

This a chosen  
sociological theory  
and describe



This assignment aims critique the contribution to a chosen sociological theory and describe the key principles and concepts. Gender alludes to the socially built attributes of ladies and men, for example standards, parts and connections of and between gatherings of females and males. It fluctuates from society to society and can be altered.

While the clear majority are conceived either male or female, they are educated proper standards and practices including how they ought to associate with others of the same or inverse sex inside families, groups and work places. Sexual orientation standards, parts and relations impact individuals' powerlessness to various wellbeing conditions and sicknesses and influence their happiness regarding great mental, physical wellbeing (World Health Organization, 2017). Gender has vital role in how health affects individuals as both males and females are capable of different levels of strength and how they cope with things. Generally, males seem to be doing hard labour work such as building properties, lifting heavy weights and many more. These play a contribution on how it may affect their health as it increases their risks of developing muscle problems or depending on what their environment they could be working at, respiratory issues may arise.

Research has shown that Jobs that demand a lot of heavy lifting appear to be more taxing on a body in a way that doesn't benefit health like going for a run, according to Clays. The researchers of the first study also suggest that the stress accompanying physically demanding jobs may counteract the positive effects of exercise. It's also possible that those with physically draining jobs may have less access to health care; such occupations

generally involve manual labour and often pay less and provide limited health insurance.

With less access to preventive health therapies, rates of chronic conditions such as heart disease may be higher (Sifferlin, 2017). Needless to say, John Kemm Suggests that many aspects of the way we live is affected by personal choices or environmental factors that are surrounded by the individual. Examples of this include smoking, eating unhealthy, drinking and lack of exercise all of this affects our chances of health John states that helping people obtain knowledge can reduce the risk of diseases and ill health (Kemm and Close, 2015). On the other hand, when it comes to females they are generally working in jobs that are easier in terms of hard labour. This can include teaching, part time nursing or even retail work. They also play a lead role in the house which include cooking, cleaning and looking after the children; just like men women can also face health issues from either pregnancy or intensive work they deal with.

Research has shown that 78% of working women surveyed in the age bracket of 32-58 years were found to be afflicted with lifestyle, chronic and acute ailments such as obesity, depression, chronic backache, diabetes, hypertension, high cholesterol, heart, kidney disease (Ultra News, 2017). To conclude, it's very evident to see that both male and female both have health issues that may arise from ill health.