

Social Interaction

“Social interaction” means having conversations and doing activities with other people. Some people spend a lot of time interacting with family, friends, and coworkers every day. In contrast, other people regularly work or study for many hours alone, and they do not have much time for socializing. They may agree that social interaction is enjoyable. At the same time, they may think that it is not very important compared to work or school. However, research shows that social interaction is valuable as well. It benefits people in several ways.

Most people understand that healthy food and exercise are good for their health. But they might not realize that social interaction can affect their physical health, too. Researchers have studied how social interaction affects physical health. They have discovered many health benefits. For example, people who interact with other people regularly have less arthritis and heart disease compared to people who spend most of their time alone.

Frequent social interaction can also improve your mental health. According to the National Health Institute, people who belong to groups and meet with friends regularly feel better about themselves and the world. This may be because people who create strong connections with others are happier. When they are happier, they have a more positive outlook on life.

Finally, conversations and friendly debates do not only bring connection and enjoyment. These social interactions can also improve people’s minds. When two people are having a conversation, both individuals’ minds are active. They learn from each other’s experiences and ideas. Their interaction can also “exercise” their brains and help them work more quickly. In addition, according to researcher Dr. Bryan James, by discussing a topic with others, people can understand it better. They can also remember the details more clearly.

Activities that help people reach their academic or career goals are valuable. The time people spend in social interaction is also valuable. It can have positive effects on many aspects of their lives.

Writing Directions: Read the passage above and write an essay about it. Summarize the main ideas of the passage in your own words. In addition, explain how one or more ideas in the passage relate (connect) to something you have experienced, seen, read, and/or learned in school.

Only a small part of your essay should summarize the passage, but make sure to include all the author’s main ideas. Most of the essay should explain how one or more ideas relate to something you have experienced, seen, read, and/or learned in school.

Remember to review your essay and make any changes or corrections that will help your reader clearly understand your essay. You will have 90 minutes to complete your essay.