

EP 046

SOCIAL WELLBEING



SHOW NOTES

OBJECTIVE

> Develop an understanding of social wellbeing.

UNDERSTANDING SOCIAL WELLBEING

Social wellbeing can be defined as developing and maintaining positive interactions with other people and with local and global communities. This is mainly assessed through subjective and individual measures, where people assess the quality of those interactions according to their own perceptions.

THREE PATHWAYS TO POSITIVE RELATIONSHIPS

- 1. Behavioural.** Social bonds such as those with partners and friends can influence our health habits and behaviours, which can influence our health and longevity.
- 2. Psychosocial.** Social support can reduce stress and enhance emotional and psychological wellbeing, positively influencing health behaviours and physical health.
- 3. Physiological.** Positive relationships can boost cardiovascular, immune, and endocrine responses, which can affect longevity and health in the long run.

FIVE INDICATORS OF SOCIAL WELLBEING

- 1. Social integration** is the sense of being a part of a community based on the appraisal of the quality of that relationship.
- 2. Social acceptance** is the acknowledgment of a social construal based on certain positive qualities of a given group.
- 3. Social contribution** is the assessment of our personal value and contribution to society or a community.
- 4. Social actualization** refers to our evaluation of the potential and evolution of society.
- 5. Social coherence** involves an interest about the world and an appraisal about the organization, operation, and quality of society.

APPLICATION

> Test yourself against the five indicators of social wellbeing and note specifically how you are addressing these.

RESOURCES

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