The Three Vital Components of Social Connection

The extent to which an individual is socially connected depends on multiple factors, including:



The number and variety of relationships and frequency of interactions

Function

The degree to which relationships serve various needs

Quality

The positive and negative aspects of relationships and interactions

EXAMPLES

Household size

Friend circle size

Marital/partnership status

EXAMPLES

Emotional support

Mentorship

Support in a crisis

EXAMPLES

Relationship satisfaction

Relationship strain

Social inclusion or exclusion

