According to the article “Social interaction,” many People like the social interaction but some other people spend their time alone. Therefore, I think that people have to socialize because it can be good for the mental health.

Many people do not like socialize with other people. They like to be alone doing their things, for example, studying or working. A quote that I found that I think is very important is “Frequent social interaction can also improve your mental health,” I Think that the people who interact with others are more happier. I agree with the article because people who have a social interaction are more active and positive.

In my own experience I like to interact with people. the firts time that I went in college I was so shy and I was having problems with my work in the classroom. After a week going to College I made many friends. That helps me to more of myself and I am not shy anymore. I agree with the article because before I has not any friend in college I was so shy. Now we alway go to luch together and we study and that made me more positive and I am doing my work in the classroom better

In conclution, social interaction is a very important factor in our lifes. It can improve many things such as mental health. But everybody have their own way to look things and they found more efective to be alone.