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

xiv Contents

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
	Notes	70
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
		55
	Social Capital	55 55
		56
	Evidence of Effects	57
	Dimensions of Social Capital	58
	Measurement	58 58
	Functional Measures	58 59
	Structural Measures	
	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
4		
	Introduction	69
	Social Indicators and Social Cohesion	70
	Civic Health Index	70
	Index of Social Health	71
	OECD Social Indicators	72

Contents xv

	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	
	Measuring Neighborhood Social Cohesion	

xvi Contents

	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	
7	Cohesive Families	127
/		127
	Introduction	
	A Systems Perspective of the Family	127
	Family Cohesion	128
	Family Cohesion and Competence	129
	Family Cohesion and Culture	
	Family Cohesion and Change	132
	Family Cohesion, Parental Relationships, and Child/Adolescent	
	Behavior	
	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	
	A Look Inside Cohesive Groups	
	Components of a Cohesive Group	146
	Social Identity	146
	Trust	147
		148
	Reciprocity	148
	Loyalty What We Can Learn from Behavioral Health Interventions	149
		150
	A Paradigm	
	Example: Family Process and the Effects of Parental Alcoholism	151

xvii

Example: Mediating Neighborhood Effects on Educational Achievement
Use Among Adolescents
The Group Effect: Next Steps
Summary
Notes
References
ndex 163