

Relationships

Social factors such as relationships and social interaction may positively or negatively affect health and wellbeing.

Types of relationship

Relationships can be **formal** (such as between work colleagues) or **informal** (such as between friends and family).

REVISE IT!





You might need to use Component 1 knowledge about social factors in your assessment

Positive effects of relationships

Relationship	Possible effects
Close friendships	From around the age of three, children start to build friendships outside the family group. These can: <ul style="list-style-type: none"> • give feelings of security and confidence • promote positive self-concept • provide encouragement to take part in leisure and physical activities.
Family relationships	Close family relationships can provide: <ul style="list-style-type: none"> • unconditional love, which benefits self-concept • security and support • encouragement to learn and develop new skills • shared family, social and leisure experiences • confidence to build relationships with others.
Peers	Building relationships with people of similar interests: <ul style="list-style-type: none"> • may support life choices • extends a social circle • means there is someone outside the family to share worries or concerns.
Colleagues	Relationships with colleagues can: <ul style="list-style-type: none"> • help to develop skills and working practices • increase job satisfaction • build team spirit and sense of belonging.

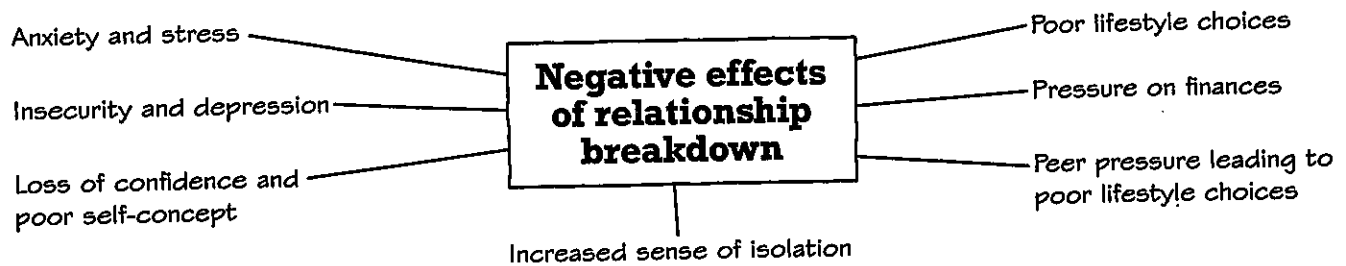
Unsupportive relationships

Unsupportive relationships may result in:

-  negative self-concept
-  feelings of hurt, loneliness and distrust
-  difficulties in building relationships
-  lack of independence.

Relationship breakdown

Friendships and relationships can break down. This may adversely affect health and wellbeing.



Now try this

Give examples of how your own relationships have had positive effects on your health and wellbeing.



You might like to think about how you have benefited from relationships with family or friends.

Had a look Nearly there Nailed it!

Social interaction

Social interaction is the process of acting and reacting to people around us by communicating and forming relationships.

Social inclusion

Inclusion happens when people feel they belong to a social group such as:

- family members and friends
- work colleagues
- school or college learners
- members of interest groups
- community members, such as members of a church or cultural group.

Social exclusion

Exclusion happens when people do not have regular contact with others. This may be because a person:

- has difficulty in communicating with others if they have a mental or physical illness, or a condition that affects communication
- has experienced life changes such as bereavement or relationship breakdown
- is homeless.

Discrimination

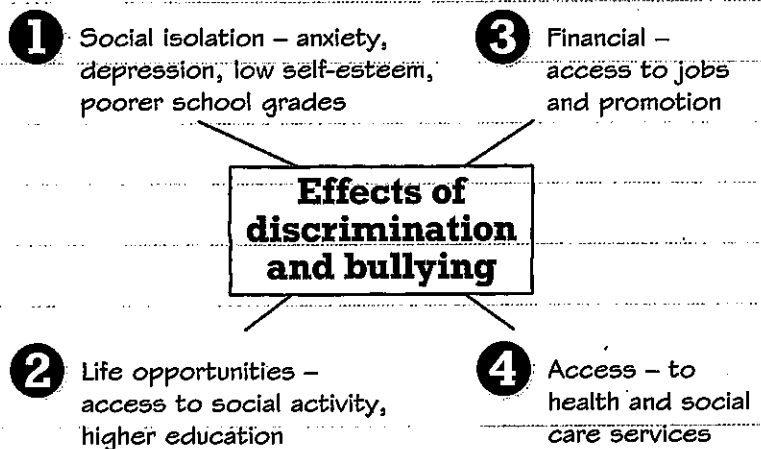
Discrimination is the unjust treatment of a person because of a characteristic they possess such as race, age, sex, gender reassignment, disability, sexual orientation, religion, pregnancy and marriage or civil partnership. The Equality Act (2010) identifies four types of discrimination.

Type	What it means	Example
Direct discrimination	Treating someone differently because of a characteristic such as age or race	Not being considered for promotion because of age or race
Indirect discrimination	When individuals are put at a disadvantage because of a characteristic such as sex or religion	A dress code introduced that does not allow a head covering
Harassment and bullying	Being picked on, experiencing abusive, bullying or unwanted behaviour	Being mocked directly or through social media because of gender reassignment or sexual orientation
Victimisation	Receiving unfair treatments because of something they do or say	Being excluded from a social event at work after making a complaint about the actions of a colleague

Types of bullying

Bullying can happen at any age group from childhood to adulthood.

- Verbal: name calling, threats, sexist or anti-racial comments
- Cyberbullying: sending hurtful comments, sharing private information or photos
- Physical: pinching, hitting, kicking, slapping
- Emotional: spreading rumours, exclusion from a group



Now try this

Suggest **one** more example for each of the four types of discrimination.

Think of examples you may have heard about on the news.

Cultural factors

REVISE IT!
You might need to use Component 1 knowledge about cultural factors in your assessment




Cultural factors can affect people's lifestyle, beliefs, attitudes and access to health and social care.

Cultural factors that can impact negatively on health and wellbeing

Religion	<ul style="list-style-type: none"> Some religious beliefs may impact on a person's unease about accepting some healthcare interventions, so conditions are left untreated. A person may face discrimination, leading to anxiety. They may face barriers in accessing health and social care because of cultural beliefs or traditions, language, religious practices or diet being misunderstood, leading to conditions going undiagnosed and untreated.
Gender expectations	<ul style="list-style-type: none"> Imposed gender roles influence attitudes to lifestyle. The gender pay gap means women are economically worse off than men, which may affect areas such as diet or housing. Men are seen as the 'stronger sex' so may be reluctant to seek treatment. A person may be reluctant about being examined by a health worker of a different sex.
Gender identity	<ul style="list-style-type: none"> This is how a person identifies internally and chooses to express themselves to others. Their identity may be questioned by family, friends or professional health workers, potentially causing mental ill health. They may be reluctant to seek help or may face discrimination when accessing health care services so do not get or seek the treatment they need.
Sexual orientation	<ul style="list-style-type: none"> This describes who a person is attracted to – the same sex (gay, homosexual, lesbian), a different sex (straight, heterosexual) or both (bisexual). A person may be discriminated against because of their orientation and feel excluded, causing anxiety or depression. They may be reluctant to seek help or face barriers so conditions are not diagnosed or untreated.

Positive factors



A person may:

-  have support through shared values and/or beliefs within a community or group
-  have a strong sense of own faith/culture, gender identity or orientation, leading to a sense of self-worth and self-esteem
-  be able to access supportive services such as charity organisations that understand the needs of a particular culture, community or group.



Community participation

Community means a group with which a person identifies. It could be their location or a particular cultural group.

Positive effects

-  Participation brings a sense of belonging and well-being.
-  People can be supportive.

Lack of community participation can lead to:

-  isolation
-  reluctance to ask for help.

Now try this

Studies have shown that men are less likely to seek help from healthcare professionals than women.
Give **two** reasons why a man may be more reluctant to seek help.

Consider the cultural factors above to help you answer this question.

