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Titolo	Social fitness and resilience : a review of relevant constructs, measures, and links to well-being // Juliana McGene
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ISBN	0-8330-7928-X 0-8330-7930-1
Descrizione fisica	1 online resource (xi, 46 pages)
Collana	RAND project AIR FORCE series on resiliency. Social fitness and resilience
Disciplina	358.4/112 358.4112
Soggetti	Psychology, Military Airmen - United States - Family relationships Sociology, Military - United States Social networks - United States Resilience (Personality trait)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Social fitness definition and constructs -- Definition -- Constructs -- Measures of social fitness, sources of social fitness, and the link to well-being -- Measures of social fitness -- Social support from family and the link to well-being -- Social support from friends, co-workers, and unit members, and the link to well-being -- Social support from neighborhoods, cyber communities, and imagined communities -- Social networks and well-being -- Negative aspects of social ties -- Summary -- Barriers and bridges to social support -- Intra-individual factors -- Interpersonal factors -- Interventions to promote social fitness -- Efforts related to intra-individual factors and social support -- Efforts related to interpersonal factors and social support -- Efforts related to the influence of social support on well-being -- Conclusion.
Sommario/riassunto	Examines social fitness, the combination of resources from social connections that influence how individuals respond to stressful circumstances, to identify methods of increasing social connectedness and support among U.S. Airmen and their families.

