

# The influence of pet for human

[Environment](#), [Animals](#)



We are talking about pets, of course. The normal ones like the dog that licks you furiously while you scratch his ears. The decorative ones like the enormous goldfish that stares blankly at you from its bowl. And the just plain weird ones, like lizards and snakes and tarantulas and who knows what else. But whatever type they are, they've all got one thing in common—they belong to some human (or does the human belong to them?)

But there is more to pets than meets the eye. In recent years, researchers have reported that pets bring definite psychological benefits to their owners (along with the scratched furniture and smelly carpets) which they are probably unaware of. Psychologists report that children raised with pets are less prone to juvenile delinquency. Taking care of a pet also has the virtue of training children to cope with responsibility (which includes the ability to make decisions independently). To care for a dog, for example, a child has to walk and feed it regularly and decide when it needs a good brushing. Exposure to pets at an early age also teaches children respect for other living things.

Moreover, findings show that pets are a great stress-reliever. After a hectic day at the office, sitting in an armchair and patting a dog or cat, or watching a school of tropical fish meander around a tank is cheaper and safer than taking a tranquilizer. In hospitals, doctors are discarding drugs and placing patients in front of an aquarium. In some places, you don't even need real fish. Some television stations are broadcasting programmes that consist of one static shot of fish swimming lazily to and fro across the screen. You can get it on video, too—just the thing for someone who's looking for a bit of relaxation but can't be bothered with cleaning out a fish tank every week.

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Patients suffering from depression or other long-standing conditions are also being given pet therapy. One American hospital sends nurses on their rounds with a bevy of cats, dogs, budgies and goldfish. After spending time with the animals, many withdrawn patients become more talkative. One man, who had not communicated for years with hospital staff, was discovered chatting happily with his pet rabbit. The guide-dogs trained to help blind people are familiar to us all, but now other animals, like capuchin monkeys, are being trained to nurse patients at home. The monkeys become virtually like housekeepers, opening doors, getting food from the fridge and even cleaning up. There are even reports that they have dialled the hospital in emergencies, although this must be taken with a grain of salt. Women, perhaps not surprisingly, seem to benefit far more than men from having a pet around the house. But for anyone, having a pet is more than just a hobby —it's one way of keeping sane and healthy in a sometimes crazy world.