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Portrait of Society: Social Relations, Isolation and Nature of Reformers

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A B S T R A C T

A welcoming social relationship is a decisive factor of a satisfied human. It administers us with stability and support throughout our lives. Barriers in a positive social relationship indulge one into social isolation. There have been numerous reformers who have focused deeply into constructing and shaping human minds, to eradicate social and psychological evils, which lead to isolations of various forms. The study centralizes its theme into the factors of social isolation and its consequence health hazards. Yoga is often considered as a best non-clinical aid to deal with various health issues. The study finds such benefits of Yoga, as a remedy for various health hazards evolved as a result of social isolations.

Keywords: Social Relationship, Society, Social Isolation, Feminism, Reformers.

Introduction

A social relationship is based on the agreement between two or more people. It is the fundamental sense of belonging that binds individuals together. We may also argue that it is the essential unit of the society's arrangement that keeps individuals close to one other and working together. It provides us with stability and support throughout our lives. According to extensive study, pleasant social contacts nurture crucial characteristics for the development of psychology in any individual (Saha & Adhikari, 2021). A student's wide social ties may be defined as their relationship with their parents, friends, siblings, peers, teachers, relatives, and so on. Every individual relies on social bonds for stability throughout their lives.

Society and Social Relations

Clearly, studies show that participating in appropriate social connections is associated with enhanced mental health and physical health (Rook, 1998).Social ties are identified as the most important characteristics required for the psychological development of any young adult or teenager. For students, the many facets of social relationships aid in their social and intellectual growth (Juvonen & Wentzel, 1996). According to Santrock (2011), the teenager has a favourable relationship with his parents, which is connected to a variety of developmental aspects. While Santrock (2010) believes that few teenagers have close friends, some may not have any. According to Onemu (2014), social relationships provide well-documented psychology in terms of gender disparities. Men and women have distinct conceptions of and approaches to social interactions. Though there are several reasons of social isolation, poor social relationships can also result in various types of social isolation. Social isolation may be identified by a lack of mutual engagement with other members of society, as well as by situational characteristics such as a small social network, infrequent interaction, and rarely involvement in social events

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(Gorain, et al, 2018).It causes depression (Heikkinen & Kauppinen, 2004), as well as other social and cognitive deficits.

Role of Internet and Social Relations in Youth

Students today are socially detached because they are immersed in the virtual world via high-speed internet, which is rather unnatural. The allure of quick and accessible internet access has captured human minds (Wilson, et al. 2007). Nowadays, the Internet serves as a vital information and entertainment resource for teenagers (Chou & Peng, 2007), as well as playing a significant part in transforming people's social life. Because of the ease of access to the internet, individuals choose to exchange information online. The human being's reliance on technology in such a short period of time ushered in a new age in the creation and transformation of knowledge (Sepehrian, & Lotf, 2011). Excessive Internet use frequently has a negative impact on interpersonal relationships and causes societal difficulties (Ebeling-Witte, et al. 2007). Individuals who are hooked to the Internet may struggle to speak effectively in face-to-face circumstances (Leung, 2007).

Barriers in Society and Feminism

In the previous two decisive decades, feminism's inquirers have imprinted important remonstrance to the fashion social science has spelled out men, women, and society. Since the beginning, debates concerning epistemology, technique, and methodology have been intertwined with confabulation about how to effectively correct the skewed and incomplete accounts in the setting of traditional analyses. To grasp the breadth and depth of the social science transformation imposed in order to distinguish women and gender activities, one needed to consider the most visible methods one may seek to correct the andro-centrism of traditional analyses. "*Feminist have endeavored to 'add women' into these analyses. We find women of three kinds, who arose as undeniable candidates for this mechanism: women who aided to the public life, of whom the social scientists were already studying, women who are social scientists, and lastly women who had been the prey of the most egregious and flagrant forms of male pre-eminence*" (Adhikari & Saha, 2021).

In the Indian setting, feminism is understood and implemented in an entirely different way. Indian society as a whole is made up of various religions, languages, classes, cultures, traditions, and different myths and divinities in scriptures (Adhikari & Saha, 2021), as well as historical events that shaped each of these groups of people, their socio-cultural dimensions, and outlooks, which are very different from westernised theories and concepts of feminism. Even before the concept of "feminism," arrived, India had a long history of female resistance, beginning with Buddhist nuns who sought "Mukti from the Grahesti" (Freedom from Domestic Life), because domestic life entailed bonds, which led to tyranny and oppression, which they refused to accept. According to Mahadevi Verma, '*women in spite of having all the qualities, they have turned to be a gamut of virtue and culture, which has to be now arisen and shaken.*' According to studies, economic indicators of women's status include women's access to education, the media, and paid employment, whereas social indicators include participation in decision making, age at marriage, the extent of, social and personal acceptance of domestic violence, and women's mobility. Socio-political upheavals and the recent shift in their proportions throughout the Post-modern era are fascinating to observe. Morality is being eroded by contentious and sensitive matters. Arundhati Roy's God of Small Things depicts the function of power in society. Power frequently victimises and deprives the despondent. The same instance is found in Webster's *The Duchess of Malfi,* where the Duchess is made to isolate herself and finally killed, owing to her marriage with a steward.

Voting has enormous clout and vulnerability, and it has an influence on organising and equalising women. However, it has been shown that casting votes require the least amount of effort and internal encouragement. A handful of women regard voting day as a much-needed reprieve from their repetitive and exhausting routine (Adhikari & Saha, 2021).

Social Reformers

The world has been blessed with social reformers since ages, who has been providing deliberate efforts to eradicate social barriers, whether be it in terms of crude social problems that of gender, caste, economic inequality, or dealing with socio-psychological problems of isolation or addiction. Reformers like Raja Rammohan Roy, Vidyasagar, Derozio, David Hare, Savitribai Phule, Tarabai Modak, Pandita Ramabai, Durgabai Deshmukh and an endless list of reformers tried to call for reform movements which would benefit the society and dealt with the then issues of education, *Sati*, widow remarriage, abolition of child marriage and so on. Western educators and reformers have also played a deep role in forming and shaping the Indian minds, for instance Rousseau, Mary Wollstonecraft, Maria Montessori, Nel Noddings, etc. They have provided aid to those who were culturally and socially isolated arising out of social justice. Presently, we have much more grave issues which have emerged out of over dependency on technology. This has led to numerous disorders which inflect our psyche and health, leading to social isolation, obesity, sleeplessness, loss of appetite, vision problems and other chronic diseases. Hence more than reformers, we tend to interact with awareness programs which help in identifying the raw nature of the problem and moving towards remedy.

Yoga: A Solution to both Social and Psychological Isolation

The human race has entered the twenty-first century. Medical scientists and men are collaborating with a growing number of better technologists to provide improved health care. The World Health Organization is assessing the global health situation and taking the necessary actions to improve health standards. Although high-tech medical facilities and interesting advancements in spare-part surgery have made life more pleasant, with a life expectancy of more than seventy years, the desired quality of life, with harmony and calm, appears to be a long way off. Problems with stress, stress-related diseases, discontent, and family breakdown are all on the rise. Because of the need of the hour, health professionals who began by providing relief to their suffering sick fellow humans through medications and operations are today confronted with such fresh questions. Most common health and societal issues cannot be treated by germ theories, medicines, or surgery.

The development of intriguing diagnostic techniques has begun to indicate to the function of mind in matter. Researchers in biochemistry, psycho-neurophysiology, and immunology are all acknowledging the significance of the mind, lifestyle, suppressed emotions, stress, and other factors in the development of many of the millennium's issues. Despite opposition from hard core matter-based pharmaceutical and surgery-oriented academics, several study articles on the importance of positive thinking, prayer, spiritual healing, mind-body medicine, yoga, acupuncture, and energy medicine are being poured into medical journals (Saha, Sen & Adhikari 2021).

Yoga, a 3000 year-old practise, is classified by the National Institutes of Health as a comprehensive, integrated approach and a type of Complementary and Alternative Medicine (CAM). Yoga, which is known for its tranquilly, is said to promote flexibility, increased self-control, strength, compassion, sociability, and endurance. Uninterrupted and seasoned rehearsing bestows supreme climax in life viewpoint, increased vigour, and self-awareness. Yoga maintains body and mental equilibrium while reducing stress. Yoga is a type of mind-body fitness because it involves the systematic usage of muscles, which results in reduced chronic body aches, increased serotonin levels, increased blood flow and haemoglobin levels, and a lower risk of heart attack and stroke.

Yoga, in addition to being effective in treating physical health issues, is also effective in treating mental health issues such as anxiety, depression, sleeplessness, and stress. Yoga helps pupils improve their cognitive, psychological, physiological, and social abilities. Cognitive skills aid in the development of attention, focus, concentration, mindfulness, problem solving, self-awareness, critical thinking and creativity, decision making, and so on. It puts the pupils at ease and helps them to be aware. This, in turn, boosts focus and memory ability, both of which are critical in academics. Yoga improves a student's physiological skills by making him or her more flexible, strong, and balanced, as well as improving respiratory functions, dignified self-regulation, physical well-being, instilling acceptable health care and hygiene practises, a balanced diet, a suitable sleep habit, and so on.

Social skills, which include inter-personal relationships, collaborative teamwork, social awareness, efficient communication, and so on, are also crucial areas in a student's life and may be improved by Yoga. The human race has entered the twenty-first century. Medical scientists and men are collaborating with a growing number of better technologists to provide improved health care. The World Health Organization is assessing the global health situation and taking the necessary actions to improve health standards. Medical institutions with cutting-edge technology Despite exciting advancements in spare-part procedures that have made life more bearable, with a life expectancy of more than seventy years, the promised quality of life, with harmony and calm, appears to be a long way off. Problems with stress, stress-related diseases, discontent, and family breakdown are all on the rise. Health professionals, who began by providing relief to their ailing fellow humans through medications and operations, are now confronted with such novel challenges (Saha, Sen & Adhikari, 2021).

Conclusion

We can conclude from the above discussions that healthy social relationships play a crucial role in grooming and nurturing an individual. Health hazards are also inevitable if social isolation prevails in distinct phases. Despite the fact that high-tech medical facilities and exciting break-through in surgery have made life more pleasant, with a life expectancy of more than seventy years, the desired quality of life, with harmony and tranquility, looks to be a long way off. Stress, stress-related disorders, dissatisfaction, and family breakup are all on the rise. Health professionals, who began by bringing relief to their suffering sick fellow humans through drugs and surgeries, are now confronted with such new questions as a result of the need of the hour. Germ theories, drugs, and surgeries cannot cure the majority of prevalent health and societal concerns. Hence, Yoga in various levels is proved to be beneficial for health issues which are proved to cure psychological barriers like social isolations, which in turn develops and nurtures social relation.

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