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SOCIAL INCLUSION AND SOCIAL SUPPORT NETWORK OF YOUNG ADULTS IN RUSSIA

Background. The negative impact of a difficult social and economic situation on process of socialization of young generations is repeatedly confirmed in the studies devoted to youth in transforming Russia. The focus of the majority of researches becomes on revealing of various deviations, risk factors etc. As a result, the youth is mainly perceived as a victim of market reforms, social and economic transformations, social stratification (unemployment, low levels of social guarantees, problems of quality education, habitation, age discrimination, etc.), or/and as threat of public safety (growth of the youth criminality, socially dangerous diseases, etc.). Many empirical studies demonstrate that young adults could not manage with external demands in the effective way, as result; some of them feel exhausted and depressed. For overcoming such kind “one-side” the approach it’s necessary to learn more about well-being of youth and about the cultural, personal, family-based or other social dimensions which support or oppose the well-being. The question about the structures of well-being of young adults needs further study, but it’s clear that one of the aspects of well-being is the effective social inclusion and effective social support network of young adults.

Methods. The paper is based on a survey data which has been gathered in 2011 in St. Petersburg in the frame of Russian – Finnish project “Get Well Young!”. 1,000 young people participated in the survey. 509 (50.9%) respondents were men and 491 (49.1%) were women. Age of respondents ranged from 16 to 29 years; the percentage of respondents in each age group is not too different (6-10%), with the exception of respondents 16 and 17 years, their share was minimal and amounted to 2.5% and 2, 9% of the total mass. The average age of respondents was 23.5 years.

Results. The basic part of the structure of social interaction of young adults is *family*; firstly - parents family, and then their own. 42.7% of respondents live with parents (more men than women live with their parents - 45.4% and 39.9%, respectively). 36.8% of respondents have their own family (regardless of whether the marriage is registered or not), the number of married women (41.8%) is more than the number of married men (32.0%).

The need in *communication with friends* is one of the most important needs for people of all ages, especially young people. Most young people have at least two close friends (74.0%), almost a third of them (28.6%) have expanded net of friends (four or more people). 7.5% of respondents have at least one close friend. 3.2% of respondents have no close friends.

Today there are possibilities for expanding friends’ connections thanks to social networking. 70.7% of respondents used this opportunity and young women communicate more actively in social networks (73.1% women, 68.4% men).

The satisfaction with relations with other people is typical for 74.6% of respondents (percentages of respondents are summarized from 10 to 7 points on a scale of satisfaction), the responses indicate that 8.2% of their dissatisfaction (summarized data from 1 to 4 points scale), 16.5% chose options in the middle of the scale (5 and 6). 13.7% of respondents *suffer from loneliness*, 5.4% of whom feel alone almost constantly. More girls than boys feel alone (16.3% and 11.2%, respectively). The reason for the experience of loneliness is not just the lack of people with whom person can talk, but the lacks of those with whom really want to communicate.

The significant factor of well-being of the person is existing *social support network*, especially it’s significant at difficult situations. The size and structure of a network of support has value. According to results, in different degree, 40.4 % of participants are satisfied by possibility of reception of

support and the help from other people in various difficult situations, 28.4 % aren't satisfied and 28.6 % respondents have chosen variants in the middle of a scale. Parents are perceived as a reliable source of support for the majority of young people (85.9% of respondents), 65.6% of them trust their parents in all cases. The average degree of confidence is 8.7% and 4.2% of young people do not rely on parents. 78.6% of respondents, who answered this question (769 pers.), expect support from the spouse (partner), 6.2% do not expect, and 14.4% of participants have doubts, but did not consider the situation hopeless. 58.1% of respondents trust their relatives. 69.9% of young people believe that friends provide them support, 20.2 % have some doubts, and 8.7% of respondents do not believe in the support from friends. 19.4% of respondents think, that churches and other religious organizations can help, 18.3% have a medium degree of confidence, and more than half (52.5%) does not rely on the church and it is likely they have no relationship to it. It's important, that 77.7% of respondents do not trust to authorities and more than half (51.1%) do not trust absolutely; average degree of confidence to authorities are 13.6%.

Conclusions. The network of social support for young people as the most important subsystem includes family - parents and spouses / partners, friends' subsystem, part of relatives. Colleagues / classmates are relatively less important. The church has a negligible impact on young people, so probably it's not perceived as a source of support. The degree of confidence of young people to the authorities is the lowest the majority of respondents don't rely on state support.

Social work organizations are not involved in the network of social support. These organizations associate with the state in most cases. Social work has to change the model of interaction with young adults and this institute should be part of networking system.