

2<sup>nd</sup>  
Edition

# SOCIOLOGY

## for GNM Nursing Students

*As per the INC Syllabus for GNM*

*Edited by*  
**Ratna Prakash**



CBS Publishers & Distributors Pvt. Ltd.

**Jyoti**



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## for GNM Nursing Students

*As per the Syllabus of INC*

**Second Edition**



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Nursing Knowledge Tree

*An Initiative by CBS Nursing Division*

*Edited by*

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# Preface

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Society is one of the most dynamic facets of human existence. Every aspect of human activity is based on interaction between social structure and individualistic approach. In a country, like India, where there is large cultural diversity, changing trends in health profession and increasing health tourism from across the border, it is necessary for the nurses to understand human's social psychology for maintaining proper nurse-patient relationship.

Sociology is not only a subject but also an essential element of social life. Its implication in the professional arena cannot be denied. The ever-evolving nature of society makes it a very complex subject to understand. This book provides you with a systematic approach of the subject for better understanding of the concepts necessary for the GNM students.

This book covers the fundamentals of the subject with strict adherence to the revised syllabus for General Nursing and Midwifery course laid down by Indian Nursing Council. It has been expressed in a very simple language to make your reading an interesting experience. The content of this book is carefully planned and well presented with points, flow diagrams and relevant figures. Sincere efforts have been made to provide a comprehensive and structured content in this book within the boundary of present-day need. The role of the nurses in relation to the society has also been explained to make them aware of their duties and responsibilities. This is the second edition that has been thoroughly revised and updated as per the recent advancement and students' feedback on the same. My vision is to make this compendium best in terms of serving needs and requirements of the students. I sincerely hope that you will enjoy reading this book as much as I have enjoyed writing it!

**Jyoti**

# Syllabus for GNM

## Course Description

This course is designed to help student gain an understanding of sociology in the context of its relevance to nursing practice.

**Placement:** First Year

**Total Hours – 20**

Unit No.	Learning objectives	Content	Hrs.	Teaching learning activities	Assessment methods
I.	Describe the nature, scope and content of sociology and its importance in nursing	<b>Introduction</b> <ul style="list-style-type: none"><li>• Definition and scope of sociology</li><li>• Its relationship with other social sciences</li><li>• Uses of sociology for nurses</li></ul>	2	Lecture cum discussions	<ul style="list-style-type: none"><li>• Short answer</li><li>• Objective type</li></ul>
II.	Describe the influence of the environment on individual development and the rights and responsibilities of the individual in the society	<b>Individual</b> <ul style="list-style-type: none"><li>• Review of human growth and development</li><li>• The socialization process</li><li>• Effect of environment on human growth and development</li><li>• Rights and responsibilities of the individual in a democratic society</li></ul>	2	Lecture cum discussions	<ul style="list-style-type: none"><li>• Short answer</li><li>• Objective type</li><li>• Essay type</li></ul>
III.	Describe the concept of family as a social unit	<b>Family</b> <ul style="list-style-type: none"><li>• Definition, characteristics and types of family</li><li>• Family cycle and basic needs of family</li><li>• Importance of interdependence of family members</li><li>• Important functions of family and their problems</li><li>• Types of marriage, medical and sociology aspects of marriage</li></ul>	4	Lecture cum discussions	<ul style="list-style-type: none"><li>• Short answer</li><li>• Objective type</li><li>• Essay type</li></ul>

Contd...

Unit No.	Learning objectives	Content	Hrs.	Teaching learning activities	Assessment methods
IV.	Describe about social groups, social change, control, stratification and social problems	<p><b>Society</b></p> <ul style="list-style-type: none"> <li>• Definition and meaning</li> <li>• Social groups—types, structure, intergroup relationship group cycle, group behavior and group morale</li> <li>• Social change—meaning, factors affecting and effect on society and institution leading to social problems</li> <li>• Social control</li> <li>• Social stratification</li> <li>• Social problems—prostitution, crime divorce, dowry system, juvenile delinquency, drug addiction alcoholism, handicapped, over population and slum</li> <li>• Social agencies and remedial measures</li> </ul>	8	<ul style="list-style-type: none"> <li>• Lecture cum discussions</li> <li>• Visits to social institutions</li> </ul>	<ul style="list-style-type: none"> <li>• Short answer</li> <li>• Objective type</li> <li>• Essay type</li> </ul>
V.	Describe the culture and characteristics of community	<p><b>Community</b></p> <ul style="list-style-type: none"> <li>• Community <ul style="list-style-type: none"> <li>▪ Definition and types</li> <li>▪ Rural and urban</li> </ul> </li> <li>• Culture and characteristics</li> </ul>	4	Lecture cum discussions	<ul style="list-style-type: none"> <li>• Short answer</li> <li>• Objective type</li> <li>• Essay type</li> </ul>

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# Society and Social Groups

# 5



## Learning Objectives

**At the end of this chapter, students will be able to:**

- Define society, social group
- Describe the forms of social groups
- Understand the characteristics and classification of social groups
- Explain about group cycle
- Interpret group morale

## KEY TERMS

- **Society:** The people in a country or area, thought of as a group, who share customs and laws.
- **Social group:** Two or more people who interact with one another, share similar characteristics, and collectively have a sense of unity.
- **Crowd:** A large group of people that are gathered or considered together.
- **Mob:** Large crowd of people that may become violent or cause trouble.
- **Clan:** A group of people united by actual or perceived kinship and descent.

## SOCIETY

Society is an integral part of the individual's life from birth to death. The social norms and social values help the individual to have the social identity and the recognition in the society. There are various small and large groups in society as there is continuous human

interactions among the individuals in the society. Understanding society, social norms and various social groups helps the nurse to not only understand the society but also helps her to provide the individualistic care to client and also to identify various determinants of health in society.

## MEANING

In sociology, the term “society” refers not to a group of people but to the complex pattern of norms of interaction that arises among them. People are important only as agents of social relationships. Some sociologists believe that society exists only when the members know each other and possess common interests or objects.

## DEFINITIONS

- “Society is essence pattern, a state or condition, a relationship and therefore necessarily an abstraction.” —**Wright**
- “The aggregate of people living together in a more or less ordered community in a particular country or region and having shared customs, laws, and organizations.” —**Oxford Dictionary**
- A society is a group of people involved in persistent social interaction and sharing the same geographical or social territory, having the same political authority and culture.

## SOCIAL GROUPS

Being in a group is like being empowered and secured. Greek philosopher Aristotle remarks, “Man by nature is a social animal.” Group life is essential and inevitable for humans. No man lives in isolation or vacuum. Individuals become humans only in social groups.

## DEFINITIONS

- “A social group is given aggregate of people, playing inter-related roles and recognized by themselves or others as a unit of interaction.” —**Williams**
- “Social group is a collection of human individuals who are brought into reciprocal relationship.” —**Maclver and Page**



- “Groups are aggregates of categories of people who have a consciousness of membership and of interaction.”  
—**Horton and Hunt**
- “A group is a number of people in definable and persisting interaction directed toward common goals and using agreed upon means.”  
—**Bennett and Tumin**
- A social group is a collection of two or more individuals interacting with each other and having common objectives of attention and participate in similar activities.

## SOCIAL STRUCTURE AND SOCIAL GROUPS

- The structure of a society affects its rate of change in different ways.
- Social structure is patterned, orderly and enduring form of social relationships that people establish with one another.

### Basic Components of Social Structure

There are four basic components of social structure:

#### **Status**

Status refers to the place or position that a person occupies in a system of social relationship. Within a society a person occupies the status of president of the republic, agricultural labor, son or daughter, violinist, teenager, resident of Nicosia, dentist or neighbor.

A person can hold more than one status simultaneously. For example: Shobhita is an economist, an author, a sister, a resident of India at the same time.

#### **There are three types of status:**

- Ascribed status:** A social position that is placed on the individual by society, usually on the basis of some inherited characteristics.
- Achieved status:** Attained by a person largely through his or her own effort. One must do something to acquire an achieved status.
- Master status:** A status that dominates others and thereby determines a person’s general position within society.

## Roles

- A role is a set of behaviors typically performed by an individual in a particular social situation. Throughout our lives we are acquiring some social roles. Roles are significant components of our social structure. From a sociological point of view, people could be described as occupying a status but playing a role.
  - **Role conflict:** Role conflict occurs when incompatible (clashing, conflicting, opposed) expectations arise from two or more social positions that are held by the same person. In the example given above, the newly promoted director will experience a serious conflict between certain social and occupational roles.

## Groups

In sociological terms, a group is any number of people with similar norms, values and expectations who regularly and consciously interact. It is important to emphasize that members of a group share same sense of belonging.

### Types of Groups

- **Primary and secondary groups:**
  - **Primary group:** It refers to a small group characterized by intimate, face to face association and cooperation.
  - **Secondary group:** It refers to a formal, impersonal group in which there is a little social intimacy or mutual understanding.
- **Comparison between primary and secondary groups is tabulated as:**

Primary group	Secondary group
Generally small	Usually large
Relatively long period of interaction	Short duration
Intimate, face-to-face association	Little social intimacy or mutual understanding
Emotional depth in relationships	Relationships generally superficial
Cooperative, friendly	More formal and impersonal

- **In-groups and out-groups:**
  - An in-group can be defined as any group or category to which people feel they belong to. Simply put, it comprises

everyone who is regarded as “we” or “us”. The ingroup may be as narrow as one’s family or as broad as an entire society.

- An out-group is a group or category to which people feel they do not belong.
- **Reference groups:**
  - A group that provides an individual with models of how he or she should behave, dress, live.
  - Any group accepted as model or guide for one’s judgments or actions. Reference groups have two basic purposes.
    - They serve a normative function (establishing norms) by setting and enforcing standards of conduct and belief.
    - Reference groups also perform a comparison function by serving as a standard against which people can measure themselves and others.
- **Social networks:**
  - It is a series of social relationships that link a person directly to others and therefore indirectly to still more people.
  - Involvement in social networks commonly known as networking provides a vital social resource in such tasks as finding employment.

### **Social institutions:** *Building Knowledge Tree*

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- Social institutions are organized patterns of beliefs and behavior centered on basic social needs.
- The mass media, the government, the economy, the family and the health care system are all examples of social institutions.

### **Intergroup relationships:**

- Intergroup relationships (relationships between different groups of people) range along a spectrum between tolerance and intolerance.
- The most tolerant form of intergroup relations is pluralism, in which no distinction is made between minority and majority groups, but instead there’s equal standing. At the other end of the continuum are:
  - Amalgamation
  - Expulsion
  - Genocide

**Table 1:** Differences between the tribe and clans

Characteristics	Tribes	Clans
Geographical area	Tribes live in a definite geographical area	They do not have a definite geographical area
Language	Language is common	Language is not common
Types of group	Endogamous group	Exogamous group
Classification basis	There can be number of clans in a tribe	Clan is a part of the tribe

## SPECIAL GROUPS

These are the groups which possess the spatial congruity of its members. For example, clan and tribe.

### Tribes and Clans

Differences between tribe and clan are given in Table 1.

#### ***Tribe***

A tribe is collection of the families bearing a common name, speaking a common language, occupying a common territory and is usually not endogamous. Tribes are also referred as wanderers, girijans, etc.

#### ***Clan***

A clan is a group of individuals who believe themselves as the descendants of a common ancestor real or may by mythical ancestor. Clans are exogamous in nature.

Characteristics of clan:

- Exogamous group
- The members of same clan cannot marry
- They believe in common ancestor
- They are a unilateral group

#### **Crowd**

When a large number of people gather at one place it is called crowd, but crowd differs as per the interaction with each other. A crowd is gathering of a considerable number of the persons around a center point of common activities.

### Characteristics

- Crowd is anonymous
- It is gathering
- Narrow attention
- Temporary in nature
- Highly influential
- Unity depends upon the interaction among members

### Types of Crowd (Fig. 1)

#### Mob

A mob is defined as “a group of persons stimulating one another to excitement and losing ordinary rational control over their activity, like that of riots.”

#### Audience

“The audience is a form of institutionalized crowd.” Audience is crowd formed for a specific period of time based on specific laws.

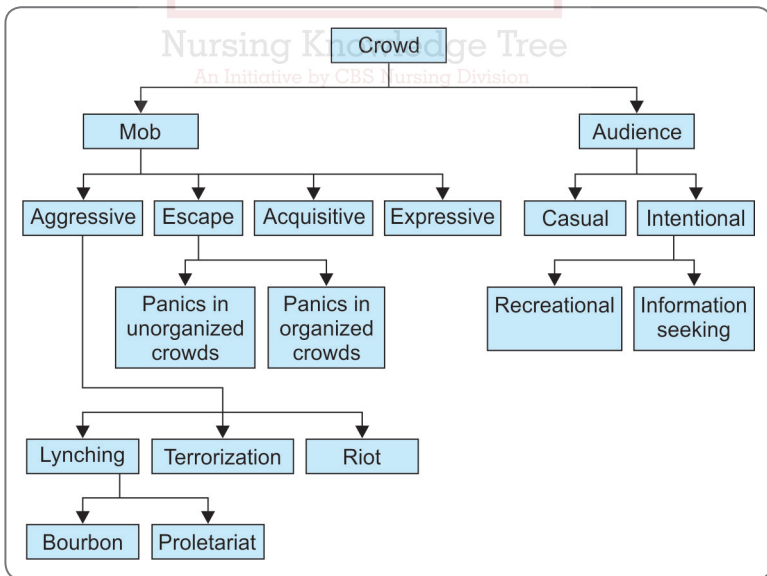


Fig. 1: Types of crowd

Differences between crowd and mob are given in Table 2 as follows:

**Table 2:** Differences between crowd and mob

Crowd	Mob
Crowd is defined as “a physically compact aggregation of people brought into direct, temporary and unorganized contact with each another”	Mob is defined as “an active crowd that concerns more emotional people, who create problem and do not maintain a peace.”
Crowd is anonymous, large and temporary.	Mob is a crowd which has turned in to a violent group, without any well-defined size and characteristics.
Attention of crowd is narrow, may focus on one or two things at a time.	Mob can have multiple attentions at a time.
Crowd easily believe other’s words	Mob is a crowd that has gone out of control
The crowd is always a transitory	Mobs may or may not be transitory
Example: arrival of any leader, actor, or religious festivities/gathering	Example: Caste violence and religious mobs

### Classification of Social Groups (Table 3)

Social groups have been classified in several ways on different basis of classification, by different people. Some of them are as following:

**Table 3:** Classification of social groups

Name	Base of classification	Types of groups
WG Sumner	Social relationships	<ul style="list-style-type: none"> <li>• In-groups</li> <li>• Out-groups</li> </ul>
CH Cooley	Social interaction	<ul style="list-style-type: none"> <li>• Primary group</li> <li>• Secondary group</li> </ul>
PA Sorokin	Size	<ul style="list-style-type: none"> <li>• Horizontal group</li> <li>• Vertical group</li> </ul>
CA Ellwood	Membership and durability	<ul style="list-style-type: none"> <li>• Voluntary</li> <li>• Involuntary</li> <li>• Institutional group</li> <li>• Non institutional group               <ul style="list-style-type: none"> <li>▪ Permanent group</li> <li>▪ Temporary group</li> </ul> </li> </ul>
Park and Burges	Territory	<ul style="list-style-type: none"> <li>• Territorial</li> <li>• Nonterritorial</li> </ul>

## GROUP CYCLE

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Just like the human growth cycle, the group cycle is also there. From birth till the death, the man has to be a part of group mostly intentionally or sometimes unintentionally also. Such as, before the birth itself the newborn becomes a family member and later on the birth celebration further introduces the baby with the name of family and also gives an identity to newborn by finalizing the name.

Later on, as the child grows with the family members child has friends and with further growth and development as the child completes the education, gets massy and then again he becomes the part of another family. At this stage, the social circle expands to various formal and the informal groups and further more involvement in social groups happens and this keeps on evolving with the age. The social interactions go on.

## GROUP MORALE

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Every group irrespective of the origin has certain set code of conduct which explains the expected and unexpected behavior out of the individual in the group. This gives a uniform guideline of human behavior to maintain the uniformity and equality in group. This is usually set by either the leader of the group or collectively by all the members of the group. The group morale is subjected to change anytime depending up on the need of group from time to time.

### Significance of the Group Morale

- It provides uniformity to group
- Decreases the biasness among group
- Provides stability to the group
- Prevents frequent clashes among group members
- Improves the strength and communication in the group

## GROUP BEHAVIOR

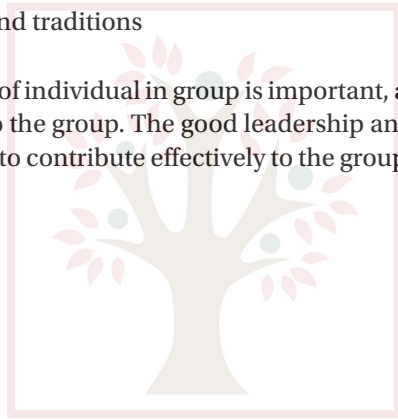
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Group behavior is not the individual behavior alone but a whole sum of the members' behavior in a group which reflects the characteristics and nature of the group. This is highly influenced

by the behavior of the group members. The different factors such as the individual's attitude, culture, religion and the education affect the group behavior. Individual behavior is the functional aspect of the group behavior. Some of the common factors which influence group behavior are as follows:

- Types of group
- Objectives of group
- Leadership
- Culture and traditions
- Religion

The behavior of individual in group is important, as it gives the social recognition to the group. The good leadership and motivation helps the members to contribute effectively to the group.



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## ASSESS YOURSELF

### Long Answer Type Questions

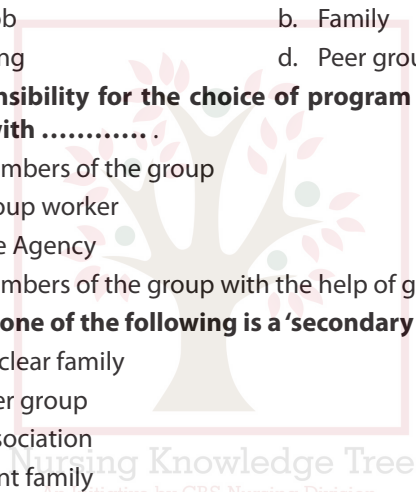
1. Describe about the society and its types.
2. Explain about the social group and its types.
3. Describe the characteristics of the social group.
4. Explain about group cycle.
5. Describe group morale.
6. What is the difference between tribes and clans?

### Short Answer Question

1. Define the following:
  - a. Society
  - b. Social group
  - c. Crowd
  - d. Mob
  - e. Clan

### Multiple Choice Questions

1. Acceptance in a group is shown .....
  - a. By listening to the group members
  - b. Probing and questioning the group members
  - c. Solving the problems of the group
  - d. Doing things for the group members
2. Which one of the following is a reference group?
  - a. Occupational group
  - b. Group taken to evaluate one's own aspect of life
  - c. A relative longer group
  - d. A group which allows for social mobility
3. Social group as a method of social work primarily aims at .....
  - a. Development of leadership qualities
  - b. Development of democratic lifestyle
  - c. Development of capability for adjustment
  - d. All of the above

- 4. The main feature of the primary group is .....**
- Face to face relationship
  - Relations are causal
  - It has large membership
  - It governs rules and regulations
- 5. Which of the following is NOT a primary group?**
- Mob
  - Family
  - Gang
  - Peer group
- 6. Responsibility for the choice of program in group work rests with .....**
- Members of the group
  - Group worker
  - The Agency
  - Members of the group with the help of group worker
- 7. Which one of the following is a 'secondary group'?**
- Nuclear family
  - Peer group
  - Association
  - Joint family
- 
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### Answers to MCQs

- |      |      |      |      |
|------|------|------|------|
| 1. a | 2. b | 3. d | 4. a |
| 5. a | 6. d | 7. c |      |

# SOCIOLOGY

## for GNM Nursing Students

### Salient Features

- A comprehensive textbook strictly as per the INC syllabus for General Nursing and Midwifery.
- The book is written in simple and easy-to-understand language.
- The point-wise presentation of the text helps students to recall the text.
- Explanations are well supported with *figures* to make the understanding easier.
- The text is organized using a consistent approach across all the chapters.
- Each chapter starts with *Learning Objectives* and *Key Terms* that make the teaching-learning process further easier.
- *Tables* used in the text contain latest information.
- Each chapter ends with *Assess Yourself* that helps you analyze your learning.
- Special emphasis has been laid on the roles and responsibilities of the nurses in reference to the social dynamics.
- Useful in understanding the role of Sociology in nursing practice for maintaining good nurse-patient relationship.
- Quite handy in identifying common social problems and in dealing with them accordingly.

### About the Author



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