

Chapter – 13

Social Health

Answer the following questions

1. What is the meaning of social health? How do social customs influence social health?

Ans. Social Health is how a person interacts with their self, and the society. It is heavily shaped by Social Customs, which is the environment a person is born into.

2. Examine the social customs in respect of early marriage, breastfeeding practices, family size and preference for male child.

Ans. Social Customs shape how an individual develops with respect to their surroundings. Early marriages lead to adolescent pregnancies which are often fatal, breastfeeding is switched by milk powder in many societies which is harmful for the child, preference for a male child leads to overpopulation in certain societies which results in the neglect of the girl child.

3. What is substance abuse? How does it affect the social and individual health?

Ans. Substance abuse is the excessive use of drugs or other intoxicants. A person becomes emotionally and socially distant, it makes them violent and turn to crime. It affects the victim's mental health and harms their psychological well-being.

4. Why is the protection of natural resources important for social and individual health?

Ans. The sustainability of life on Earth is heavily dependent on the natural resources. These resources are not distributed equally, so everyone needs to be responsible and protect the environment. Some people are more affected by the degradation than others due to the existence of certain conditions.

5. What do you mean by community education? Why is it important to educate the community for a healthy life?

Ans. All individuals in a community depend on others' choices for their own sustainability and quality of life. If a community can be educated on the

benefits of managing resources better, then everyone in the community can be healthier.