

INTRODUCTION TO RECIPROCAL RELATIONSHIPS AND THE CONSTRUCTION OF WELL-BEING IN THE FINNISH CONTEXT

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CONTENT

- ◎ Reciprocity
- ◎ Finnish Context
- ◎ The Project "Social Relationships and the Construction of Well-being During Critical Periods of Everyday Life (RePro)" funded by Finnish Academy in 2012-2016

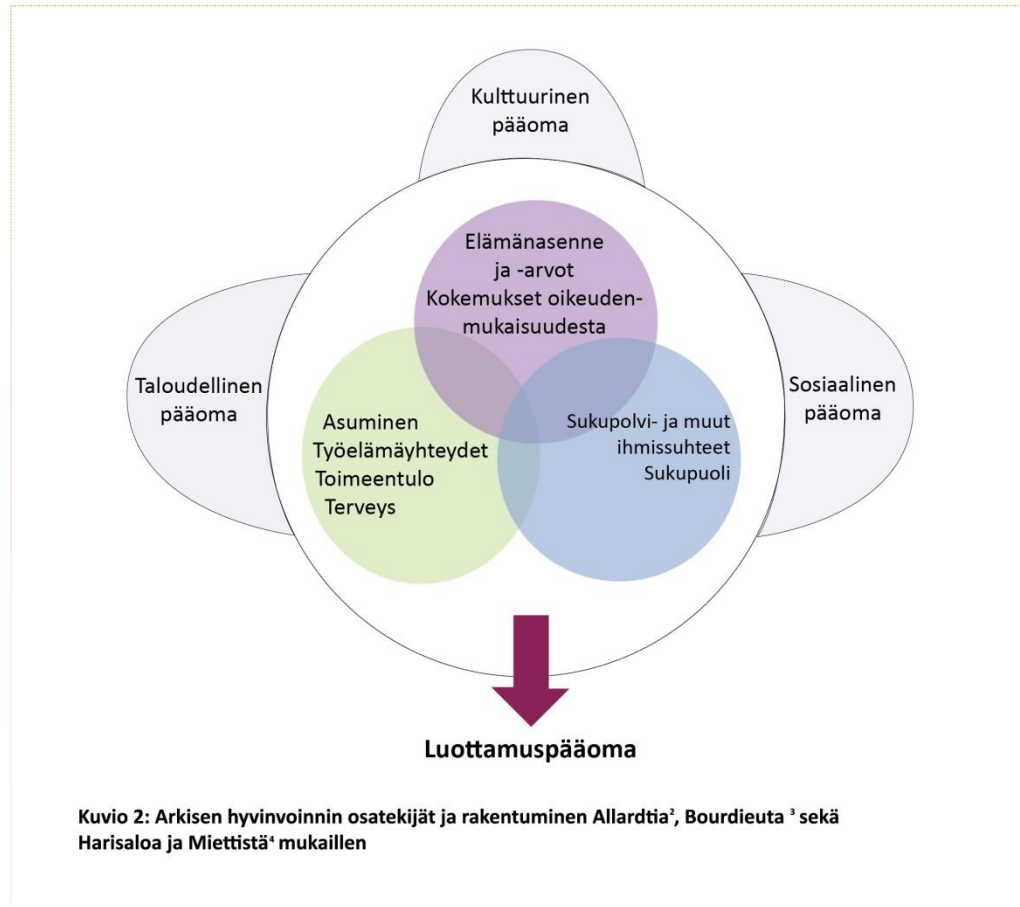
RECIPROCITY > NÄKEMIIN - SEE YOU

- ◉ Japanese
- ◉ "sumimasen"
- ◉ This will not end
- ◉ Bulgarian
- ◉ Blago-dariya
- ◉ "Good I'll give"
- ◉ English
- ◉ See you
- ◉ Finnish
- ◉ Näkemiin
(until we see again)

**”SHARING HIS KILL WITH OTHERS IS
BOTH A FORM OF INSURANCE
AGAINST FUTURE HARD TIMES”
(KABUNDA 1987, 34)**

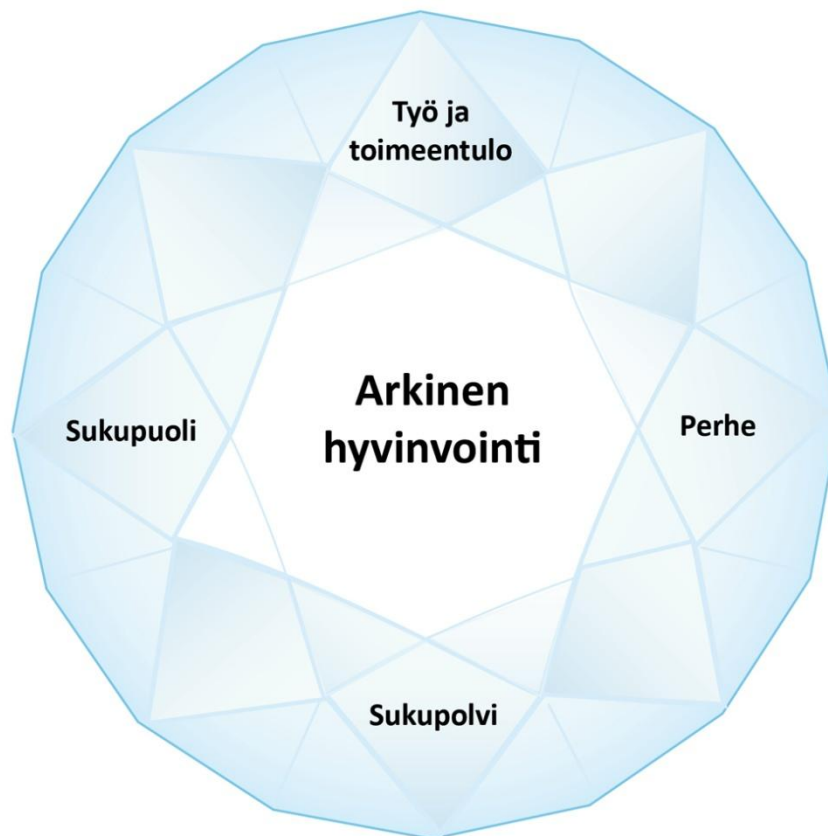
RECIPROCITY > INTERDEPENDENCE

SUBJECTIVE WELL-BEING AND TRUST RELATIONS - SOCIAL, CULTURAL AND ECONOMIC CAPITAL AND HEALTH



DIAMOND OF EVERYDAY WELL-BEING

WORK & LIVELIHOOD, GENDER, GENERATION AND FAMILY



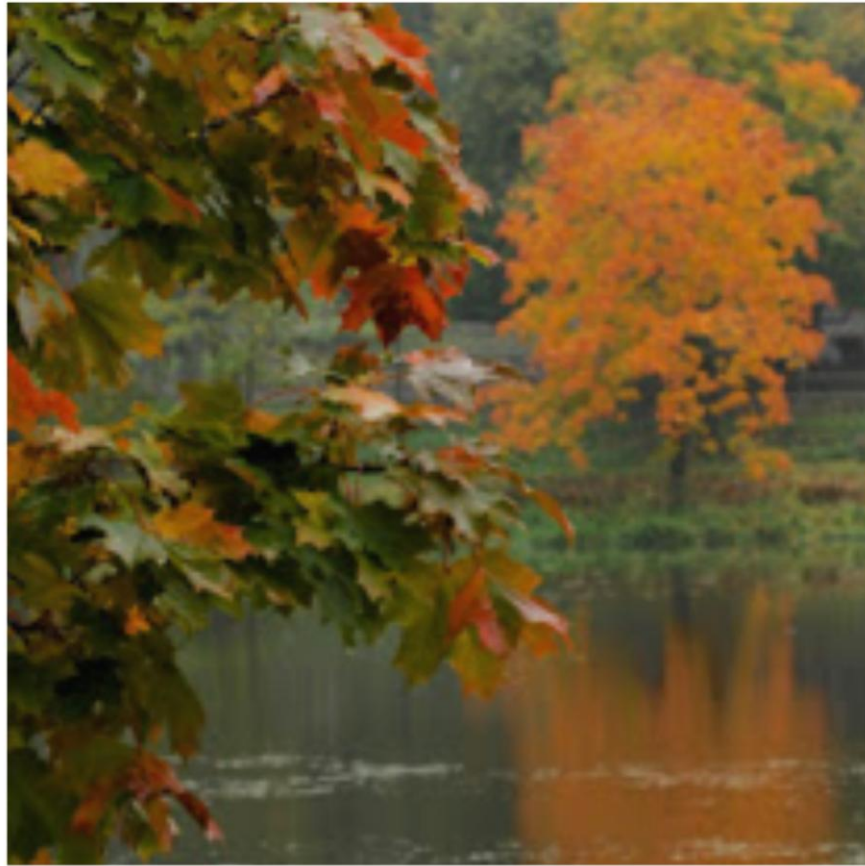
Kuvio 13: Arjen timantti Giddensin (1996, 169) mukaillen



SOCIAL RELATIONSHIPS - TRUST RELATIONSHIPS

Focus on well-being and
the communities that hold
people together

- A social system
- Social relationships
- Social place



FROM COLLECTIVISM TO INDIVIDUALISM

Robert Putnam -
well-functioning
social networks have
a positive effect on
the prosperity of the
society as a whole



STRENGTHEN INTERACTION BETWEEN INDIVIDUAL MEMBERS OF THE SOCIETY

If weak, social cohesion is lost and it is difficult for members of society to reach common goals

**RECIPROCITY -
NON-RECIPROCITY**

**HUMAN NATURE:
POSITIVE -
NEGATIVE**

**REGULATES THE DISTANCE
TO OTHER PEOPLE AND
DEFINES THE BOUNDARIES
OF INDIVIDUAL AUTONOMY**

- EMPOWERMENT/
INCLUSION
- EXCLUSION

RECIPROcity AS ACTION AND INTERACTION



- 1) Values
- 2) Motives
- 3) Patterns of Action
- 4) Feelings



1) VALUE BASIS

- Social gift
- Altruism
- Social norms
- Duty
- Solidarity
- Punishment
- Trade or commerce



2) MOTIVES

- Emotional
- Knowledge
- Social
- Instrumental
- Profit
- Benefit
- Greediness

3) PATTERNS OF ACTION



- Individualistic:
 - One-to-one

- Collective:
 - One-to-many
 - Many-to-one

- Societal or global:
 - Generalized



4) POSITIVE FEELINGS

- Love
 - Romance/sex
 - Friendship/family
 - Pleasure
- Pity
- Gratitude - warm and benevolent feelings
- Satisfaction

4) NEGATIVE FEELINGS

- Anger or rage
- Punishment - feelings and obligations, requiring responses in kind,

Positive for positive & negative for negative



CLARIFICATIONS

Reciprocity

- ◎ Connected to the power in relationships and the responsibilities each individual will undertake
- ◎ Not only a reflection of the personal parameters
- ◎ May reflect the effects the surrounding community and society have on people's relationships



- 5.4 million inhabitants
- A parliamentary republic with a central government + municipalities
- Entered the European Union in 1995 and the Eurozone at its inception in 1999

SUOMI - FINLAND



SUOMI - FINLAND

- *CONTRADICTIONS?*
- *One of the world's wealthiest nations.*
- *Great education system*
- *One of the world's most peaceful, safe and economically competitive countries.*
- *High quality of life*

(2)

THE WELFARE STATE

1. THE AGREEMENT OF SOLIDARITY
2. THE AGREEMENT OF EMPLOYMENT
3. THE AGREEMENT OF GENERATIONS
4. THE AGREEMENT OF GENDER

(KIANDER 2002, 24-26)



CHILDHOOD

FAMILIES

WORKING LIFE

**WELL-BEING AND
COMPETITIVENESS >**

**EDUCATION >
LABOUR FORCE**



WELL-BEING: A STABLE WORKING CAREER, FAMILY, AND GOOD HEALTH



ECONOMIC RECESSION IN THE 90S AND SINCE 2008



UNTIL THEN FINLAND HAD BEEN A HOMOGENOUS SOCIETY LEANING ON THE PRINCIPLES OF EQUALITY OF CITIZENS

- ◎ The first decade of the 21st century saw the diversification and polarisation of population
- ◎ Homogeneous culture > moving towards transculturalism
- ◎ Polarisation in relation to work, as well as between generations (elderly people and children) and life situations (single households)

RECIPROCAL RELATIONSHIPS AND THE CONSTRUCTION OF WELL-BEING DURING CRITICAL PERIODS OF EVERYDAY LIFE

- The aim of this multidisciplinary project is to analyse the dynamics of well-being and how the experiences of reciprocity affect the well-being of individuals.
- Home page:
<https://blogs.helsinki.fi/relationships/>

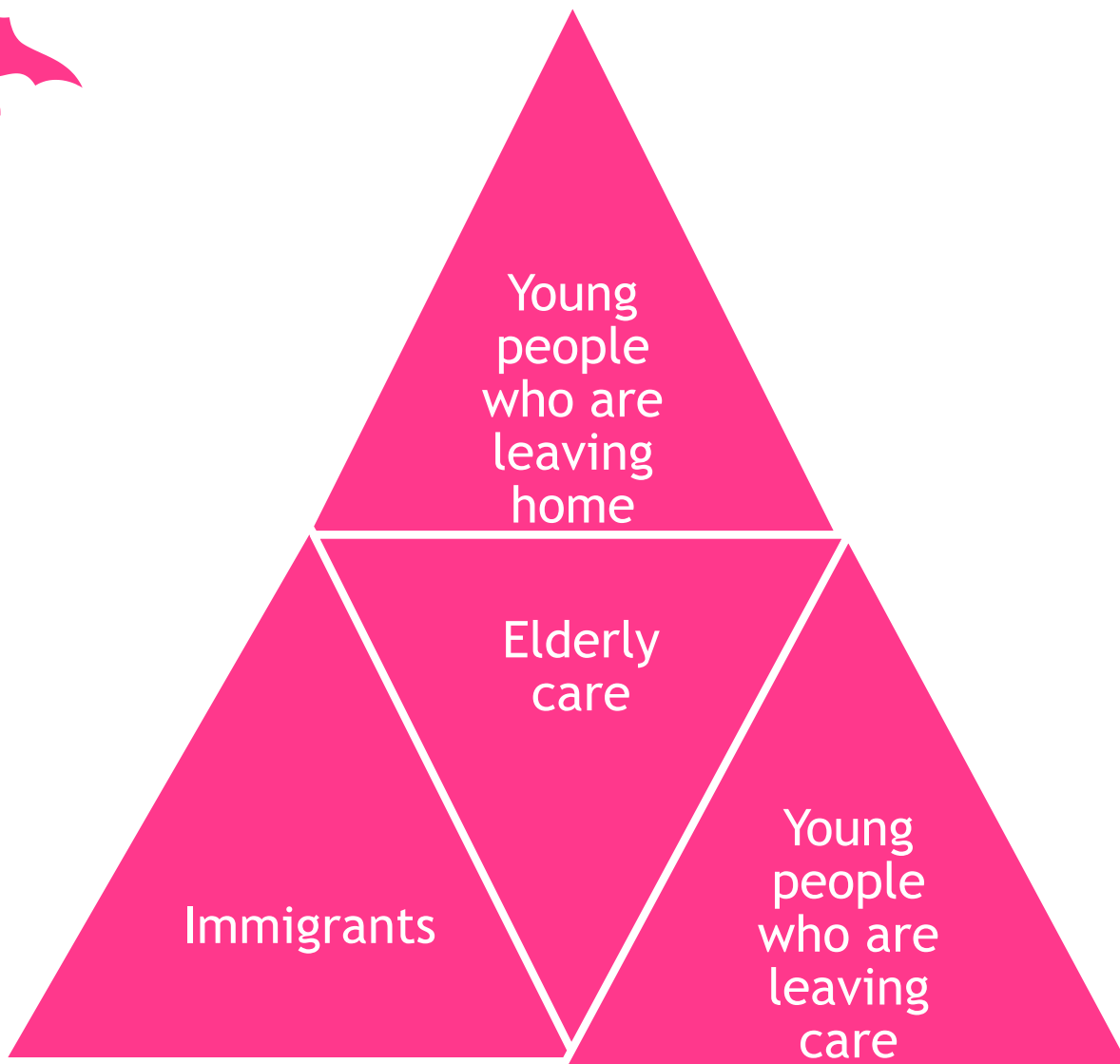
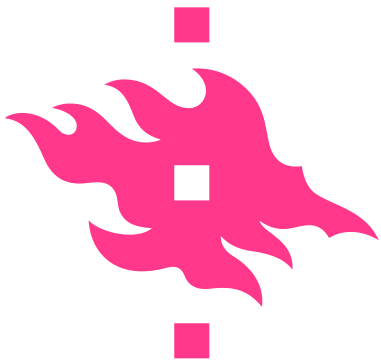


**HOW
INDIVIDUAL
WELL-BEING IS
CONSTRUCTED,
CREATED AND MAINTAINED
DURING CRITICAL PERIODS
OF LIFE?**

Contribution to
international well-being
research

INDIVIDUAL WELL-BEING COMBINED WITH SOCIAL WELL-BEING - SOCIAL CAPITAL?







SOURCES

[http://en.wikipedia.org/wiki/Reciprocity_\(Social_Psychology\)](http://en.wikipedia.org/wiki/Reciprocity_(Social_Psychology)), read 9 Nov. 2012
[en.wikipedia.org/wiki/Reciprocity_\(social_psychology\)](http://en.wikipedia.org/wiki/Reciprocity_(social_psychology)), read 9 Nov. 2012

(2) <http://en.wikipedia.org/wiki/Finland>, 1.2.2013.

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