

## **Sociological explanation of the relationship between feelings of social security and social health**

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### **Abstract**

The health of individuals is one of the main foundations of a balanced society, and the survival of any society depends on its constituents, and as long as people in a society are not healthy, it will be meaningless to talk about the development and dynamics of that society. Social health is one of the new concepts that has recently entered sociological literature and refers to the performance of individuals in society. The purpose of this study was to explain the sociological relationship between feelings of social security and social health. In this research, documentary-library method has been used. Also, the theorists and approaches used in this study are Anthony Giddens, Barry Busan, Traditional and Modern Approach, Elisha Keyes, Emile Durkheim, Talcott Parsons and Maslow. The findings show that social health is one of the factors affecting social security, and with increasing social security, people's social health also increases. Lack of social health is the result of lack of absorption in social frameworks and consequently lack of socialization. Fear and insecurity have devastating effects on people's quality of life and lead to unnecessary care and protection of people from themselves. Lack of security has caused other people not to do social activities.

Therefore, social security has had an impact on social health.

Keywords: Social health, Social security, Feeling of insecurity, Library- Documentary.

### **Introduction and problem design**

Health has been one of the most important human concerns throughout history and has a special place in different cultures and civilizations. Today, health does not only include physical aspects, it is relative and has different dimensions. Social health is one of the key components of health. Social health is the ability to communicate with others, a healthy person considers society as a meaningful set that accepts the values and norms accepted by the community and establishes a healthy relationship with others. Social health somehow shows people's identities. Social health as one of the dimensions of health is the ability to perform effectively and efficiently social roles without harming others, in fact, the same as assessing the individual's condition and performance in society (Blanco & Diaz, 2007). Some social factors shape different dimensions of social health (Bowling, 2017). Fear and insecurity over time have devastating and negative effects on the quality of life, leading to people's distrust of each other and reducing the amount of social interactions and on the other hand negatively affecting people's attitudes toward other citizens, as well as reducing the level of participation of citizens in society, which each of these factors reduces the social health of citizens (Diderivhsen, 2010). In order to access a society that is socially healthy, members of society must be provided with access to basic facilities and basic needs of their lives, and the need for security is one of the most important and fundamental human

needs in social health (Weare, 2002). In fact, security is a social production. Although mental perception of security plays a leading role, the sense of security is formed in interactions or social relationships (Watson, 2005) thus transfers security or insecurity by the community when people in the community have social health (Rezaee, Khorasani and Majdi, 2019).

Security is an essential issue in any social system, and societies consider social security as one of their top priorities (Bowling, 2019). Today, the role and importance of social security in the development of any society is so basic that it is considered as a prerequisite for any development (Ian & Chairman 2006). On the other hand, feelings of security are one of the concepts related to security that are the result of trust in the definitions of life on which human identity and existence are organized (Diana, Jacobijn, Andrea, Rudi & Westendorp, 2010). This feeling is realized in the family and is based on fundamental trust. The sense of security has the following characteristics: the feeling of security is subjective, the sense of security in itself cannot be defined and it is based on the lack of risk, on the other hand, the sense of security is a process, it flows over time and changes at any moment based on the risk estimation, this mental aspect of security is more important than the objective aspect of it. The sense of security, while ensuring cognition, organizes one's ontology and lays the foundation for human existence (Ommeren, Saxena, Saraceno, 2019). Today, the quality of social relations plays an important role in social planning (Cates, 2019). On the one hand, these conditions because it has put the individual against multiple choices (Hawe & Shiell, 2000). It increases the power of his choice and

increases the power of choice, paving the way for one's freedom (Arson, 1996:189). On the other hand, because of the specialization of affairs, it depends on others in all parts of life and in this reliance on others unintentionally limits his freedom (Marmot, Wilkinson, 2015). This conflicting situation in social relations affects all social issues, including feelings of security. Especially in the modern world, people move towards more separation of roles, and relationships remain on the surface and do not go deep, and people communicate less with others than ever before. These relationships lead to indifference and insecurity, and there is a conflict between roles and expectations of others (Afshani & Forghani, 2016).

In addition, the issue of feelings of social security and social health is an important issue. The importance of this issue increases when some studies show an increasing trend of people's problems with this issue (Bukharian et al., 2015). A brief look at the researchers conducted in this field shows that social health and security of people in the society have always been important. Therefore, it seems that the subject of the study is important. This study seeks to explain and identify the impact of social security on social health. In this regard, the aim of this study was to study the relationship between social security and social health.

### **History of Research**

Madina et al. (2016) conducted a study entitled "The Socioeconomic Consequences of Racial Regional Migration for National Security and Social Health of Russian Youth." The findings show that the social health problem of modern Russian youth in the field of regional migration processes is

related to the importance of analyzing national security threats. The study analyzes the social, economic and cultural consequences of ethnic migrations in Russian society. The study analyzes the social, economic and cultural consequences of ethnic migrations in Russian society. In this research, researchers point to the regular trend of migration trends. Negative tendencies demonstrate regional migration processes for young people's social health and their impact on increasing threats to the national security of Russian society. The tendencies in the Russian collective awareness of immigration are identified, which affects their social health. There are also human nature migrations, lack of mutual understanding, positive international communication, low level of ethnic interaction culture, economic problems and non-compliance with religious orders.

Beheshti, Moradi and Khalili (2020) conducted a study entitled "Sociological Explanation of the Relationship between Social Security and Social Health". In this research, quantitative survey method has been used. In this research, survey method is used. The findings show that feelings of social security have a significant effect on social health and entrepreneurship in the society. Therefore, if a society can protect the identity components of its citizens in ethnic, religious, linguistic and national dimensions and increase their level of tolerance and social tolerance, it is expected to create more appropriate conditions for increasing the social health of individuals in that society.

Rezaee, Khorasani, and Majdi (2015) conducted a study entitled "Studying the Impact of Social Security Feeling on Social Health of Citizens of Mashhad". In this research, survey is used. The findings show

that variables such as feelings of social security, age, education and marital status affect social health. With increasing sense of social security of citizens, their social health will also increase.

Mohammadi and Akbarzadeh (2015) conducted a study entitled "Social Security and Social Health (Case Study: Youth aged 15-29 years in Qaen)", in this study, survey method was used to show that there is a direct relationship between social security and social health between social security and dimensions of integration, acceptance, participation and social flourishing. it's connected. However, there is no significant relationship between social security and social cohesion.

#### Theoretical Foundations

The term "security" is derived from safe, and secure, in essence peace of mind, peace of breath, and loss of fear. Security literally means not having anxiety and concern, so its lexical meaning is liberation from anxiety, anxiety, fear or feelings of peace and reassurance, and also, in the objective sense, the absence of threats to acquired values, and in the mental sense, the lack of fear that these values will be attacked. The two concepts of social health and social security have a mutual impact on each other. Lack of social health is the result of not attracting people in social frameworks and consequently their lack of proper social lying. Therefore, social health is an important factor in controlling social harms and issues and maintaining social order and, ultimately, providing social security. Social health, or at least lack thereof, is an important concern in classical sociological theories. Empirically, this issue is rooted in the sociological literature related to social anomalies and alienation. In this

regard, the discussions are about theorists of social security and social health such as Anthony Giddens, Barry Busan, and the traditional and modern approach to feelings of social security, and Elisha Keyes, Durkheim, Watzik, Talcott Parsons and Abraham Maslow.

## Social Security Theorists

### Anthony Giddens

In Giddens's view, security can be called a situation in which a particular range of risks is minimized or countered. The experience of security depends on the balance of trust and risk. Security, whether in its potential sense or empirical sense, may have to do with collections of people to the border of global security or to individuals." In this way, Giddens called safety immunity against dangers (Giddens, 2002). In his view, "Danger and security constitute two fronts of the same coin, so that when there is security, the risk of clocking and vice versa, when dealing with danger, security, confusion and concealment, then he has discussed the existential security plan as one of the most important forms of security and the necessity of existential security to withstand the massive and unprecedented influx of the dangers of modern institutions. He has spoken. In Giddens's view, existential security is: being safe, meaning having answers at the level of unconsciousness and pragmatic self-awareness for some of the fundamental existential questions that all human beings have raised in some way during their lifetime. In other words, the term refers to the assurance that most people are around them to continue to recognize their identity and the durability of social and mammy environments of action. Giddens believes that security can be called a situation

where a string of specific risks has been tackled or minimized. The experience of security depends on the balance of trust and risk. Whether in its actual or empirical sense, security may be linked to hordes or collections of people, to the extent of global security or to individuals (Giddens, 1998).

In this way, Giddens defines immunity against dangers as security. In Giddens's eyes, the danger and security have formed two coins. In such a way that when it comes to security, the risk of clocking is closed, and vice versa, when dealing with the danger of individuals, security is hidden. Then he discussed existential security as one of the most important forms of security and the necessity of existential security to resist the massive and unprecedented influx of existential security risks is: being safe, i.e., having answers at an unconscious level and practical self-awareness for some of the fundamental existential questions that all human beings have raised in their lifetimes (i.e., 75). In other words, this term refers to the assurance that most people continue to recognize their identity and the durability of social and material environments around them (Sotoudeh, 1993).

However, the world of modernity has also penetrated deeply into the heart of identity and personal feelings. He believes that trust and security, taking risks and being endangered, are things that have existed in society on various historical occasions. Trust and risk, security and danger, these bipolar and conflicting features of modernity have affected all aspects of daily life and once again reflected the extraordinary entanglement of local and global position. Giddens emphasizes that in order to understand the need to pay attention to security, one must first take a closer look at the particular dangerous face of modernity (Ibid., 62-63).

In answer to the question of how existential security is achieved, Giddens has raised the issue of fundamental trust. Fundamental trust is the building block of a relationship from which emotional and cognitive orientation toward others, toward the objective world, and toward personal identity. The experience of fundamental trust is in fact the core of hope and forms the source of what is called courage. Yet fundamental trust, while formed under the loving care of the first caregivers and caregivers of the child, has gradually made personal identity crucially dependent on the kindness and welcome of others (ibid., 63).

#### Bari Buzan

The term "social security" is used for the first time in the book "People, Governments and Fear", and social security is only one aspect of security. Buzan believes that societies care a great deal about identity. Similar to Weaver, he argued: The key category of society is: those beliefs and actions that individuals identify and recognize as members of that particular community. Society is involved in identity and is involved in the self-confidence of groups and individuals who consider themselves social members (Buzan, 1999). Social security is just one of the five parts of his five-dimensional approach to the security hypothesis, the other parts of this approach are: "Military, political, economic and environmental security, in general, military security is related to the reciprocal effects of the armed offensive and defense capabilities of governments as well as their perceptions of each other's intentions.

Political security oversees the organizational stability of governments, the systems of government and ideology that legitimize them. Economic security is access to

financial resources and markets necessary to maintain acceptable levels of state welfare and power. Social security is related to the ability to preserve traditional patterns of language, culture, religion and national identity with acceptable conditions of transformation. Environmental security observes the preservation of the global environment as an essential support system to which all human life is based. These five parts do not work separately. Each of them has an important focus within the security issue and a way to set priorities and are connected to each other through strong connections (Ibid).

According to Buzan, societies are very fundamental about identity. He argues that the key category of society is identity, in other words, societies are composed of a sense of social identity, the same thing that allows individuals and groups to think of themselves as part of society. In this detail, he expresses his discussion with an emphasis on the principles of the organic system, and then calls the organic elements of social security an identity and considers social security as synonymous with identity security (Buzan, 2000) Buzan defines situations in which a serious threat threatens social security, considers it difficult and expresses: what is perceived as a threat may be different from what can be in practice, but they may not be able to see the real threats carefully, perhaps the threats that are assumed to be real, but they may have real effects. In sum, threats that endanger social security occur when our society concludes that under certain circumstances, their identities (Ibid) have been compromised. Factors that can threaten the identity of a society may diversify from freedom of expression to interfering with its capabilities for expressing and expressing itself. According to Buzan, these factors may



include these factors. Prohibition on the use of language, names and clothes, as well as the closure of educational and religious places or the exile and killing of members of that particular group (Ibid, 43) And threats that may be made through the continued use of repressive measures against expression and expression of identity. If institutions that produce language and culture are prohibited from continuing their activities, it is natural that identity cannot be transferred from one generation to another in a proper and efficient manner, so some threats to social security may be military, including: killing members of the group and conquering their historical territory, but some threats may also be civilian, such as depriving groups of their linguistic rights and freedom. Religion and worship, therefore, can be reflected in situations where many societies are concerned about insecurity, such as their territorial integrity and social welcome, the most acute and most important type of insecurity that they have neglected is related to the threats to the continuation of their identity (Buzan, 1999). Buzan believes that factors that endanger security are divided into three categories:

1. Physical or physical threats: such as pain, injury, death.
2. Economic threats: such as seizing or destroying property, not having access to work or resources.
3. Factors threatening rights and status: imprisonment, loss of civil liberties, degradation, etc.

The starting point introduces security as mental and decision-based for actors. He states that the issue of security in society is

known because actors can refer to it and view some phenomena as threats. In this way, a historical view of social phenomena and emphasis on the role of norms, rules and culture are also discussed in this view because they believe that security is not always based on visual reference and human relationship and the role of norms in ensuring security is important and effective. In Buzan view, social security refers to the preservation of characteristics under which individuals consider themselves members of a social group (Nick Wars, 2018).

### **Traditional and modern approach**

The traditional approach, which focuses on objective values and is also known as a state-based and power-based approach, and another modern approach that focuses on subjective values, is known as a community-based and identity-based approach. It is known for its community-based and identity-based approach.

Traditional approach: Social security pays attention to the survival of members of society and those physical and material factors that threaten the survival of society are seen as a threat to security. In this approach, power and security are interconnected and the extent to which they have power can be claimed that security means the impossibility of attack, aggression and danger. In this process, surveillance and official controls are required to ensure security, and security is applied with the help of the surveillance system. In this dimension of security, social security is raised with the preservation and survival of life.

That is, the lives of Friday members must be preserved, thus requiring the preservation or

at least reduction of the factors that threaten the preservation and survival of life. In this context, the process of continuity of life is disrupted. So whatever disrupts the current order of life can be a threat to society. Security is maintained with powerful surveillance systems. Therefore, security is also reduced to the extent of the reduction of the power of the supervisory force and the legitimacy of the exercise of the power of the surveillance systems (Samara, 2009).

**Modern approach:** In this approach, social security pays attention to the quality of survival of members of society, and some spiritual and cultural factors that make various lifestyles vulnerable are considered as threats (Ibid,19). This approach does not define social security as merely a lack of risk and threat to survival. Rather, ensuring the maintenance of lifestyle, social security, cooperation and participation can be considered as indicators of social security with its close components. In this regard, having education and the possibility of obtaining information, enjoying citizenship rights, exercising justice in various fields, mutual respect and respect for different ways of life are considered, and attacking such areas is considered as threats to social security (Navidnia, 2003).

In the modern definition of social security, it plays a role in maintaining our feelings of being in the preservation of society, and if this feeling is preserved, people in the society feel committed to the problems and issues of society (Samara, 2009:20). The adaptation of traditional and modern definitions of social security with traditional and modern definitions of social health well shows that the modern definition of health, due to its emphasis on social and cultural factors, reveals the necessity of paying attention to

the quality of survival of individuals in maintaining social security. Also, this definition is in great agreement with the model of totality of health, which also considers social and spiritual dimensions along with physical and psychological dimensions (Rafiei pour, 1999).

### Social Health Theorists

The definition of health in any society depends in part on the shared feeling of the citizens of that community and the implicit meaning that the culture of that community has of health. The most complimentary definition for it is "health means not being sick." There is generally a doriocerd in the definition of health: disease-based and health-oriented:

A) Disease-based approach: This approach is limited by the presence and absence of the disease in various physical and psychological categories (Blanco, 2017: 61). From this perspective, health is a condition where there are no symptoms of the disease. In this view, the role of environmental, social and psychological determinants is ignored.

It is also used to solve many basic human health problems, including addiction, mental illness, ... He was dyslexic (Sajadi, 2004). In this approach, social health is considered as the absence of antisocial factors such as alienation and anomalies in the individual.

B) Health-oriented approach: Therefore, health approach is defined as having a high degree of well-being. According to health theory, a healthy person is assumed to have excellent degrees of health indicators (Ibid). According to this approach, there are two types of patterns for health:

1. Biological model: In this model, the role of environmental, social, psychological determinants has been underestimated and solved many basic health problems such as addiction, mental illness, etc. He's been dyslexic. Health studies using biological patterns emphasize a certain aspect of health, but people are within social structures and communication and face countless social challenges and tasks (Watson, 2005).

2. The model of totality of health: In this model, all social, economic, political, environmental and ... identifies. In this view, several factors are involved in determining people's health and health is a state beyond the perfect balance of body actions. The best definition in accordance with the model of totality and using a health-oriented approach is the definition provided by the World Health Organization in Geneva in 1948:

Health is a complete physical, mental and social well-being and not just illness or disability. In this definition, social health is located alongside physical and mental health. In the World Health Organization definition, complete health means the ability to have a productive life economically and socially (Ibid).

Health is rooted in six different dimensions: Physical, Mental, Emotional, Spiritual, Sexual and Social Health (Field, 2003). The dimension of social health includes levels of social skills, social functioning, the ability to recognize each person as a member of a larger community, and refers to how a person communicates with others in society or his socialization (Keyes, 2004).

Elisha Keyes

Keyes's work comes from a sociological and psychological principle. In his view, social

health is a combination of several factors that collectively show how well a person performs in his social life, for example as a neighbor, colleague, and citizen, Keyes, 2004). Keyes believes that social health can be defined as assessing the individual's conditions and performance in society (Keyes, 1998).

According to Keyes, there is no research literature on social health in the individual dimension. Therefore, in a broad factor analysis, he suggests that people's social health consists of the following five components:

- 1- Social integration: means an individual's assessment of the quality of their mutual relationships in society and social groups. Healthy people feel they are part of the community. Therefore, social integration is a range that people feel have in common with others and belong to society and social groups. This concept goes against marx social alienation and isolation and class awareness (Babaei, 2007).
- 2- Social contribution: indicates the individual's assessment of his/her social value. Those who have a desirable level from now on believe that they are an important member of society and have valuable things to offer others. Social contribution reflects how and to what extent people feel that what they do in the world is important and valuable to society and is viewed as social assistance (Keyes, 2004).
- 3- Social acceptance: one's interpretation of society and the characteristics of others. People who have this after social health



understand society as a set of different people and accept others with all their violations and positive and negative aspects, and trust and trust others as persons of capacity and kindness (Keyes, 2004).

- 4- Social continuity: belief that society is understandable, logical and predictable. Socially healthy people are not only interested in the kind of world they live in, but also about what's going on around them, they feel able to understand the events around them. This concept is in contrast to meaninglessness in life, and in fact, the understanding that one has about the quality, organization and administration of the social world around him (Ibid).
- 5- Social flourishing: Assessing the potentials and paths of society's evolution and believing that society is evolving gradually and has potentials for positive transformation. These people hope for the future of society and believe that themselves and others have potential for social development and that the world can be better for them and others (Keyes, 2004).

### Emile Durkheim

Empirically, the concept of social health is rooted in the sociological literature related to anomalies and alienation, but according to the health-oriented model, the absence of an anomaly of alienation may not indicate the presence of social health. From Durkheim's point of view, a social norm refers to how a person communicates with others in society or

their sociability. From Durkheim point of view, any disconnect between individuals and society in such a way that individuals are not attracted in social frameworks is an anomaly and favorable ground for the growth of social deviations. In such a case, a kind of extreme individualism has put one's desire against social life. In his view, any distance between the individual and society, which is the integration of individuals into the social framework, has given way to social deviations. From Durkheim point of view, any distance between individuals and society that integrates people into the social framework is subject to social deviations (Kazemi, 1998).

Durkheim believes that social solidarity has strengthened social and social cohesion. Establishing extensive relationships with members of the community leads to the provision and receiving more social support from those around them and thus promotes the social health of religiosity people. Three mechanisms can be imagined to explain the relationship between religiosity and health, especially social health, firstly, religion encourages a set of virtuous personality traits that affect health. Second, the social support that an organized religion performs affects health, as well as Durkheim, as one of the sociologists who has examined the role of religion and religious practices in society and its origin, believes that religion has profound effects on the process of stability and social order and has very fundamental and important functions in society, he counts four functions for religion, which are among the most important functions of religion. The sentence, the function of social order,

social cohesion, social solidarity and social happiness (Ibid).

Durkheim recognizes two types of anomie: one on an individual level and the other on a social level. Anomie at the individual level or anomia is an individual feeling of anomalies and represents a state of thought in which one's feelings toward himself are measured. Such a situation is associated with disturbances within the individual and he experiences a sense of anomaly, emptiness and powerlessness. Anomie at the social level indicates a kind of disorder and collective anomalies in which one's emotions are measured according to the social system. When there is no social balance, the person lacks the means to regulate his or her own behavior and adapt it to the prescribed social standards, as well as a sense of collective support and social support. Here, it can be said that the same social factors affect both types of disorders, i.e. the patient community produces sick people and the abundance of sick people in their society leads to the sickness of the society (Yazdanpanah, 2003). From Durkheim's point of view, any disconnect between individual and society in such a way that individuals are not attracted in social frameworks is an anomaly and favorable grounds for the growth of social deviations. In such a case, a kind of extreme individualism puts one's desires in front of social life. In his view, any abyss or distance between the individual and society, which is due to the lack of integration of individuals into social frameworks, gives way to social deviations (Sam Aram, 2009).

### Watzik's theory of communication

In relation to the communication skills variable, Watzik and his colleagues' communication theory about feedback domain has been used. They have stated that the relationship remains by dynamic communication patterns, even when the title changes. Each connection is both a response to an astir and a new adverb designed to remove a response. Watzik et al. have presented five facts in their theory: the first fact: one cannot communicate. Second fact: Each message has a content and interface level. When the content level and the relationship level of a message become confused and infected (disrupted) or conflicting, the problem arises. Third fact: Punctuation disciplines communication patterns and is vital for the advancement of relationships, fourth fact: There are two types of relationships and numbers. The relationship between comparisons is non-verbal and includes body movements, sound quality and nonverbal noise, the use of personal social space.

Communication is verbal numbers that are more logical, abstract and more complex than comparative communication. Communication is verbal numbers that are more logical, abstract and more complex than comparative communication. Fact five: There are two types of symmetrical and complementary interactions. It should be noted that symmetric and complementary interactions of the effect are used when appropriate, determining the correct and healthy relationship. Communication skills are behaviors whose development can affect relationships between individuals on the one hand and their social health as well as useful

and effective performance in society on the other hand (Shamlu, 1985).

### **Talcott Parsons**

According to Turner (1992), four areas can be identified about Parsons' contribution to medical sociology:

A. Parsons argues that scientific and trained professions have certain characteristics, i.e., they are organized for services for society that do not reflect the dominant values of capitalist society (contrary to the point of view of conflict).

b) He is interested in analyzing the effects of social and cultural construction on overall health characteristics. Parsons' work on family and its effect on stress is an example of this sociological component.

c) Parsons has analyzed the relationship between mortality, religion and the gift of life, which he considered as part of the more general issue of meaning.

d) Parsons has presented a concept of patient's role that was implicitly critical of bio-observation in patient conceptualization. Parsons' concept of patient role has provided a major alternative to the medical model. According to Parsons, health is one of the main functional needs for each member of the society. In his work "Social System", he describes the functional importance of health for society. Parsons defines health as a state of one's optimal capacity to effectively play roles and tasks that have become socialized for him or her. He considers the high prevalence of disease in society to be functional for the social system. There are countless costs to avoid spreading. This leads Parsons to a way that minimizes society,

disease rates and its potentially destructive effects (Niazi & Sakhaee, 2020).

Talcott Parsons tries to show in his actions that any actions, whether normal or abnormal, are constructed and produced by a certain form of social structures, so the quality of life in the context of social conditions and structures and pathways to achieve the goals can be explained. Parsons has not incarnated human authority and will in social activities. The role and structural effects in human actions are not ignored, from this perspective, the quality of life can be explained in the context of conditions, social structures and pathways for achieving cultural goals. Roscoe Hinkle summarizes the principles of Parsons' theory of engagement in seven principles. 1. Human social activities stem from awareness of themselves and others in external situations; To achieve other purposes, goals, purposes, plans and ultimate's; 3. Individuals benefit from appropriate tools, techniques and procedures, the courses of people's actions are limited by unchangeable circumstances or situations; Based on the application of will or judgment, individuals choose, measure and evaluate their performance; Criteria, rules or ethics are involved in the of individuals (Samara, 2009).

### **Maslow pyramid theory of needs**

Paying attention to Maslow's pyramid of needs and his pattern reveals the impact of social security on social health. Maslow has the basic human needs in the pyramid, which has five floors. The lower classes of the pyramid show more vital and simpler needs, and higher classes show more complex, but less vital, needs. The needs of the higher classes are taken into consideration only

when the needs of the lower classes have been addressed. Whenever the individual's needs move to the higher class, the needs of the lower classes will not be of much consideration to him. First floor: physical and physiological needs, including eating, drinking, breathing, etc. Second floor: Security, including personal safety against crimes, financial and occupational security, health and well-being, security against accidents and accidents, etc. Third class: social, including friendship, intimacy, supportive family and proper relationships with human beings, belonging and being accepted. Fourth floor: Satisfaction and respect, including the need for respect and satisfaction, self-respect, self-satisfaction and "respect for others", fifth floor: transcendent needs (motivational needs) need to belong and acceptance in society, mental and intellectual needs, aesthetic needs and the need for self-actuality are also included in this category (Nick Vars, 2018).

Maslow believes that the final stage of one's development occurs when he feels safe and relaxed in terms of meeting his basic needs (class one to four). In such a situation, he will focus on flourishing his latent talents to become an effective, creative, insightful human being (Ibid).

According to the above explanations, in order to achieve a society that is socially healthy, members of the society must be provided in terms of access to their basic facilities and basic needs of their lives, and as the Maslow Pyramid shows, the need for security is one of the most important and fundamental needs of human beings. Of course, there is a mutual effect between security and social health. In addition to providing the needs of human security based on Maslow pyramid, it can be the basis for other needs and social health

(which depends on the third to fifth category of the pyramid). In addition, social health can also help increase feelings of security (Ibid).

In general, Giddens believes that security can be called a situation where certain risks have been tackled or minimized. The experience of security depends on the balance of trust and risk. In addition, there are two traditional and modern approaches in social security that in the traditional approach of social security pay attention to the survival of members of the society and those physical and material factors that threaten the survival of society are considered as a threat to security. In the modern approach, social security pays attention to the quality of survival of members of society, and some spiritual and cultural factors that make various ways of life vulnerable are considered as threats. Durkheim, on the other hand, believes that one of the potential benefits of public life is social integration and solidarity, i.e. a sense of belonging and attachment, common understanding and awareness, and having a collective destiny.

These benefits of social life are a feeling and foundation for the universal and general definition of social health. Also, based on Bouzan view, it can be said that the solidarity of individuals in a society, in addition to preservation and survival, requires support and strengthening, which benefits from various facilities such as education, health, welfare, freedom, etc. The feeling of being happy to belong to such a society strengthens the attachment between them and as a result, social security will increase. Also, Maslow's needs pyramid theory has been used to explain the effect of social security on people's social health. According to Maslow's theory, the need for security is the most basic human need. Of course, there is a mutual

effect between security and social health. In addition to providing human security needs based on Maslow's pyramid, it can be the basis for other needs and social health. Social health can make you feel safe.

### **Research Methodology**

In this research, documentary-library method has been used. Library methods include a regular, step-by-step process that is used to gather information to write an article or to present a seminar. During the process of a library study, it is always necessary for the researcher to go back and manipulate, modify and rewrite previous information. This method is used in all scientific researches, but in some of them this method is used in part of the research process and in some of them the subject of research in terms of methodology is inherently library and relies on the findings of library research from start to finish.

### **Discussion & Conclusions**

Health has been one of the most important human concerns throughout history and has a special place in different cultures and civilizations. Today, health does not only include the physical dimension, but also has different dimensions. Social health is one of the key components of health. Social health is the ability to communicate with others. A healthy person considers society as a meaningful set that accepts the values and norms accepted by society and establishes a healthy relationship with others. Social health somehow shows people's identities. On the other hand, the issue of feelings of social security and social health is an important issue. The

importance of this issue increases when some studies show the increasing trend of people's problems in relation to this issue.

The effect of social security construct on social health varies. In such a way that even among different research groups such as students, teachers, youth, citizens, different sizes of effects have been obtained. The sense of social security has a positive and significant effect on social health. This finding confirms Maslow hierarchy theory during which security was a precursor to achieving self-actuality and social health. Feelings of insecurity over time have devastating and negative effects on quality of life and lead to unnecessary care and protection of people from themselves, prevent them from social activities and increase distrust in society and also reduce social interactions and limit social network, all of which lead to a decrease in social health.

It seems that different social groups and groups can reduce social security or vice versa due to undesirable economic, social and political conditions (e.g. economic, social and political crises) and thus affect people's social health. In the meantime, the social health of each social group depends in part on the status and specificity of the social security in the present time situation or, in other words, the extent to which it benefits from social security. In this framework, it seems that the sense of security among some social groups is very important, so the likelihood of vulnerability of social health of individuals and society due to this is more evident. As a result, the research proposals are as follows:

Since young people are a major part of the active and dynamic population of any society and on the other hand, one of the



vulnerable segments of society in critical situations, social support for them as well as providing a platform for welfare and tranquility in the society can provide the grounds for their sense of security and consequently their social health.

- Teachers have long had high social status and capital in the society, but evidence indicates that this situation has changed unfavorably in recent years, so in order to promote social responsibility and feeling of social and occupational security as well as the reconstruction of lost social capital and consequently increase the social health of teachers, pay more attention to the economic, psychosocial factors of teachers.

- In order to improve students' social health, it is suggested that cultural programs of universities be reviewed and evaluated, and by preparing and implementing various cultural programs, interpersonal trust, generalized social trust and the context of political and cultural participation among students are institutionalized because increasing trust and political participation can affect people's social health.

Finally, it is suggested that paying attention to the structure of security and its dimensions (psychological, economic, social, etc.) among different groups can affect their social health. Therefore, paying attention to these two categories (sense of security and social health) can have desirable effects on the development of the country.

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