



**Social Capital and Community Cohesion for  
British-Born Residents and Migrants**

# Recent Findings

- Loneliness
- Social Integration for Migrants
- Perceptions of Neighbourhood Diversity in Regeneration and Surrounding Areas.

# Loneliness

## Loneliness

“The manner in which a person experiences or evaluates his or her isolation or lack of communication with other people...where the number or intimacy of relationships with others is less than that which is desirable or admissible.”

## Health Problems

Mental health problems.  
Sleep deprivation  
Stress and raised cortisol levels.  
High blood pressure.  
Impacts on the immune system.  
Overeating  
Reliance on alcohol  
Low physical activity

**Comparable to the effects of smoking or ageing**

# Rates of Loneliness

“How often have you felt lonely over the past two weeks?”

	Sometimes	Often or Always	Total
ALL	21.7	15.8	37.5
Aged 40-64	26.0	17.8	43.8
Single Adult, working age	31.0	24.5	54.5
Single Adult, older	28.2	19.1	47.3
Unemployed	28.2	15.8	44.0
Long-term sick or disabled	30.5	31.5	62.0
British	24.2	16.0	40.2
Non-British	21.5	14.2	35.7

# Loneliness is Associated with Mental Health and Wellbeing

Source: GoWell Wave 3

Respondent Reporting of Mental Health & Wellbeing	Reference Group	Predictor	Odds Ratio for Frequent Loneliness*
Mental wellbeing (WEMWBS)	High (tertile)	Low	2.87
GP consult on mental health issue in past year	No	Yes	3.09
Mental health (SF-12)	High (tertile)	Low	6.46

\* Feeling lonely 'often' or 'all of the time' in the past two weeks.

Controlling for: age; gender; household structure; long-standing illness; employment status; education; migrant status.

**It is likely that the relationship examined here runs in both directions. Thus, avoiding loneliness is likely to be protective of mental health and wellbeing.**

# Social Connectedness is Associated with Loneliness

<b>Respondent Reporting of Social Connectedness</b>	<b>Reference Group</b>	<b>Predictor</b>	<b>Odds Ratio for Frequent Loneliness*</b>
Speak to immediate neighbours	Most days	Monthly or less	2.56
Stop and talk to people in area	A great deal	Not much/never	2.16
Feel part of the community	A great deal	Not much/not at all	1.83
Know people in neighbourhood	Many/most	Very few/none	1.74

\* Feeling lonely 'often' or 'all of the time' in the past two weeks.

Controlling for: age; gender; household structure; long-standing illness; employment status; education; migrant status.

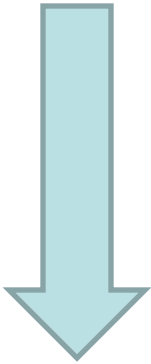
Source: GoWell Wave 3

# **Social Integration of Migrants**



**Functional Factors:**

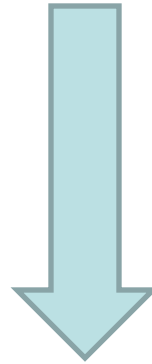
- Education
- Employment
- English Language



Trust, Reliance and Safety

**Time:**

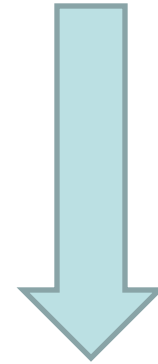
- Time in UK
- Time in Area



Social Relations

**Place:**

- Living in a Regeneration Area



Sense of Community

# Associations of Educational Qualifications

- Trust, Reliance and Safety:
  - Higher odds of citing antisocial behaviours.
- Social Relations:
  - Positive associations with 7 of 12 indicators, inc.:
    - 50% higher odds of neighbourly exchanges
    - 60% higher odds of using local social amenities.
- Sense of Community:
  - No effects.

# Associations of Employment

- Trust, Reliance and Safety:
  - 50% higher odds of feeling safe after dark.
- Social Relations:
  - More frequent contact with relatives and friends:
    - 50% higher odds of meeting up with relatives weekly.
    - Third more likely to meet friends weekly.
- Sense of Community:
  - 30% higher odds of feeling belonging and inclusion.

# Associations of Speaking English Well

- Trust, Reliance and Safety:
  - 40% higher odds of perceiving informal social control.
  - More likely to identify antisocial behaviours.
- Social Relations:
  - Third more likely to have available practical social support.
- Sense of Community:
  - Third less likely to have neighbourhood satisfaction.

# Associations of Living in a Regen. Area

- Trust, Reliance and Safety:
  - 50% less likely to have a positive outcome for all 5 indicators.
- Social Relations:
  - Third less likely to exchange things with neighbours.
  - 50% more likely to have available financial support.
- Sense of Community:
  - Half as likely to feel neighbourhood enjoyment or satisfaction.

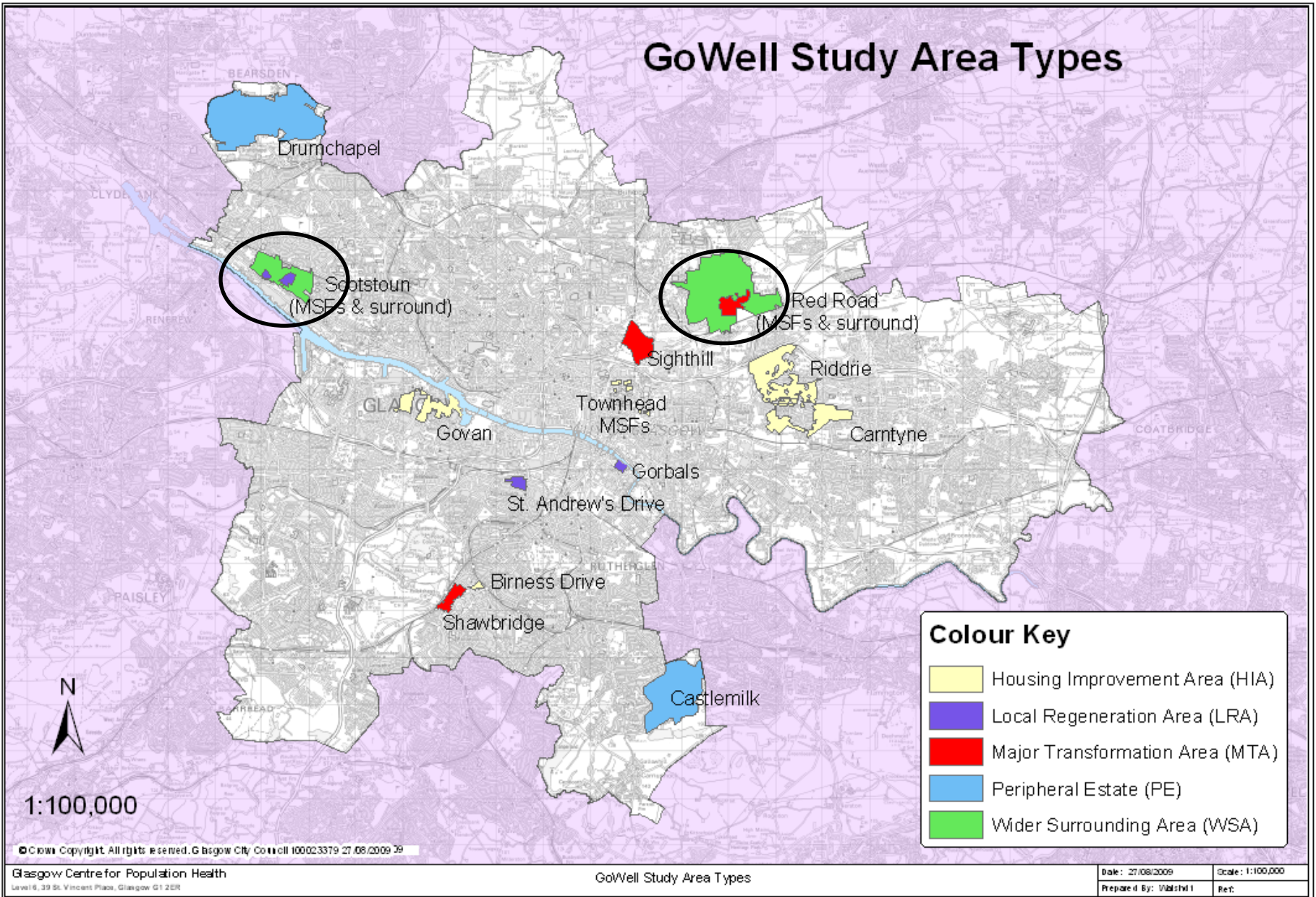
# Effects of Time

Social Integration for Migrants Improves with Time.

	<b>Time in UK</b>	<b>Time in Area</b>
Trust, Reliance & Safety	2 out of 5 indicators (max. effect 3% p.a.)	2 out of 5 indicators (max. effect 5% p.a.)
Social Relations	4 out of 12 indicators (max. effect 5% p.a.)	7 out of 12 indicators (max. effect 8% p.a.)
Sense of Community	3 out of 4 indicators (max. effect 3% p.a.)	2 out of 4 indicators (max. effect 6% p.a.)

# Perceived Ethnic Diversity

# GoWell Study Area Types





# Perceptions of Diversity

“How mixed do you think your neighbourhood is in terms of the ethnic background of the residents?”

	Regeneration Areas	Surrounding Areas	Other Areas
Hardly mixed at all	10.3	38.5	40.1
Fairly mixed	45.4	50.0	44.9
Very mixed	44.3	11.5	15.0

Unweighted data.



# Perceptions of Diversity

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Compared with reality:			
% non-White-British or Irish <sup>1</sup>	38.3	14.7	12.9

1. Mean ethnic minority % in datazones covering the relevant study areas. Source: 2011 census.



# Perceived Diversity and Cohesion

	Regeneration Areas		Surrounding Areas	
	Hardly mixed	Very mixed	Hardly mixed	Very mixed
Public Interaction <sup>1</sup>	1.00	2.21*	1.00	1.17
Informal Social Control <sup>2</sup>	1.00	1.83*	1.00	<b>0.66</b>
No serious ASB <sup>3</sup>	1.00	1.48*	1.00	<b>0.77</b>

1. Stop and talk to people in the neighbourhood ‘a great deal’.
2. Expect someone to intervene in an incident of harassment in public.
3. No ‘serious’ antisocial behaviours identified in the area from ten items.

Controlling for: age group; sex; household type; employment status; ethnicity; and years in area.



# Perceived Diversity, Neighbourhood Satisfaction, and Empowerment

	Regeneration Areas		Surrounding Areas	
	Hardly mixed	Very mixed	Hardly mixed	Very mixed
Neighbourhood Satisfaction <sup>1</sup>	1.00	0.96	1.00	<b>0.51*</b>
Community Influence <sup>2</sup>	1.00	0.97	1.00	1.00
Community Proactivity <sup>3</sup>	1.00	1.59*	1.00	1.10
Responsive Services <sup>4</sup>	1.00	1.65*	1.00	0.95

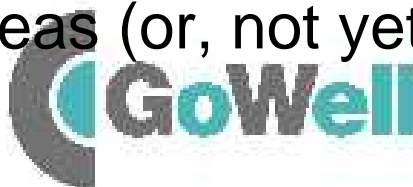
1. Very satisfied with neighbourhood as a place to live.
2. Community can influence decisions affecting the area.
3. Community can find ways to improve things.
4. Service providers respond to local people's views.

Controlling for: age group; sex; household type; employment status; ethnicity; and years in area.



# Conclusions

- Social capital (social relations with others) is important for the health of our study group.
  - Prevention of loneliness is one route for this.
- The successful integration of migrant groups is important for the creation of cohesive, sustainable communities in deprived areas.
  - Providing education, employment and English language opportunities are important.
  - So is allowing migrants to settle over time in an area.
- Perceived ethnic diversity is positively associated with cohesion and empowerment outcomes in regeneration areas (with larger and longer migrant presence), but not so in their surrounding areas (or, not yet...).





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