

# Socialization can give life new meaning

Evidence that social relationships can make one's life better and longer is summarized in a paper by James S. House of the University of Michigan's Institute for Social Research (ISR). House, who also is associate chairman of sociology and research scientist in the Survey Research Center and School of Public Health, reviews a variety of studies which indicate that social support such as the relationships found in marriage, contacts with friends, and membership in church and organizations promotes human health and well-being in multiple ways.

Social support, House said, was defined by Dr. Sidney Cobb in his ISR research as "information leading the subject to believe that he is cared for and loved, that he is esteemed and valued, and that he belongs to a network of communications and mutual obligation."

"First," House said, "social support appears to directly promote human

health and well-being because it meets basic human needs for meaningful relationships.

"Second, support can indirectly promote health and well-being by reducing people's exposure to stress or other health hazards at work or elsewhere.

"THIRD, SUPPORT can mitigate or buffer the deleterious effects of stress or other health hazards. This potential buffering effect or social support has been a source of special interest in social support because it suggests ways of reducing or even eliminating the deleterious effects of stress or other health hazards even when we cannot or will not reduce levels of exposure to such stressors or hazards.

"Finally, work by Robert Caplan, John R.P. French and others at ISR and elsewhere suggests that support also promotes health behaviors of various types, including adherence to therapeutic medical regimens." House points out that research on the

effects of social support has grown dramatically over the past decade, as have offers of social support, and offers "empirical evidence that social support can improve health, reduce exposure to stress, and buffer the impact of stress on health."

Laboratory experiments on both animals and humans, he said, "have demonstrated that the presence of others, especially familiar others, can reduce the adverse effects of experimentally induced stressors or other health hazards on psychological, physiological, and behavioral functioning."

"Exactly how these 'others' protect organisms against stress and other health hazards is not clear. Nevertheless, studies show that the presence of familiar others protects goats, rats and mice in stressful situations against neuroses, ulcers, and hypertension, respectively, and even reduces the rate and severity of chemically induced carcinogenesis in mice.

"THE PRESENCE OF familiar others also reduces anxiety and physiological arousal among humans in potentially stressful laboratory situations. Students in human-pet interaction have suggested that social support can operate across species, with pets enhancing the well-being of people in a variety of ways.

"We now have evidence that people can be effective sources of social support for animals as well. A recent study found that if rabbits on a high-fat diet are coddled, fondled and talked to by their handler, they are somehow protected against developing atherosclerotic heart disease, while rabbits on the same diet but not given such 'social support' generally succumbed to heart disease."

Studies and field experiments outside the laboratory appear to show that "psychosocial assets," of which social support is a major part, serve as a buffer against stress for pregnant

women. "Social epidemiologists in England have found that social supports reduce the tendency of widowhood to lead to reactive depression, while an Australian psychiatrist has shown that provision of social support to widows reduces the incidence of major health impairments in the year following widowhood."

Further, House says, a long tradition of research on "social integration" has consistently found "better mental and physical health and greater longevity among the more socially integrated

"THESE STUDIES and others," House says, "suggest that we all need



and benefit from social support, but who can give us the most effective support depends upon a particular situation."

**Pella. The significant difference in windows.**

**5 bright ideas from Pella.**

**And two free booklets!**

Pella has five new ways to make your home brighter, lighter, and more beautiful. More energy-efficient too. And it's all done beautifully with solid wood construction, low-maintenance exterior, and double or triple glazing. Send today for our booklets describing these new ideas and much more about Pella Windows, Sliding Glass Doors, Sunrooms and Skylights.

**VISIT YOUR LOCAL PELLA SHOWROOM AND SEE ALL THE NEW PRODUCTS!**

8 Locations to serve you with ADD value to your home with Pella windows Pella & Quality A Tradition since 1926

**PELLA WINDOW & DOOR**  
2000 Haggerty Road, W. Bldg.  
Telephone: 624-8080  
Remodeling, Replacement or new construction sizes.

**OPEN WIDE**

**Let AAA-Marathon's new Smart Scope diagnose your most nagging car problems**

Pop the hood and open wide. All it takes is a few minutes for our new Smart Scope to analyze your engine. Identify the problems and print them out in a detailed, easy-to-understand report. It eliminates the guesswork. And gives our state certified master mechanic the type of information he needs to fix your car right the first time. Every time.

Look for AAA-Marathon on the northwest corner of Greenfield and 13 Mile Rd. in Beverly Hills.

**AAA** Michigan **MARATHON**

AAA-Marathon Greenfield & 13 Mile Road (formerly the Beverly Hills Gulf station)  
Call 642-0622 for an appointment  
Open 7 a.m. - 10 p.m. everyday  
Mechanic on duty from 8 - 5, Mon. - Sat.

**24 HOUR AAA EMERGENCY ROAD SERVICE**

**UNREDEEMED PLEDGES FROM THE UNITED STATES LOAN SOCIETY OF PHILADELPHIA, PA.**

**JEWELRY AUCTION**

**THURSDAY, JULY 21 - 7:00 P.M.**

**JEWELRY OF EVERY DESCRIPTION INCLUDING:** Rings, Watches, Bracelets, Earrings, Pins, Necklaces, etc. - Diamonds, Emeralds, Ruby, Sapphire, Amethyst, Opal, Pearl, Jade, Ivory, Tanzanite, Citrine, etc.

**MODERN, ART DECO, ART NOUVEAU, CONTEMPORARY AND ANTIQUE**

**EXHIBITION:** Tuesday, July 19 - 10 A.M. - 4 P.M.  
Wednesday, July 20 - 10 A.M. - 9 P.M.  
Thursday, July 21 - 10 A.M. - 3 P.M. & 6 P.M. - 7 P.M.

**TERMS:** Cash, Check, American Express, Visa and MasterCard (10% Buyers Premium in effect)

*Now Accepting Consignments For Future Auctions*

**C.B. CHARLES**

AUCTIONEERS • APPRAISERS • ESTATE SPECIALISTS  
825 Woods and Avenue • Pontiac, Michigan 48053 • (313) 338-9201  
(1 mile north of Square Lake Rd.)

*Vic Tanny 47th Anniversary Special*

**FINAL 2 WEEKS!**

**2 YEARS FOR THE PRICE OF THE FIRST YEAR ALONE!**

Time is running out—so don't miss out! Join the Bloomfield Executive Health & Racquet Club now and save, with two years of regular membership for the price of the first year alone! These are your final days to join our very special club at a very special anniversary price. Call today—and start enjoying two years for the price of one at Vic Tanny!

**Hurry...offer expires July 31!**

**Vic Tanny Bloomfield Executive Health & Racquet Club**

6420 Telegraph Rd. at Maple Rd. Phone: 855-2300