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**Pets and human well being**

**O'Haire, M. E. (2010). Companion animals and human health: Benefits, challenges, and the road ahead.**

**Summary:** O'Haire's article, "Companion Animals and Human Health" provides a review of the relationship between animals and human well-being. He work on different dimensions, which includes physical, psychological, and social aspects, also emphasizing on the multifaceted impacts of pet ownership .The article is embarked by providing evidence supporting the positive effects of animals on physical health, such as blood pressure, less risk of cardiovascular diseases, and improve physical activity among owners of pet. He also discusses the psychological benefits, stress reduction, good mood. However, he also address challenges associated with animals such as allergy, possibility of diseases and also responsibility of taking care of pets. O'Haire focuses on the need for responsible pet ownership and the importance of understanding the potential disadvantages. Moreover, suggestions are also given related to further research on this topic in this article.

**Evaluation:** O'Haire's work is an indispensable contribution to the literature on the subject. Comprehensive examination of the benefits of pet ownership across different areas of human health is strength of this article. By shedding light on difficulties and advocating for responsible pet ownership, the article provides a balanced perspective. The emphasis is also upon the further research on this topic which is commendable. O'Haire understand the complexity of the topic and think it is the necessity for well-designed studies to strengthen the evidence base. The article emphasize a holistic understanding of the human-animal bond, representing both optimistic and pessimistic aspects.

* **Author, A. (2022). "The Healing Power of Pets: Enhancing Mental and Physical Health."**
* **Book**  
  The emphasize of this book is to explore various ways in which pets are helpful for mental as well as physical well- being of human beings. Personal and scientific research is combined in this book and practical advice for pet owners is also available. It also help to reduce stress, lonliness which is good for mental well- being. The book provides a valuable perspective to readers about the therapeutic and influencing role that pets have on individuals.

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**The Guardian. (2023). "Pets as Partners: Exploring the Growing Trend of Emotional Support Animals:**

Publication of The Guardian in 2023, this newspaper article investigates the influencial prevalence of emotional support animals and their role as laying partners. The article emphasize on social changes towards understanding the emotional and mental health benefits of pets. It further explore legal acceptance that individual need to consider, societal attitudes, and personal stories, shedding light on the evolving role of pets as partners in supporting emotional well-being.

**Smith, J. (2021). "Unveiling the Psychological Benefits of Pet Ownership."**

The given article of Smith (2021) tend to explore various advantages associated with keeping pets for human well-being. Due to its recent publication writer tend to provide all recent findings related to this topic which help to provide updated information to the readers. Moreover, online accessability is another benefit for the readers allowing them to get information from anywhere. This has certain limitations such as author’s credentials.Readers cannot ascertain about author’s credentials which may lead to some doubts on the content as it is not known whether it is a trustworthy source or not.