

What is quality of life?

The World Health Organization defines Quality of Life as

The degree to which an individual is healthy, comfortable, and able to participate in or enjoy life events.

Individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and Interest.

Some people love life and it is good for them because they enjoy it.

They have good physical, mental and spiritual health with a high quality of life and are usually happy and satisfied.

People with poor quality of life do not enjoy life and may be unhappy in their life.

Quality of life depends on persons

1. Physical Health:

The ability to do exercise and a regular exercise routine. Good health nutrition and hygiene an add to the quality of life.

Illness, poor nutrition, poor personal hygiene and add the lack of exercise lower the quality of life for some people.

Many Elderly have chronic physical disorders, such as diabetes, a stroke and weakness; lower the quality of life for these residents and patients.

2. Psychological and mental:

The Individual ability to think clearly, good mental health, good self- esteem and feeling in control of making personal decisions, good feeling about themselves their love and others, increase quality of life and happiness.

The individual should have some degree of self-control and control over the things that affect him?

When a person has a mental disorder, such, as Alzheimer's disease, when they cannot think clearly, when they have poor self-esteem and have no control they will have a poor quality of life.

3. Spirituality:

Religion/ Personal internal power, some of the things that add to or take away from spiritual quality of life are the person's:

1. Spiritual beliefs
2. Personal standards and values

Strong spiritual beliefs and personal values add to the quality of life. A poor spiritual quality of life can happen when these things are not present.

People that do not believe in a spiritual life may be less happy with life than those who do believe in a spiritual life.

4. Social Relations:

Personal relationships / Social support / Role in the family, profession and social groups of friends and relatives.

Society or Personal relationships interaction plays an important role in determining quality of life of human beings particularly in case of loneliness, physical inability and loss of income.

5. Environment:

Physical, chemical & biological, pollution, noise, traffic, and climate, Transport, home environment.

The environment plays a crucial role in people's physical, mental and social well-being of people most disease is coat by poor quality of life environmental life.

Major differences in environmental quality and human health remain between and countries.

Levels of analysis in sociology

Society: defined as a group of people who live within some type of bounded territory and who share a common way of life.

The concept of society refers to a relatively large grouping or collectivity of people who share more or less common and distinct culture, occupying a certain geographical locality, with the feeling of identity or belongingness, having all the necessary social arrangements or insinuations to sustain itself.

Culture: is common way of life shared by a society or a group.

1. Micro- sociology level analysis: detailed examination of one-to-one interactions between individuals, includes studying people's behavior during negotiations, confrontations, and everyday conversations.

Micro-level analysis allows for nuanced analysis of particular dynamics of social phenomena but may fail to consider broader social forces that affect such processes.

2. Meso-sociology level analysis: Detailed examination of a specific group, community, or organization, studies certain parts of a society. Also analysis of social phenomena in between the micro-and macro- levels. It analyzes human social phenomena in between the micro -and macro-levels.

3. Macro-sociology level analysis: is analyzing large-scale social phenomena. It focuses on the broad features of society. The goal of macro-sociology is to examine the large-scale social phenomena that determine how social groups are organized and positioned within the social structure

but might not capture important facets of social interactions that occur on the micro level.

Sociology level analysis

