According to the article “Social Interaction”, the author demostrate Social Interaction gives people a lot of benefits in many ways. People who are loves to communicate with each other, They are Social Interaction. I agree to the author that “Social Interaction means having conversations and doing activities with other people.”

According tot he author, A social interactor person can enjoy a lot of benefits in his life. In addiction, It will help people with their physical health. As my personal experience, My dad used to be a social interactor in Bangladesh. He used to live happily without any disease. But when we came to United States, my dad become quiet. He cannot interact with others. After few months later, he had a heart-attack and we took him to hospital. Doctor told us that he has a perfect health. He had a heart-attack because of his depression. According to the article, social interaction can be benefited in persons health benefits, Such as less arthritis and heart disease. A social interactor used to love interacting with their family, friends and coworkers. Interacting people can live peaceful life, and happy and healthy life. Interacting with family, friend or coworker, It will make people happy. When a people become happy. His/her heart going to be normal without any disease. It will helpful, when people interacting their co-workers. They can be respected by them. Furthermore, They are going to enjoy their works doing together.

In addiction, a social interactor can be benefited to improve their mental health and their mind. People who are interactor, they love stay connected with their friend and family. When they are with them, they feel better with them. For example, I love to interact with my family and friends. When I’m with them, I feel so comfortable. Mental health is an important health for a person. When people is happy he look more positive in their mentality and their outlook. When people interact with others, they can find out how the person is. As a result, we can be comfortable to interacting to others. People will help everyone througout doing their work together.

In conclusion, People who are spending their time to interacting with others, they will be get rewarded with a lot of benefits. Social interaction can affect their physical health and mental health as well.