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## PSYCHOLOGY AND SOCIOLOGY: IMPLICATIONS FOR EDUCATION

James Franklin\*

### Abstract

One of the most relevant techniques in qualitative research is ethnography, and both sociology and psychology conduct research using qualitative techniques. When the goal is to preserve a population's historical memory in relation to past events or facts, this is crucial. One of the most relevant techniques in qualitative research is ethnography, and both sociology and psychology conduct research using qualitative techniques. When the goal is to preserve a population's historical memory in relation to past events or facts, this is crucial. In a right off the bat stage, ethnography could speed up study's factors depiction. Sociologists have been crucial in establishing the connection between social relationships and health outcomes, providing explanations for this connection, and identifying population-level social variation (such as gender and race). Studies have shown that social relationships have positive and negative effects on health over the short and long term. These effects start in childhood and build up over time to create a cumulative health advantage or disadvantage. This article highlights the policy implications suggested by the study of social relationships and health and describes key research themes. A recent synthesis of the research outlines the implications of an emerging consensus regarding the science of learning and development for classroom practices in this article. We use a developmental systems framework to situate the review and synthesize data from a variety of educational research fields and the learning sciences regarding well-tested strategies that support the kinds of relationships and learning opportunities required to support children's well-being, healthy development, and transferable learning. Furthermore, we survey research with respect to rehearses that can assist teachers with answering individual fluctuation, address misfortune, and backing flexibility, to such an extent that schools can empower all youngsters to track down certain pathways to adulthood.

**Keywords:** Relationships, Social Support, Social Integration, Stress, Cumulative Disadvantage

### 1. INTRODUCTION

One of the most relevant techniques in qualitative research is ethnography, and both psychology and sociology employ qualitative research methods. Prisoners of war are severely tortured by captors through social isolation. People who are otherwise fit and healthy eventually experience mental and physical decline, even death, as a result of social isolation. Social scientists have demonstrated a clear link between social relationships and health in the general population over the past few decades, going beyond evidence of extreme social deprivation. Grown-ups who are all the more socially associated are better and live longer than their more separated peers. Social scientists have demonstrated a clear link between social relationships and health in the general population over the past few decades, going beyond evidence of extreme social deprivation. Socially connected adults live longer and are healthier than those who are more isolated. This article portrays significant discoveries in the investigation of social connections and wellbeing, and how that information may be converted into strategy that advances populace wellbeing.

Admas University, Department of Social Sciences, Ethiopia, Email: franklin.j@edu.et



Using these articles as a foundation, we synthesize information from the learning sciences and a number of educational research subfields regarding well-tested strategies that support the kinds of relationships and learning opportunities required to encourage children's well-being, healthy development, and transferable learning. We also look at research on practices that educators can use to respond to individual variability, deal with adversity, and build resilience so that schools can help all children learn and find positive adult pathways.

In addition, interactions between particular aspects of the child and the contexts of his or her family, community, and classroom alter general developmental trends. As a consequence of this, children have distinct requirements and trajectories that necessitate differentiated instruction as well as supports to enable optimal competence, self-assurance, and motivational development.

### **SOCIAL RELATIONSHIPS**

Accordingly, social scientists have investigated a number of distinct aspects of the social connection that relationships provide. The absence of social connections is referred to as social isolation. The overall level of involvement in both informal and formal social relationships, such as having a spouse and volunteer organizations and religious institutions, is referred to as social integration. Positive aspects of relationships, such as the emotional support provided by significant others, and strained aspects, such as conflict and stress, are included in the quality of relationships. The term "social network" refers to the web of social relationships that surround a person, particularly the structural characteristics of each social relationship, such as its type and strength. Health is affected by each of these aspects of social relationships. For ease of discussion, we use the terms "social ties" and "social relationships" throughout this article to refer to the broad health effects of these characteristics of relationships.

### **DEVELOPMENT THE EDUCATION**

In Ted Pollen's fourth-grade classroom at Midtown West School in New York City, a diverse group of 27 students is deeply engaged in a mathematics inquiry aimed at comprehending the concepts of range, mean, median, and mode. Development the Education by Learning Science In the classroom meeting area, some are seated at tables, while others are seated on the rug in pairs or trios. Ted's class has been conducting a study that provides them with the data they are currently analysing, whereas other teachers might introduce the three terms with definitions and rules for calculating them and provide students with a worksheet of problems to complete: They measured and recorded the height of every child in their own classroom as well as their "reading buddies" in one of the kindergarten classrooms. Then, for the purpose of determining the mean, median, and mode for each class and comparing them, each person devised a method for presenting the data distributions in bar graphs that they created independently. As they advise and question one another about what to do, they use a variety of tools, such as manipulatives and calculators, while working in teams. Ted moves among groups unobtrusively, observing the process and occasionally asking students questions to advance their comprehension. As he selects his questions, it is evident that he is considering the proximal development zones of the students. One group hears Ted say, Consider your design. How can you best present the data so that you can actually compare them? He asks, "Can someone give me the range for kindergarten ?" in another. Our reach ? Are there any exceptions?" As a result, it became clear that there was little overlap between the two groups, with the exception of one very tall kindergartener and a few relatively short fourth graders.

### **BENEFIT OF HEALTH IN SOCIAL RELATIONSHIPS**

There is a wealth of scientific evidence to support the health benefits of social interaction. Prospective studies of mortality across industrialized nations provide the most striking evidence. According to House, Landis, and Umberson's 1988 study, people who are least involved in social relationships are more likely to die than those who are more involved. For instance, Beckman and Some (1979) demonstrated that adults with the fewest social ties had a death risk that was more than twice as high as that of adults with the most social ties. In addition, when socioeconomic status, health behaviors, and other factors that could influence mortality were taken into account, this result remained the same. Adults with known medical conditions also have lower mortality rates when they have strong social ties. For instance, Brummett and colleagues (2001) discovered that adults with coronary artery disease who were socially isolated were 2.4 times more likely to die from cardiac arrest than their peers who were more socially connected.

Lastly, improved connections between relationships and health can be viewed as preventative medicine. Social ties may not only assist in preventing serious health issues from occurring in the first place, but they may also serve to improve the health outcomes of those who develop them. Short-term and long-term benefits should accrue from social ties-building policies. Social ties can contribute to a cumulative health advantage over time for



an aging population if they foster better health habits and psychological well-being throughout life. Americans of all ages benefit from higher quality of life and lower health care costs when they are in better health.

## 2. RESULT

One of the most relevant techniques in qualitative research is ethnography, and both sociology and psychology conduct research using qualitative techniques. When the goal is to preserve a population's historical memory in relation to past events or facts, this is crucial. In a right off the bat stage, ethnography could speed up study's factors depiction. In the subsequent phases of the research, researchers may still deepen in the concepts using descriptive methodology but quantitative, as is typical of both psychology and sociology, for instance, in the quiz methodology. This is based on the implication of the variable's conceptualization obtained by this first qualitative phase (ethnographic).

## 3. CONCLUSION

Social relationships have an impact on a variety of health outcomes, including mental health, physical health, health habits, and mortality risk, according to solid scientific evidence. Sociologists have made significant contributions to the discovery of social variation (such as age and gender) in these linkages at the population level, as well as the identification of explanations for the impact of social relationships on health. The unique perspective and research methods of sociology provide a scientific basis for recommending ways in which American social relationships can be promoted and safeguarded by policymakers to improve population health. Policy solutions should be developed with a sense of urgency in light of current and anticipated demographic trends. A framework for supporting children's welfare in a variety of contexts is provided by the foundational knowledge provided by learning and development sciences and decades of educational research insights. These knowledge base shows how important it is to rethink institutions that were built a century ago using factory-model ideas of organizations that emphasized standardization and minimized relationships. It demonstrates how schools can be organized around relationships that support development; unified and well-integrated approaches to support, including connections between home and school; well-structured instruction that aims to encourage the growth of academic, emotional, and social skills, habits, and mindsets; and culturally competent, individualized responses to each child's assets and requirements.

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