

SOCIOLOGY AND NURSING- **NURS1211**

**Homework**

**How can sociology help to improve nursing practice?**

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**How can sociology help to improve nursing practice?**

Nursing and sociology are terms that rather tightly connected with each other; because nursing is a profession that is focused on helping patients, their families and whole communities in attaining, maintaining, recovering and functioning optimal health, in illness and wellness. whereas sociology is the study of society, communities, how does it work, and how people should live in it (social communities of people). The main question to answer in this paper is: why sociology is important to nursing? It seems easy and hard question at the same time.

Nursing students are often required take the subject; because it is widely viewed as essential knowledge to their daily work as nurses. Sociology is the study of human behavior. From its definition, any nursing student can construe sociology as their calling card when it comes to handling patients; where new possibilities of penetration in the internal world of personality were opened, understanding of individual’s vital aims, interests, and necessities were discovered. However, sociology in the nursing context studies a not person in general, and his concrete world, but is unique ability to see the world as integral system, where it studies the issues of genders, social classes, stratification, social environment, communities which he is interested in and live in, the way of person’s life and families, social connections, social actions, and economic policies. These new knowledge also open new opportunities in patients’ care, because it allows nurses to understand not only personality of the patient, but also circumstances of his existence and his reaction on surrounding world and reality.

Treating sociology as a core part of your nursing education is a key to become a successful nurse. You will be able to provide genuine care and perform appropriate diagnoses if you have an understanding of human behavior and reactions. Sociology enables nurses to understand their social responsibility as agents of change. Sociological knowledge also allows nurses to heal or make their patients feel better, they are not only treating their illnesses; they are also improving the quality of their lives. Understanding individual patients’ social context provides a significant insight into how they experience the world, in particular their experience of health and care. This allows nurses to reflect on their actions towards patients from different social backgrounds, taking into consideration what is important to them and trying to see the world from their perspective. Sociology is essential for this, as individuals from different social backgrounds view the world differently and may require different caring skills and practices.

So, sociology is an important tool that will help nurses to understand the communities where their future patient’s live in and will make them more effective in nursing practice. The sociological vision will help to find the essence of problems and then solve them in a right way. Sociology has positive influences on nurse’s mind and it allows them to deal with people, to understand main mechanisms of society and make horizons of problem perception wider. Also, it constitutes valuable theoretical knowledge; one of its key advantages is that it prepared nurses for the challenges they will encounter as professionals, will develop very reliable nurses, will also gain insight into the minds and hearts of their patients, that may not be manifested on initial diagnosis, but with sociology, you begin to understand that the healing of a person is a process and more than just the giving of medicine. This is why science sociology is already part and parcel of a nursing profession. Without it, nurses are incapable of understanding the intricacies of providing diagnosis to people what with their different backgrounds and ideologies. Sociology is the ticket to a more effective diagnosis.

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