Recognising the Relationship between Social Psychology and Health Psychology

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ABSTRACT

In order to shed light on the mutual influences of social factors on health and the impact of health-related variables on social processes, this research intends to explore the intersection between social psychology and health psychology. While health psychology focuses on the psychological and behavioural elements of health and illness, social psychology examines how social circumstances affect people's ideas, feelings, and behaviours. A thorough grasp of the intricate interaction between social circumstances and health outcomes can be attained by looking at how these two disciplines interact. The social determinants of health are discussed in this study, emphasising the considerable effects that socioeconomic status, social support, and social networks may have on people's wellbeing. It investigates how these social determinants may impact access to healthcare services as well as health-related behaviours including smoking, exercise, and food. It also looks at the psychological processes by which social issues, like stress, social comparison, and social identity, influence health. The paper also explores the idea of social influence and how it relates to health psychology. It looks at how social norms, conformity, and social modelling can affect how people act and think about their health. It also looks at how social support affects dealing with disease, following through on prescribed treatments, and encouraging behaviours that improve health.

INTRODUCTION

Within the larger discipline of psychology, there are two independent but related subfields: social psychology and health psychology. Health psychology looks at the psychological aspects that affect health, illness, and healthcare, while social psychology focuses on understanding how social factors affect people's behaviour and attitudes. Both disciplines offer insightful perspectives on the intricate interplay between social and psychological systems in determining health outcomes.

The study of social psychology focuses on how people are affected by their social surroundings. It looks into issues including interpersonal interactions, stereotypes, bias, conformity, and social influence. Social psychologists study how interpersonal relationships, group dynamics, and cultural norms affect people's feelings, beliefs, and behaviour. They look at how people perceive others, how their behaviour is affected by that of others around them, and how they deal with social circumstances. Social psychology is essential to comprehending the influence of social factors on health behaviours and outcomes in the setting of health. According to research, social networks, social support, and social norms can all have a big impact on people's decisions and actions when it comes to their health. For instance, those who have supportive social networks are more likely to practise good habits like consistent exercise, a balanced diet, and medication adherence. Social norms, or generally accepted standards of proper conduct, can also influence health practises. For instance, people may be more likely to smoke themselves if they believe that their social group promotes smoking. Social psychologists can aid in the creation of therapies that harness the power of social influence to encourage better lives and prevent sickness by researching these social processes. W. P. Robinson (1998).

Contrarily, health psychology focuses especially on the psychological aspects of health and illness. It looks at how biological and environmental factors interact with ideas, feelings, attitudes, and behaviours to affect health outcomes. Health psychologists research a variety of subjects, such as stress management techniques, healthy lifestyle choices (such as smoking, exercise, and food), relationships between patients and healthcare professionals, and the psychological effects of long-term diseases. The investigation of stress and its effects on health is one area of emphasis in health psychology. It has been demonstrated that stress has a significant impact on both physical and mental health. Health psychologists investigate how people experience and react to stresses, how long-term stress can lead to illness, and how good coping mechanisms can lessen the harmful consequences of stress on health. Health psychologists can create therapies and approaches to assist people manage stress more skillfully, enhancing their overall health outcomes, by better understanding these psychological processes. Health psychologists also research healthy behaviour and how it affects physical and mental health. They look into what drives people to adopt certain behaviours, like smoking, exercise, and good eating, as well as what prevents them from

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changing their behaviour. Health psychologists can create therapies that encourage healthy behaviours and lower risk factors for sickness by comprehending the underlying psychological aspects. For instance, interventions may concentrate on delivering knowledge and education, creating plans to increase self-efficacy, or focusing on the social and environmental elements that affect behaviour. (2011) Johnson, B. T., and Dove, N. L.

Health psychologists also look at the psychological elements of long-term conditions and impairments. They look at how these ailments affect people's psychological health and quality of life, as well as the variables affecting adherence to medical treatments. Health psychologists collaborate with medical professionals to provide interventions that meet the psychological requirements of people with chronic diseases, improve their coping mechanisms, and increase treatment compliance. It's crucial to remember that social psychology and health psychology do not conflict. When researching health-related topics, they frequently cross paths and strengthen one another. Understanding the impact of social dynamics, social support, and social norms is crucial for creating successful health interventions since social factors have a considerable impact on health. To study how social factors affect health outcomes, health psychologists commonly use theories and methods from social psychology.

GENERALITY OF THE RESEARCH

The goal of this study is to examine how social and health psychology interact, with particular attention to how social issues affect health and how aspects of health have an impact on social processes. The study's scope includes a look at many social determinants of health, including socioeconomic position, social support, and social networks, and how these affect actions and results connected to one's health. Additionally, the study will look into the psychological processes by which social elements including stress, social comparison, and social identity affect health. It will also go over the idea of social influence and how it relates to health psychology, as well as how social norms, conformity, and social modelling affect people's attitudes and behaviours with regard to their health. The study will also examine how social psychology and health are mutually inclusive. The results of the study will be used to create more useful strategies for dealing with health problems and enhancing societal wellbeing generally. The vast majority of the research will draw on already published social

psychology and health psychology works, as well as from theoretical frameworks and empirical studies. It won't call for doing tests or gathering original data. To fully comprehend the interaction between social psychology and health psychology and its consequences for theory and practise, the focus will be on synthesising and analysing pertinent research. It is important to emphasise that the research will cover a wide range of topics and offer a thorough analysis of the problem. Specific subtopics within social psychology and health psychology may not be fully covered due to the breadth of the field. On the other hand, the study's objective is to lay a strong platform for future research into and discussion of how these two fields interact (Murray, 2000).

READING REVIEW

Ostic, D., S. A. Qalati, et al. The aim of this study is to look into how using social media affects psychological wellness. It is crucial to comprehend the possible consequences of these digital settings on people's mental health and general well-being given the rising importance of social media platforms in contemporary culture. This study looks at the nuances and delicate aspects of the relationship, as well as the benefits and drawbacks of using social media. The study begins by outlining the advantages of using social media, such as the capacity for communication, self-expression, and knowledge exchange. It looks into the potential for social media to enhance community, facilitate meeting new people, and foster a sense of belonging. It also looks at the use of social media for self-promotion, self-discovery, and creative expression.

In Klein, W. M. et al (2015). This essay investigates social psychology's potential to improve public health outcomes. As a field, social psychology gives important insights into comprehending how people behave in social circumstances and offers a framework for creating successful treatments and public health improvement methods. Policymakers, academics, and practitioners can address a range of health issues and encourage healthy behaviours on a societal level by utilising social psychology principles. It looks into how societal norms affect people's beliefs, attitudes, and actions in relation to things like smoking, substance misuse, exercise, and food. Through treatments that emphasise descriptive norms,

injunctive norms, and normative feedback, it also examines the influence of social norms in promoting healthy behaviours.

J. A. (2000). It examines theories of identity development that clarify how people acquire and internalise group identities, including the self-categorization theory and the social identity theory. It also looks at the effects of identity negotiation, identity danger, and identity complexity on people's wellness and sense of self. It discusses how intergroup bias, presumptions, prejudice, and discrimination can result from social identities. It explores the mechanisms of social categorization, ingroup favouritism, and outgroup derogation as well as the effects of these phenomena on intergroup conflict and social cohesiveness. The study also looks at ways to reduce intergroup prejudice and promote harmonious interactions amongst groups. The study addresses the intersectionality of identities, which recognises that people have a variety of social identities that interact and overlap one another. It looks at how the intersection of several identities, such as race, gender, and social class, might affect how people feel privilege, oppression, and social injustice. The study discusses how crucial it is to consider how various identities overlap while attempting to comprehend social behaviour and address social issues.

Williams, P. G., Greenley, R., and Holmbeck, G. N. N. (2002). The need of using comprehensive and interdisciplinary approaches to address adolescent health issues is emphasised in the report. In order to create interventions that address the biological, psychological, and social factors that affect adolescent health, it is crucial that psychologists, healthcare providers, educators, and policymakers work together. It examines how well mobile health interventions (mHealth), online support groups, and digital mental health technologies work to encourage positive teenage behaviour. The study highlights the value of early detection and preventative care in adolescent health psychology.

Murry, M. (2000). Narrative analysis is a helpful paradigm for helping academics and practitioners in the field of health psychology to better understand people's experiences, meanings, and attitudes on health and sickness. In order to make sense of their experiences related to their health, people must assess the narratives or stories they create and communicate. By examining narratives, health psychologists can gain a better understanding of the complexity of the human experience and produce insights that can be applied to the

creation of new products, medical procedures, and legal regulations. The many levels of narrative analysis that are frequently used in health psychology will be covered in this study. It explores the different levels at which story analysis can be applied to investigate the nuances of health-related stories and how they influence people's psychological and behavioural outcomes.

Health Psychology's Future

Understanding and advancing health and wellbeing depend heavily on the dynamic and ever-evolving discipline of health psychology. Several significant trends and developments are anticipated to influence the discipline and propel improvements in research, practise, and policy as we look to the future. The future of health psychology is examined in this section along with some of the potential paths and growing areas of interest. (Schaufeli, W. B., 2004)

Integration of Technology: Health psychology now has new prospects thanks to the widespread use of technology. The delivery of interventions, the gathering of data, and the monitoring of health-related behaviours can all be improved with the integration of digital platforms, mobile health (mHealth) applications, wearable technology, and telehealth services. Utilising these tools to provide individualised, easily available, and reasonably priced interventions that reach a larger population is what health psychology will look like in the future.

Precision Health: The growing subject of precision health, which emphasises customising interventions to individuals based on their particular traits, preferences, and requirements, will benefit from the work of health psychology. Health psychologists can create solutions that are more specialised, efficient, and personalised by using cutting-edge technologies, genetic data, and psychosocial aspects. Beyond a "one-size-fits-all" paradigm, precision health approaches will put more of an emphasis on providing interventions that are in line with each person's strengths, weaknesses, and contexts.

Health Equity and Social Determinants of Health: Health psychology will continue to place a high priority on health equity and address health inequities in light of the influence of social determinants of health. Future studies will focus on creating therapies that go after the underlying causes of inequities and look deeper into the social, economic, and environmental aspects that affect health. Working cooperatively with interdisciplinary teams, health

psychologists will push laws that address systemic injustices and advance health for everyone.

Positive Health and Well-being: Moving away from a primary focus on disease prevention and treatment, the future of health psychology will increasingly emphasise the promotion of positive health and well-being. Optimal health will be promoted through research and treatments that examine elements including resiliency, positive psychology, subjective well-being, and the importance of healthy social connections. The goal of health psychologists is to comprehend the circumstances and treatments that promote flourishing and raise general quality of life.

Cultural Sensitivity and Global Health: Health psychology will give cultural sensitivity and global health issues more attention as the globe becomes more interconnected. Research will examine how cultural perspectives, practises, and beliefs affect health outcomes and create solutions that are inclusive of all cultures. To address global health concerns and advance cross-cultural understanding in health research and practise, health psychologists will work together across cultures and borders.

Prevention and lifestyle interventions: Health psychology will continue to be a key component of preventive measures, with a particular emphasis on lifestyle changes that encourage healthy habits and lower the chance of developing chronic illnesses. Research will examine cutting-edge behaviour change strategies, such as gamification, social media-based interventions, and changes to the environment that encourage healthier choices. Health psychologists will collaborate with medical professionals and legislators to create thorough prevention plans that address numerous influencing factors, from the individual to the society level.

We can significantly improve our understanding of health and wellbeing by expanding the field of health psychology in the future. Health psychology will help to improve health outcomes and raise people's quality of life by integrating technology, precision health techniques, a focus on health equality and positive health, cultural sensitivity, and preventative treatments. Health psychologists may significantly advance both research and practise by embracing these new fields, helping to create a future where everyone is healthier and more equally distributed.

Phubbing, smartphone addiction, and psychological well-being in social media users

Concerns have been voiced in recent years concerning the effects of technology's rapid development, particularly the widespread usage of smartphones and social media platforms. The use of social media, smartphone addiction, phubbing (phone snubbing), and psychological wellbeing are all examined in this essay, along with both the advantages and disadvantages of each phenomenon.

The usage of social media has ingrained itself into the daily lives of many people, providing avenues for communication, self-expression, and knowledge sharing. But excessive or problematic usage of social media has been linked to adverse psychological effects, such as heightened feelings of isolation, despair, anxiety, and lower general wellbeing. Social comparison, poor self-esteem, and other negative effects can result from regular exposure to highly managed and idealised depictions of other people's lives on social media.

Smartphone addiction, which is characterised by excessive and compulsive usage of smartphones, has become a major issue. Negative effects include reduced productivity, disturbed sleep patterns, and hampered face-to-face social contacts are possible. Higher levels of psychological suffering, including signs of anxiety and despair, have been related to smartphone addiction.

Phubbing, the act of ignoring or snubbing someone in favour of one's smartphone, has also become popular as a social phenomena. Phubbing can be bad for relationships because it interferes with real social interactions and makes face-to-face communication less effective. Being phubbed or indulging in phubbing behaviours might make one feel excluded from social situations, have less fulfilment in romantic relationships, and be less happy overall.

METHODOLOGY

Depending on your study goals and the resources you have, choose the best sample technique. You could choose people who are readily available and willing to participate using convenience sampling. If you wish to guarantee a representative sample, you might also utilise random sampling or stratified sampling.

Create a survey that addresses pertinent issues and elements of social psychology and health psychology. Include both demographic and inquiries particularly pertinent to the study's goal. Make sure the questions are precise, short, and provide suitable response possibilities.

Prior to participation, get the participants' informed consent. Assure participants that their answers will be kept private and anonymous. Observe moral standards and laws when conducting research on human subjects.

Use a Google Form to distribute the questionnaire to the 70 respondents that made up the chosen sample. Utilise online survey tools to get data. To preserve consistency, make sure the data collection procedure is standardised.

RESULTS AND DISCUSSION

Social psychology focuses on understanding how individuals' thoughts, feelings, and behaviours are influenced by:

a) Biological factors

b) Social factors

c) Environmental factors

d) All of the above

Biological factors	25
Social factors	15
Environmental factors	18
All of the above	12
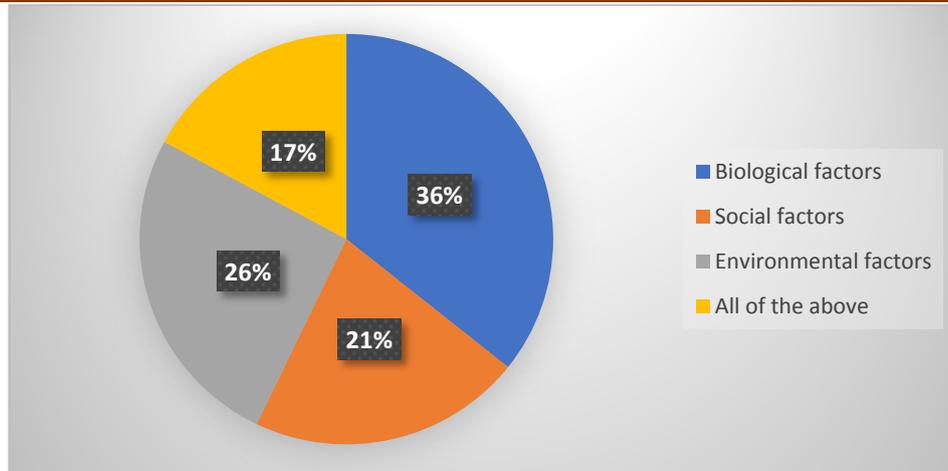
among the 70 surveyors."Biological factors" was the influential element that 25 respondents (35.71%) chose. This indicates that these people think that biological variables, including genetics, neurobiology, or hormonal impacts, have a big influence on how someone thinks, feels, and behaves. Among the relevant variables, "Social factors" was chosen by 15 respondents (21.43%). This suggests that these people think that social relationships, interactions, cultural norms, and societal influences strongly influence how someone thinks, feels, and behaves."Environmental factors" was chosen as an influential factor by 18 respondents (25.71%). This means that these people think that an individual's thoughts, feelings, and behaviours are significantly influenced by environmental factors such physical surroundings, situational contexts, and external stimuli. The phrase "All of the above" was chosen as an influential factor by 12 responders (17.14%). This group of people holds the view that all three (biological, social, and environmental) variables interact and jointly influence how someone thinks, feels, and behaves.
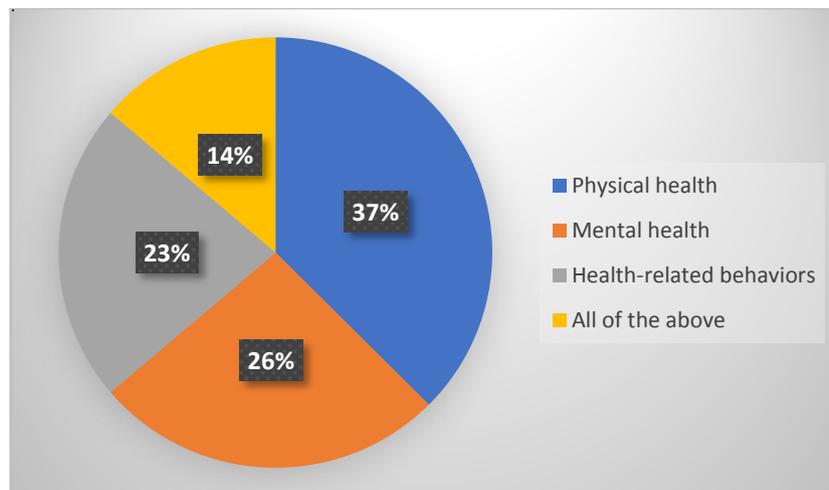
Health psychology examines the psychological factors that influence:

a) Physical health

b) Mental health

c) Health-related behaviors

d) All of the above

Physical health	30
Mental health	21
Health-related behaviors	18
All of the above	11

among the 80 surveyors. Among the contributing factors, "Physical health" was chosen by 30 responders (37.5%). This shows that these people think maintaining physical health, which includes things like exercise, adequate eating, and overall fitness, is crucial to staying healthy.Among the contributing factors, "Mental health" was chosen by 21 respondents (26.25%). This suggests that these people think psychological well-being, which includes things like emotional control, stress management, and mental toughness, is important for general health. The term "Health-related behaviours" was chosen as a contributing factor by 18 respondents (22.5%). This shows that these people consider healthy lifestyle choices,

quitting smoking, routine medical checkups, medication compliance, and regular medical checkups to be essential for preserving their health. The answer "All of the above" was chosen as a relevant factor by 11 respondents (13.75%). This particular group of people thinks that the three variables—physical health, mental health, and health-related behaviors—interact and all work together to affect total health.

The concept of "social support" in health psychology refers to:

a) The number of friends a person has

b) The emotional and instrumental assistance from others

c) Social media interactions

d) Participation in social activities

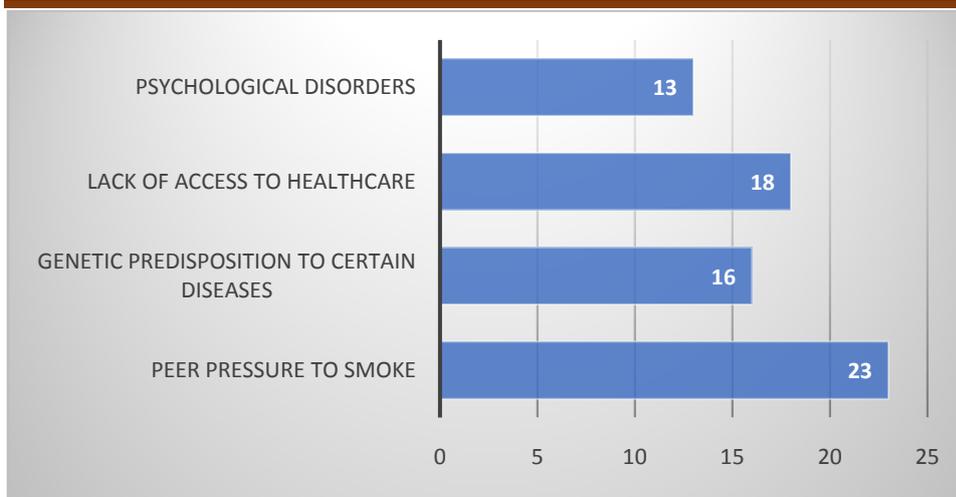| The number of friends a person has	20
The emotional and instrumental assistance from others	18
Social media interactions	17
Participation in social activities	15
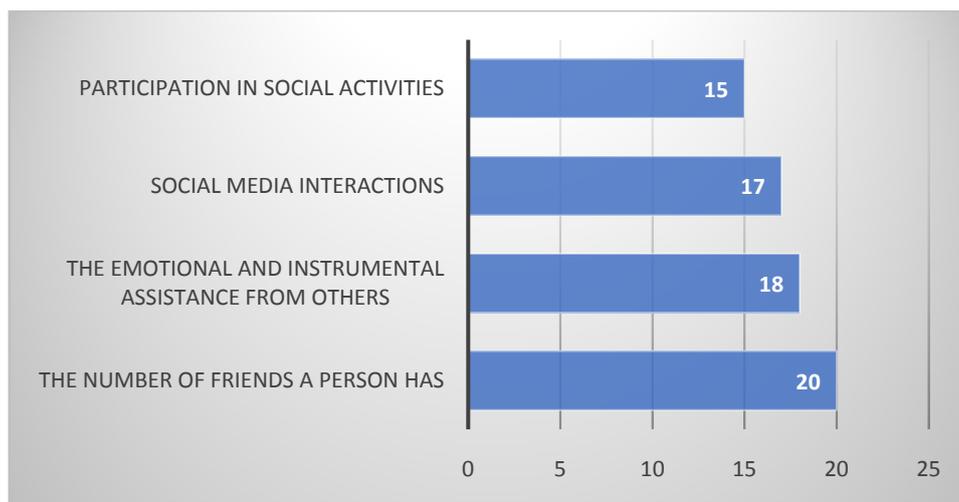
Twenty respondents (an unknown percentage) out of the 70 total chose "The number of friends a person has" as a consideration. This shows that these people think a person's social well-being and general pleasure are influenced by the number of friends they have. "The emotional and instrumental assistance from others" was chosen as a consideration by 18 people (an undetermined percentage). This demonstrates that these people consider it crucial for their wellbeing and functioning to get both instrumental and emotional support from others, such as empathy and understanding. 17 people (an unknown percentage) chose "Social media interactions" as a consideration. This shows that these people think using social media to communicate and connect with others enhances their sense of social connectedness and well-being. 15 people, or an unknown percentage, chose "Participation in social activities" as a factor. This suggests that these people think it's critical for their social happiness and well-being to actively participate in a variety of social activities, such as gatherings, events, or organisations.

Which of the following is an example of the social influence on health behavior?

a) Peer pressure to smoke

b) Genetic predisposition to certain diseases

c) Lack of access to healthcare

d) Psychological disorders

Peer pressure to smoke	23
Genetic predisposition to certain diseases	16
Lack of access to healthcare	18
Psychological disorders	13

23 respondents (an undetermined percentage) out of the 70 who responded chose "Peer pressure to smoke" as a reason. This shows that these people think peer pressure and social influence can affect their decision to smoke or engage in smoking-related behaviour. The factor "Genetic predisposition to certain diseases" was chosen by 16 people (an unknown percentage). This suggests that these people think inherited genetic variables may raise the risk of contracting particular diseases or ailments. 18 people (an undetermined percentage) indicated that "Lack of access to healthcare" was a contributing factor. This implies that these people think that access to or affordability of healthcare services can have an impact on general health and wellbeing. 13 people (an undetermined percentage) indicated that "Psychological disorders" was a contributing factor. This suggests that these people think that a person's behaviour and overall health might be affected by mental health issues or diseases. 23 respondents (an undetermined percentage) out of the 70 who responded chose "Peer pressure to smoke" as a reason. This shows that these people think peer pressure and social influence can affect their decision to smoke or engage in smoking-related behaviour. The factor "Genetic predisposition to certain diseases" was chosen by 16 people (an unknown percentage). This suggests that these people think inherited genetic variables may raise the risk of contracting particular diseases or ailments. 18 people (an undetermined percentage) indicated that "Lack of access to healthcare" was a contributing factor. This implies that these people think that access to or affordability of healthcare services can have an impact on general health and wellbeing. 13 people (an undetermined percentage) indicated that "Psychological disorders" was a contributing factor. This suggests that these people think that a person's behaviour and overall health might be affected by mental health issues or diseases.
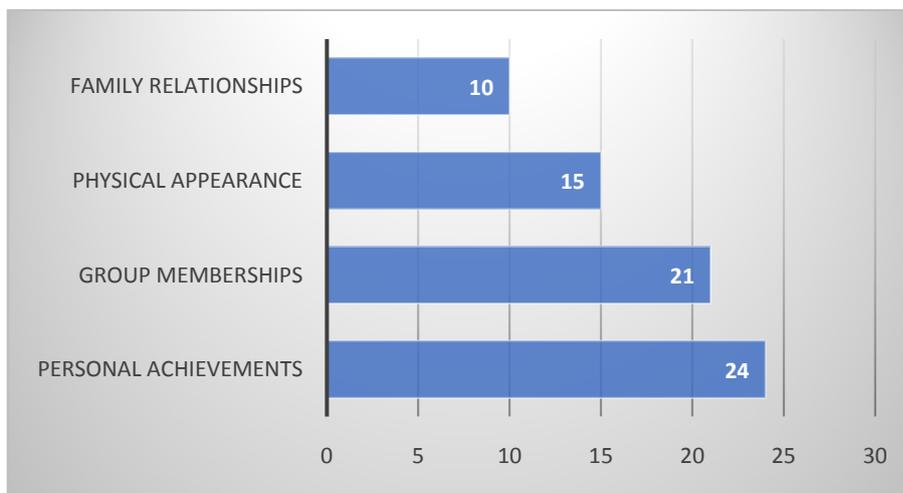
Social identity theory, a concept from social psychology, suggests that people derive their self-esteem from:

a) Personal achievements

b) Group memberships

c) Physical appearance

d) Family relationships

Personal achievements	24
Group memberships	21
Physical appearance	15
Family relationships	10

among the 70 surveyors. 24 people, or an unknown percentage, chose "Personal achievements" as a factor. This shows that these people think their own successes and accomplishments have an impact on how they perceive themselves and possibly how others regard them. 21 people, or an unknown percentage, chose "Group memberships" as a criteria. This suggests that these people think their affiliation with clubs, organisations, or social circles affects their sense of self-identity and gives them a sense of belonging and social support. 15 people, or an unknown percentage, chose "Physical appearance" as a criteria.

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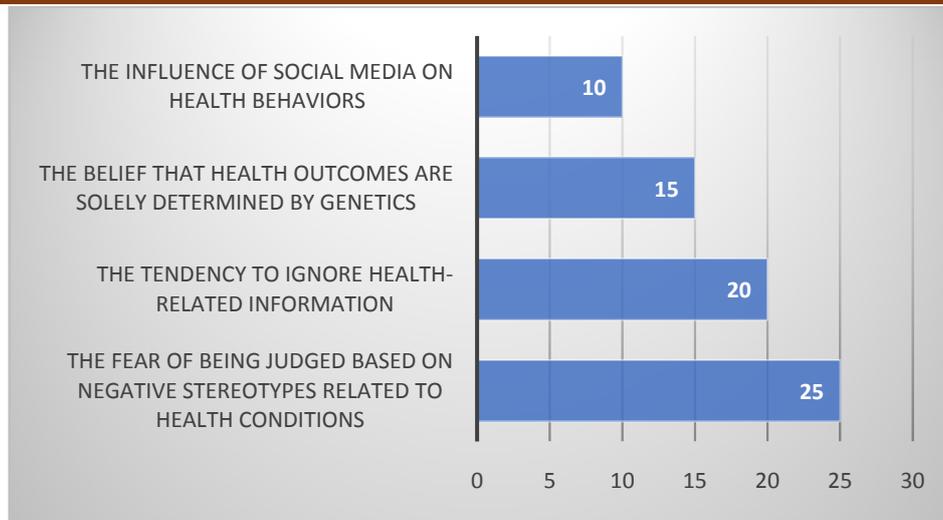(An open access scholarly, peer-reviewed, interdisciplinary, monthly, and fully refereed journal.)

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This may indicate that these people think their physical appearance, including aspects like beauty, body image, and physical fitness, might affect how they feel about themselves and how they interact with others. 10 people, or an unknown percentage, chose "Family relationships" as a factor. This suggests that these people think their connections with their parents, siblings, or other family members can affect how they feel about themselves and how they generally feel. among the 70 surveyors. 24 people, or an unknown percentage, chose "Personal achievements" as a factor. This shows that these people think their own successes and accomplishments have an impact on how they perceive themselves and possibly how others regard them. 21 people, or an unknown percentage, chose "Group memberships" as a criteria. This suggests that these people think their affiliation with clubs, organisations, or social circles affects their sense of self-identity and gives them a sense of belonging and social support. 15 people, or an unknown percentage, chose "Physical appearance" as a criteria. This may indicate that these people think their physical appearance, including aspects like beauty, body image, and physical fitness, might affect how they feel about themselves and how they interact with others. 10 people, or an unknown percentage, chose "Family relationships" as a factor. This suggests that these people think their connections with their parents, siblings, or other family members can affect how they feel about themselves and how they generally feel.

The concept of "stereotype threat" in health psychology refers to:

a) The fear of being judged based on negative stereotypes related to health conditions

b) The tendency to ignore health-related information

c) The belief that health outcomes are solely determined by genetics

d) The influence of social media on health behaviours

The fear of being judged based on negative stereotypes related to health conditions	25
The tendency to ignore health-related information	20
The belief that health outcomes are solely determined by genetics	15
The influence of social media on health behaviors	10

among the 70 survey participants. 24 people, or an unknown percentage, chose "Personal achievements" as a factor. This shows that these people think their own successes and accomplishments have an impact on how they perceive themselves and possibly how others regard them. 21 people, or an unknown percentage, chose "Group memberships" as a criteria. This suggests that these people think their affiliation with clubs, organisations, or social circles affects their sense of self-identity and gives them a sense of belonging and social support. 15 people, or an unknown percentage, chose "Physical appearance" as a criteria. This may indicate that these people think their physical appearance, including aspects like beauty, body image, and physical fitness, might affect how they feel about themselves and how they interact with others.10 people, or an unknown percentage, chose "Family relationships" as a factor. This suggests that these people think their connections with their parents, siblings, or other family members can affect how they feel about themselves and how they generally feel. among the 70 survey participants. 24 people, or an unknown percentage, chose "Personal achievements" as a factor. This shows that these people think their own successes and accomplishments have an impact on how they perceive themselves and possibly how others regard them. 21 people, or an unknown percentage, chose "Group memberships" as a criteria. This suggests that these people think their affiliation with clubs, organisations, or social circles affects their sense of self-identity and gives them a sense of belonging and social support. 15 people, or an unknown percentage, chose "Physical appearance" as a criteria. This may indicate that these people think their physical appearance, including aspects like beauty, body image, and physical fitness, might affect how they feel

about themselves and how they interact with others.10 people, or an unknown percentage, chose "Family relationships" as a factor. This suggests that these people think their connections with their parents, siblings, or other family members can affect how they feel about themselves and how they generally feel.

The field of psychoneuroimmunology explores the connection between:

a) Psychological factors, the nervous system, and the immune system

b) Physical health and mental health

c) Social support and chronic diseases

d) Environmental factors and health outcomes

Psychological factors, the nervous system, and the immune system	20
Physical health and mental health	15
Social support and chronic diseases	17
Environmental factors and health outcomes	18
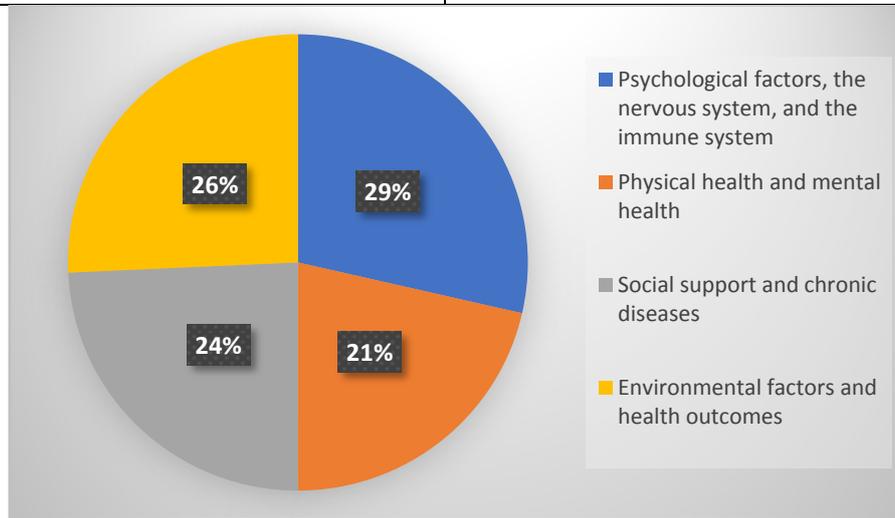
20 respondents (an unknown percentage) out of the 70 respondents chose "Psychological factors, the nervous system, and the immune system" as factors. This shows that these people are aware of how the immune system, the neurological system, and psychological elements (including stress, emotions, and thoughts) all interact to affect health outcomes. "Physical health and mental health" was chosen as a consideration by 15 people (an unknown
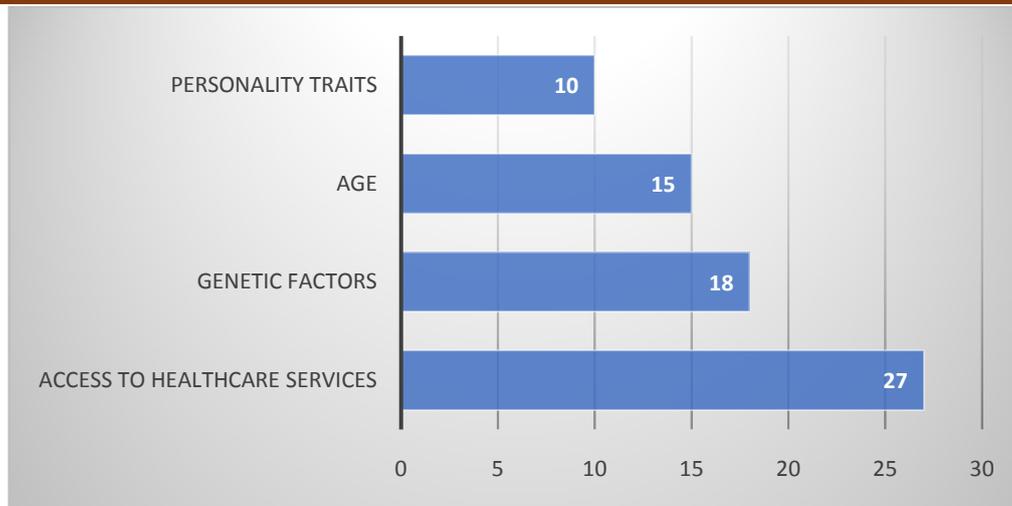
percentage). This shows that these people understand the value of both physical and mental health in maintaining total well-being. Physical health includes things like physical fitness, good diet, and disease prevention. Mental health includes things like emotional stability, coping skills, and mental illness management.17 people, or an unknown percentage, chose "Social support and chronic diseases" as their factor. This may indicate that these people are aware of how important relationships, networks, and emotional support are for living with and managing chronic illnesses or other long-term health concerns. "Environmental factors and health outcomes" were chosen as a factor by 18 people (an unknown proportion). It is clear from this that these people believe that environmental factors—like pollution, access to healthcare, social circumstances, and physical surroundings—have a significant impact on health outcomes.

Which of the following is an example of a social determinant of health?

a) Access to healthcare services

b) Genetic factors

c) Age

d) Personality traits

Access to healthcare services	27
Genetic factors	18
Age	15
Personality traits	10

27 people (an unknown percentage) out of the 70 respondents chose "Access to healthcare services" as a factor. This shows that these people think it's crucial for preserving and enhancing health to have access to healthcare services including doctors, experts, prescriptions, and treatments. 18 people, or an undetermined percentage, chose "Genetic factors" as a factor. This shows that these people are aware of how genetics can affect health outcomes and are aware of how various genes and inherited traits might increase or decrease a person's vulnerability to certain diseases. 15 people (an undetermined percentage) chose "Age" as a consideration. This shows that these people acknowledge that age can affect health and wellbeing and that various age groups may have various health issues and necessitate various healthcare solutions. 10 people, or an unknown percentage, chose "Personality traits" as a criteria. This suggests that these people think certain psychological traits, including resiliency, optimism, or the capacity to handle stress, can affect one's health and well-being.

CONCLUSION

An expansive grasp of the intricate connection between social factors and health outcomes can be gained by studying the junction of social psychology and health psychology. Researchers, practitioners, and policymakers can create more effective approaches to address health challenges and enhance societal well-being by acknowledging the reciprocal influence of social contexts on health and the impact of health-related variables on social processes. A

deeper investigation of the social determinants of health, such as socioeconomic status, social support, and social networks, is made possible by the integration of social psychology into health psychology. It is possible to create treatments and policies that encourage healthy behaviours and lessen health disparities by studying how these social factors affect health outcomes and behaviours. In addition, research on the psychological mechanisms via which social influences on health, such as stress, social comparison, and social identity, might shed light on the underlying mechanisms that motivate behaviours relevant to one's health. The reciprocal relationship between social psychology and health emphasises the significance of taking health-related factors into account when analysing social experiences and interactions. Interventions can be designed to address the social issues associated with health conditions and enhance social support and well-being by taking into account how physical disease, chronic pain, and mental health conditions affect people's social lives.

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