

# 学 位 論 文 の 要 旨

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## 主論文の題名

Social Capital and Self-Rated Health: A Cross-Sectional Study among Rural Japanese Working Residents

## 主論文の要旨

Social capital's impact on workers' self-rated health is not fully understood. To address this, a cross-sectional survey was conducted in January-March 2013, involving 6160 workers aged 20-64 from two Mie Prefecture towns. The study aimed to explore the relationship between social capital and self-rated health, paying special attention to the type of employment. Social capital was assessed using five items in 4816 income-earning workers. The study involved summing up social capital scores and dividing them into three groups. The self-rated health responses were classified into two categories - 'poor' and 'good'. The association between social capital and self-rated health was examined using a stepwise binomial logistic regression stratified by employment type and adjusted for potential confounders. The findings suggest that regular employees with low social capital levels had a higher probability of reporting poor self-rated health compared to those with medium (OR 0.58; 95% CIs 0.39-0.87) and high (OR 0.39; 95% CIs 0.26-0.59) social capital levels, even after controlling for all potential confounders. Social capital had differing effects on different types of workers. Non-regular employees with medium and high social capital showed similar patterns, while self-employed individuals with certain indicators of social capital reported poor self-rated health.