

## Overall Human Security Vs Quality of Life with a Focus on Asia: A Sociological Appraisal

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### Abstract

Sociology as a vigilant science monitors human society, and how it is affected by different means. Human security is overall a matter of great concern for a large number of developing countries including Asia. The problems emerging in the region are due to background failures and shortcomings. Social measures need to be used to ensure human security, and to spread it among the citizens in a fair way. Human security being an interdisciplinary issue, other social science disciplines must play role to complement it. Biomedical sciences such as pharmacology also highly plays role to further ensure longer lives of the individuals in the society. Currently, due to increasing urban life, more people have access to medicines and clinical nursing. Such a situation has contributed to increasing population worldwide with special reference to Asia. The Asian region accounting for more than 60% of the world's population, is in need of further pharmacological studies in order to meet the needs of its citizens.

**Keywords:** Human Security; Asia; Pharmacology; Sociology; Quality of Life

### Introduction

Quality of life as an indicator affects many contexts of individuals during the life course. Culture, health, human environment, physical health, safety and security, and many more are sociologically under the influence of quality-of-life indicator. Human related quality of life itself is currently under the influence of pharmacology. Development of pharmacological findings has extensively human life expectancy [1]. Quality of life is highly in close relationship with pharmacology [2]. On the other hand, and from the viewpoint of sociology, human security is a paradigm to evaluate vulnerabilities. It indicates a people-centered understanding of security which involves a number of research fields including development studies [3]. In current times that the world is witnessing a population of over 7.6 billion, and by the year 2050, a total population of above 10 billion [4], more human security needs to be practiced, and that is highly dependent on pharmacological development and more findings in the related areas. Similarly, as in the years to

come, Asia will witness more elderly people. So, the region will be in need of more medicines and other logistics.

One of the topics that is of great interest to sociologists today is the issue of human security, especially in urban areas. While urban areas are generally changing more quantitatively and qualitatively than other areas, many citizens in these areas also face challenges and individual, family and social ills [5]. In such circumstances, through sociological studies and the application of such themes, human security can be provided and strengthened as much as possible. Human security is a matter of concern for many developing societies today, including in Asia. The problems and challenges that are seen in the region are spreading more rapidly in urban areas, which in addition to affecting the quality of life, needs a sociological study. The study of human security itself is done in the form of a set of interdisciplinary approaches, and it itself includes many points or threats with an emphasis on urban areas. Today, social

measures are used to ensure human security as much as possible, and to spread it among citizens.

## **Method of Research**

Methodology used in the present article is of qualitative type. In that, various paradigms have been used to find out about the facts regarding pandemics during the history. Qualitative research usually studies people, events or areas in their natural settings. In finding facts for the research, the researcher engaged in careful data collection and thoughtful analysis of what was relevant. In the documentary research applied for the present research, printed and written materials were widely regarded. The research was performed as a qualitative library-type in which the researcher had to refer to the relevant and related sources. In the current research, various documents were thoroughly investigated, and the needful inferences were made. The data fed by the investigator in the present article is hopefully reliable. Though literature on pandemics is very limited, yet the author tried to investigate many different resources in order to elicit the necessary information to build up the text.

## **Human security perspective**

Following the security perspective of global politics, human security has not been increasingly claimed and considered in recent years. Human security also contributes to national, regional and humanitarian stability. Also, human security is generally people-centered, and seeks to create well-being, health and improvement of people in different parts of the society, especially in urban areas, where different classes and groups interact with each other in different ways. Human security is also an interdisciplinary issue, and different contexts play a role in providing it. Human security generally studies the vulnerabilities of different social groups, and provides solutions as needed. Therefore, this issue has a lot to do with social services the internal problems of (Asian) societies themselves have led to a lack of attention to human security concerns. Problems such as urban sprawl, turning to industrial and service sectors, increasing migration and even in some cases human trafficking, the emergence of suburban areas, the emergence of communicable diseases and the like are among the concerns related to human security in different communities. By 2050, more than 2.7 billion more people will be added to the urban population of developing societies, and in this movement there will be severe pressure on basic services, urban infrastructure, etc. [6].

The Asian region, which accounts for more than 60 percent of the world's population, faces a similar challenge. Attractions due to income and services always attract more people to urban areas [7]. Therefore, while these concerns should be addressed at the national and regional levels, global attention in recent decades has been focused on these concerns and vulnerabilities. One way in which human security problems can be controlled and controlled is through future sociological or societal concerns. This has led to little attention being paid to recognizing the advancing issues and challenges facing many people in developing societies, especially in Asia, which itself requires sociological considerations and social services. Because many less developed countries have made great strides in their socio-economic and demographic developments in recent years, many social strata and groups have faced inadequacies. Due to the emergence of problems such as lack of employment, lack of social security and the like, social services can provide significant assistance in this regard. Human security itself is related to issues such as economic security, food security, health security, environmental security, community security or those related to the rights of minorities and races and the like. Therefore, under certain conditions, society can find its normal state, or in other words, human security can be realized, in which case or security can be provided in the above-mentioned areas. Many underdeveloped countries where the quality of life is unsatisfactory is due to poor security and in the above cases.

While the East Asian region is known as the center of economic growth and development, at the same time, and despite the expansion of internal and external communications, there are many human security deficiencies in the region with an emphasis on urban areas. It should also be noted that economic growth and development does not eliminate all problems; Many social changes, normative changes, cultural contexts, etc., do not change on their own and with the pace of economic growth and development; (That is, what is more or less called cultural lag). This difference in change leads to many social challenges, inadequacies and the like. Thus, urban communities today are the focus of many social issues; That is, what is needed is more social services and human security.

While the region's economic wealth has grown at an unprecedented rate in recent years, there have been widespread inequalities in income, an unstable health network, and a kind of increase in the region's social problems; From health issues to immigration issues; In a way that all threaten the health of citizens. During the

last half century, many even less developed countries have faced better economic and financial situation. At the same time, many cases related to social, economic, etc. inequalities have emerged among the citizens, which itself needs more monitoring, resolving the issues that have arisen, and so on. For example, while life expectancy has increased in many societies in recent decades, health care, insurance, etc. have not increased equally for all classes; That is, a phenomenon that has led to new social problems and inequalities. Thus, the fulfillment of the demands themselves greatly helps to eliminate the lack of security or human security.

### **Human security foresight**

Predicting the fundamental issues that lead to human insecurity is itself significant from a sociological perspective on quality of life. One of the main goals of sociology and social welfare is to predict future conditions between different social groups. Many less developed societies have paid less attention to this issue in recent years, and this inadequacy has led to many cases of social insecurity and poor human security. The concept of human security includes areas such as citizenship, equality, justice, legitimacy, etc. [8]. Therefore, in proportion to investment in other areas, in the areas of human security, social welfare and the like, for the coming years, adequate forecasting and investment by governments and through relevant experts should be made. Otherwise, citizens in future societies will face a variety of complexities and challenges.

Likewise, the human security assessor itself plays a key role at the national and regional levels of communities. Countries and different regions of the world should always make the necessary predictions regarding the future and the extent of human security. Today's communication, the expansion of virtual communication, the change in the family network, the change in social relations, values and the like, each affect human security in its place. Therefore, sociologists, social reformers, etc., each have to provide conditions in their place so that human security can be provided and maintained as much as possible.

Considering the areas of human threat and the use of survey information under study, provides a set of perspectives that lead to cohesion between the people, the government and the region. Because human societies are constantly changing and evolving, social studies and even case studies themselves provide a clear and definite picture of a society. Based on such information, the needs

of citizens are identified and it is possible to respond to such needs. This flow brings about unity among the people, the government and even a region. Such research helps to strengthen human security as much as possible. In such circumstances, the quality of life also improves. It is also worth mentioning that in the present era, improving the quality of life between nations and different strata has become of considerable importance.

The study of traditional and non-traditional (modern) threats following the expansion of societies from rural to urban areas, abandonment of rural life and turning to urban-industrial life, the emergence of cultural lag and the like, is of considerable importance. In other words, the perspective of human security with regard to the above, should always be considered sociologically. Many threats today inevitably occur. For example, entering urban life from rural areas, as well as entering industrial and modern life from traditional and agricultural life, causes cultural distances or a kind of cultural lag; That is, what challenges human security.

The human development of developing societies, including the Asian region, and the analysis of related policies are among the foresight of human security in the future. While many developing societies in Asia, for example, are changing, the sociological study and analysis of such developments will contribute to human security in the future. Therefore, from a sociological point of view, human societies must always be studied and evaluated in a forward-looking manner, otherwise many challenges and disorganizations will be inevitable for a given society.

### **Health security**

Health factors such as communicable diseases, natural and man-made disasters, and environmental degradation pose regional and global challenges [9]. The emergence of new and communicable diseases such as AIDS (HIV), pollution of the urban space, the environment, beaches and the like, all in their own way lead to environmental degradation; That is, a situation that ultimately leads to the destruction of human security. The same process itself affects the quality of life in various dimensions and in a negative way. Therefore, health security in various forms should be considered and controlled. At the same time, preserving the environment does not mean that man must abandon new technology, but rather learn how to live within the cycles of nature [10]. In this way, the efficiency of citizens as well as their productivity will increase.

Such threats harm human health, and as a whole, affect the health of individuals as a whole. Therefore, relevant organizations should always have adequate monitoring of such conditions, in order to ensure human health as much as possible. Much of sociology deals with this; That is, the future of society, the occurrence of possible events and the like; That is, threats that are likely to endanger human health in the future.

The weakness of governments in protecting their citizens from such threats makes different groups very vulnerable, and it needs appropriate solutions. Therefore, governments in different societies must also have sufficient authority in governing societies and overseeing different sectors to a sufficient extent. This largely controls the vulnerability of communities. Otherwise, many individual and social harms, while appearing, themselves cause more harm to occur.

Such threats and failures themselves in some cases lead to reactions among citizens, urban violence, asylum and migration to other lands, instability and loss of regional security. Such a scenario is seen today in many African, Asian, and some Latin American communities; That is, what endangers social security and health. Therefore, in order to create health security, medium and long-term plans should always be implemented, and invested in. Achieving such conditions leads to an improvement in the quality of life.

### **Principles of human security**

The expansion of the process of globalization has been both national and regional, as well as international, and it has always sought to meet human needs, beyond its national possibilities and format [11]. Globalization, which itself has emerged following the emergence of the world system, in which social and economic relations spread throughout the world, and the world became more or less subject to a single social order; In it, patterns and values move toward unification [12]. Similarly, the globalization of culture, which is itself the result of the expansion of tourism, increased migration between societies, commercialization of cultural products, the spread of consumerist ideology and Macedonianization [13], has had a comprehensive impact on quality of life.

Human security depends to a large extent on the acceptance of global models and new practices. Many countries today, with their own internal patterns, are unable to meet their growing needs; Rather, they must inevitably use new tools and facilities. The pro-

cess of implicit globalization has made this possible more or less for independent countries. In this way, human needs or in other words, human security have been provided as much as possible. Critics of globalization, on the other hand, believe that this process; Globalization has driven development in a way that jeopardizes citizens' access to healthy living, adequate health care, and a healthier climate; And while proponents of the principle of globalization (the thesis of globalization) always point to its strengths, critics of the process argue that globalization is followed by many instances of environmental and spatial insecurity, loss of environmental health, and the like has brought. At the same time, the uncontrollable flow of globalization continues today among different nations. The only way left is to adopt policies that, through the various communities that are commensurate with their capabilities, also pursue indigenous and regional strategies. In the definition of human security, it should be added that the concept or idea of human security is the protection of individuals and citizens from physical, mental, dignity and health hazards. These should be pursued in such a way that the least damage and challenges appear within the communities. In this way, and with such protection of citizens, the quality of public life in a society can be improved. Creating an environment in which one can design, and pursue, the stability of life is considered human security; It means such freedom for future generations to inherit a healthy environment. Therefore, proper policy-making and anticipation of future conditions can further establish human security for future generations; That is, what guarantees the quality of life.

According to UN Secretary-General Kofi Annan, human security must include economic development, social justice, environmental protection, democratization, disarmament, respect for human rights and the rule of law. If the above-mentioned things are realized, human security will appear more and more in the desired society. In this way, social trust in society also increases; That is, a set of conditions that themselves provide the possibility of cooperation, production, increase of public wealth and public satisfaction in relative terms. Therefore, achieving human security depends on the mentioned contexts and conditions. In this way, the standard of living, as well as the quality of life, is improved; That is, what activates the development cycle itself.

### **Choice or right of reproduction**

One basic principle in explaining human security is the right to choose fertility, in which proponents of family planning programs

believe that if women want to achieve economic equality; That is, to satisfy employment and demands of that kind, they must have control over their fertility, and that means (family planning); Couples make a conscious effort to regulate the number of births and the spacing between births through artificial and natural methods [14]. One of the crystallizations of human security lies in the rights of fertility for women and among women. If women achieve this fundamental right, they can achieve many things related to human rights, economic rights, more personal health, self-reliance, and so on. During the last half century, this principle has always been raised among progressive societies, and in many cases it has been practically addressed. The realization of this trend has led to women being healthier and living longer than at any other time in the past. However, some less developed countries that have not addressed this principle still have a long way to go. The right of their children to choose has also improved the quality of life for the family and the community.

Where policymakers in less developed societies see many children as a factor in deepening family poverty levels, adopting family planning programs is seen as a factor in eliminating such issues. One of the ways in which family poverty can be reduced, and replaced by a higher quality of life, is through the process of reducing birth rates within families. Less developed countries in this movement need guidance, provision of family planning tools (subsidized) and such supervision. Similarly, education and literacy development among young age groups, especially women, itself helps a lot to achieve this goal (fertility reduction). However, industrialized countries, where industrialization has institutionalized fertility decline within households, are less in need of fertility monitoring and control services. In this way, by adopting such paradigms (roadmap), the quality of life within the family can be improved. Such an action can itself contribute to the establishment and sustainability of human security.

Achieving human security is achievable (practical) if the necessary preconditions are provided. Such areas include literacy, women's education, women's economic and social participation, raising the level of income within families, equal rights between men and women, and so on. In such circumstances, human security will be achieved, and as a result, the quality of life will improve in various dimensions within these families; That is, a situation that will have a positive impact on future generations. While children were considered a factor of productivity in their traditional and agricultural

societies, following the spread of urbanization in the present age, this privilege has become a kind of challenge and hardship; In a way, not addressing it is considered a threat to future human security. Whereas today's societies are evolving into industrialization, requiring less manpower, and so on, since even agriculture itself is largely mechanized today; That is, it requires less manpower. Under such circumstances, anticipating manpower and at the same time anticipating its declining trend will help to improve human security not only now, but also for future opportunities. The combination of these interactions raises the standard of living.

## **Conclusion**

Though Asia's economic wealth has grown at an unprecedented rate in recent years, yet there have been widespread inequalities in income, an unstable health networks, and a kind of increase in the region's social problems; from health issues to immigration issues. Sociologically speaking, all such issues threaten the health of citizens. Such socio-economic inequalities emerging among the citizens, need more monitoring to resolve the issues that have arisen and so on. Foreseeing the fundamental issues that lead to human insecurity is highly significant from a sociological perspective and quality of life. Under such an appraisal, development of pharmacology is widely prominent in order to reach human security with special reference to Asia. Health factors such as communicable diseases, coronavirus, natural and man-made disasters, environmental degradation and the like are the global and Asian challenges that the present citizens are facing and need solutions.

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