A CRITICAL STUDY ON SOCIALIZING AND ITS BENEFITS ON MENTAL HEALTH

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ABSTRACT :

Social relationships encompasses a wide variety of aspects relating to the proximal and distal social environment. Distal environment includes the broader social structure of opportunities for social integration (e.g. cultural, labour market, neighbourhood) and its quality (e.g. social capital). Aspects of the distal social environment are excluded from this review as direct effects on health and wellbeing are usually weak or absent after analyzing their mediation through proximal factors, and as evidence for populations with disabilities is widely lacking. Our work therefore focuses on two leading sociological concepts that analyse proximal factors of social relationships, namely social networks and social support. Social networks describe the size, density, frequency and duration of social contacts, whereas social support emphasizes the functional significance in terms of providing instrumental, emotional or informational resources. Important further aspects concern the quality of and satisfaction with support received and the distinction between perceived and received support. Socialization can help improve our mental and emotional health. Spending time with your friends and family in-person alleviates symptoms of depression. Loneliness is one of the most difficult feelings a person can experience. Socializing can lower blood pressure and decrease the stress hormone cortisol.

KEY WORDS :

Benefits, Mental health, Socializing, Stress, Quality.

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INTRODUCTION :

Socialization can help improve our mental and emotional health. Spending time with your friends and family in-person alleviates symptoms of depression. Loneliness is one of the most difficult feelings a person can experience. Socializing can lower blood pressure and decrease the stress hormone cortisol. These positive benefits create a physiological environment that is optimal for peak brain function. Socializing with a group of friends greatly reduces stress and anxiety. When you're socializing, your mind is occupied with "real thoughts." You are not left alone with your obsessive thoughts, spinning in circles, obsessing about the past, or worrying about the future. You are living in the moment. In essence, through face-to-face contact, you are reaping the benefits of mindfulness.Socialization also improves overall mental health.

The evolution of Socialization is from the late 1800s, along came the telephone, so people at different locations could hold a conversation. Then along came the Internet with message boards, then email, then texting, then early social media, all still limited to just conversation, then Skype, FaceTime and all the similar applications that allow different forms of screen-based face-to-face socialization. Robert W. Sussman, Ph.D., a professor of anthropology for the Arts and Sciences at Washington University states that animals and humans benefit from being social and believes supporting evidence exists to back up his claim. According to Dr. Sussman there are two areas of the primate and human brain that are stimulated when we cooperate (socialize) with each other. Dr. Sussman believes we've evolved to gain pleasure from socialization through the release of hormones such as serotonin and oxytocin which play a large role in social recognition and trust.

The Government initiatives for Socialization, The Government is committed towards overall development of all sections of society. The Ministry of Social Justice and Empowerment works towards educational development, economic and social empowerment of needy people. This section offers requisite information pertaining to the Central and State Government Departments and their activities in the social development sector.

Factors affecting the Socialization, a number of factors influence the socialization of the a person, such as family, the social and economic status influences the process of socialization, Neighbors and companions play an important role in socialization, the structure of the family and the personality characteristics of individual parents make a difference in socialization.

Current trends related to Socialization, The new situation of socializing is typical for all generations, although, of course, it becomes the most significant for young people and teenagers. At the same time, for young people socializing is accepted as a natural situation in which the process of their growing up takes place. The disintegration of the times connection is manifested not only in the broken personal integrity, but, what is no less important, in the integrity of a society in which values and stereotypes have changed, and often even ethnic and geographical images of native places have transformed. Emotional instability of the mature generation is so deep that it also infects young people, especially those who for various reasons find it difficult to adapt in a situation of constant uncertainty.

Comparison with other /states/countries related to Socialization, States : In Southern parts of India, socializing is widely accepted and followed and socializing has been a factor for improving mental health and also improves mental health. In Northern parts of India, socializing is not accepted as much and followed and socializing has been a factor for improving mental health and also improves mental health.

Countries : In countries like Sweden and the United States, socializing is widely accepted and followed and socializing has been a factor for improving mental health and also improves mental health.

OBJECTIVE :

The objectives of the present study is to determine how much Socialization can help improve our mental and emotional health. To determine how much socializing helps us feel useful and that our life has a greater purpose. To determine the probability of socializing can be confidence-boosting. To determine the probability of socializing Increases the quality of life.

REVIEW OF LITERATURE :

In the article by **(Haynes et al, 1993)** he suggested that People with more social support tend to live longer than those who are more isolated, and this is true even after accounting for your overall level of health.

In the article by **(Sharma, 2011)** he suggested that Social engagement is associated with a stronger immune system, especially for older adults. This means that you are better able to fight off colds, the flu, and even some types of cancer.

In the article by **Moschis and Churchill (1978)** he suggested that Interacting with others boosts feelings of well-being and decreases feelings of depression. Research has shown that one sure way of improving your mood is to work on building social connections.

In the article by **Ward (1974)** he suggested that there has been accumulating evidence that socializing is good for your brain health. People who connect with others generally perform better on tests of memory and other cognitive skills. And, in the long run, people with active social lives are less likely to develop dementia than those who are more socially isolated.

In the article by **Roedder (1981)** he suggested that social isolation experienced among the elderly can lead to a poorer quality of life, not to mention depression and physical health risks. Being around others and socialising helps us keep a positive outlook on life, and beats feelings of worthlessness and loneliness.

In the article by **(Uusitalo and Takala, 1993)** he suggested that more seniors partake in social activities and feel like they contribute to their community, the better their self-esteem. Positive interaction helps us feel happy and boosts our self-confidence.

In the article by **(Mc leod and Chaffee, 1972)** he suggested that Keeping the mind sharp is essential for our cognitive health, more so as we age. Brain stimulation might be as simple as having regular conversations or taking part in group activities, as we continue learning and responding to the world around us through socialisation. Conversation and humour are great for exercising the mind and can potentially lower the risk of diseases such as dementia, including one of which is Alzheimer's.

In the article by **(Ayodi and Bree, 2010)** he suggested that Humans have a desire to belong, and this desire may be intensified among seniors who may have lost a loved one. Socialising helps create lasting bonds and cultivates new friendships. Being in the company of others who have similar personalities or with whom we share common interests gives us a sense of belonging and self-worth.

In the article by **(Grossbart and Crosby, 1984)** he suggested that Socialisation also gives us a reason to stay groomed and make more of an effort than we would if we stayed at home alone. As petty as this may sound, we should not underestimate the importance of not letting go of oneself.

In the article by **(Laczniak et al, 1995)** he suggested that a perfect example of how mental health and physical health are in fact interconnected. When we are around people we love, doing things we enjoy, health-promoting hormones are released which – among many other benefits – boost the immune system. Furthermore, socialising promotes an active lifestyle, which indirectly improves physical health.

In the article by **(Shim and Snyder, 1995)** he suggested that Having a reason to get out of bed and having something to look forward to, such as meeting others gives many seniors a sense of purpose, which is a fundamental component to leading a fulfilling life.

In the article by **(Fan and Lee, 2009)** he suggested that The role of socialization is to acquaint individuals with the norms of a given social group or society. It prepares individuals to participate in a group by illustrating the expectations of that group.

In the article by **(Isin and Alkibay, 2011)** he suggested that Socialization is very important for children, who begin the process at home with family, and continue it at school.

In the article by **(Nash C, 2009)** he suggested that Socialization, or enjoying other people's company and maintaining a sense of connectedness to others, is an important component of stress reduction.

In the article by **(Bakir et al, 2006)** he suggested that socialization increases a hormone that decreases anxiety levels and makes us feel more confident in our ability to cope with stressors.

In the article by **(Ahuja and Stinson, 1993)** she suggested that social interaction is essential to every aspect of our health. Research shows that having a strong network of support or strong community bonds fosters both emotional and physical health and is an important component of adult life.

In the article by **(Mandrik et al, 2005)** he suggested that Socialization essentially represents the whole process of learning throughout the life course and is a central influence on the behavior, beliefs, and actions of adults as well as of children.

In the article by **(Neeley and Coffey, 2007)** he suggested that Socialization has three primary goals: teaching impulse control and developing a conscience, preparing people to perform certain social roles, and cultivating shared sources of meaning and value. Socialization is culturally specific, but this does not mean certain cultures are better or worse than others.

In the article by **(Kim et al, 2009)** he suggested that socialization is the process of internalizing the norms and ideologies of society. Socialization encompasses both learning and teaching and is thus "the means by which social and cultural continuity are attained".

In the article by **(Heslop and Ryan, 1980)** he suggested that The socialization process can be separated into two main stages: primary socialization and secondary socialization. Socialization is strongly connected to developmental psychology.

METHODOLOGY :

The research method followed here is empirical research. A total of 80 responses have been taken out of which is taken by the sampling method of Convenient sampling. The sample frame was collected through online forms. The independent variable taken here is age, and gender. The dependent variables are socialization and its benefits on mental health and how much they think Socialization can help improve our mental and emotional health and how they think socializing helps us feel useful and that our life has a greater purpose and how much they think the socializing can be confidence-boosting and how much they think that socializing Increases the quality of life. The statistical tool used by the researcher is graphical representation.
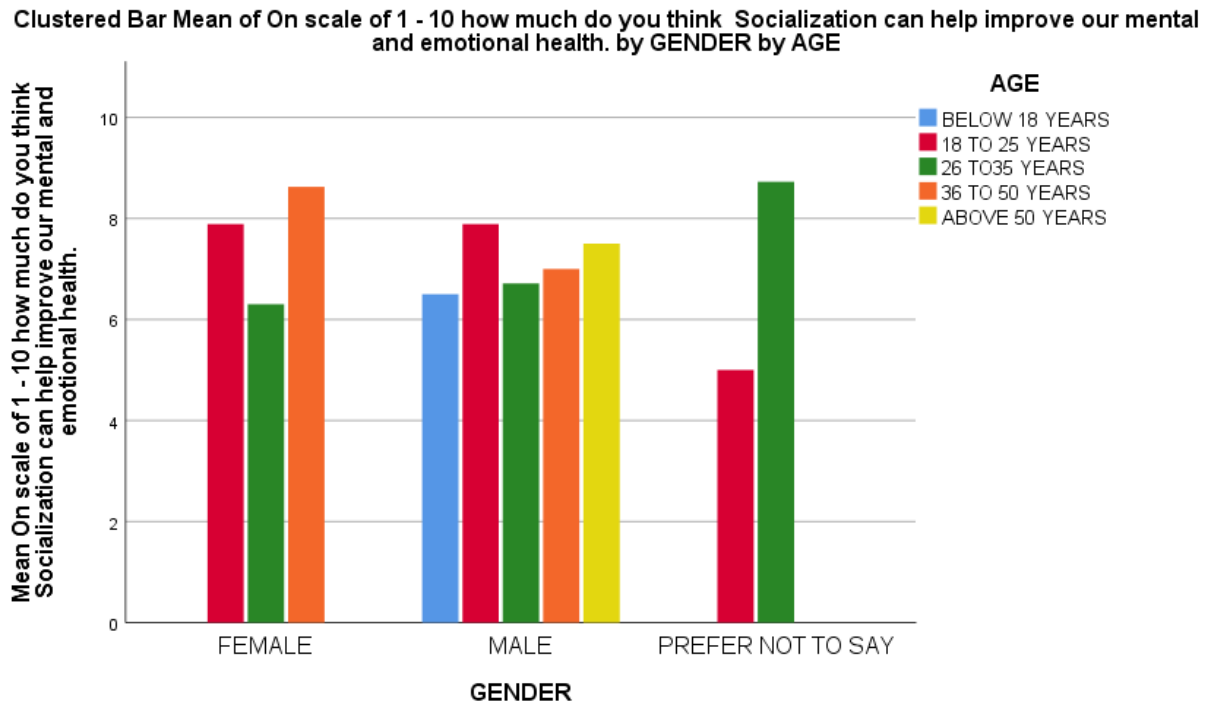
HYPOTHESIS:

H0- There is no significant difference in the socialization and its benefits on mental health.

Ha- There is a significant difference in socialization and its benefits on mental health.

ANALYSIS :

FIGURE 1 : On scale of 1 - 10 how much do you think Socialization can help improve our mental and emotional health. (BY GENDER, BY AGE)

Clustered Bar Mean of On scale of 1 - 10 how much do you think Socialization can help improve our mental and emotional health. by GENDER by AGE

LEGEND :

The Figure 1 shows the graph about how much they think Socialization can help improve our mental and emotional health, where there are female, male and prefer not to say between the various age categories from below 18 years, 18-25 years , 26-35 years , 36-,50 years and above 50 years.
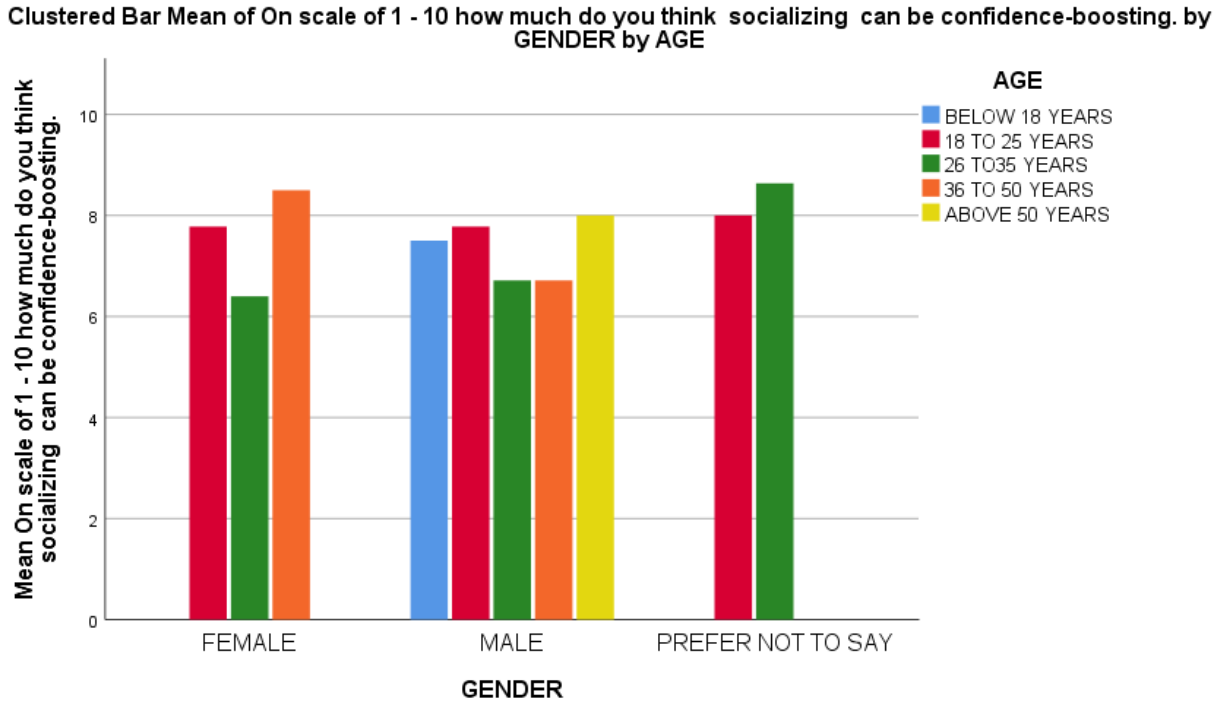
RESULT :

In Figure 1 it is found out that there is more acceptance that Socialization can help improve our mental and emotional health. There are minimal responses recorded against the statement. From this we can understand that the Socialization can help improve our mental and emotional health.

DISCUSSION :

From the Figure 1 we can understand that the males between the age group 18 to 25 years and the females between the age group 36 - 50 years and the respondents who did not prefer to say gender between the age group 26 - 35 years have a high rate of acceptance that Socialization can help improve our mental and emotional health.

From the Figure 1 we can also understand that the males between the age group above 50 years and the females between the age group 18 to 25 years and the respondents who did not prefer to say gender between the age group 18 to 25 years have the least rate of accepting that Socialization can help improve our mental and emotional health.

FIGURE 2 : On scale of 1 - 10 how much do you think socializing can be confidence-boosting.(BY GENDER, BY AGE)

Clustered Bar Mean of On scale of 1 - 10 how much do you think socializing can be confidence-boosting. by GENDER by AGE

LEGEND :

The Figure 2 shows the graph about how much they think socializing can be confidence-boosting, where there are female, male and prefer not to say between the various age categories from below 18 years, 18-25 years , 26-35 years , 36-,50 years and above 50 years.
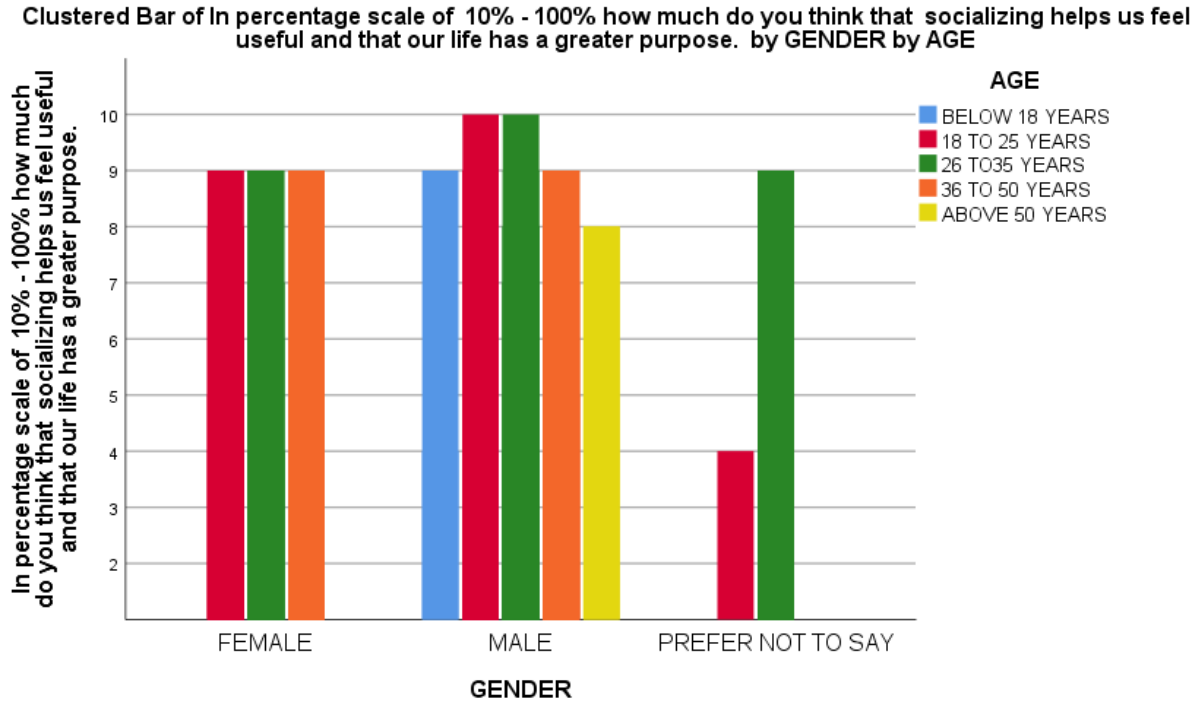
RESULT :

In Figure 2 it is found out that there is more acceptance that socializing can be confidence-boosting. There are minimal responses recorded against the statement. From this we can understand that socializing can be confidence-boosting.

DISCUSSION :

From the Figure 2 we can understand that the males between the age group above 50 years and the females between the age group 36 - 50 years and the respondents who did not prefer to say gender between the age group 26 - 35 years have a high rate of acceptance that socializing can be confidence-boosting.

From the Figure 2 we can also understand that the males between the age group 26 - 35 years, 36 - 50 years and the females between the age group 26 - 35 years and the respondents who did not prefer to say gender between the age group 18 to 25 years have the least rate of accepting that socializing can be confidence-boosting.

FIGURE 3 : In percentage scale of 10% - 100% how much do you think that socializing helps us feel useful and that our life has a greater purpose. (BY GENDER, BY AGE)

Clustered Bar of In percentage scale of 10% - 100% how much do you think that socializing helps us feel useful and that our life has a greater purpose. by GENDER by AGE

LEGEND :

The Figure 3 shows the graph about how much they think socializing helps us feel useful and that our life has a greater purpose, where there are female, male and prefer not to say between the various age categories from below 18 years, 18-25 years , 26-35 years , 36-,50 years and above 50 years.

RESULT :

In Figure 3 it is found out that there is more acceptance that socializing helps us feel useful and that our life has a greater purpose. There are minimal responses recorded against the statement. From this we can understand that socializing helps us feel useful and that our life has a greater purpose.
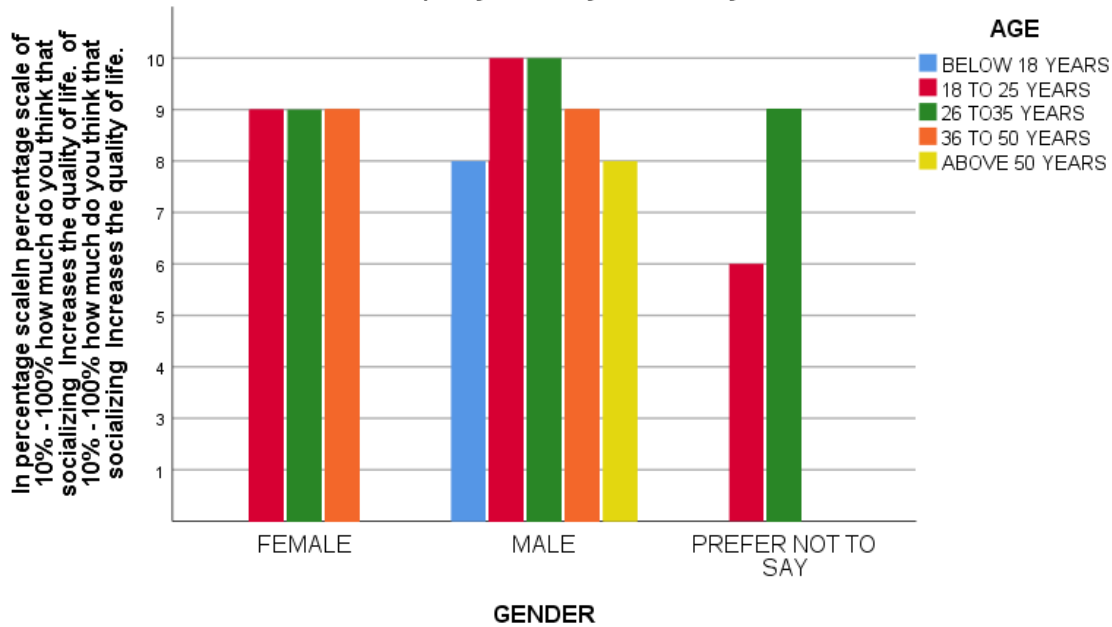
DISCUSSION :

From the Figure 3 we can understand that the males between the age group 18 to 25 years, 26 - 35 years and the females between the age group 18 to 25 years, 26 - 35 years, 36 - 50 years and the respondents who did not prefer to say gender between the age group 26 - 35 years have a high rate of acceptance that socializing helps us feel useful and that our life has a greater purpose.

From the Figure 3 we can also understand that the males between the age group above 50 years and the females between the age group 18 to 25 years, 26 - 35 years, 36 - 50 years and the respondents who did not prefer to say gender between the age group 18 to 25 years have the least rate of accepting that socializing helps us feel useful and that our life has a greater purpose.

FIGURE 4 : In percentage scale of 10% - 100% how much do you think that socializing Increases the quality of life. (BY GENDER, BY AGE)

Clustered Bar of In percentage scaleIn percentage scale of 10% - 100% how much do you think that socializing Increases the quality of life. of 10% - 100% how much do you think that socializing Increases the quality of life. by GENDER by AGE

LEGEND :

The Figure 4 shows the graph about how much they think socializing Increases the quality of life, where there are female, male and prefer not to say between the various age categories from below 18 years, 18-25 years , 26-35 years , 36-,50 years and above 50 years.

RESULT :

In Figure 4 it is found out that there is more acceptance that socializing Increases the quality of life. There are minimal responses recorded against the statement. From this we can understand that socializing Increases the quality of life.

DISCUSSION :

From the Figure 4 we can understand that the males between the age group 18 to 25 years, 26 - 35 years, and the females between the age group 18 to 25 years, 26 - 35 years, 36 - 50 years and the respondents who did not prefer to say gender between the age group 26 - 35 years have a high rate of acceptance that socializing Increases the quality of life.

From the Figure 4 we can also understand that the males between the age group below 18 years , above 50 years and the females between the age group 18 to 25 years, 26 - 35 years, 36 - 50 years and the respondents who did not prefer to say gender between the age group 18 to 25 years have the least rate of accepting that socializing Increases the quality of life.

CONCLUSION :

Social relationships play an important role in mental health and wellbeing in persons with disabilities, although findings are less consistent than in the general population, strength of associations vary between constructs, and some important constructs such as loneliness, relationship quality or reciprocity are neglected in disability research. Integrating persons with disabilities into social networks is an important endeavour, however, it is of equal importance to strengthen the quality of their relationships and to tailor the level and kind of support to their needs. To promote mental health and wellbeing, rehabilitation professionals should support persons with disabilities and their significant others to ensure that high quality relationships are established and maintained, and that adequate support is available.

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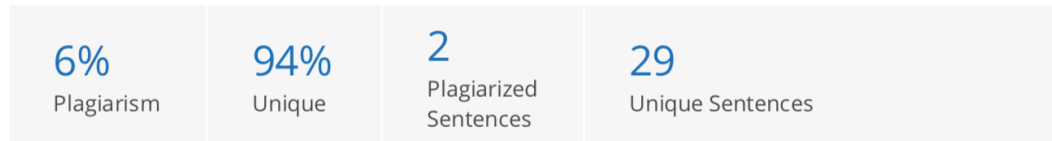
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INTRODUCTION : Socialization can help improve our mental and emotional health. Spending time with your friends and family in-person alleviates symptoms of depression. Loneliness is one of the most difficult feelings a person can experience. Socializing can lower vital sign and reduce the strain hormone cortisol. These positive benefits create a physiological environment that's optimal for peak brain function. Socializing with a gaggle of friends greatly reduces stress and anxiety. When you're socializing, your mind is occupied with "real thoughts." You are not left alone with your obsessive thoughts, spinning in circles, obsessing about the past, or worrying about the future. You are living in the moment. In essence, through face-to-face contact, you are reaping the benefits of mindfulness.Socialization also improves overall mental health. The evolution of Socialization is from the late 1800s, along came the telephone, so people at different locations could hold a conversation. Then along came the Internet with message boards, then email, then texting, then early social media, all still limited to just conversation, then Skype, FaceTime and all the similar applications that allow different sorts of screen-based face-to-face socialization. Robert W. Sussman, Ph.D., a professor of anthropology for the Arts and Sciences at Washington University states that animals and humans benefit from being social and believes supporting evidence exists to back up his claim. According to Dr. Sussman there are two areas of the primate and human brain that are stimulated when we cooperate (socialize) with each other. Dr. Sussman believes we've evolved to gain pleasure from socialization through the release of hormones such as serotonin and oxytocin which play a large role in social recognition and trust. The Government initiatives for Socialization, The Government is committed towards overall development of all sections of society. The Ministry of Social Justice and Empowerment works towards educational development, economic and social empowerment of needy people. This section offers requisite information concerning the Central and government Departments and their activities within the social development sector. Factors affecting the Socialization, a number of factors influence the socialization of the a person, such as family, the social and economic status influences the process of socialization, Neighbors and companions play an important role in socialization, the structure of the family and the personality characteristics of individual parents make a difference in socialization. Current trends related to Socialization, The new situation of socializing is typical for all generations, although, of course, it becomes the most significant for young people and teenagers. At the same time, for young people socializing is accepted as a natural situation in which the process of their growing up takes place. The disintegration of the times connection is manifested not only in the broken personal integrity, but, what is no less important, in the integrity of a society in which values and stereotypes have changed, and sometimes even ethnic and geographical images of native places have transformed. Emotional instability of the mature generation is so deep that it also infects children , especially those that for various reasons find it difficult to adapt during a situation of constant uncertainty. Comparison with other /states/countries related to Socialization, States : In Southern parts of India, socializing is widely accepted and followed and socializing has been a factor for improving mental health and also improves mental health. In Northern parts of India, socializing is not accepted as much and followed and socializing has been a factor for improving mental health and also improves mental health. Countries : In countries like Sweden and the United States, socializing is widely accepted and followed and socializing has been a factor for improving mental health and also improves mental health. OBJECTIVE : The objectives of the present study is to determine how much Socialization can help improve our mental and emotional health. To determine

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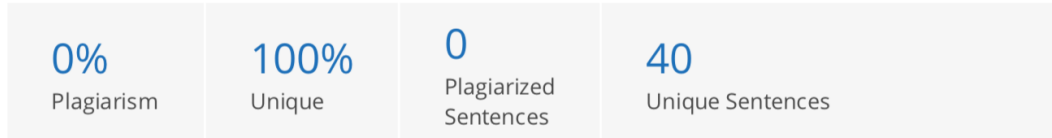
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OBJECTIVE : The objectives of the present study is to determine how much Socialization can help improve our mental and emotional health. To determine how much socializing helps us feel useful and that our life has a greater purpose. To determine the probability of socializing can be confidence-boosting. To determine the probability of socializing Increases the quality of life. METHODOLOGY : The research method followed here is empirical research. A total of 80 responses have been taken out of which is taken by the sampling method of Convenient sampling. The sample frame was collected through online forms. The independent variable taken here is age, and gender. The dependent variables are socialization and its benefits on mental health and how much they think Socialization can help improve our mental and emotional health and how they think socializing helps us feel useful and that our life has a greater purpose and how much they think the socializing can be confidence-boosting and how much they think that socializing Increases the quality of life. The statistical tool used by the researcher is graphical representation. HYPOTHESIS: H0- There is no significant difference in the socialization and its benefits on mental health. Ha- There is a significant difference in socialization and its benefits on mental health. ANALYSIS : FIGURE 1 : On scale of 1 - 10 how much do you think Socialization can help improve our mental and emotional health. (BY GENDER, BY AGE) LEGEND : The Figure 1 shows the graph about how much they think Socialization can help improve our mental and emotional health, where there are female, male and prefer not to say between the various age categories from below 18 years, 18-25 years , 26-35 years , 36-,50 years and above 50 years. RESULT : In Figure 1 it is found out that there is more acceptance that Socialization can help improve our mental and emotional health. There are minimal responses recorded against the statement. From this we can understand that the Socialization can help improve our mental and emotional health. DISCUSSION : From the Figure 1 we can understand that the males between the age group 18 to 25 years and the females between the age group 36 - 50 years and the respondents who did not prefer to say gender between the age group 26 - 35 years have a high rate of acceptance that Socialization can help improve our mental and emotional health. From the Figure 1 we can also understand that the males between the age group above 50 years and the females between the age group 18 to 25 years and the respondents who did not prefer to say gender between the age group 18 to 25 years have the least rate of accepting that Socialization can help improve our mental and emotional health. FIGURE 2 : On scale of 1 - 10 how much do you think socializing can be confidence-boosting.(BY GENDER, BY AGE) LEGEND : The Figure 2 shows the graph about how much they think socializing can be confidence-boosting, where there are female, male and prefer not to say between the various age categories from below 18 years, 18-25 years , 26-35 years , 36-,50 years and above 50 years. RESULT : In Figure 2 it is found out that there is more acceptance that socializing can be confidence-boosting. There are minimal responses recorded against the statement. From this we can understand that socializing can be confidence-boosting. DISCUSSION : From the Figure 2 we can understand that the males between the age group above 50 years and the females between the age group 36 - 50 years and the respondents who did not prefer to say gender between the age group 26 - 35 years have a high rate of acceptance that socializing can be confidence-boosting. From the Figure 2 we can also understand that the males between the age group 26 - 35 years, 36 - 50 years and the females between the age group 26 - 35 years and the respondents who did not prefer to say gender between the age group 18 to 25 years have the least rate of accepting that socializing can be confidence-boosting. FIGURE 3 : In percentage scale of 10% - 100% how much do you think that socializing helps us feel useful and that our life has a

greater purpose. (BY GENDER, BY AGE) LEGEND : The Figure 3 shows the graph about how much they think socializing helps us feel useful and that our life has a greater purpose, where there are female, male and prefer not to say between the various age categories from below 18 years, 18-25 years , 26-35 years , 36-,50 years and above 50 years. RESULT : In Figure 3 it is found out that there is more acceptance that socializing helps us feel useful and that our life has a greater purpose. There are minimal responses recorded against the statement. From this we can understand that socializing helps us feel useful and that

gender between the age group 18 to 25 years have the least rate of accepting that socializing can be confidence-boosting.
FIGURE 3 : In percentage scale of 10% - 100% how much do you think that socializing helps us feel useful and that our life has a greater purpose. (BY GENDER, BY AGE) LEGEND : The Figure 3 shows the graph about how much they think socializing helps us feel useful and that our life has a greater purpose, where there are female, male and prefer not to say between the various age categories from below 18 years, 18-25 years , 26-35 years , 36-,50 years and above 50 years. RESULT : In Figure 3 it is found out that there is more acceptance that socializing helps us feel useful and that our life has a greater purpose. There are minimal responses recorded against the statement. From this we can understand that socializing helps us feel useful and that

minimal responses recorded against the statement. From this we can understand that socializing helps us feel useful and that our life has a greater purpose. DISCUSSION : From the Figure 3 we can understand that the males between the age group 18 to 25 years, 26 - 35 years and the females between the age group 18 to 25 years, 26 - 35 years, 36 - 50 years and the respondents who did not prefer to say gender between the age group 26 - 35 years have a high rate of acceptance that socializing helps us feel useful and that our life has a greater purpose. From the Figure 3 we can also understand that the males between the age group above 50 years and the females between the age group 25 years, 26 - 35 years, 36 - 50 years and the respondents who did not prefer to say gender between the age group 18 to 25 years have the least rate of accepting that socializing helps us feel useful and that our life has a greater purpose.

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FIGURE 4 : In percentage scale of 10% - 100% how much do you think that socializing Increases the quality of life. (BY GENDER, BY AGE) LEGEND : The Figure 4 shows the graph about how much they think socializing Increases the quality of life, where there are female, male and prefer not to say between the various age categories from below 18 years, 18-25 years , 26-35 years , 36-,50 years and above 50 years. RESULT : In Figure 4 it is found out that there is more acceptance that socializing Increases the quality of life. There are minimal responses recorded against the statement. From this we can understand that socializing Increases the quality of life. DISCUSSION : From the Figure 4 we can understand that the males between the age group 18 to 25 years, 26 - 35 years, and the females between the age group 18 to 25 years, 26 - 35 years, 36 - 50 years and the respondents who did not prefer to say gender between the age group 26 - 35 years have a high rate of acceptance that socializing Increases the quality of life. From the Figure 4 we can also understand that the males between the age group below 18 years , above 50 years and the females between the age group 18 to 25 years, 26 - 35 years, 36 - 50 years and the respondents who did not prefer to say gender between the age group 18 to 25 years have the least rate of accepting that socializing Increases the quality of life. CONCLUSION : Social relationships play role in mental health in persons , The research method followed here is empirical research. A total of 80 responses have been taken out of which is taken by the sampling method of Convenient sampling. The sample frame was collected through online forms. The independent variable taken here is age, and gender. The dependent variables are socialization and its benefits on mental health and how much they think Socialization can help improve our mental and emotional health and how they think socializing helps us feel useful and that our life has a greater purpose and how much they think the socializing can be confidence-boosting and how much they think that socializing Increases the quality of life. The statistical tool used by the researcher is graphical representation.

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