



friendship

Health

Sociology

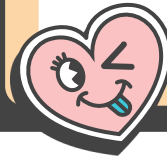
Conclusion



friendships

By Suarely Sanchez

Do we choose our friendships?





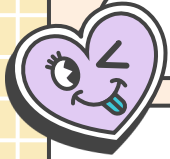
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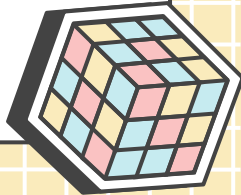
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What does friendship mean?



According to the Merriam Webster dictionary, friendship is defined as a person who has a strong liking for and trusting in another. But there's people who would consider their friends to be way more than that. They view each other as family, the person they tell all their secrets to their shoulder to cry and so much more. Some people are even friends for life, and grow old together. They're able to create an unbreakable bond. We definitely choose who we want to do that with.





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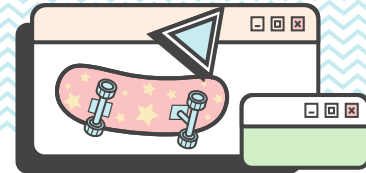
Conclusion

The science behind friendships



Are friends necessary ?

In theory, yes. Humans need to have someone to socialize with. Having someone to connect with promotes better health. It can help better depression by increasing your happiness and reducing stress, lowering high blood pressure and unhealthy body mass index. Even animals like gorillas need friends to survive and are more likely to reproduce.





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Sociology of friendships



What is the social aspect of friendships?

Many people determine compatibility of each other with many factors such as common characteristics or contrasting characteristics that influence their decision into forming a cohesive relationship with them. Common characteristics such as similar hobbies, taste (music, comprehension, sexual identity etc...) and more allow for a stronger connection that forms a foundation for friendship. In contrast, many different characteristics allow people to develop better chemistry and overall understanding of each other. Many friendships stem from the subconscious experience that a person has when they meet someone and whether they decide to start a friendship.



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To All My friends



In the poem “To all my Friends” by May Yang, she writes
“To all my friends who have been with me in weakness
when water falls rush down my two sides....I know you
I see you.I hear you”

This makes me think about how friends are supposed to
be there for you during your darkest times. That’s a
quality we look for when choosing our friends. If they’re
not supportive they’re seen as a friend of no goodwill.





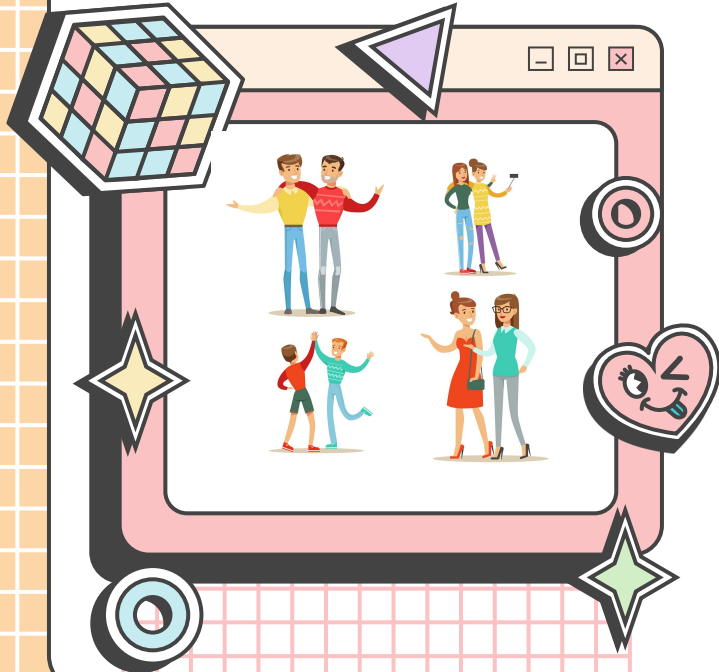
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Do we choose?



I believe we choose who we want to be friends with. We decide right away if we want to continue getting to know someone. These days more interactions happen through a phone. For example when people first meet each other and exchange numbers, we have a decision to make. Are we going to text back or not? Are we going to keep the conversation going or not? Do we see ourselves having a bond with the person on the other side of that phone? If they do send that text, they're choosing to initiate a relationship with that person, that will lead into a friendship if it works out. I think we look for qualities in a person that we can bond on or compare to.

Sources

YouTube, 24 Feb. 2016, <https://youtu.be/R9K7CBDeCdl>. Accessed 7 May 2023.

YouTube, 26 May 2021, <https://youtu.be/2m4L7aXUPgw>. Accessed 7 May 2023.