

The Role of the Social Capital of an Individual in the Formation of the Quality of Life

Valentina A. SUSHKO¹,
Gennadi B. PRONCHEV²

¹ Associate Professor, PhD of Sociology
Department of Sociology, Lomonosov
Moscow State University, Moscow, Russia,
valentina.sushko@gmail.com

² Associate Professor, PhD of Physics and
Mathematics, Department of Sociology,
Lomonosov Moscow State University,
Moscow, Russia, pronchev@rambler.ru

Abstract: The article examines the influence of social capital on the quality of life of the Russian population and its particular components. The authors point to the problem associated with the social capital of the individual and determine the levels, namely the micro-level (interaction of individuals), meso-level (interaction with organizations), and macro-level (interaction with government bodies, etc.), which form the social capital. Based on empirical data from sociological research conducted in 2019, the article analyzes the structure of values of the adult population of Russia, highlights the characteristics of social capital and the degree of their influence on the formation of the quality of life. Methodological solutions are illustrated with examples of empirical research using the questionnaire survey method. One of the tasks is to analyze the essence and influence of social capital on the quality of life. In the course of the research, the authors focus on the micro-level of the formation and influence of social capital, highlighting such components as a social activity and material security of an individual.

In the course of the study, it was found that the social capital of a person affects the quality of a person's life, to a certain extent, forming the circle of his/her interests and values, as well as providing real opportunities for the realization of the interests of the individual and meeting his/her needs. The obtained results of the analysis can be useful for further study of the quality of life.

Keywords: *social activity; social capital; the quality of life; material security of the individual; the structure of values.*

How to cite: Sushko, V.A., & Pronchev, G.B. (2021). The Role of the Social Capital of an Individual in the Formation of the Quality of Life. *Postmodern Openings*, 12(1), 38-53. doi: 10.18662/po/12.1/244

1. Introduction

For more than two decades, social capital has occupied one of the central places in sociological science as a theoretical concept and as a subject of empirical research. The active interest in the phenomenon of social capital from various fields of social sciences is due to the fact that this concept allows, on the one hand, to comprehend the role of resources in the implementation of social and economic interaction in society, and on the other hand, to apply some principles of the socio-economic approach to the study of social behavior. The study of the nature and functions of social capital within the framework of the sociological approach leads to an expansion of the theoretical understanding and explanation of social capital as a social phenomenon, the construction of new theoretical and methodological concepts for the study of this phenomenon.

Today, the main problem associated with such a phenomenon as the social capital of an individual is that the majority of representatives of the Russian population often do not understand and do not even imagine the role of social capital in their lives. In this regard, they do not use or use it ineffectively for self-realization and improving the quality of their lives, which is very unstable and highly susceptible to social changes. In the absence of attempts to study the peculiarities of the influence of the social capital of an individual on the quality of life, there is a high probability of an increase in the number of individuals dissatisfied with their lives, inclined to believe that only money and other material values can be used to ensure life well-being and are not aware of the availability of alternative means of self-realization. If the authors identify the degree of influence of the social capital of an individual on the quality of life, we can determine the necessity to use social capital in order to improve the quality of life.

At the moment, the social capital of a person and the quality of life are fairly well-studied phenomena in certain scientific areas and researches. Nevertheless, a very low number of researches has been devoted to the peculiarities of the influence of the social capital of the individual on the formation of the quality of life of the Russian population. Therefore it is necessary to conduct such studies in order to enrich scientific knowledge about the investigated problem.

The analysis of the structure of the social capital of the Russian population is currently relevant due to significant changes in its socio-economic situation over the past 5 years, starting from 2014. During this term, the growth of the economy in Russia stopped, stagnant and crisis

phenomena appeared, and as a result, the structure of people's social capital changed (Bashkatova, 2019). In this regard, it is important to determine the nature of these changes, the kind of restructuring in the significance of individual components of social capital, its impact on the change in the social status of people in general and in terms of the state of their quality of life. The study of the social capital of an individual and the specifics of its influence on the quality of life is becoming especially important at the present time for understanding the social processes taking place in society, in the context of a difficult economic situation in Russia and in the world.

2. Theoretical analysis

Talking about the social capital of an individual, it is necessary to note that the concept of Nestik and Solomakha (2013) most fully reveals the essence and content of social capital as a socio-psychological phenomenon, which appears primarily as the social capital of the individual. The authors emphasize that social capital is a complex and contradictory phenomenon, and it is extremely necessary to take into account that it can be studied both at the individual and at the group levels, as well as organizational level and the level of society as a whole. To understand its structure better, it is required to consider the classification of social capital by levels in more detail. To achieve this, it is advisable to refer to the study of Sivukha "Social capital of Minsk residents" (2006), in which the considered phenomenon is formed at three levels: micro-level (interaction of individuals), meso-level (interaction with organizations), and macro-level (interaction with government bodies, etc.).

Based on this concept, there are a number of components of social capital that are regarded as well known. It "relies on trust, shared norms and values, as well as social networks of various kinds" (Polishchuk, 2016). These content elements were identified at the scientific workshop of the Liberal Mission Foundation "Social Capital in Russia: Measurement, Analysis, Impact Assessment" and are considered the most generally characterizing the phenomenon under consideration.

Within the framework of this article, the authors will restrict themselves to the concept of the social capital of an individual, that is, we will focus on the micro-level in order to emphasize the peculiarity of the influence of the social capital on the subjective and perceived quality of life.

The advantages of this approach to defining the phenomenon of social capital are as follows:

- firstly, this theory has the broadest and richest conceptual framework;
- secondly, the authors offer a fairly complete and specific definition of the social capital of an individual;
- thirdly, in this concept, the structure of social capital and its content components are considered in full detail;
- fourthly, the theory is new and modern, focused primarily on the Russian population.

However, the concept of. Nestik and Solomakha (2013) certainly have disadvantages.

Firstly, it has been applied to the analysis of Russian society not very often, since it is quite new.

Secondly, this theory was developed within the framework of the socio-psychological approach, and, therefore, has a psychological focus. However, it is worth noting that the analysis of the psychological component is necessary, since it is required to assess the influence of social capital on the perceived quality of life, that is, on the subjective assessment of the individual of his/her quality of life.

Thirdly, this concept is not yet very popular in the scientific community, since there are a number of other researchers of social capital, whose theories have already received empirical approval and gained recognition in the scientific community.

The origins of the idea of social capital can be found in the researches of E. Durkheim, M. Weber and A. de Tocqueville (Strelnikova, 2003), who dealt with the issues of social integration in society and the study of social actions. The American scientist L. J. Hanifan, who used this term first in 1916 to describe community schools in rural areas (Hanifan, 1916), initiated the study of social capital. After that, he published the book "The Community Center" (Hanifan, 1920), where he included the chapter called "Social capital". In this chapter, he defined that social capital refers to the observable qualities that are very necessary for people in their daily life. Among these qualities, the author singled out "goodwill, brotherhood, compassion and social interaction between individuals and families that make up a social unit" (Hanifan, 1920). Obviously, we cannot consider social capital solely as a resource and product of the functioning of the communal brotherhood, but L. J. Hanifan helps us understand how strong the socio-psychological aspect of this phenomenon is.

In foreign sociology in the 1960s and 1970s, the problem of social capital was partly raised in the works of G. Lowry and J. Johnson as a

question of the role of social relations as a source of economic resources (Jacobs, 1961). This concept is more interesting, since when considering the features of the influence of the social capital of the individual on the quality of life of young people, it is required to take into account an important function of social capital, namely, the ability to replace economic capital.

P. Bourdieu (Bourdieu, 2002) introduced the concept of “social capital” into science in his article “The Forms of Capital” (1983) as a designation of social relations that can become a resource for obtaining benefits (Bourdieu, 1993). P. Bourdieu made a great contribution to the formation of the theory of social capital, highlighting it along with economic, cultural, and symbolic capital, as well as emphasizing their fundamental role in structuring social space.

However, innovations in the concept of social capital were introduced by Coleman (Coleman, 2001), who presented a detailed analysis of the relationship between financial, human and social capital in his work "Social and Human Capital". Coleman considers the social capital as a public good, since the actor does not always benefit from its functioning. However, the scientist emphasizes that social capital is created by a free and rational individual in order to achieve his/her own benefits. Coleman identifies the following basic elements in the structure of social capital: trust, the ability to obtain information, as well as norms and effective sanctions. At the same time, he emphasizes that the social structure must have a number of properties so that social capital can accumulate and function freely. These properties are the closeness of social systems (organizations) and appropriation. Closeness promotes the development of intragroup norms, increased integration and cohesion of group members, as well as an increase in the level of trust between them. Appropriation implies the ability of the structure of an existing organization or group to change its essence when changing some goals to others with the preservation of the previous composition of the group. This concept is extremely interesting, because it is necessary to consider the features of the influence of social capital on the quality of life, and the above-mentioned theory is suitable for this. Nevertheless, Coleman pays too much attention to the economic function of social capital, and describes mainly the social capital of society as a whole, rather than an individual, which, of course, is a significant drawback of this concept.

Thus, the work will consider the social capital of an individual as the totality of his/her relationships with other people, making it easier for them to create, use, exchange and convert various types of economic resources (Nestik & Solomakha, 2012). Social capital appears in the form of

interpersonal relations. It is created due to the individual's belonging to certain informal and formal groups, to a circle of friends, which allows him/her to acquire a certain set of social relations that can be used to solve a particular problem.

The social capital of an individual includes the following components, according to Nestik and Solomakha (Nestik & Solomakha, 2012): an individual's belonging to a certain social group; real social relations of a person with others; individual's education; material values.

In the study of the quality of life, two approaches should be distinguished, which are most fully considered within the framework of the theoretical concept and used in empirical research. This is an objective or socioeconomic approach and a subjective approach based on the concept of a "perceived" quality of life. An objective approach implies the quality of life as a set of material goods that people consume and the possibilities for their consumption (Galbraith, 1958; Bell, 1999). At the empirical level, one indicator characterizing such opportunities is wages). The concept of the "perceived" quality of life is based on people's subjective perception of the social and material conditions in which they find themselves (Campbell, 1981; Campbell, Converse, Rogers, 1976). On an empirical level, the concept of the "perceived" quality of life was developed by Ware, which identified 9 parameters that characterize its state (Ware, 1993). One of these parameters is social activity. Many authors consider it expedient to combine these two approaches within the framework of empirical research, which makes it possible to reveal the relationship between the state of objective and subjective parameters of the quality of life (Boytssov, Kryantsev, Kuznetsov, 2004; Nagimova, 2010).

Analyzing the influence of social capital on the quality of life of modern youth, the authors will consider such objective and subjective components of the quality of life as a social activity and material security of an individual.

3. Methodology

To assess the influence of social capital on the quality of life of the population of Russia and its individual components, a method of household questionnaire survey was applied in 2019. A sample population of 1803 people was formed by the method of quota-random selection and ensured the representativeness of the results of the study to the entire adult population of Russia from 18 years and older, first - by sex; secondly - by age; thirdly, by social status; fourthly, by territorial settlement, namely by the

regional viewpoint, in the context of the city/village and in the context of four types of urban settlements (1 million people and more, from 500 to 999.9 thousand people, from 100 to 499.9 thousand people, less than 100 thousand people).

The structure of the sample population includes 22 regions, territories and republics and cities of the Russian Federation. In each territorial subject of Russia, the survey was conducted in accordance with its social-settlement structure: in the central city, in the regional town, and in the rural settlements. Regional towns and rural settlements were selected randomly. Thus, a high level of representativeness for the entire adult population of Russia was provided ($\pm 3.5\%$).

As a result of the analysis, two main groups of respondents were identified in terms of material security: low-income (47.8%), that is, those who cannot afford to buy durable goods (including those for whom buying food and clothes is difficult), and fairly prosperous (52.2%), that is, those who easily acquire durable goods (including those who can afford quite expensive goods).

The questionnaire used three blocks of questions in their instrumental expression. The first block consisted of issues related to the valuation of values; the second block - issues related to the parameter of the socio-economic situation; the third block - issues related to the socio-demographic, socio-educational, and socio-territorial situation of the population of Russia.

4. Results and discussion

In the course of the analysis of the obtained data, it was possible to identify the degree of the individual's involvement in socially useful activities: volunteer and charitable.

In order to solve this problem, the authors used indicators to clarify and specify the types of volunteering activities. As a result, it was found that the most common types of volunteering activities (volunteer and charity) are:

- delivery of clothes, toys, household items, and other own property in favor of the poor, orphans, disabled people, retired persons, homeless people and other socially vulnerable groups of the population: 67.4% of respondents were engaged in this type of activity;
- assistance in organizing charity concerts, exhibitions, fairs, contests, festivals, for example, Kindness Day, and other cultural and creative

- events on a voluntary and gratuitous basis (52% of the respondents took part in such activity at least once);
- cleaning the territory from debris and pollution as part of volunteer clean-up day and environmental hikes or independently (49.5% of the respondents were engaged in this type of activity).

Although the analysis of the indicator aimed at fixing the fact of participation of respondents in volunteer activities showed that the respondents are socially active, according to the analysis of indicators specifying the types of volunteering, the research participants demonstrated a rather low level of social activity: 70.1% of respondents have participated in no more than four types of charitable and volunteer activities at least once over the past few years.

In general, 4 main groups of respondents were identified by social activity:

- inactive (44.7%), who have participated in no more than two types of volunteer activities over the past few years (while 6.4% of them turned out to be absolutely socially passive);
- low-active (29.5%), who have taken part in only 3-4 types of social activity over the past few years;
- respondents with average activity (16.4%) who participated in 5-6 types of volunteer activities;
- respondents with increased activity (9.4%), who participated in 7 or more types of volunteer and charitable activities over the past few years.

For an additional analysis of the features of the quality of life, an open-ended question of the questionnaire was coded, revealing the general ideas of the respondents about their quality of life. According to the respondents, their quality of life consists of many different elements. In the course of the analysis, 17 main components of the quality of life were identified. The most valuable elements of the quality of life, in the opinion of the respondents, are material values and money (mostly - high wages). More than 69% of the respondents indicated specifically material wealth as one of the most important components of the quality of life. About half of the respondents indicated the following as the most important elements of their quality of life:

- emotional and spiritual development, inner harmony, self-improvement (52.4%);
- health, good and high-quality medical care, a developed health care system (47.2%);

- the importance of family and friends, warm and conflict-free relationships with loved ones (38.9%);
- housing conditions and location of housing (35.5%);
- duties of the state to ensure the rights, freedoms and security of citizens, to conduct social policy and provide conditions for self-realization of the individual (29.1%).

According to the obtained data, it can be judged that material well-being, health, and mental comfort are the most important values that determine the quality of life of its representatives. In addition, the interviewed respondents strive for constant self-development and self-realization and expect their state to provide real opportunities to achieve this goal, as well as to ensure the protection of interests and socio-political stability in the country.

It should also be noted that more than 40% of the respondents identify such components of the quality of life that are significant for them as “morality and trust in social relations” (37.6%); “accessibility and quality of education, effective functioning of the educational system” (35.9%); “availability of work, jobs and employment opportunities” (31.4%). Thus, striving for material prosperity, the respondents recognize the importance of successful employment, which can be provided with good education and certain social guarantees from the state.

Thus, assessing the quality of life, it may be concluded that from the point of view of social activity, namely participation in volunteering activities, the majority of respondents are low-active, which negatively characterizes the quality of life of people, since the lack of social interaction with others in the process of implementing a common socially useful activity, the lack of sufficient activity and the feeling of one's own necessity and significance that is formed on its basis, negatively affects the development of the individual. An individual does not learn in practice the norms of morality, does not gain a sense of duty to the country and fellow citizens, as well as a sense of patriotism, does not develop compassion and does not enrich the spiritual world by helping other people. All this, one way or another, leads to certain intrapersonal and interpersonal problems, and, consequently, worsens the quality of life.

In the study, the authors analyze the social capital of an individual, which is revealed through the person's social connections with others.

Social connections of a person include both the closest friends of the individual and acquaintances, whose connections and resources can help a person in realizing his/her interests and in meeting his/her needs.

According to the research, more than half of the respondents (54.2%) have enough friends who are always ready to help, while 13% of the respondents have many such friends, and only 6.2% of the respondents said that they do not have such friends who are ready to help in any situation. In general, 83.5% of the respondents answered positively when were asked about the presence of friends who are always ready to provide help and support.

The largest number of friends among the surveyed respondents was among people engaged in cultural and creative activities (64% of respondents). More than half of the respondents also have friends among those who are engaged in social activities (57.1%) and sports activities (44.5%). The least number of respondent's friends were among those who were engaged in political activity (only 17.8%).

In connection with the obtained data, it can be judged that the friends of the majority of the surveyed respondents are socially active, especially in cultural, creative, and social activities. It should be noted that women have more acquaintances who are engaged in cultural and creative (77.2%, as opposed to men - 63.4%) and social (72%, as opposed to men - 59%) activities, while men have more acquaintances among those who are engaged in political (31.1%, in contrast to women - 17.3%) and sports (59.9%, in contrast to women - 45.4%) activities. In addition, respondents aged 18 to 30 have more acquaintances who are involved in social, sports, cultural and creative activities than respondents aged 30 and older.

In the course of the analysis, it was also found that the group of respondents who, in terms of their material security, "barely makes ends meet," does not have friends involved in any of these types of activities. Most of all politically active friends (40.2%) were found in the wealthiest group of respondents, which "can afford even expensive goods". The same group of respondents has the largest number of friends engaged in cultural and creative activities (77.8%), in contrast from other groups surveyed for material wealth.

Social relations of the individual also include acquaintances (their own or relating to family) who hold leadership positions in a particular organization. It was found that 58.6% of the respondents have acquaintances with persons holding managerial positions in the field of trade (21.2% of them have many such acquaintances); 70.1% of the respondents have connections with persons who are managers in a large company, firm, enterprise or other organization (of which 7.9% have many such acquaintances); 52.5% of the respondents have acquaintances who hold

executive positions in the banking sector (9.1% of them have many such acquaintances).

It was also found that among the most prosperous respondents the most are acquaintances working in the banking sector (70.3%), as well as in large companies, firms, at enterprises (79.5%). The number of acquaintances working in the trade sphere in various groups in terms of material wealth turned out to be approximately the same (about 55%). At the same time, the group of respondents who “barely makes ends meet” did not have acquaintances working in the banking sector.

Social ties of an individual, in addition to friends and acquaintances-leaders, also include acquaintances (their own or relating to family) who work in government bodies.

In order to describe the nature of the influence of the social capital of the individual on the quality of life of the respondents, the relationship between the social connections of the respondents, their social activity and material security were analyzed.

To identify patterns of respondents' appeal to their friends or acquaintances, a list of the main problems that the respondents could have was compiled. More than half of the respondents had problems associated with the need to improve their living conditions (44.8%), as well as with employment and career advancement (40.5%). Slightly less than half of the respondents indicated the following problems: anxiety and worries associated with the need for expensive treatment, with the solution of health problems (38.3%), as well as problems associated with entering a university and obtaining an education (30.7%). Only 4.2% of the respondents indicated “violation of the law” as one of their problems.

When considering the significance of the relationship between the level of material security and the problems that arise among the respondents, it was found that the group of low-income people, which is 52.3% of the respondents, mostly have problems associated with employment and career advancement (67% against 33% of those who did not have such problems). At the same time, the group of prosperous people (47.7%) contains much less respondents who have ever had problems related to their career (only 32.5%, while 67.5% did not have such problems).

In order to solve the above problems, less than half of the respondents (41%) turned to their friends and acquaintances for help. Moreover, 5,5% of the respondents asked for help often, 19,2% - sometimes, and 30,4% - rarely.

It should be noted that 10.7% of respondents indicated that they prefer to solve problems on their own, without asking anyone for help.

Among the surveyed people, 78.4% of the respondents claim that friends and acquaintances helped them in solving their problems.

It is worth noting that the number of people who turned to friends and acquaintances for help contains a high percentage of those who received help (88,5%), in contrast to those who did not seek help from their friends and acquaintances (among them only 67,3% of respondents received help). In addition, with the increase in the frequency of seeking help, the number of those respondents who confidently answered “of course, yes”, when asked friends and acquaintances about help, increases.

During the analysis, an important relationship was established between help from friends and acquaintances and the participation of respondents in voluntary, non-remunerated, socially useful activities. Among those who answered “of course, yes” to the question concerning receiving help from friends, 90% of people took part in one or another voluntary, gratuitous, socially useful activity. Among those who received partial help from friends and acquaintances, 75% of the respondents who took part in volunteer activity. At the same time, among those who were not helped by friends in solving problems, a high percentage of those people (64.7%) did not take part in any kind of voluntary gratuitous activity.

The statistical significance of the relationship between the receiving help from friends and acquaintances and participation in voluntary unpaid activities is also confirmed in the groups of respondents by gender and age. This connection was most significant for men. 95% of respondents, who received help from friends and acquaintances, took part in volunteer activities. Moreover, 70% of those men who were not helped by friends and acquaintances did not take part in such activity. For women, the situation looks slightly different. 80.5% of women who received help from friends and acquaintances took part in voluntary unpaid socially useful activities. However, only 58.4% of those women, who did not receive help from friends and acquaintances, did not take part in volunteer activities, and 41.6% took part. Thus, the participation of women in voluntary and unpaid activities is less determined by the help from friends and acquaintances than for men.

Thus, to check the influence of the respondents' social relations on their social activity, one should analyze in more detail the relationship between the respondents' friends (engaged in social, political, cultural, creative, sports activities), acquaintances-leaders (in a large organization, in the field of trade, in banking), acquaintances-government officials and the participation of the respondents in one or another form of volunteer or charity activities.

Firstly, we note that no statistically significant correlations were found between the respondents' acquaintances holding leadership positions in large organizations, in trade, in the banking sector, and the participation of respondents in any kind of volunteer or charitable activity.

Secondly, it is also required to note that there was no statistically significant correlation between the presence of acquaintances among respondents working in regional or local government bodies and the participation of respondents in any kind of volunteer or charitable activity. Based on this result, it can be assumed that the respondents have relatively few connections with government officials of regional and local authorities.

Third, statistically significant correlations were not found between the respondents' friends engaged in political or sports activities and the respondents' participation in any kind of volunteer or charitable activity.

Nevertheless, statistically significant relationships were found between the respondents' friends, who are engaged in social activities, as well as those who are engaged in cultural and creative activities and the real social activity of the surveyed youth in general, as well as certain types of volunteer and charitable activities.

5. Limitations of Study

It should be taken in consideration that our study has been limited by several factors, namely: the sample included not all Russian regions. The increased sample could make the results of the study more representative. The study was conducted before the onset of the coronavirus pandemic. During the pandemic, the results might also differ. The results of our research can be extrapolated and generalized by scholars who study the quality of life in terms of the perceived social well-being. It is also recommended to conduct similar studies in different cultural and social backgrounds.

6. Conclusions

Concluding the analysis of the quality of life, its social activity and social capital, the nature of their correlation, an important addition should be made. Due to the fact that the article also studied the influence of the respondents' social connections on their material security, it should be noted that statistically significant relationships between the presence of friends or acquaintances of the respondents engaged in this or that type of activity and the material wealth of the respondents were not found.

In the course of the study, it was found that the social relations of a person affect the quality of a person's life, to a certain extent determining the range of his/her interests and values, as well as providing real opportunities for realizing the interests of the individual and meeting his/her needs. An interconnection was revealed between the availability of friends involved in social activities among the respondents and the participation of these respondents in cleaning the territory from garbage and pollution, as well as in the activity of delivering property to the population in need of help. The correlation was also revealed between the presence of friends involved in cultural and creative activities among respondents and the participation of respondents in organizing charity concerts, exhibitions, fairs and other cultural and creative free events. No statistically significant relationship was found between the presence of person's certain social relations and his/her material wealth. Nevertheless, it was possible to establish that among those respondents who turned to friends and acquaintances for help, there was a high percentage of those who received the required help, even partially. At the same time, it is important that among those who received help from friends and acquaintances, there were the majority of young people who took part in volunteer unpaid socially useful activities. It is also worth noting that among people whose help the respondents are inclined to seek were students, doctors, and medical workers, as well as lawyers.

The obtained results of the analysis can be useful for further study of the quality of life with an emphasis on such important, as it was established, components of the quality of life, such as health and the quality of education.

Based on the conducted sociological research, a number of recommendations can be distinguished aimed at improving the quality of life:

- it is necessary to develop a system of incentives (certificates, awards, prizes) to stimulate the participation of people in volunteer and charity activities;
- it is necessary to conduct educational conversations at universities and other educational institutions of vocational education, as well as at the places of work, aimed at promoting the participation of the population in volunteer and charity activities (in improving the environment, in helping people in need, etc.);
- it makes sense to develop a system of grants focused on the implementation of a particular type of volunteer activity, charity event;

- the population should also be trained to manage its social relations in order to realize their own interests, even in the absence of economic capital (this training must be introduced directly into the education process);
- it is also necessary to provide the population with a sufficient volume of jobs to meet its needs for employment and management of its material wealth.

Acknowledgement

This article was prepared with the financial support of the Russian Foundation for Basic Research as part of the research project No. 19-011-00548 Competition A. “The influence of the quality of life on the formation of the value structure of the Russian population.”

References

- Bashkatova, A. (2019). *Rossijskaya ekonomika pyat' let topchetsya na meste* [The Russian economy has been going round in circles for five years]. https://yandex.ru/turbo?text=http%3A%2F%2Fwww.ng.ru%2Feconomic%2F2019-09-10%2F1_7672_economy.html
- Bell, D. (2009). *Gryadushchee postindustrial'noe obshchestvo. Opyt social'nogo prognozirovaniya* [The future post-industrial society. Experience of social prediction]. Academia.
- Boytsov, B. V., Kryanev, O. V., & Kuznetsov, M. A. (2004). *Kachestvo zhizni* [Quality of life]. Publishing House of the Moscow Aviation Institute.
- Bourdieu, P. (2002). Formy kapitala [Forms of Capital]. *Economic Sociology*, 5, 60-74. https://ecsoc.hse.ru/data/2011/12/08/1208205039/ecsoc_t3_n5.pdf#page=60
- Bourdieu, P. (1993). *Sociologiya politiki* [Sociology of Politics]: translated from French. Socio-Logos.
- Campbell, A. (1981). *The Sense of Well-being in America: Recent patterns and trends*. McGraw-Hill.
- Campbell, A., Converse, P. E., & Rodgers, W. L. (1976). *The quality of American life*. Russell Sage Foundation.
- Coleman, J. (2001). Kapital social'nyj i chelovecheskij [Social and Human Capital]. *Social Sciences and Modernity*, 3, 122-139. <http://ecsocman.hse.ru/data/217/076/1232/011kOULMAN.pdf>
- Galbraith, J.K. (1958). *The Affluent Society*. Houghton Mifflin Company.

- Jacobs, J. (1961). *The Life and Death of Great American Cities*. New York Random House.
- Hanifan, L.J. (1916). The Rural School Community Center. *Annals of the American Academy of Political and Social Science*, 67, 130-138.
- Hanifan, L.J. (1920). *The Community Center*. Silver, Burdett & Company.
- Nagimova, A. M. (2010). *Sociologicheskij analiz kachestva zhizni naseleniya: Regional'nyj aspect* [Sociological analysis of the quality of life of the population: Regional aspect]. Kazan State University.
- Nestik, T.A., & Solomakha, I.A. (2013). Personal'nyj social'nyj kapital, doverie i social'no-psihologicheskie harakteristiki lichnosti [Personal Social Capital, Trust, and Socio-Psychological Characteristics of an Individual]. In A. B. Kupreychenko, I. V. Mersyanov (eds.), *Trust and Distrust in the Development of Civil Society* (pp. 245–263). NRU HSE Publishing House.
- Nestik, T.A., & Solomakha, I.A. (2012). *Social'nyj kapital lichnosti kak social'no-psihologicheskij fenomen: doklad v ramkah VIII Aprel'skoj Mezhdunarodnoj nauchnoj konferencii po problemam razvitiya ekonomiki i obschestva* [Social Capital of an Individual as a Socio-Psychological Phenomenon: report in the framework of the VIII April International Scientific Conference on the Problems of Economic and Social Development]. RAS Institute of Psychology, Moscow.
- Polishchuk, L.I. *Social'nyj kapital v Rossii: izmerenie, analiz, ocenka vliyaniya* [Social Capital in Russia: Measurement, Analysis, Impact Assessment] // Scientific workshop Liberal Mission Foundation [Electronic resource]. Retrieved from: <http://www.liberal.ru/articles/5265>
- Sivukha, S. (2006). Social'nyj kapital minchan [Social capital of Minsk residents]. In V.A. Bobkov et al. (eds.), *Minsk residents at the beginning of the XXI century: a social portrait* (pp. 107–124). MNIISEPP.
- Strelnikova, L.V. (2003). Social'nyj kapital: tipologiya zarubezhnyh podhodov [Social Capital: typology of foreign approaches]. *Social Sciences and Modernity*, 2, 33-41.
http://ecsocman.hse.ru/ons/volumes.html?page=1&j_num=23412921&eng=&abstract=1
- Ware, J. E. (1993). Measuring patients' views: The optimum outcome measure. *BMJ*, 306(6890), 1429-1430. <http://doi.org/10.1136/bmj.306.6890.1429>