**Why is Sociology Important?**

**Sociology** is the study of human societies and their interactions with each other. It focuses on studying human social life, changes in the community, causes of the changes, and the consequences associated with human social behavior. Studying sociology encompasses exploration and understanding of human actions and their effects on the surrounding social and cultural structures. Sociology is a broad subject extending from ethnicities to cultures, crime to religion, and social stability to radicalization.

Sociology finds application in various fields, including academic and professional careers. It helps assess aspects of life like the human population, demographics, and economic developments. Sociologists employ research methods such as observation, surveys, laboratory experiments, and data analysis in exploring multiple social processes. Sociology is important because it provides an insight into social relations, human interactions, and how they affect society. Studying sociology is important because it prepares one to face life's opportunities, challenges, and adversities, thereby enabling a life-fulfilling purpose. Sociology offers a more profound and illuminating perspective of the realities of human social life.





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**Significance of Sociology in History**

Throughout history, the significance of sociology has been manifested in the various social fields which shape human development and their understanding of life. Some of the areas in which its importance is displayed are public policy, social change, and personal growth.

**Public Policy**

The focus of most sociologists is how their research can positively impact human lives in society. Sociologists, therefore, tend to focus on public institutions that directly influence human lives and how they can be utilized to promote the quality of life. There are numerous public policy issues in which the significance of sociology is portrayed. Examples of these public policy issues include:

* *Poverty levels:* Sociology aids in understanding social structures and the distribution of resources in society. In the low-income earning regions, living standards are generally low due to inadequate resources, which translates to poor facilities and infrastructure. A balance in society can be achieved through sociology by ensuring appropriate resource distribution.
* *Education policies:* To assess the disparity in education systems between poor and affluent areas, sociologists have conducted studies on the impact of education systems on children's future professions and social lives. A significant difference is noted between those who studied in affluent communities and their counterparts in low-income neighborhoods and can be attributed to the difference in resources and facilities available in the various institutions.
* *Health policies:* Sociology can be applied in the health sector to help alleviate illness and improve the overall quality of life. It explores various health impacts resulting from human actions. For instance, stagnant undrained water is a breeding place for mosquitos that cause malaria. If the stagnant waters are drained, mosquito breeding zones will be reduced, reducing malaria infection rates. Understanding the impact of human actions on the environment can help individuals shape their lives to avoid activities that may bring them harm.
* *Crime rates:* Sociology can be utilized to assess crime rates by conducting surveys and research studies. It can also help determine methods that may be used to mitigate crime in society by analyzing the efficacy of strategies such as intelligence and community policing.
* *Housing welfares:* Housing is not only limited to a physical shelter but also encompasses people's way of life in their society. Sociology helps foster relations between individuals living in a particular neighborhood by providing people with knowledge about social setups. This concept offers governments and urban planners the necessary information about how urban housing should be designed and set up to accommodate people in the neighborhoods.

**Social Change**

Throughout human history, the significance of sociology has been experienced in personal rights, industrialization, urbanization, and democratization.