
Proposing a Model for Social Vitality Development Using Meta-Synthesis Approach

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Purpose: One of the concerns of citizens and officials of organizations and institutions is social vitality development. Therefore, the present study was conducted to propose a model for social vitality development using meta-synthesis approach.

Methodology: This study was applied in terms of objective and qualitative in terms of research method. The field of research was all articles on social vitality during 1990-2022, 39 of which were selected based on inclusion criteria by purposive sampling. The data were collected by taking notes from the articles and analyzed by content analysis based on the seven-step meta-synthesis approach of Sandelowski and Barroso (2007).

Findings: The results showed that 19 components and 3 dimensions were identified for a model for social vitality development. The dimensions include urban development and urban planning (6 components of compliance with the principles of urbanization and good urban governance, urban furniture design and beautification of the neighborhood, urban services and preservation of the urban environment, calming of roads and smoothing of traffic, design and construction of parks and gardens, and construction of smart parking lots), social and cultural affairs (7 components of public and morning sports, development of sports centers, development of culture and art houses, citizen health services, development of game and entertainment centers, implementation of citizenship education programs and skill training and entrepreneurship) and relations and citizenship rights (6 components of strengthening family relations, neighborhood rights, strengthening the network of friends, local cohesion and identity, resilience and the narrative of the sense of experiencing vitality in the company of friends). Finally, according to the identified components and dimensions, a model was designed for social vitality development.

Conclusion: The designed model for social vitality development based on meta-synthesis approach can have many practical implications for citizens and officials of urban and governmental organizations and institutions. Accordingly, they can design and implement solutions for social vitality development

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1. Introduction

Vitality is one of the most essential natural desires and psychological needs of humans, which has a great effect on the physical and mental health of individuals and society. Because vitality prepares people for a better life and more efficiency in daily activities (Chen, Chang, Liou, Chen, Hwang & Huang, 2022). Vitality is one of the positive emotions and one of the most essential natural desires and psychological needs of humans, which generates energy, enthusiasm, mobility and dynamism (Rekhi, Ang & Lee, 2021). Vitality includes three parts of having positive or happy emotions, not having negative emotions, and life satisfaction (Wijnngaards, Hendriks & Burger, 2019). Vitality is a person's general and subjective assessment of life that indicates the level of utility of life and how to meet life's expectations (Fournier, 2020). Vitality leads to a positive attitude towards life, positive self-concept, having mental health and emotional balance, hope for the future, a desired and satisfactory attitude towards oneself and others, balanced social relationships, avoiding resentment and hatred, consciously choosing life goals, trying to achieve goals, avoiding wasting time, increasing success in life, having desired life indicators, better functioning of the body's immune system, and better job and family performance (Zerwas & Ford, 2021). Social vitality plays a decisive role in ensuring the health of the individual and society and is always associated with happiness, optimism, hope and trust. Accordingly, since 2000, the United Nations proposed concepts such as vitality, hope, satisfaction, and life satisfaction as important indicators of development to determine the level of development of countries (Helliwell & Aknin, 2018). Social vitality is a concept that has been discussed a lot in recent years and social science and psychology researchers considered specific and different indicators for it (Chatman, Broaddus & Spevack, 2019). Today, a relatively large part of social science and psychology studies is related to the field of mental health and health, including social happiness and vitality (Chae, 2018). The global reports of happiness and vitality indicate the inappropriateness of vitality in Iran, one of which, whose data was collected since 2013 to 2015 from 157 countries of the world with indicators of economy, entrepreneurship and opportunities, understanding of corruption, generosity, health, confidence, peace and individual freedoms, showed that the vitality score in Iran (4.8) is ranked 105th, which has reduced by 0.507 compared to 2005-2007 (Bahlgerdi, Miri, Norozi & Sharifzadeh, 2021).

Vitality is a feeling and perception more than superficial and ordinary happiness, contentment and satisfaction, and the society with vitality is one of the factors affecting economic, social, cultural and political development, and reduces family and social disorders, increases the desire for academic life, family and career and improve the quality of life (Garner, Thornton, Pawluk, Cortez, Johnston & Ayala, 2022). Social vitality is considered as one of the most important and effective social indicators on increasing general feeling of life satisfaction, constructive social interactions, public trust and comprehensive social participation, and its reduction is an important issue in today's world. This variable is the driving engine of the constructive movements of society, especially for the young and academic generation of the country, and the increase in social vitality of the people of society is significantly effective on social ethics and compliance with society's rules, friendship and self-sacrifice, and social cohesion (Hezarjaribi, 2021). Social vitality is a positive mental state combined with contentment and satisfaction, which indicates social, psychological and physical satisfaction or satisfaction with the general flow of life (Veenhoven, 2015). This construct refers to the dynamism and positive activity of the individual in society, which makes citizens important to society and each other, and they are dynamically engaged in society (Pak, 2020). Social vitality is the inherent and natural happiness that manifests in the social heart, the cause of which is group and social activities and programs, leading to positive changes within the individual and the environment (Kanazawa & Li, 2015). This variable is created when the internal and hidden needs of the people of society are met according to the usual and accepted social norms. Others believe that social vitality is achieved in human society when material and spiritual growth and progress are realized together (Findler, Jacoby & Gabis, 2016). Social vitality and its realization in society are signs of a healthy society from the point of view of experts in different fields, and lack of social vitality causes depression, passivity, and individual and collective deviance (Satıcı, Uysal & Deniz, 2016). People with social

vitality feel more secure, make decisions more easily, have a more collaborative spirit and feel more satisfied with life (Buijs, Jeronimus, Lodder, Steverink & De Jonge, 2021).

Many studies have been conducted on social vitality and factors related or affecting it, and the results of the most important studies are reported below.

Masoumnezhad, Farrokhsereht, Alvani and Taghi Pourian Gilani (2022) in a study on the motivations of employees of organizations by meta-synthesis approach concluded that motivations included three organizational (management and leadership, welfare and contextual components), individual (physiological, personality, belief and skill components) and social (communication and organizational citizenship behaviors components) dimensions.

Zaki (2021) in a study on the meta-synthesis of social vitality research in Iran mentioned the most important antecedents, including social factors and variables, behavioral personality factors and variables, family factors and variables, educational and training factors and variables, academic factors, organizational job factors and variables, technological factors and variables and the effectiveness of educational programs.

Mouratidis and Poortinga (2020) in a study on the factors related to the creation and development of social vitality in urban areas concluded that the related factors are divided into two categories of internal (genetic, biological, cognitive, personality and moral) and external factors (geographical, political and economic) factors.

Sharifzadeh, Mirmohammad Tabar and Adlipour (2018) in a study mentioned factors affecting social vitality, including life satisfaction, self-esteem, religiosity, social connection, relative deprivation, socio-economic base, sense of security and age.

Heidari Sarban and Yari Hesar (2017) in a study on factors affecting social vitality from the villagers' point of view concluded that dimensions and components include social utility and acceptability (components of high social acceptability, the condition of life facilities in the village, a sense of social security, desired social environment, suitable atmosphere of public morality and level of literacy), economic vitality and governance of the atmosphere of hope (components of membership in groups and organizations, income, efficiency, social solidarity, marital status, quality of residential house, hope for the future and diversification to economic activities), social well-being and religious affiliation (components of age, lack of feeling of deprivation, adherence to religious and religious values and sense of social justice) and mental health and improving the level of well-being (components of mental and psychological health, life satisfaction, access to credits and physical health).

Hezarjaribi and Astinfeshan (2009) in a study concluded that the factors affecting social vitality included hope for the future, feeling accepted by others, adherence to religious beliefs, feeling of social alienation, age, feeling of distributive justice, and a suitable atmosphere of public morality.

Iran's ranking in social vitality among 156 countries in the world in 2016 was 105th and 118th in 2020, which indicates a sharp reduction in social vitality in Iranian society in recent years compared to other countries, and the average score of social vitality in Iran was lower than the average in all these years (Masoumnezhad et al., 2022). Also, studies by cognitive function approach on social vitality are progressing rapidly, and social vitality development has been studied in many fields, and recently, its creation and development has received double attention from experts and planners. Another important point is that social psychology, along with urbanism, are exploring from the perspective of cognitive functions, but studies that have a framework for investigating the creation of social vitality in neighborhoods and cities have no place. Another important point about the importance and necessity of the present study is that many studies have been conducted on social vitality, but no study was found that attempted to provide a model for it by meta-synthesis approach. As a result, one of the existing gaps is the lack of finding a model for social vitality development based on the results of previous studies, i.e., by meta-synthesis approach, which the present study was designed accordingly. Another existing gap is that most of studies and models were single-level and did not present any information to obtain the results of cognitive functions and how to communicate with them, and a comprehensive model in this regard. For example, some of the shortcomings and gaps included the lack of

description of cognitive functions for creating social vitality, especially dimensions of urbanism and landscape, which the present study is looking for. Since one of the concerns of citizens and officials of various organizations and institutions is social vitality development; the present study was conducted to propose a model for social vitality development by meta-synthesis approach.

2. Methodology

This study was applied in terms of objective and qualitative in terms of research method. The field of research was all articles on social vitality during 1990-2022, 39 of which were selected based on inclusion criteria by purposive sampling. In this method, the samples were selected according to the criteria that inclusion and exclusion criteria of the present study articles were presented in Table 1.

Table 1. Inclusion and exclusion criteria of the present study articles

parameter	Inclusion criteria	Exclusion criteria
topic	Issues of social vitality in neighborhoods	Unrelated topics
time	1900-2022 (a 32-year period)	Before 2010
language	Farsi and English	Other languages
geographical location	Metropolises and cities with urban management brand	Cities without a comprehensive and detailed plan
method	Qualitative and mixed	pilot
population	Organizations, urban communities and public and service institutions, and municipalities	Other than the population
type of document	Articles published in magazines, international conferences and reference books and reports of reputable companies in the world	Articles published on personal blogs and websites

In order to conduct this study, first all 234 articles on social vitality development were reviewed in reliable national and international websites, and these cases were reduced to 122 cases with the help of supervisors and advisors and according to inclusion criteria. Then, the articles were reviewed by abstract, content and quality criteria including methodology, etc. and finally 39 articles were selected as the final sample of the present study. The selected articles were reviewed line by line with the help of a research associate, and all the concepts related to social vitality development were noted down based on content analysis based on the seven-step meta-synthesis approach of Sandelowski and Barroso (2007). It should be noted that the noted concepts of several articles were reviewed and approved by the supervisors and advisors. Next, all the concepts noted from the 39 selected articles were merged and repeated cases were removed. Finally, a model for social vitality development was also drawn by meta-synthesis approach. Figure 1 shows the process of screening articles from the beginning to the end.

research results from the initial search = 234

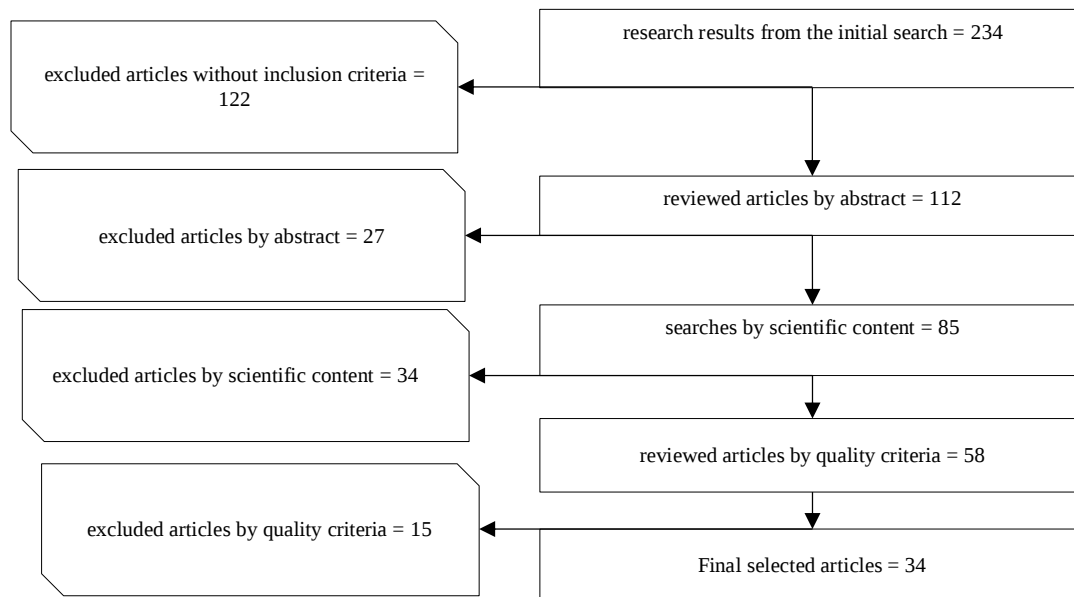


Figure 1. Screening process of the present study articles

The tool of the present study was to take notes of the articles. For this purpose, the articles were reviewed and noted both by abstract and results, line by line, and all the concepts related to social vitality development were extracted. Also, the data were analyzed by content analysis and the seven-step meta-synthesis approach of Sandelowski and Barroso (2007). Among the qualitative research methods, in this study, meta-synthesis approach was used, which is one of the exploratory research methods to create and extract a common reference framework based on the results of previous studies. The objective of meta-synthesis approach is to deeply analyze the research activities carried out in a specific field to review weaknesses and strengths and extract a more comprehensive view of the relevant field of knowledge, which creates a creative and integrated interpretation of the results. The strength of meta-synthesis approach is its ability to identify categories and create a conceptual model of literature review, which increases the validity of the results. Since the concept of social vitality is a multi-dimensional and broad concept and many qualitative articles were conducted in this field, meta-synthesis approach was used as a suitable method to obtain a comprehensive synthesis of the models proposed in this field, which provides a general picture of the most important dimensions and components involved in social vitality development in the neighborhoods.

3. Findings

In this study, content analysis was used based on the seven-step meta-synthesis approach of Sandelowski and Barroso (2007), which included the following steps.

Step 1 was to determine the research questions.

Step 2 was to search and review the texts from references according to the research questions and keywords. In this study, the two research questions are: 1. What are the components of creating social vitality? 2. What are factors of each of the components of creating social vitality for searching articles? Also, Table 2 shows Farsi and English keywords for searching the articles in this study.

Table 2. Farsi and English keywords for searching the articles in this study

English keywords	Farsi keywords
Social Vitality	نشاط اجتماعی
Cognitive Functions	کارکردهای شناختی
Urban Vitality	سرزندگی شهری
Local Governance	حکمرانی محلی
Local Vitality	نشاط محلات
Health and Vitality of Citizens	سلامت و شادابی شهروندان
Urban Resilience and Citizenship	تاب آوری شهری و شهروندی
Management of Social and Cultural Affairs in Metropolises	مدیریت امور اجتماعی و فرهنگی در کلانشهرها
Citizenship Relations	روابط شهروندی
Urban Planning and Development	برنامه ریزی و توسعه شهری
Promotion of Public Sports	ترویج ورزش همگانی
Explaining a Happy Lifestyle	تبیین سبک زندگی شاد
Local Entertainment	تفریح و سرگرمی محلات
Successful Neighborhood Relations	روابط همسایگی موفق

Step 3 was to select related articles based on inclusion criteria, review of the abstract, content and quality of the articles, and in this study, 39 articles were selected as the final sample among the 234 articles found initially.

Step 4 is to analyze and synthesize qualitative results. For this purpose, the researcher first summarized the extracted codes and some codes were combined and aggregated. After categorizing the extracted codes using the open coding, the researcher did a coherent summarization and categorized the codes based on conceptual similarity, frequency of repetition and importance in the form of a model for social vitality development in the neighborhoods with reference to cognitive functions.

In Step 5, after repeatedly reading verbal statements and searching for the meaning, initial codes were created. Then, by recoding, codes with similar concepts were placed in a category and concepts were created. Finally concepts based on the research model were categorized into 3 dimensions and 19 components.

Step 6 was the quality control of the results, which can be examined from several dimensions. First, for the quality of the articles, the researcher attempted to improve this dimension of quality by searching in reliable scientific databases and defining inclusion criteria for searches and comprehensive and multi-stage searches at different time intervals using broad keywords in order to ensure the complete extraction of references related to the research topic. Second, the quality of the selected articles was screened based on inclusion and exclusion criteria, and inappropriate articles were filtered accordingly. Also, in order to confirm the validity, it was attempted to identify the most articles related to the research topic, and for the validity, articles that had high validity in terms of references were reviewed. In this study, a holistic approach was used to increase the validity of the research, in which, instead of confirming the validity at the end of the research, criteria are used during the research that are observed by the researcher to increase the validity of the research. It should be noted that in this study, the criteria include consistency in the method (the nature of having a research design and constantly going back to correct mistakes instead of quickly drawing conclusions from the collected data), sampling adequacy (making sure to reach the quality of the content related to research) and simultaneous data collection with data analysis.

Step 7 was to report the results. In this step, based on literature review, the information needed to answer the research questions according to the above six steps of the results is reported in the form of a model.



According to content analysis by the seven-step meta-synthesis approach of Sandelowski and Barroso (2007) shown in Figure 2, 19 components in 3 dimensions were identified for a model for social vitality development. The dimensions include urban development and urban planning (6 components of compliance with the principles of urbanization and good urban governance, urban furniture design and beautification of the neighborhood, urban services and preservation of the urban environment, calming of roads and smoothing of traffic, design and construction of parks and gardens, and construction of smart parking lots), social and cultural affairs (7 components of public and morning sports, development of sports centers, development of culture and art houses, citizen health services, development of game and entertainment centers, implementation of citizenship education programs and skill training and entrepreneurship) and relations and citizenship rights (6 components of strengthening family relations, neighborhood rights, strengthening the network of friends, local cohesion and identity, resilience and the narrative of the sense of experiencing vitality in the company of friends). Finally, according to the identified dimensions and components, a model was designed for social vitality development.

Considering the low level of social vitality in Iranian society, both in terms of average and in terms of comparison with most countries in the world, and the need to examine social vitality from the perspective of

urbanism, the present study was conducted to propose a model for social vitality development by meta-synthesis approach.

The results of the present study showed that 3 dimensions of urban development and urban planning, social and cultural affairs, citizenship relations and rights were identified for social vitality development. The dimension of urban development and urban planning has 6 components of compliance with the principles of urbanization and good urban governance, urban furniture design and beautification of the neighborhood, urban services and preservation of the urban environment, calming of roads and smoothing of traffic, design and construction of parks and gardens, and construction of smart parking lots. The dimension of social and cultural affairs have 7 components of public and morning sports, development of sports centers, development of culture and art houses, citizen health services, development of game and entertainment centers, implementation of citizenship education programs and skill training and entrepreneurship. The dimension of citizenship relations and rights have 6 components of strengthening family relations, neighborhood rights, strengthening the network of friends, local cohesion and identity, resilience and the narrative of the sense of experiencing vitality in the company of friends.

The present study is a synthesis of previous studies on social vitality, which for the description of dimensions and components, it can be concluded that society as a platform for social relations provides a field in which the members of society can form and expand social ties and relations, through which they achieve their goals. People's membership and social relationships include participation in voluntary groups, relationships with relatives, neighbors, friends, and acquaintances, and conflict in all these relationships carries exchanges through which people can get the sources they need. On the other hand, in addition to the physical features of development, it is necessary to pay attention to the needs of citizens in the fields of resilience and public health. A developed city is an active, lively, happy and lively city that structurally needs active social institutions that provide the necessary infrastructure for social vitality development in both the public and private sectors and as much as possible by creating the capacity of vitality in society make the citizens stable against daily hardships and problems, including the economic and social situation, and their behavior against the surrounding tension and stress.

This study has insight to urban vitality and social cohesion and describes how urban vitality and social vitality help to create a socially cohesive neighborhood through providing desired citizen livability. Studies have shown that the vitality of a neighborhood with the organized density of the urban fabric by complying with the standards of design and architecture and the engineered landscaping of local cultural and environmental facilities and the proximity of the neighborhood to the city center are associated with an increase in urban vitality and social vitality. While green spaces and parks also have an effect on urban vitality and social vitality like the above factors. Urban planning to increase urban vitality is prone to designing hybrid models in order to create both high-rise construction in modern urban planning and beautification in small local centers, including numerous and diverse urban facilities and services on different scales. The ways to strengthen social cohesion through increasing urban and social vitality can include local community initiatives and small-scale design interventions related to walking, public space design, and housing design. In general, it can be said that according to the model for social vitality, institutional, physical, economic, psychological, social, environmental and geographic factors had many effects on social vitality of families.

Each study has strengths and weaknesses. Most of previous studies on social vitality were quantitative and did not mention cognitive functions. Also, physical and social analysis of the city has been less discussed and investigated in internal dimensions, which is the strength of the present study. Therefore, the lack of a comprehensive and systematic model that deals with the category of social vitality in a practical way is quite tangible and evident, which in a way the need of today's Iranian society due to the inappropriate position of social vitality is compared to other countries. As a result, the present study reviewed 39 articles in the mentioned field using meta-synthesis approach, which, in addition to maintaining the strengths of the previous models, provides a unique model for social vitality development.

By taking seven precise and alternating steps and extracting the required information from reliable references with targeted keywords and measuring the quality of the references, finally a model for social vitality development of the neighborhoods was drawn as an output. Therefore, the following are suggested for managers and those involved in urban management to recognize, create and develop social vitality. In order to develop social vitality, we need short-term, medium-term and long-term planning and diverse and attractive social and cultural programs in accordance with health protocols along with artistic, educational and entertainment programs such as activities at outdoor health stations, parks and gardens, conferences for walking, biking, holding attractive, fun and diverse games (sports, entertainment, scientific, creative, digital, group and family games such as dominoes, pantomime, family name game, dodgeball and tug-of-war) along with family celebrations, young couples, local and cultural events, theater, lighting ceremony, music and eulogy in the open air purposeful and appropriate to the needs and priorities of citizens and teams for different groups of youths, children, teenagers, youths, adults and the elderly by gender and providing incentives. These cases through the appropriate holding of diverse social and cultural programs have increased the number of people who have this positive feeling, and the citizens who have not been able to experience the feeling of social vitality during this period of time, will be able to experience it in the near future. Also, in order to build the capacity of neighborhoods to have more urban management facilities, planning and operational budgeting at the neighborhood level should be prepared and presented to the competent authorities for implementation. So that on a local scale, the issues of urban and environmental services, transportation and traffic, local beautification along with pacification and smoothing of passages and roads should be properly coordinated and organized so that the face of the city and its neighborhoods become more beautiful day by day and the neighborhoods are prepared for a good urban life and its residents for social vitality development.

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