



EVALUATING THE RELATIONSHIP BETWEEN JOB STRESS AND SOCIAL CAPITAL WITH PRESENTING A CONCEPTUAL MODEL

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Abstract

Job stress is a universal problem and the inescapable of working life, and extensively affects physical, psychological, social and spiritual dimensions of human. Because social capital reduces the risks of stressors in life, therefore, a comprehensive model of the relationship between social capital dimensions and the dimensions of stress seems to be effective. In this research, referring to the existing literature, In addition to the description of theoretical foundations of social capital and job stress, their dimensions have been introduced. In order to create model of article, the viewpoints of Nahapiet and Goshal on social capital and the combination of viewpoints of experts on psychology, industrial psychology, organizational and social psychology on job stress are used. A conceptual model of the relationship between dimensions of social capital with dimensions of job stress has been provided. Because social capital is can reduce stress in stressful situations, including critical social situations and natural disasters, and because it triggers many psychological disorders, stress can also led to reduction in the psychological symptoms of mental disorders. In addition, social capital can play a role in the success, well-being and promotion of the health of different groups in society. **Keywords:** Job stress, healthy, Social capital: structural, cognitive, communicative.