Social Environment and Elements of Sociocultural Environment

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Abstract: The environment can be thought of in terms of physical and social dimensions. The social environment includes the groups to which we belong, the neighborhoods in which we live, the organization of our workplaces, and the policies we create to order our lives. There have been recent reports in the literature that the social environment is associated with disease and mortality risks, independent of individual risk factors. These findings suggest that the social environment influences disease pathways. Yet much remains to be learned about the social environment, including how to understand, define, and measure it. The research that needs to be done could benefit from a long tradition in sociology and sociological research that has examined the urban environment, social areas, social disorganization, and social control. We summarize this sociological literature and discuss its relevance to epidemiologic research.

Introduction: -

The social environment, social context, sociocultural context or milieu refers to the immediate physical and social setting in which people live or in which something happens or develops.it includes the culture that the individual was educated or lives in and the people and institutions with whom they interact .the interaction may be in person or through communication media. Even anonymous or one way and may not imply equality of social status. The social environment is broader concept that of social class or social circle.

True it is that man lives in particular geographical conditions and that he has for his society a definite pattern of economic activities, yet social man is as much the product of his social environment as he is of physical surroundings and economic conditions. The social environment has been educated with is culture and writers like Graham Wallas has termed it as his social heritage.

Components of the Social Environment:-

It includes built infrastructure, industrial and occupational structure, labour market, social and economic processes wealth social, human and health services power relations social inequality, cultural practices the arts religious institutions.

Elements of Sociocultural Environment;-

1   Attitude and Beliefs :-
Beliefs of a person relate from which society he came from attitude means how a person behaves. Beliefs of people matters a lot in order to set up the business i.e. western clothing is totally different from middle class outfits.

2   Demographic :-
Demographic is about the characteristics of the population. It includes the income of a family, area, age, society etc.

3   Religion :-
Which religion person belong effect the buying behaviour. Religion influences food, habits, dress and travelling.

4   Language :-
Language is a medium of communication what you speak relates to your background language affect your relations.

5   Education :-
Education leads to the person to communicate an idea and thought .An educated person knows the value of discipline to do what is right.

6 Family Structure :-
The family structure include the people who are considered part of the family and the quality of the relationship among them.

7 Social Organization:-
In a social organization it made for fun and some small work. It may be in the form of the group in the office. Circle of friends. The social group are the most influencing power. Because we get a habit from our group .That are influence the socio-cultural Environment.

8 Class Structure :-
It can be classified in to upper, middle, lower. It reflects income occupation, education an area of residence. Upper class means high earning people .lower class means low earning people.

Healthy Social Environment;-
Healthy food safe housing wage jobs decent schools, supportive social network access to health care and other public and private goods and services are the very environments with the highest public health risk for serious illness and premature death.

How to keep the Social Environment Health - 5Tips
1. Meet new people on a regular basis.one you feel at peace with your social environments, it's easy to stop trying to expand it.
2. Take stock of your existing friendship several times a year.
3. Make an effort
4. Be honest with youself
5. Lesson new things.

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