

Pets and health and lifestyle

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Pets and Health and Lifestyle Pets and Health and Lifestyle Pets have a positive impact on the lifestyle and health of an individual. They not only serve as companions but also act as mood alleviators and assist in overcoming anxiety. People become so attached to their pets that they treat them as family members and do not wish to part from them. This strong bond has led to investigations which have proved that pet ownership provides for enhancement in the quality of life of individuals. Not only is it associated with improvements in physical and mental health but it also assists in the social wellbeing of an individual (Fetters 2014). The social impact of pet ownership will first be discussed followed by its positive effects on the physical and mental health of an individual.

Pets form an underlying reason for social interaction between people. Thus they tend to make an individual socially active. For example when people take their dogs for a walk, they tend to stop and talk to other dog owners. This leads to social contact and helps a person to become active. Such interactions are also a common sight at pet shops or at veterinary clinics. Another important aspect linked with animals that enhances social skills is the fact that people find it easier to interact and talk to people who are walking with their pets. This is because it is a common notion that people who own pets are nice and caring (Fetters 2014, Robinson and Segal 2014). Physical activity is another benefit linked with owning pets and this improves the physical health of an individual. Pets require attention and no matter whether the pet is a dog or a parrot, a person has to perform some activity for them. This prevents a person from total physical inactivity. An added benefit is for the people who take their animals like cats and dogs for walks. A study has revealed that people who take their dogs for walks have a lesser

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probability of gaining excessive weight in comparison to the normal population (Fetters 2014).

Pets have a significant role in stress reduction and in preventing anxiety and thus they are important in maintaining good psychological health as well.

Being alone makes an individual depressed and thus the partnership of an animal keeps a person busy and prevents depression. Not only this, people who stay isolated from others seek comfort by staying with their pets. It has been suggested that spending time with pets and playing with them helps to relieve stress by altering the hormone levels in the body and making an individual energetic (Fetters 2014).

To sum up, it can be understood that pets are linked with many positive aspects. Pet owners are not only at advantage socially but they also have lesser risks of developing psychological and physical health problems. Pets form the basis for social interaction amongst different people. They also enhance physical activity and reduce the probability of depression and stress in the pet owners.

References

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