strengthening Community Cohesiveness .... 88
  Creating Cohesion Across Ethnically Diverse Communities . 90
Virtual Communities and Social Cohesiveness ............... 91
  Effects of the Internet on Local Communities and Social Cohesion 92
  Trust as a Proxy for Community Cohesiveness ............... 93
The Measurement of Social Cohesion in Communities .......... 94
Summary ................................................ 96
Notes .................................................... 99

6 Cohesive Neighborhoods .................................. 103
  Introduction .......................................... 103
    The Significance of Neighborhood ..................... 103
Neighborhood Contexts and Neighboring Patterns ............ 104
  Neighborhood Contexts ................................ 104
  Neighboring Patterns .................................. 105
Neighborhood Ties ..................................... 106
  Perceptions of Neighborhood Boundaries ................. 106
  Neighboring ......................................... 109
Neighborhood Contexts, Neighboring Patterns, and Health .... 110
  Neighborhood Influences on Racial and Ethnic Disparities in Health 110
  Perceptions of Neighborhood Cohesion and Self-Rated Health 111
Measuring Neighborhood Social Cohesion ..................... 112
Data Sources ........................................... 112
Multilevel, Multifactor Approach ......................... 113
Social Structure Plus Subjective Experience .......... 116
Instruments to Measure Neighborhood Cohesion ....... 116
  The Neighborhood Cohesion Index (NCI) ............... 116
  Collective Efficacy .................................. 119
  Multidimensional Measure of Neighboring (MMN) .... 120
Neighborhood Cohesion: Challenges for Future Studies 120
Summary ................................................ 122
Notes .................................................... 122

7 Cohesive Families ........................................ 127
  Introduction .......................................... 127
  A Systems Perspective of the Family ..................... 127
  Family Cohesion ...................................... 128
  Family Cohesion and Competence ......................... 129
  Family Cohesion and Culture ........................... 130
  Family Cohesion and Change ............................ 132
  Family Cohesion, Parental Relationships, and Child/Adolescent Behavior ........................................ 133
    Marital Satisfaction and Family Cohesion ............... 133
    Parenting, Social Networks, and Family Cohesion ........ 134
  Perceived Family Cohesion and Health Behavior ........ 135
    Family Cohesion as a Mediator ........................ 135
    Family Criticism as a Mediator ......................... 136
  Measuring Family Cohesion ................................ 136
  Familism, Acculturation, and Family Cohesion .......... 139
Summary ................................................ 140
Notes .................................................... 141

8 Social Cohesion as a Mediator of Health Outcomes .. 145
  Introduction .......................................... 145
  A Look Inside Cohesive Groups .......................... 145
  Components of a Cohesive Group ......................... 146
    Social Identity ..................................... 146
    Trust ............................................... 147
    Reciprocity ....................................... 148
    Loyalty ........................................... 149
  What We Can Learn from Behavioral Health Interventions 150
  A Paradigm .......................................... 150
  Example: Family Process and the Effects of Parental Alcoholism . 151
The Group Effect
Social Cohesion and Health Outcomes
Bruhn, J.
2009, XVII, 171 p., Hardcover
ISBN: 978-1-4419-0363-1