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Value of Sociology in the Domain of Nursing and Its Application

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Abstract:

It has been attempted to discuss about the relationship between sociology and nursing and furthermore the impact of sociology on health as well as nursing services in view of continuing change in social structure and society. Notwithstanding that, a special discussion has been made on the subject of community health nursing and its link with sociology. The whole shape has been given in this article with the help of secondary source followed by necessary discussion and analysis.

Keywords: *Sociology, nurse, nursing services, society, social structure, group and community, religion*

1. Introduction

Sociology by and large commences with an endeavor to comprehend the societal issues that influence social relations and social interaction and as a consequence, in the nursing profession, nurses likewise acquire position with a series of interaction with patients. Their interactions not only bounded with the patients but also with different healthcare professionals and with the relatives of patients as well.

Perception of nurse about social situation ought to be the most important criteria to understand the patients because sociology plays the role as good as psychology does, but psychologists think about the individual and his mental condition whether sociologists believe in group, community and social system. Service to the patients with passion and with proper knowledge in sociology is considered to be the important remedial process apart from the medication and accordingly, nurses, who are always on toes to serve the patient, should be well acquainted with the area of sociology, 'No medication and gallant life' should be the prime slogan of all individuals and for that reason sense of each individual should be developed. In view of that fact, nurses are gravely concerned in creating that sense and giving purpose to the life and health.

The awareness in sociology of the nurse shall invariably comprehend the various factors pertaining to Society, community & group etc.

2. Objectives

- i. To survey the importance of sociology in Nursing Sector.
- ii. To understand the reasons of community health nurses to study sociology, its application and its consequences.
- iii. To study the views, measures and other things relating to that.

3. Data Collection

In the present research paper the information has been collected through secondary sources of information. In this method different books, research journals as well as some information's from the internet have been studied.

4. Common Problems in Society

But, to perform nursing role, nurses should have the profound knowledge in sociology because in the rural India, few common problems are still available like Female foeticide, Food adulteration, Pedophilia, Child neglect, Emotional neglect, Physical abuse, Domestic Violence, Domestic Violence in the Marital Relationship, Family stress, Psychiatric help to the abuser

International Human rights organization in their case study 'Violence against Women' told that "Cultural and social factors are interlinked with the development and propagation of violent behaviour. With different processes of socialization that men and women undergo, men take up stereotyped gender roles of domination and control, whereas women take up that of submission, dependence and respect for authority. A female child grows up with a constant sense of being weak and in need of protection, whether physical social or economic. This helplessness has led to her exploitation at almost every stage of life".

4.1. Women Abuse

Due to involvement of abusive relationship, pretty nearly 25%-half of women is suffering from sexually transmitted infections (STDs), even in AIDS also. (Jane Dimmitt Champion Rochelle N. Shain). It has been observed that background marked by physical misuse is a regular, yet concealed; many women are being referred with gastrointestinal practice that makes very usual with functional gastrointestinal disorder and reporting lifetime surgery.(Douglas A. Drossman, Jane Leserman, Ginette Nachman, Zhiming Li; Honi Gluck; Timothy C. Toomey; and C. Madeline Mitchell.). Physical IPV (Interpersonal violence) misuse was associated with for both men and women that extended threat of recurring pattern weakness; depressive reactions; chronic disease, chronic mental illness, and mischief. When in doubt, abuse of power and control was more powerfully associated with these health outcomes. (Ann L Cocker, Kieth A Devis, Liana Areas Sujata Desai, Maureen Sanderson, Heather M Brandt, Paige H Smith.). Violence may be a more typical issue for pregnant women than a few conditions for which they are routinely screened and assessed. Future research that more decisively measures physical violence amid pregnancy would add to more viable outline and execution of prevention and intervention strategies. Evidence from the studies it has been reviewed and indicates that the incidence of violence in the duration of pregnancy ranges from 0.9% to 20.1%. (Gajmararian JA, Lajorick S, Spitz A M, Ballard TJ, Saltzman LE, Marks JS)

There are different tasks should be carried out by community health nurses such as various illness case management of children, comprises of malaria, pneumonia, jaundice, anemia (especially girl child), neonatal sepsis and many more. They also have to take different preventive measures like immunization, promotion of health behavior. Community intervention is always required to decrease child mortality rate, especially through case management of sick children

In this technological century, Young ladies are considered as burden in a few families. They favour male child to a female child. The United Nation says an expected 2,000 unborn young ladies are prematurely terminated in the mother womb consistently in India. Though the government has established the pre-natal diagnostic procedures act in 1994, but unfortunately despite enactment of this act, people are still misusing the antenatal diagnostic and top of that the sex selective abortion are conducted by woman medical specialists. Samsunnessa Khatun and Aznarul Islam discussed in their research paper "Death before Birth'- A Study on Female Foeticide in India," MS ACADEMIC, 2011, (3): 94-99 – about Female foeticide that has turned into a social risk of worldwide connotation in the period of ultrasound technology. Amit Sharma, the research scholar, logically described about the problem of female foeticide in his research paper "(Let a Bird Stretch its Wings and Fly Let her be born and stop female foeticide) "Female Foeticide: Who Is To Be Blamed?" Published in the Indian Journal of Applied Research, Volume: 3 | Issue: 11 | Nov 2013.

Child Abuse – Child abuse is turning out to be exceptionally common in the society. Physical misuse may be for the most observable part. Notwithstanding that children are encountering a range of passionate and social abuse. . Following are different types of abuse usually facing the children in the different parts of the world such as emotional abuse, neglect, physical abuse, family violence, sexual abuse and organized sexual abuse.

Boys and girls are just as liable to be casualties of psychological abuse by their Parents/ guardians, and passionate abuse has been accounted in the 6-to 8-year old and to stay at a parallel level all through adolescence (Kaplan and Labruna 1998).

Emotional abuse has increasingly been linked to parental mental health problems, domestic violence, drug and alcohol misuse, being abused or having been in care as children (Iwaneic and Herbert 1999).

Adults exposed to domestic violence as children can carry with them a legacy of trauma-related symptoms and developmental delays. Women who grew up in an environment of family violence are more likely to be victimized in adulthood, whilst men who grew up in a violent environment are more likely to commit violent offences in adulthood (Edleson 1999).

4.2. Elderly Abuse

An exclusion from the natural life destabilizes the identity and recognition of elderly people. This may be the oversight activity practiced by the people, but unfortunately, it damages the personality and psychological integrity of elderly populace. There are different types of abuse prevailed in the society like financial abuse, emotional abuse, physical abuse and neglect and indifference

Abusing elders has become very frequent now days in light of the fact that predominance of western and professional way of life. As far as elders are concerned, proper nutrition and health care facilities are not provided neither by the Government nor by their family. In this way, to take care of those issues, supplying the essential needs like food, cloth and shelter is vital. Notwithstanding that, security and healthcare facilities are also to be prearranged all the time. In any case, the most critical goal is to make them comprehend that old age is to be considering as natural part of life. In that scenario, community health nurses should play a vital role. It is also important to invite elders in various educational, economic, cultural and spiritual activities. Besides, we must give them the chance to live with respect – ought to make them free from exploitation and abuse.

5. Service Provides by Nurse and Community Health Nurses

The followings are the different areas of community health care service of Nurses. Yet, all beneath said areas are concerned with groups, subgroups and family and so forth. So it is comprehended that information about Sociology is exceptionally vital for knowing the groups, subgroups and families. In light of that fact, it will help the nurses to treat the individuals splendidly.

5.1. Domiciliary Nursing Services

'Charity begins at home' nursing practice begins at home, connected in meeting the health needs of groups, families and individuals in their common surroundings. Domiciliary nursing service is one of the important jobs of community health nurse focused on respite

care that includes maternity services, health supervision, recuperative care - perhaps upon discharge from hospital and disease prevention and Short term holiday support service for illness and accidents, night sitting or sleep service and Palliative care: ‘

5.2. *Nursing Homes*

Community health nurse gives best possible treatment and care to the people, even counseling also. The service they provide is almost like a nursing home. Registered nurse only can give skilled nursing care, which includes medical treatments and monitoring.

5.3. *MCH and Family Planning*

The community health and public health nurses play a vital role in the area of antenatal and postnatal services as well as family planning also. In addition to that, they also provide services for child health, their growth and development all milestones and immunization. To perform that role they require having a profound knowledge about society, group, community and family.

5.4. *School Health Nursing*

School health Nurses’ discharge pediatrician’s role, serving as a team member, offers services like early detection of diseases, early identification of other problems, preventive & intervention services, dental health, maintenance of health records and optimal caring of children while on education,

5.5. *Health Care Services*

The reason of health care services is to develop the health condition of the populace. It plans at mortality and morbidity decrease, enhance in expectation of life, and reduce in population growth rate, development in nutritional status, improvement of health, necessities of manpower and resource development.

5.6. *Industrial Nursing Services*

The industrial nursing services comprise of Preventative health care programs, periodic health checkups, pre-placement screenings, care of sick, wellness programs, first aid, Health and safety education, health counseling, status of industrial hygiene and sanitation, Immunization, services to women and children, ergonomic assessments, rehabilitation of the ill and disabled workers, accident and injury care and drug screening.

5.7. *Geriatric Nursing Services*

Nurses, who are working in the area of geriatrics, are commonly known as gerontology. This is one of the vital areas of community health Nurses. This job is concerned with taking care of old people because older people require more care than younger’s.

5.8. *Mental Health Nursing Services*

Mental illness can be generated by an incident like separation/ divorce, the death of someone close, alcohol and drug abuse or alterations of any personal circumstances, including at work. In that circumstances community mental health nurses are functioning in a series of behavioral health, this comprises of psychotherapy, rehabilitation, use of modern psychotropic drugs, early diagnosis and treatment and after care services.

5.9. *Rehabilitation Services*

Services of rehabilitation is also a very important obligation of community health nurses. They provide care in rehabilitation units and disabled persons in any circumstances.

In the 21st century, though they practice above stated role, still, in addition to that, they also care for high risk vulnerable patient like homeless individuals, the teen mothers, and those are suffering from specific diseases, deserted elderly population. Notwithstanding, we can say more precisely about the areas of services offer by community health Nurses.

Chronic Disease, Communicable Disease Problem, Community Diagnosis, Diarrhea /Food poisoning Disease, Elements of Primary Health Care/ Health Care System In India ,Environmental Sanitation, HIV/STD Prevention, Immunization/ vaccination, Infectious Disease Prevention And Control, Influenza, Leprosy., Maternal Child And Adolescent Health, National Prevention Strategy, Nutritional Anemia/ Nutritional, Problems. Protein Energy Malnutrition, Promote Food Supply & Nutrition, Population Problems, Prevention & Control of Locally Endemic Diseases, Provision of Essential Drugs, Public Health Sector ,Hospitals / Health Centers, Role of a Nurse in HCDC Education, Concerning Health Problems, the Health Care Systems, Consumption of Tobacco/Drug Addiction, Violence Prevention, Viral Hepatitis,.

6. **Discussion and Analyses**

Researches relating to health care and medical education make continuous & utmost usage of sociological methods. Better comprehension of social theory is important, on the ground that it is getting a more extensive knowledge on issues of medical education and how issues of medical education centers the social process.

In the mid-twentieth century, sociology of health and illness started with a particular concentrate on restorative training that created two fundamental studies: the University of Chicago study that brought about ‘Boys in White’, and the Columbia University look into that delivered ‘The Student Physician’. These works are currently more than a half-century old.

The adoption of project 2000 in the United Kingdom had given the path in the line of nursing career to associate with education, which gave a new direction to the nursing profession apart from their professional struggle. 'It is the capacity of sociology to take nurses temporarily "out of nursing" that represents one of its strongest attributes' (Jon Mulholland, 1997, p. 850). He also told in the "The case for sociology in nursing : i) It provides an alternative to individualistic biomedical models. ii) Supports critical and self reflective practice. iii) Addresses exercise of power. iv) Encourages a 'quality of mind' (Mills 1959). v) Challenges the 'taken for granted'. vi) Involves the 'know why' not just the 'know how'".

Arthur W Frank in his research paper 'From sick role to practices of health and illness' presents a few of the most critical developments in social theory to happen amid that half-century, not so as to recommend how these improvements may influence research and strategy in the medical education, yet with the expectation of making accessible a scope of assets for others to apply.

At the outset, it is essential to describe the word "nursing", The International Council of Nurses (ICN) is a federation of more than 130 national nurses associations." nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings. Nursing includes the promotion of health, prevention of illness, and the care of ill, disabled and dying people. Advocacy, promotion of a safe environment, research, participation in shaping health policy and in patient and health systems management, and education are also key nursing roles.^{1"}

In the clinical practice, nurses encountered different patients coming from various social backgrounds because each and every patient rare up under the umbrella of the diverse social framework.

Sociology in Nursing and HEALTHCARE, By Hannah Cooke, Susan M. Philpin "The activity of nursing inevitably involves the social interaction of human individuals. As a consequence, if nurses are to do their job properly, they require an understanding of the nature of those interactions, and of the context in which they take place. In other words, they require a knowledge.^{2"}

According to Association of Community Health Nursing Educators (ACHNE) "...the perspective, knowledge base, and the focus of care, rather than by the site in which these nurses practice. Even though they are frequently employed by agencies in which direct care is provided to individuals and families, these nurses view individual and family care from the perspective of the community and/or the population as a whole^{3"}.

Nilsen O. in his article, "Community health promotion: concepts and lessons from contemporary sociology" the first international conference on the aspect of health promotion was held in 1986. But the lists of items focused at that conference are appeared to be reducing in the present days.

He also said that, though there was a little concern on the kind of social, spatial reality amongst the health promotion initiator and researcher, but existing sociological approaches to the community, put emphasis on how combined and individual identities are built up in a circumstance with huge external and international persuasion, are introduced. His research article promotes on maximum touch on especially with local framework and the local resident's self- explanatory, to gain knowledge on further mobilization of local identities and culture in the area of health promotion.

The WHO Regional Office for Europe has had an exceptionally solid program in nursing for a long time, on the grounds that it accepts that just a well trained community nurses can truly be the first line of protection of the primary health care system. The model that WHO anticipates is the particular case that arose in 1988 from WHO's First European

Conference on Nursing in Vienna, by which a nurse is in charge of giving broad community based service that including community nursing centers; home health agencies; housing developments; lifestyle counseling parishes; school health programs; deserted elderly population, homeless individuals, notwithstanding the imperative nursing role in the clinic division. Notwithstanding concentrated work following the Conference, be that as it may, nurses are still a long way from that circumstance in numerous Member States. There is a critical requirement for nations to completely modify their strategies, foundations and preparing projects for nursing to make them good with the WHO models.

Paul M Godin (1999) said about nursing that since the mid 1990s, another methodology of community mental health care, empathetically paid attention to the control of risk, has come on to the final shape in Britain. Therefore, little doubt remains that the epidemiological center has not had a totalizing impact on the work of community mental health nurses. He also added that "furthermore, psychology and sociology were included as discrete subjects in the curriculum of doctors' training much earlier than in the case of nurses." It has rationally been said in his paper that this latest system of community mental health care is greatly balanced and is exceptionally objective & perfectly analytic, and finally Castel (1991) termed it as 'epidemiological clinic'. The prime objective of this paper to examine and to develop a more prominent comprehension of how community mental health nurses, who are turning out to be bleeding edge functionaries of the new management of community mental health care, massively carry out risk assessment and risk management. He also understood after interviewing from 20 communities mental health nurses from different geographical area and practice territories established that risk assessment and risk management shaped a fundamental piece of their work. Some thought to be institutionalized routines for risk assessment to be excessively reductive, smothering and pointless, whilst others discovered them valuable and enlightening. 'Professional intuition' was esteemed by numerous as an option strategy for risk assessment, especially when evaluating their safety. In spite of the fact that their risk assessment focused on the assessment of patients' prospective to damage others or themselves, some contemplated about risk in a more extensive setting, regarding the dangers confronted by their customers from iatrogenic results of treatment and psychiatric care, and oppressed within an unreceptive community.

There are many institutions in the social system; those social systems are required to be learnt by the nurse to speculate the patients thought and their life style. The life style and their thought many a time make the clinical practitioner and nurses assume about the pattern of disease, they posses and the reason behind that pattern of infections.

Marriage is the most significant social institution, which generally shapes the life style of the people, but current days, breaking the marital chord is alarming that leads to an increasing rate of divorce, because of that reason there are lots of vulnerable people, not only in western world but also in India, are suffering from mental health disorder. It has been studied that maximum divorce seeking people are morbid of mental health in comparing to adjusted couple.

In India, many research studies are conducted where it is observed that many women, who are vulnerable mass, are suffering from this pattern of mental disorder, especially widow, barren, distress or deserted women.

“Community surveys in the West showed that women in all categories of marital status were more symptomatic than men in the same categories. After reviewing the epidemiological data, linking marital status with illness, it was seen that the ‘effects of gender and marital status vary within an ethnicity and psychological disorder’. An ICMR and DST study (1987) on severe mental distress found the highest common distress among housewives in both their urban as well as rural samples. All workers opine that those who were ever married, that is, married/widowed/widower or separated, suffered more than those who never married.”⁵

As Piniknahana (2003) states: A greater interdisciplinary interchange. . .between nursing and sociology. . .can offer useful and relevant insights into nursing theory and practice. . .Sociology can offer a deeper understanding about the consumers of nursing care and the environmental factors associated with both the patient and nursing care (p. 179).

Elaine Denny and Sarah Earle in their book *Sociology for nurses*, “Role of Sociology in facilitating the development of reflexivity in nurses and the Sociological imagination can enable nurses to move beyond the common sense explanations for the development of a more critical approach to nursing practice. Nurses can use sociology knowledge as a means of empowerment and to help determine the future of the profession for the advantage of patients”. They also mentioned that “Ellis (1992) attempts to integrate knowledge from various academic disciplines with the theory and practice based on interpersonal professions. Following on from his discussion of a ‘personal education’, his model of ‘semantic conjunction’ can also be useful. In application to nursing, this term simply suggests that the subject matter of sociology is useful to nurses because sociologists A routine blood glucose test: however, further information can be gained by empathetic understanding on the nurse’s part to consider why a patient’s diabetes control might be poor, thus leading to better solutions”.

Malcolm Richardson (2000) investigates the social context of with difficulties in learning. There were six individuals used to stay in a nurse managed community home house with learning difficulties for 18 months. These people used to be different social exclusion such marriage, child natures etc. With the help of nursing staff followed by nursing model, they overcome all problems they had.

H Singer and carol D Ryff in *New Horizons in Health: Integrative Approach*, National Research Council (US) committee on future directions for Behavioural and Social Science Research at National Institutes of Health: Washington, DC: National Academic Press (US); 2001 mentioned “National Institute of Health, USA should illuminate the part of behavioural, environmental and psychosocial factors for promoting optimal Health. Such work ought to be focused on general population not in the risk group. In the latest research, it has also been observed that quality social relationship, positive behavior and good environment influence the health. In addition to that, optimism, social and emotional support, and related neurobiological mechanisms also promote fast recovery and survival rate. NIH should also enhance the preventive measures of maladaptive practices such as drinking, smoking, sedentary lifestyles, poor stress management. NIH should also develop populace based activities by teaching positive life practices in the community level”⁶.

In clinical practice, sometimes, Doctors facing a considerable number of issues at the time of treatment on the ground of the religion and ritual sentiments of the patients. Many a times, the patient’s emotional or fanatic attitude towards the norms of custom, several rituals interrupt the process of treatment. For example, sometimes many ladies, especially in the eastern India, husband gifts the wife in front of God, an Iron bangle, which they cannot remove their entire life. Sometimes, at the time of surgery ladies are reluctant to remove their Mangal Sutra because of their cultural sentiment

As a symbol of the married state, all Hindu women are wearing a nose ring, which is called as Mukkuti in Tamil and Kannada and Nath in Northern and Eastern India. They generally wear in the left nostril because there is a faith amongst themselves that it is linked with the female reproductive organ. They do not like to remove at the time cesarean or normal delivery because pierced nose with nose ring pressed the vain which is connected with reproductive organ and is expected to feel less pain while delivering the child.

They also do not like to remove the toe ring at the time of surgery because it carries great social significance for married Hindu women of India. In those circumstances, only nurse comprehends the patient about the importance of surgery and the importance of removing the metals,

The primary obligation of community nurse to train and educate different people, especially women concerning health and safety of life.

Community and public health nurses not only educate the people, but also give precedence to evaluate the community on the subject of health and safety. They also concern about making the plan and consequently give priority to implement in a proper way. But, before going to that pattern of work, nurses are required to know about people, their group, their livelihood, their tradition, so, sociology is the only subject that offers proper knowledge regarding people, and their group. Extra duties can consist of administering health care services and promoting for health care improvement. The nurses, who are empathetically, take pleasure in educating others, should have an inclination to accumulate knowledge in the field of general science as well as social science (especially Sociology and Psychology) too that will enrich them to pursue their work with full of motivation in this occupation.

Nurses engaged in various public awareness programs execute significant function to realize developments within the health and social conditions of the foremost vulnerable mass.

The methods of conveyance of various health cares' services are invariably incorporated with nursing services that manage the different phases of community health services and influence the health of subgroups, groups and the community as a whole. Here community health nurses are highly dedicated to the community; make the people understand their problems of health; make them aware about their health as well their families and groups.

As public health nurses carry miscellaneous functions, but, it is not only limited to local and state health departments, but also in the community nursing centers; home health agencies; housing developments; parishes; school health programs; neighborhood centers and occupational health programs. To meet up with those functions with dedication, Nurses requires prior knowledge of sociology by which they can understand pertaining to the customs, rituals of group, sub-group and community. Because customs, rituals of group, subgroup makes the ways of life, which is straightforwardly or indirectly relating to the health.

7. Conclusion & Recommendation

So, it is understood that knowledge in sociology should be the vital need in the health care area that facilitates nurses and especially community health nurses to know about society and community. That knowledge also makes the nurses more practical in clinical observation of patient's life. Knowledge in sociology gives nurses a positive influence in their thought. As it is discussed, the relationship between sociology and nursing is positively reciprocating each other. It also makes the sense of nurses wider about the system of society and also makes them a chance for trouble-free assimilations with the people of the society.

Sociology, the branch of Social science is occupied with the investigation of human social orders. Sociologists are concerned with the comprehension of society in a disciplined manner. Sociology goes up against issues which are frequently subjects of real debate in the public eye, for example, the relationship between social class and disease, altering of social structure due to various western impacts, the changing part of religion, the rising marriage separation rate and the changing way of work. Impact of culture on patients' health is the most important concern that requires nurse to understand gravely. That will constantly be giving them the opportunity to apply a consolidated exercise of nursing and sociology, furthermore help them to comprehend the procedure of rapid recovery of patients. On the other hand, the interdependence between the occupation of social class and disease shall invariably be affecting the health as well as process of health services too. The changing pattern of those fields is also making compulsory for nurses to update their knowledge in current sociology, society and obviously the culture.

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