

CULTURE and HEALTH

- CULTURE
 - FOLKWAYS
 - MORES
 - NORMS
 - LAWS
 - CUSTOMS
- CULTURAL VARIATIONS
- COMPONENTS
- CULTURAL LAG
- CULTURAL FACTORS AFFECTING HEALTH

Definition

- Complex whole, includes knowledge, belief, art, morals, customs and any other capabilities and habits acquired by the man as a member of society
- Meaning
 - Organization of phenomenon of acts, objects, ideas, attitudes, values

Characteristics

- Acquired quality
- Transmitted vertically or horizontally
- Culture is social
- Culture is idealistic
- Fulfills needs of individual to fulfil functions of group
- Culture is adoptive – institute changes in environment and not in members
- Culture is integrative
- Culture is continuous and cumulative

- Evolves into more complex pattern, division of labour, develop special skills and inter dependence of members of a society
- Culture is dynamic – change takes place
- Varies from society to society
- Provides satisfaction, people proud of their cultural heritage

Types of culture

- Material culture
 - Man made objects – Housing
- Non material culture
 - Concepts, values
- Similarities
 - Concept of religion
 - Concept of living and earning

Functions of culture

- Makes man social being
- Regulates group life
- Defines meaning situation
- Provides solutions to complicated situations
- Defines values, attitudes and goals
- Broaden vision of individuals

- Provides behaviour pattern
- Keeps the individual behaviour intact
- Creates new needs and interests
- Moulds national character
- Defines myths, legends and supernatural believes

Organization of culture

- Cultural trait
 - Smallest unit of culture
 - May be material or non material
 - Develop concurrently
 - Collect together to gain importance
 - Collective group behaviour – cultural complex
- Cultural pattern
 - Combination of material and non material traits
 - Functional whole, reflects dominant characteristic of a culture
- Cultural area
 - Reflects geographical locality

Components of culture

- Symbols – flag
- Language
- Values
- Folkways
- Mores
- Norms
- Laws
- Customs
- Beliefs
- Sanctions

Folkways

- Means Ways of people
- Behaviour pattern of everyday life, unconsciously arise within a group
- Unplanned origin
- Repetitive in nature
- Informal enforcement
- Varied in nature
- Numerous and diverse
- Subjected to change
- Becomes personal habits
- Solution to problems, reduces stress and makes life comfortable

Mores

- Standards of behaviour which influence moral conduct of people conformity to mass is called as Mores
- Prescribed accepted behaviour – Eating with right hand
- Positive mores – Dos
- Negative mores – Don'ts
- Regulate social behaviour
- Relative persistent
- Determines individual behaviour
- Social control
- Identifies individual with a society
- Helps in framing social laws

Norms

- Unwritten laws learned by all members through participation in groups, Serves the individual as guide to conduct
- Criteria of conduct for group members, Focuses on social rule for individual behaviour
- Social norms constitute foundation of social structure, No society exists without norms
- Norms are based on social values - patter setting, limits individual behaviour
- Norms determine, control and also predict human behaviour
- Characteristics of norms
 - Universal – every society has norms
 - Related to functional order
 - Incorporates value judgements
 - Relative to situations and groups
 - Not obeyed by all
 - Norms vary with sanctions
 - Normally internalized by people

Laws

- Definition
 - Rule formally enacted by a political authority and is backed by the power of the state
 - Form of social rule emanating from political agencies
- Characteristics
 - Not universal
 - Human activity prescribed by state for its members
 - Conscious thought, careful planning and deliberate attempt by political authority
 - Clear, precise, definite
 - Applicable to all, no one is exceptional
 - Enforced with the help of police, court and armed forces
- Functions
 - Protects individual and society
 - Eliminates homicidal activity of an individual
 - Promotes social welfare

Customs

- Definition
 - Uniform socially approved ways of acting, passed from one generation to other
 - Practices repeated by multitude of generations, tend to be followed simply as they followed in past
- Nature
 - Origin is obscure
 - Is a social phenomenon, socially recognized, social significance
 - Normative, maintains social order, inherited
 - Relatively durable spontaneous in nature
 - Conducive to the welfare of society
 - Customs are unconsciously maintained
 - Varies in nature
- Importance
 - Regulates social behaviour, makes people to bind together
 - Constitutes treasury of social heritage
 - Supports laws
 - Moulds personality and totalitarian of self expression

Cultural variation

- Factors of cultural variation
 - Mobility of human being
 - Inventions, discoveries
 - Geographical environment
- Process of cultural variation
 - Cultural diffusion
 - Accommodation
 - Cross fertilisation
 - Acculturation
 - Assimilation
 - Accumulation
 - Enculturation
 - Ethnocentrism

Cultural Lag

- Cultural clash, cultural change
- Time interval between arrival of change and completion of adaptation is called as cultural lag
- Different rates of change
- Material culture
 - Fashion – fast to change
- Non material culture
 - Religion – slow to change

Culture and human behaviour

- Human behaviour changes from time to time according to situation and this is defined and identified by culture
- Impact of culture in human behaviour
 - Positive impact
 - Love all, hurt never
 - Respect each other
 - Share Ideas, thoughts
 - Negative impact
 - Superiority and inferiority feeling
 - Untouchability
 - Devadasi system

Culture induced diseases

- Nutrition imbalance
 - Vegetarian food – Vit B 12 deficiency
 - Non veg – Obesity
 - Spicy food – gastritis
- Pardah system – Vitamin D deficiency
- Urban problems
 - Mechanisation
 - Stressful life

Culture affecting health and diseases

- Customs
 - Marriage age, Widow remarriage, Polygamy, Dowry system
- Beliefs
 - Not taking medicines
 - Curse of goddess
 - Hysteria – result of evil force
 - Not giving colostrum to infant
 - Hygiene and isolation during illness
 - During festivities – white wash the house
 - Food restrictions – avoid papaya in first trimester
 - Menstruating girls – compulsory rest