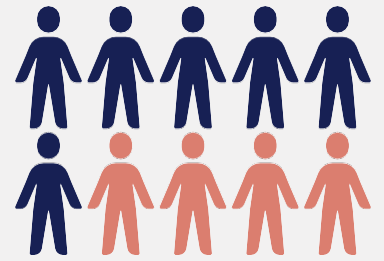


It's all about HEALTH and SOCIAL INTERACTION

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Social Interaction

Engagement in their surroundings and form a relationship with them. It can occur anywhere people meet and have dynamics that can be defined. Often can influence their actions and health in the process from a positive and negative perspective.



Social Isolation

Generally, it means a lack of interest in connecting with people around them. Often is associated with poor social health, feelings of loneliness, and depression (Hay-McCutcheon et al., 2018).

Can be more common with women.



Research Data

- A wide range of older adults stating their medical history and experience in social interaction with others.
- Looking at different perspectives understand each relationship and accurately predict the likely outcome.

Results:

The relationships that are from interactions and connections impact ones physical and mental health



Supporting details

- Interactions people experience can have benefits and drawbacks (Khondoker et al., 2017).
- Social distancing and interactions during COVID-19 supports the association between isolation and cognitive decline (Li et al., 2022).

Positive Interaction Result

- Associated with low risk of health issues.
- Gains social support that is associated with a person's quality of life.
- Experiencing social connectedness can decrease indications of depression (Galloway & Henry, 2014).

Negative Interaction Result

- When you are criticized or experiencing unpleasant emotions towards someone (Gray et al., 2020).
- Loss of any connection or the distance is different.
- Can put more stress and strain the body into the decline of one's health.
- Unhelpful workplace experiences or job stressors strain their overall health and quality of life.

