

Faculty of social and human sciences

Instructor: Ms. Dehamcha Samira

Module: English

3rd year LMD

Health sociology:

A. Introduction to health sociology:

Health sociology is a branch of sociology that focuses on studying the social factors that influences health, illness, and healthcare systems. It investigates the way how society is set up, along with cultural expectations and personal connections, influence how people take care of their health, deal with being sick, and get medical help.

B. Key concepts of health sociology:

- 1. Social determinants of health:** are the various factors, such as income, education, job status, living conditions, and healthcare access that play a significant role in shaping people's overall health and well-being.
- 2. Medicalization:** is when issues that are not necessarily medical in nature get labelled and treated as medical problems. It looks at how society and healthcare professionals influence what we consider to be illness or health issues.
- 3. Health inequality and disparities:** it looks at why some social groups have better health and more access to healthcare than others. Health sociology also investigates how things like race, income, where people live, and gender affect their health and ability to get medical care.
- 4. Illness experience:** it looks at how society, emotions, and thoughts affect living with a health issue, including how support, stigma, and identity play a role in the experience of illness.

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5. Healthcare systems and institutions: health sociology studies healthcare systems and institutions like hospitals, clinics, insurance companies, and government agencies. It looks at how these systems are organized, funded, and managed, and how they affect people's health and ability to get medical help.

C. Applications of health sociology:

- **Health policy development:** by grasping the social factors that affect health, policymakers can create strategies to tackle health disparities and enhance healthcare access for marginalized groups.
- **Healthcare delivery:** health sociologists work with healthcare providers to develop culturally competent and patient-centred care approaches that consider the social context of illness and treatment.
- **Health education and promotion:** by identifying the social influences on health behaviours, health sociologists help create successful health education campaigns and interventions focused on encouraging healthy habits and preventing diseases.