

PAPER: SOCIOLOGY

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ROLL NO :BA.LLB/3-21/M086

DATE : THURSDAY, FEBRUARY 3RD

GROUP (A)

TOPIC :

“SOCIAL INTERACTION“

SOCIAL INTERACTION :

Social Interaction is a central concept to understanding the nature of Social Life.

According to Weber in order to take other's actions into account requires verstehen or sympathetic understanding.

STAGES OF SOCIAL INTERACTION :

Social Interaction comprises of several stages in human society, four stages are given below ;

- 1- Between individual and individual.
- 2- Between individual and group.
- 3- Between groups and groups.
- 4- Between individual and culture.

1.Social Interaction Between Individual And Individual.

It is the social interaction between the two individuals.

Examples.

When teacher is teaching a student, it's called interaction between the two individuals, teacher and student. Teacher is teaching, student is being taught. Teacher is delivering lecture to student, and student is understanding lecture to his /her mind. All of this process is social interaction between two individuals.

- Mother and child.
- Boss and employee.
- Teacher and student.

2.Social Interaction Between Individual And Group.

In this stage, there is a physical and symbolic interaction between individual and group.

Examples.

A singer is singing a song in front of audience, Prime Minister is addressing to Nation.

- Singer and audience.
- Host and guests.
- Imam e Masjid and Namazi.

3.Social Interaction Between Group And Group.

This is form in which physical and symbolic interaction between the two groups.

Examples.

Two groups are arguing, two delegations of a country doing table talk, two teams are playing football match. These are the interaction between the two groups.

- Match between two teams.
- Function between two families.
- Table talk between two groups.

4.Social Interaction Between Individual And Culture.

In this form of socialization in which individual interact with culture.

Examples.

Reading newspapers, watching Movies on Television, doing activities in society these are few sociocultural activities through which an individual learns things and interact with other cultures as well. Sometimes in this interaction an individual may not like some cultures in society means he or she may

not like some magazines, TV shows, news papers etc. He can chose any communication by his or her own will.

- Reading newspapers
- Watching TV shows
- Participate in activities.

HEALTH BENEFITS OF SOCIAL INTERACTION:

Humans are social creatures. Much of our happiness and development rests on having plenty of positive social interactions. Nothing fuels the soul like spending time with your loved ones. Whether it's a hangout with friends or a weekend with the family, spending time with those we love can really boost our mood and leave us feeling refreshed.

However, getting enough of these interactions has been a challenge with a global pandemic and limited in-person contact.

IT'S GOOD FOR PHYSICAL HEALTH :

Just like spending time working out can benefit your physical health, so can spending time with those you love. Positive social interactions can help your body reduce stress and increase your cardiovascular health. Furthermore, some research points to a stronger immune system when people can interact and fuel their souls. When you interact with like-minded people, you're more likely to workout, partake in healthy activities, and have a well-balanced diet, all things essential for peak physical health.

IT'S GOOD FOR MENTAL HEALTH :

When you're having a bad day, who do you turn to? You probably call up a good friend or talk to your partner. These positive social interactions are good for your mental health, as well as your cognition. When you can let off steam or vent to a loved one, he or she can help you work through the problem.

IT KEEPS US YOUNG :

As we age, social interactions are essential to keeping us young. Spending too much time on your own or by yourself can lead to feelings of loneliness or feeling out of touch with family and friends. Throughout the COVID-19 pandemic, doctors and therapists have heavily recommended that people utilize the technologies at their fingertips to stay in touch with loved ones and friends. You can keep yourself young by scheduling movie nights, dinners, and cooking episodes where everyone gathers in on a Zoom call or Google Hangout.

IT MAKES PUBLIC RELATIONS (PR) :

Your default peer group is at work and relationships at work are important, but relationships outside work are important too. Relationships with neighbors, the parents of your kids' friends, or others that share common interests with you are good for your well-being. Take a second to evaluate the people you spend time with and look for ways to branch out if that circle doesn't go beyond colleagues.