

A STUDY ON IMPACT OF SOCIAL WORK IN SOCIETY

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ABSTRACT

Social work is a practice-based profession that promotes social change, development, cohesion and the empowerment of people and communities. Its practice involves the understanding of human development, behavior and the social, economic and cultural institutions and interactions. Social workers support individuals and their families through difficult times and ensure that vulnerable people, including children and adults, are safeguarded from harm. Their role is to help improve outcomes in people's lives. They work closely with other professionals in health and social care and help people cope with mental or physical illness, unemployment, divorce, poverty, addiction, abuse and discrimination.

Social work grew out of humanitarian and democratic ideals, and its values are based on respect for the equality, worth, and dignity of all people. Since its beginnings over a century ago, social work practice has focused on meeting human needs and developing human potential. Human rights and social justice serve as the motivation and justification for social work action. Social work utilizes a variety of skills, techniques, and activities consistent with its holistic focus on persons and their environments. Social work interventions range from primarily person-focused psychosocial processes to involvement in social policy, planning and development. The holistic focus of social work is universal, but the priorities of social work practice will vary from country to country and from time to time depending on cultural, historical, and socio-economic conditions.

The International Federation of Social Workers notes that social work promotes social change and the empowerment and liberation of people. Principles of social justice, human rights, collective responsibility and respect for diversity are central to social work. In many cases, social workers are the only ones doing the work that help people who are vulnerable. As pointed out by the National Association of Social Workers, Social workers performs tasks such as: Helping people in hospitals cope with acute conditions and chronic illness Providing therapy in community health centers Keeping students from dropping out of school Assisting prisoners as they reenter communities Providing rehabilitative support to our drug and alcohol centers working as first responders during natural disasters Providing outreach and long-term care in nursing homes and homeless shelters Working as clinical therapists for members of the military and veterans

Keyword *Social, community, individuals, society, groups, profession, workers*

INTRODUCTION

Social work is an academic discipline and practice-based profession that concerns itself with individuals, families, groups, communities and society as a whole in an effort to meet basic needs and enhance social functioning, self-determination, collective responsibility, and overall well-being. It is advanced through an evidence informed approach and recognizes the importance of Indigenous ways of knowing in practice, the development of knowledge, and education, clinical services, policy, and research. It focuses on the person within their environment and recognizes the importance of family, community, culture, legal, social, spiritual, and economic influences that impact the well-being of individuals, families, groups, and communities. It applies a strengths-based perspective and views individual, families, and communities as resourceful, resilient, and having capacity. Principles of respect for the inherent dignity and worth of persons, the pursuit of social justice, and culturally responsive practice that applies

an anti-oppressive lens to all areas of practice and is grounded in ethics, values, and humility, are central to social work.

Social work practice responds to needs of individuals, families, groups, and communities and addresses barriers and injustices in organizations and society. It focuses on improving health and social well-being using the social determinants of health framework when delivering services, navigating systems, and advocating for equitable access to and improvement of the multiple dimensions that impact health and well-being. It engages people and communities to address life challenges and traumatic events, to create change, and build resiliency. It also collaborates with other professionals, communities, and organizations to provide services, improve conditions, and create opportunities for growth, recovery, and personal development. Currently, there are three widely recognized levels of social work practice: micro, mezzo (meso), and macro social work. Although these levels are often spoke of as if they are distinct, it is important to recognize that these 'different levels' occur in tandem and constantly influence the other levels.

Types of Social Work

According to National Association of Social Workers, the types of Social work are:

Administration and Management:

Social work administrators are proactive leaders in public and private agencies that provide services to clients.

Advocacy and Community Organization

Advocacy is one of the keystones of social work practice. Social work advocates champion the rights of individuals and communities with the goal of achieving social justice. Community organizing and advocacy work with the power of numbers—many people thinking, working, and acting together—to counterbalance wealthy and powerful groups and the means they have to protect and extend themselves.

Aging

Social workers link older adults with services that help them live independently and with dignity, thereby maximizing their quality of life and participation in society. Social work with older adults focuses on the physical, psychological, social, and economic aspects of daily living.

Child Welfare

Child welfare social workers serve some of the most vulnerable children, youths, and families. Social workers specialize in building on the strengths of families and helping them to provide a safe and nurturing environment for children and youths.

Developmental Disabilities

Social workers also help parents of children with developmental disabilities understand their legal rights. They help parents learn to be advocates and find special services that enable their children to be as independent as possible.

Health Care

Since the early 1900s, professionally trained social workers have helped people deal with personal and social factors that affect health and wellness. Some health care social workers are in direct services and concentrate on individuals, families, and small groups

International Social Work

The functions of social work in international development are diverse. They include direct services in communities, refugee camps, orphanages, hospitals, and schools, as well as supporting the efforts of national governments, intergovernmental organizations, and non-governmental organizations to enhance social well-being.

Justice and Corrections

Social workers who work in justice and corrections can be found in courts, rape crisis centers, police departments, and correctional facilities.

Mental Health and Clinical Social Work

Clinical social workers are one of the nation's largest groups of providers of mental health services. They provide mental health services in both urban and rural settings, where they may be the only licensed provider of mental health services available.

Occupational and Employee Assistance Program (EAP) Social Work

Occupational social workers help organizations re-engineer their structure and methods to improve efficiency, creativity, productivity, and morale. They may also work for a union and be involved in job counseling or organizing.

Policy and Planning

Social workers analyze policies, programs, and regulations to see what is most effective. They identify social problems, study needs and related issues, conduct research, propose legislation, and suggest alternative approaches or new programs. They may foster coalitions of groups with similar interests and develop organizational networks.

Politics

There is a natural progression in the careers of many social workers from activism to leadership. Social workers also play leadership roles in local, state and federal agencies.

Public Welfare

Social work in public welfare entails planning, administering, and financing programs, training and supervising staff, and setting and evaluating standards and criteria for service delivery. Public welfare offers many challenges that require creative thinking and leadership from professional social workers.

Research

Social workers in research typically tend to be academics with postgraduate degrees in social work. Research provides the framework for effective practice.

School Social Work

School social workers act as the connection for school, home, and community services to help children with emotional, developmental, and educational needs. Most school social workers practice in public and private schools, although a small percentage may work in social services agencies or other service sites such as a preschool program or residential treatment center for children who are emotionally disturbed.

Objectives of the Study: To study the impact of Social work on the society and how they helps in improving the conditions of society.

Challenges of Social Work:

Social workers look to improve the challenges that our society faces, but it's important to consider the challenges that they face personally in this profession. And more importantly we must meet each of these challenges with a solution:

Working with vulnerable people

This field of work interact with both children and adults on the individual level, who may be facing physical disabilities or mental health issues. Another facet of the job will involve working with the families, teachers, and communities of these vulnerable people. Research conducted by Unison explores these challenges with first-hand accounts, with one social worker describing a time where they had advised a panel that a child should no longer

have contact with their mum, and they had to deliver this verdict directly in front of her. Being exposed to these highly emotional situations can lead to compassion fatigue. It can be difficult to remain unaffected by distressing cases, especially when you are dealing with them on a daily basis. Social workers may suffer from depersonalization, emotional exhaustion and other more easily identifiable symptoms such as headaches.

Unpredictable schedule

Many social work jobs operate outside of the traditional 9-5 Monday-Friday business hours. Those that do have a typical contract may find their work extending beyond these hours. This can cause problems with balancing work and personal life. Unfortunately, the 9-5 working day is no longer a suitable model for a lot of organizations as the needs of our society have changed. There are benefits of a flexible work routine and you can find time for mindfulness in the form of an exercise class or reading a book. Alternatively, it may help you to focus on the value of working in such an unpredictable profession.

These are examples of working at the micro and mezzo level of social care. There are also career opportunities at the macro level where social workers are involved in the legalities and policies that affect our system of care. So, remember that while social work not always offer conventional hours, nor does it have a conventional career route. Each individual can choose their direction, and with so many paths to take you can tailor yours to what suits you.

Caseloads are down but workloads aren't

Our aging population will see an annual 3% increase in demand for adult social services. Also with the number of people suffering from mental health illnesses on the rise we are beginning to see a surge in demand for social workers with expertise in this field. However, Heidi McIntosh - a senior policy advisor - reported that there has been a national decline in caseloads. It's vital though, not to associate this with a reduced workload.

The caseload vs. workload conversation needs to be initiated to ensure that social workers are not overwhelmed and left disheartened at not being able to offer their desired level of care to each of their cases - and most importantly, so that their wellbeing does not suffer.

Society is transforming

People have more choices about the way that they live. Families are no longer conventional; we've seen a change in dynamics and support systems. As mentioned before, our population is aging and more people need support for mental health illnesses. For social workers at the micro and mezzo level, this presents the challenge of adapting your care approach. Meanwhile, social workers at the macro level need to support this change by revising legislation and policies. Enforce the Protected Time Learning approach to reflect on your cases and learn from them. This is an opportunity to share caseloads with your co-workers, and benefit from the power of a shared brain. It's a chance to not only share knowledge but to learn from different perspectives. This process can help facilitate your professional development and for that reason, it should be seen as necessary not a luxury.

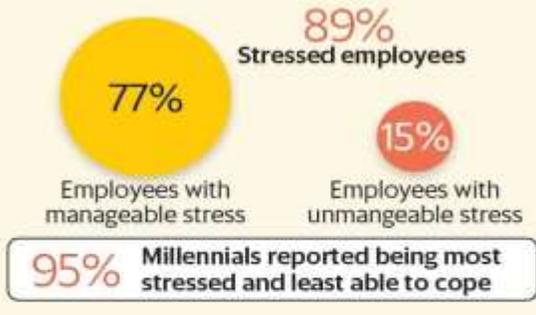
Findings

A survey, carried out by Cigna TTK Health Insurance said about 89% of the population in India said they were suffering from stress compared to the global average of 86%. Stress levels are high in India compared with other developed and emerging countries, including the US, the UK, Germany, France, China, Brazil and Indonesia, according to the 2018 Cigna 360° Well-Being Survey – Future Assured released earlier this week.

The survey, carried out by Cigna TTK Health Insurance, a joint venture between US-based Cigna Corp. and Indian conglomerate TTK Group, said about 89% of the population in India said they were suffering from stress compared to the global average of 86%. In addition, one in eight people have serious trouble in dealing with stress, with millennials suffering more than other groups. Nearly, 75% of respondents in India do not feel comfortable talking to a medical professional about their stress, with cost being one of the biggest barriers. The survey explored people's perceptions and concerns on health and their sense of well-being across five key areas—physical, family, social, finances and work. The survey covered 14,500 people in 23 markets around the world.

Stressful workplace

Stress levels are high in India. Work and finances are the key reasons for stress in India, with millennials suffering more.



Support of stress in terms of workplace wellness programs looks satisfactory.



Old-age readiness

A majority in India believe in strong family structure and are counting on spouse and children for old age care.

How prepared are we to face extended old age?



Who do you expect will take care of you when you reach old age?



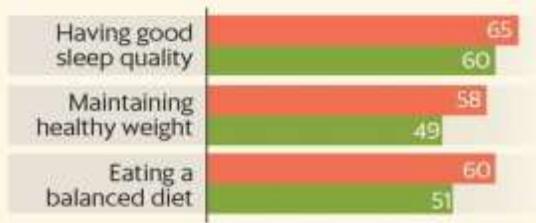
Perceptions of well-being

Though India showed slight declines in physical, social and family wellness this year, respondents remained optimistic about work and financial well-being, with millennials being most optimistic about their prospects.



Physical well-being

There has been a decline in physical well-being on all dimensions, with the biggest drop in weight and diet management, followed by sleep-related issues.



Financial well-being

There has been a dip in financial well-being, which is mostly about financial insecurity if unable to work, and due to growing concerns on supporting parents and children.



Source: Cigna TTK Health Insurance

India takes the top spot in the overall global well-being index for the fourth year running. The country only showed slight declines in physical, social and family wellness this year, while respondents remained optimistic about work and financial well-being. The largest percentage falls are in the physical area and were seen in weight and nutrition management, followed by sleep-related challenges. In the social pillar, over 50% of people from India said they are not spending sufficient time with friends or have enough time for hobbies. The dip in family well-being is mostly due to growing concerns about the ability to financially support parents and children.

Thus, Social workers attempt to relieve and prevent hardship and suffering. They have a responsibility to help individuals, families, groups and communities through the provision and operation of appropriate services and by contributing to social planning. They work with, on behalf of, or in the interests of people to enable them to deal with personal and social difficulties and obtain essential resources and services. Their work may include, but is not limited to, interpersonal practice, group work, community work, social development, social action, policy development, research, social work education and supervisory and managerial functions in these fields.

CONCLUSIONS

With issues of disability, drug misuse, poverty, mental ill health, problems associated with aging etc. rising constantly, social work has become a vital need of our society today. So, there is great prospects of Social work in India. Professional social workers are found in every facet of community life—in old age homes, orphanages, schools, hospitals, mental health clinics, prisons, corporations and in numerous public and private agencies that serve individuals and families in need. Social work is not just about doing good deeds and helping the under-privileged. Over a period of time, it has evolved into a profession which is expanding day by day.

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