

■ CULTURE

- Culture
- Nature of culture
- Evolution of culture Diversity and uniformity of culture
- Culture and socialization
- Trans cultural society Influence on health and disease

■ MEANING OF CULTURE

- CULTURE IS A **VERY BROAD** THAT INCLUDES IN ITSELF ALL OUR WAY OF LIFE
- **MODES OF BEHAVIOUR**
- **OUR PHILOSOPHIES AND ETHICS**
- **OUR MORALS AND MANNERS**
- **OUR CUSTOMS AND TRADITIONS**
- **OUR RELIGIOUS, POLITICAL , ECONOMIC AND OTHER TYPES OF ACTIVITIES**
- IT IS A MAIN CONCEPT IN ANTHROPOLOGY (study of human societies) BUT IT IS ESSENTIAL OR FUNDAMENTAL IN SOCIOLOGY
- **THE STUDY OF SOCIETY BECOMES INCOMPLETE WITH OUT A PROPER UNDERSTANDING OF THE CULTURE OF SOCIETY**
- **CULTURE AND SOCIETY GO TOGETHER THEY ARE INSEPERABLE.**
- MEANING OF CULTURE
- Man is **born and brought up** in a **cultural environment**.
- Other animals live in a **natural environment**
- Culture refers to a **system of learned behavior which is shared by and transmitted among members of a group.**

■ DEFINITION OF CULTURE

- **Tylor:**CULTURE IS THAT COMPLEX WHOLE WHICH INCLUDES KNOWLEDGE ,BELIEF,ART, MORALS ,LAW,CUSTOM AND ANY OTHER CAPABILITIES ACQUIRED BY MAN,AS A MEMBER OF SOCIETY
- **ROBERTY** – CULTURE IS THE BODY OF THOUGHT AND KNOWLEDGE ,BOTH THEORETICAL AND PRACTICAL ,WHICH ONLY MAN CAN POSSESS.
- **C.C.NORTH:-** CULTURE CONSISTS IN THE INSTRUMENTS CONSTITUTED BY MEN TO ASSIST HIM IN SATISFYING (need)HIS WANTS

▪ NATURE OF CULTURE

1. CULTURE IS ACQUIRED QUALITY
2. CULTURE IS SOCIAL,NOT INDIVIDUAL HERITAGE OF MAN
3. CULTURE IS IDEALISTIC
4. CULTURE IS TOTAL SOCIAL HERITAGE
5. CULTURE FULFILS SOME NEEDS
6. CULTURE IS AN INTEGRATED SYSTEM
7. LANGUAGE IS THE CHIEF VEHICLE OF CULTURE
8. CULTURE IS VARIES FROM SOCIETY TO SOCIETY

▪ NATURE OF CULTURE

- **CULTURE IS AN ACQUIRED QUALITY:**
- Culture is not **innate**.Culture is learned
- Traits learned **through socialization,habits and thoughts** are what is called culture.
- Culture is social ,not individual heritage of man
- It is a social product which is **shared by most members of the group**
- Culture is idealistic
- Culture embodies the **ideas and norms of a group**
- It is the expression of **human mind** in the course of history.

- Culture is the total social heritage
- It is passed from one generation to another through traditions and customs.
- CULTURE FULFILLS SOME NEEDS
- It fulfils those **ethical and social needs** of the group
- CULTURE IS AN INTEGRATED(cordination) SYSTEM
- Its various parts are integrated with each other
- New element which is introduced is also integrated.
- LANGUAGE IS THE CHIEF VEHICLE OF CULTURE:
- Man lives not only in the **present but also in the past and future**
- Through **language** culture transmit to **past to present and present to future.**
- CULTURE IS VARIES FROM SOCIETY TO SOCIETY
- Every society has a culture of its own,it is not uniform
- e.g: **Culture is different from US to INDIA**
- Culture is shared
- Culture is transmission
- Culture is dynamic

EVOLUTION OF CULTURE

- **EVOLUTION(develop from earlier-history) OF CULTURE**
- FOR A CENTURY AND MORE **ARCHAEOLOGIST**(a person who studies human history & prehistory also artiest) HAVE DUG UP THE TOOLS ,**WEAPONS** (eg guns- bodily harm or physical damage),**POTTERY**(dishes),**IDOLS**(an image represent f a god),**COINS AND OTHER MATERIAL THINGS** OF PEOPLE WHO HAVE LONG SINCE DIED OUT it is the **clues** to their social life.
- The archaeologists do not reveal origin of culture ,they only **indicate** its golden days
- **IF THEY REVEAL SOMETHING ABOUT THE EVOLUTION OF CULTURE ,IT IS ONLY ABOUT ITS MATERIAL ASPECTS.**

■ EVOLUTION OF CULTURE

- To trace the origin of a specific cultural trait (unit of transmission that permit diffusion and creat new traditions)is difficult
- All cultural traits- **material as well as non-material** have been invented(new idea originate) at some time and in some place by some person.
- **No single invention (new thing)**contributes very much to the development of a culture
- Culture is only partly new
- Ex: The music composer of a new song take bits from number of previous composition.
- Add for new music instruments
- Diversity and Uniformity of culture

■ Diversity

- It based on the religion
- Language
- Way of life
- Tradition
- Locality
- Geographical area
- Family environment

■ Diversity of Uniformity of culture

- **Unity is, all the culture** have their fundamental approach to **literature , philosophy , traditions, and customs** which are **normally.(this all roles are available in all countries)**
- **Caste, religious rites , ceremonies** are following culture
- Further holding that all the culture have music , dance , song etc..
- **Some festivals (Same)**concern as a **national and international festivals**

■ TRANSCULTURAL SOCIETY

- **Cultural traits invented or discovered** in one **society to another** that the way of **spread directly (persons or group)** or indirectly (radio,tv etc..) to other societies
- Transmissions of culture which is movement of traits through time that is, from **generation to generation.**

- Rome was trans is most countries of Europe.
- Now united states is transmitting to others.
- Eg : festival (every culture maintain the previous festival)
- Factors influential in the process if transcultural Society
- Availability of transportation and communication
- Prestige of the transmitted cultural and its people
- Migration(action)movement from one to another
- The need for some new element to meet crisis
- Adaptability of the recipients of the new culture.
- In simple terms, transculture reflects the natural tendency of people (in general) to resolve conflicts over time ,rather than exacerbating them .

■ **Transculture covers :**

- 1) War
 - 2) Ethnicity
 - 3) Racism
 - 4) Multiculturalism
 - 5) Cross-culturalism
 - 6) Interracial marriage
- And any number of contexts that deal with more than one culture .
 - In other general sense ,transculturation is one aspect of global phenomena and human events .
 - Within each smaller ethnicity , individuals may tend to see it perfectly justified to assimilate with other cultures , some others view assimilation as wrong and incorrect for their culture , this common them , representing dualist opinion of ethnocovergence itself , with in a single ethic group is often manifested in issues of sexual patterns and matrimony ,employment preference , etc.
 - These varied opinion of ethnocovergence represent themselves in a spectrum :

- 1) Assimilation
- 2) Culture compromise
- 3) Homogenization
- 4) Acculturation

Transculture communication :

1. language ,
2. cross- culture ,
3. foreigners ,
4. inter cultural relations ,
5. intercultural competence ,
6. cultural harmony env ,
7. political etc.

- Culture and socialization

- Culture and socialization are very much interrelated .

- Culture refer to the social; heritage of a group of a people

- It consist of shared information , behavior , beliefs , and material objects belonging to a society or a part of a society .

- It is the more or less organized and persistence patterns of habits , attitudes , and values which are transmitted generation to generation

- Every human infant is not only exposed to a culture , but also assimilates and then transmits it .

1. personality is the product of culture

2. Socialization is a culture learning

3. Culture defines situation

4. Culture defines attitudes , values , and goal

5. Culture decides our carrier

6. Culture provides behavioral patterns

- Cultural influences on Health and Disease

- **CULTURAL INFLUENCES ON HEALTH AND DISEASE**

- Culture play an important role

- It refers to the way of living which **includes ideas, knowledge, attitude, practices, customs etc is called culture.**

- Cultural influences on Health and Disease

- **Food habits**

- SOME PEOPLE EAT SPICY FOOD SO THEY GOT GASTRITIS

- BRAHMINS ARE VEGETARIAN SO THRY DON'T GET BALANCED NUTRITION.

- CULTURAL INFLUENCES ON HEALTH AND DISEASE

- Practice of **bad habits**

- **Chewing raw tobacco** is common among rural people.This causes **oral cancer**.Now ,smoking, drinking etc...

- **Occupational conditions:**

- Cervical **spondylosis and arthritis** are more common among manual **labours(factories ,company workers etc) .**

- Cultural influences on health and Disease

- **Consanguineous (marriage between two family members)**marriage is a causes for weak **physical and mental condition ,mental retardation** and other health problems

- Getting up early in the morning and taking bath

- Drinking water everyday will give good health

- Early to bed and early to rise

- In a **chickenpox affected childrens family** ,keeping the neem leaves at the entrance of home and prevents the spreading of the disease to the neighbourhood

- **Pardah system** by Muslim still followed which causes **Vitamin D deficiency**

- CULTURAL INFLUENCE ON HEALTH AND DISEASE
- **Cleaning of the house** , taking hygienic care and put rangoli in front of the house, offering pooja will give blessing for the entire home
- **Doing meditation** will increase concentration and attention
- **Polygyny (marriage in which two or more women share a husband)is accepted** social phenomenon in certain religion
- **Superstitious belief.**
- Positive effect of culture on our health:
- Getting up early in the morning and going for walk to refresh our mind and body
- Drinking tulsi water every day gives us good health and glow to our face
- Keeping jasmine flower over the breast of the postnatal woman suppresses the secretion of milk .
- Consumption of garlic produces more milk in lactating mother
- Circumcision of male child is a culture trait , commonly observed in Muslim families to prevent urinary tract infection
- Some society apply honey for burn injury since it induces better healing process
- Culture of meditation increases concentration and attention and reduces stress , conflict and tension
- Religion culture is also helpful in reducing stress and conflict since an individual appeals to god to get moral support and protection
- Pregnant women eat , mud ,ash , chalk powder and lime powder as they enhance the normal development of fetus .
- Eating raw vegetables like cucumber , carrot in the night reduces obesity and keeping the cut cucumber over the closed eye brings coolness to eyes
- Periodic fasting help in the cleaning of G.I.T (gastrointestinal tract)
- Negative effects of culture on our health
- South Indians consume brinjal , egg and fish in large amount which produces allergies
- Rich people like to have oftenly saturated food which lead to obesity

- Excessive consumption of mangoes causes heat boils on the face and the body
- In some society , barhamin does not consume garlic and onion which are indispensable to clean our blood
- Excess periodic fasting is responsible for poor immune system and weakness in our body
- Male child , is preferred by the Hindu parents as they believe that the son will perform their last (funeral) rituals .this belief is also responsible for women poor health
- The culture of untouchability (low cast of person or poor health)was a social stigma in our society which was responsible for discrimination and poor health
- Some religious families do not apply contraceptive methods stating that children are God's gift .this religious beliefs is also responsible for women poor health since every pregnancy makes a women weak
- In some societies wearing shoes inside the house is prohibited which is responsible for cold and illness in winter season .