

Sociology

1st Year Arts - Chapter-wise Notes

Azad Jammu Kashmir (AJK) Board - General Arts Syllabus

Original Study / Revision Notes

Original study and revision notes only. These notes are NOT official Azad Jammu Kashmir (AJK) Board notes, NOT leaked material, and NOT a guarantee of exam questions or marks. They follow the standard 1st Year Arts syllabus in general terms only. No verified AJK-specific official scheme is claimed here. Students should always study from their prescribed textbook and class notes, and confirm the current syllabus with their teacher.

How to use these notes: Read the explanation first, learn the important points, then try the short and long questions without looking. Use the MCQs for quick self-testing and the revision checklist at the end before an exam.

Introduction

Sociology is the study of society and social life. It asks how people live together, how groups form, how rules and values develop, and how society changes over time.

This PDF covers society and culture, family, social institutions, social change and social problems in general, original terms. It does not claim any official board scheme or any leaked material.

Study each chapter by first understanding the idea, then learning the key terms in your own words, then practising questions. Real examples from family, school and community life will help you remember ideas better than memorising definitions alone.

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Chapter 1: Society and Social Life

Explanation

Society is a group of people who live together, share common life, and interact through relationships, rules and institutions. No person lives fully alone: we learn language, manners and skills from others.

Social interaction means people act and respond to each other. Through interaction, groups form, cooperation grows, and social order develops. Sociology studies these patterns, not just single individuals in isolation.

Important Points

- Society is people living together with shared life and interaction.
- Social interaction shapes behaviour, groups and order.
- Groups can be small, like a family, or large, like a community.
- Social order depends on shared rules, values and cooperation.
- Sociology studies patterns in social life, not only individuals.

Short Questions and Answers

Q: What is society?

A: A group of people living together with shared life, interaction, rules and institutions.

Q: What is social interaction?

A: The way people act and respond to each other in daily life.

Q: Why do people need society?

A: People learn language, skills, values and cooperation through living with others.

Q: What is a social group?

A: Two or more people who interact, share a common identity or purpose, and see themselves as a group.

Long Questions and Answers

Q: Explain why humans are called social beings.

A: Humans depend on others from birth for food, care, language and learning. Through family, school and community, people learn how to behave, work and solve problems together. Even independent adults rely on farmers, teachers, doctors, builders and many others, so social life is a basic human need, not an extra.

Q: How does social interaction create social order?

A: When people follow shared rules, respect each other and cooperate, daily life becomes predictable and peaceful. Families teach manners, schools teach discipline, and communities develop customs. When interaction breaks down or rules are ignored, conflict and disorder increase.

MCQs - Test Yourself

1. Society is:
 - A. People living together with shared life
 - B. One person alone on an island
 - C. Only buildings
 - D. Only laws
2. Social interaction means:
 - A. People acting and responding to each other
 - B. Never talking
 - C. Only trading
 - D. Only travelling
3. A family is an example of a:
 - A. Social group
 - B. Mountain
 - C. River
 - D. Machine
4. People learn language mainly through:
 - A. Social life
 - B. Silence alone
 - C. Sleeping only
 - D. Never listening
5. Social order needs:
 - A. Shared rules and cooperation
 - B. No rules at all
 - C. Constant conflict
 - D. Isolation
6. Sociology studies:
 - A. Patterns in social life
 - B. Only rocks
 - C. Only stars
 - D. Only animals
7. A community is:
 - A. People sharing a place and common life
 - B. A single house
 - C. A single road
 - D. A single person
8. Cooperation helps society by:
 - A. Solving problems together
 - B. Creating disorder
 - C. Stopping all work
 - D. Removing rules

MCQ Answer Key

1. A, 2. A, 3. A, 4. A, 5. A, 6. A, 7. A, 8. A

Chapter 2: Culture

Explanation

Culture is the learned way of life of a group: its language, beliefs, values, customs, food, dress, arts and ways of behaving. Culture is learned, shared and passed from one generation to another. It is not fixed forever; it changes as people meet new ideas and conditions.

Material culture includes physical things, such as tools, houses, clothes and technology. Non-material culture includes ideas, values, beliefs, language and norms. Norms are expected ways of behaving, while values are ideas about what is good, right and important.

Important Points

- Culture is learned, shared and passed between generations.
- Material culture is physical; non-material culture is ideas and values.
- Language carries culture and helps people communicate.
- Norms guide expected behaviour; values show what a group prizes.
- Culture changes over time through contact, invention and new needs.

Short Questions and Answers

Q: What is culture?

A: The learned way of life of a group, including language, beliefs, customs, values and arts.

Q: What is material culture?

A: Physical things of a culture, such as tools, houses, clothes and technology.

Q: What is non-material culture?

A: Ideas, values, beliefs, language and norms of a culture.

Q: What is a norm?

A: An expected way of behaving in a group or situation.

Long Questions and Answers

Q: Explain material and non-material culture with examples.

A: Material culture can be seen and touched: a house, a tool, a book or a vehicle. Non-material culture cannot be touched but guides life: respect for elders, honesty, language, religious beliefs and rules of greeting. Both are needed: tools help people live, while values and norms help people live together well.

Q: Why does culture change?

A: Culture changes when people invent new tools, meet other cultures, face new needs, or adopt new ideas through education and media. Some changes are fast, such as new technology, while values and customs often change more slowly. Change can bring progress, but it can also create tension when old and new ways differ.

MCQs - Test Yourself

1. Culture is:
 - A. Learned way of life
 - B. Born fully formed
 - C. Only food
 - D. Only buildings
2. A house is an example of:
 - A. Material culture
 - B. Non-material culture
 - C. A norm
 - D. A value
3. Honesty as a prized idea is an example of a:
 - A. Value
 - B. Tool
 - C. House
 - D. Road
4. Language is important because it:
 - A. Carries culture and communication
 - B. Stops communication
 - C. Is never learned
 - D. Has no use
5. Norms are:
 - A. Expected ways of behaving
 - B. Physical tools
 - C. Mountains
 - D. Rivers
6. Culture is passed mainly through:
 - A. Learning across generations
 - B. Never teaching
 - C. Only books in one place
 - D. Chance alone
7. Which can change culture?
 - A. New ideas and contact with others
 - B. Nothing ever
 - C. Only weather
 - D. Only silence
8. Values show:
 - A. What a group considers good and important
 - B. Only prices
 - C. Only colours
 - D. Only sizes

MCQ Answer Key

1. A, 2. A, 3. A, 4. A, 5. A, 6. A, 7. A, 8. A

Chapter 3: Family

Explanation

Family is the basic social unit. It provides care, love, security and early learning. Children first learn language, manners, values and social skills in the family. Families also share work, income and responsibility.

Families take different forms. A nuclear family usually includes parents and their children. A joint or extended family includes wider relatives living or working closely together. Each form has strengths and challenges, and family life changes with urban life, jobs, education and migration.

Important Points

- Family is the basic unit of society.
- Family gives care, security and early social learning.
- Nuclear family: parents and children; joint family: wider relatives together.
- Families share work, income and responsibility.
- Family forms change with jobs, cities, education and migration.

Short Questions and Answers

Q: What is a family?

A: A basic social unit of people linked by kinship, care and shared life.

Q: What is a nuclear family?

A: A family usually made up of parents and their children.

Q: What is a joint family?

A: A family where wider relatives live or work closely together.

Q: What does a child first learn in the family?

A: Language, manners, values and basic social skills.

Long Questions and Answers

Q: Explain the main functions of the family.

A: The family cares for children, gives love and security, teaches language and values, and prepares children for school and community life. It shares income and work, supports members in illness and old age, and passes culture to the next generation. When families are stable and caring, children and society both benefit.

Q: Compare nuclear and joint families.

A: Nuclear families are smaller and often more mobile for jobs and city life, with quicker decisions but less daily help from relatives. Joint families offer wider support, shared work and care for elders, but may face more shared decisions and less privacy. Neither form is perfect; both can succeed with respect, cooperation and fair sharing of responsibility.

MCQs - Test Yourself

1. Family is:
 - A. The basic unit of society
 - B. Only a building
 - C. Only a school
 - D. Only a market
2. A nuclear family usually includes:
 - A. Parents and their children
 - B. A whole village
 - C. Only friends
 - D. Only teachers
3. A joint family includes:
 - A. Wider relatives together
 - B. Only one person
 - C. Only strangers
 - D. Only neighbours
4. Children first learn manners mainly in:
 - A. The family
 - B. Nowhere
 - C. Only markets
 - D. Only roads
5. A family function is:
 - A. Care and early learning
 - B. Making mountains
 - C. Controlling weather
 - D. Building rivers
6. Family support in old age shows:
 - A. Shared responsibility
 - B. No care
 - C. Isolation only
 - D. No kinship
7. Urban jobs can lead to:
 - A. Smaller, more mobile families
 - B. No families at all
 - C. No migration
 - D. No change
8. A healthy family needs:
 - A. Respect and cooperation
 - B. Constant conflict
 - C. No communication
 - D. No sharing

MCQ Answer Key

1. A, 2. A, 3. A, 4. A, 5. A, 6. A, 7. A, 8. A

Chapter 4: Social Institutions

Explanation

Social institutions are stable patterns of social life that meet important human needs. Family, education, religion, economy and government are major institutions. Each has roles, rules and expectations that help society run in an organised way.

Education passes knowledge and skills and prepares people for work and citizenship. Religion gives beliefs, moral guidance and community bonds. The economy organises production, work and exchange. Government makes rules, keeps order and provides public services. Institutions work best when they support each other.

Important Points

- Institutions are stable patterns meeting major human needs.
- Family, education, religion, economy and government are major institutions.
- Education passes knowledge, skills and citizenship values.
- Economy organises production, work and exchange.
- Government makes rules, keeps order and provides services.

Short Questions and Answers

Q: What is a social institution?

A: A stable pattern of social life that meets an important human need.

Q: Name three major social institutions.

A: Family, education and religion, along with economy and government.

Q: What does education do in society?

A: It passes knowledge and skills and prepares people for work and citizenship.

Q: What does government do?

A: It makes rules, keeps order and provides public services.

Long Questions and Answers

Q: Explain how education and family support each other.

A: Family gives early learning, care and motivation, while school gives formal knowledge, skills and wider social experience. When families support study and schools respect families, children learn better. If either side is weak, learning suffers, so cooperation between home and school matters.

Q: Why are institutions important for social order?

A: Institutions give clear roles and rules, so people know what to expect. Schools teach, markets exchange, courts settle disputes, and families care for members. Without institutions, daily life would be uncertain and conflict would be harder to solve fairly.

MCQs - Test Yourself

1. A social institution is:
- A. A stable pattern meeting a human need
 - B. A single building
 - C. A single person
 - D. A single day

2. Which is a social institution?
- A. Education
 - B. A mountain
 - C. A river
 - D. A storm

3. The economy organises:
- A. Production, work and exchange
 - B. Only prayers
 - C. Only lessons
 - D. Only games

4. Religion can give:
- A. Beliefs and moral guidance
 - B. Only money
 - C. Only roads
 - D. Only houses

5. Government provides:
- A. Rules and public services
 - B. Only private homes
 - C. Only farms
 - D. Only shops

6. Schools prepare people for:
- A. Work and citizenship
 - B. Isolation only
 - C. No skills
 - D. No society

7. Institutions work best when they:
- A. Support each other
 - B. Work in conflict always
 - C. Ignore people
 - D. Close down

8. Family as an institution provides:
- A. Care and early learning
 - B. Court judgements
 - C. Currency
 - D. Roads

MCQ Answer Key

1. A, 2. A, 3. A, 4. A, 5. A, 6. A, 7. A, 8. A

Chapter 5: Social Change

Explanation

Social change means change in social life, relationships, institutions, values and ways of working over time. Change can be slow or fast, small or large, planned or unplanned. It affects families, schools, jobs and communities.

Causes of social change include new technology, education, urban growth, migration, economic change, new ideas and contact between cultures. Change can bring better health, learning and opportunity, but it can also create adjustment problems when old habits and new demands clash.

Important Points

- Social change is change in social life and institutions over time.
- Change can be slow or fast, planned or unplanned.
- Technology, education, cities and migration drive change.
- Change can bring benefits and adjustment problems.
- Societies need time and support to adjust to change.

Short Questions and Answers

Q: What is social change?

A: Change in social life, relationships, institutions, values and ways of working over time.

Q: Name two causes of social change.

A: New technology and education, along with urban growth and migration.

Q: Is all social change fast?

A: No, some change is slow and gradual, while other change is rapid.

Q: Why can change cause problems?

A: Old habits and new demands may clash while people adjust.

Long Questions and Answers

Q: Explain the main causes of social change.

A: Technology changes work and communication. Education changes knowledge and expectations. Cities and migration change family and community life. Economic change creates new jobs and needs. New ideas and contact with other cultures change values and customs. Together these forces reshape daily life.

Q: Discuss the positive and negative effects of social change.

A: Positive effects can include better health, wider learning, new jobs and fairer opportunities. Negative effects can include stress, broken routines, inequality and loss of useful traditions. Wise planning, education and community support help societies gain benefits while reducing harm.

MCQs - Test Yourself

1. Social change means:

- A. Change in social life over time
 - B. Only change in weather
 - C. Only change in clothes
 - D. No change at all
2. Technology can cause social change by:
- A. Changing work and communication
 - B. Stopping all work
 - C. Removing all schools
 - D. Doing nothing
3. Education changes society by:
- A. Changing knowledge and expectations
 - B. Closing minds
 - C. Stopping learning
 - D. Removing families
4. Urban growth affects:
- A. Family and community life
 - B. Nothing
 - C. Only farms far away
 - D. Only mountains
5. Social change can be:
- A. Slow or fast
 - B. Only fast
 - C. Only slow
 - D. Never planned
6. A benefit of change can be:
- A. Wider learning and opportunity
 - B. No learning
 - C. No jobs
 - D. No health care
7. Adjustment problems arise when:
- A. Old habits clash with new demands
 - B. Everyone agrees instantly
 - C. Nothing changes
 - D. No one works
8. Good planning helps change by:
- A. Reducing harm and spreading benefits
 - B. Increasing harm
 - C. Ignoring people
 - D. Stopping education

MCQ Answer Key

1. A, 2. A, 3. A, 4. A, 5. A, 6. A, 7. A, 8. A

Chapter 6: Social Problems

Explanation

Social problems are conditions that harm people or society and are widely seen as needing a solution. Examples in general terms include poverty, illiteracy, unemployment, crime, drug abuse, child labour, gender inequality and environmental harm. A problem is social when it affects many people and has social causes and effects.

Solving social problems needs understanding causes, not only blaming individuals. Education, fair opportunity, law, health services, community action and family support all play a part. Students can help by learning, respecting others, and supporting fair and lawful solutions.

Important Points

- Social problems harm many people and need shared solutions.
- Poverty, illiteracy and unemployment are major social problems.
- Problems have social causes, not only individual causes.
- Education and fair opportunity help prevent problems.
- Law, services and community action support solutions.

Short Questions and Answers

Q: What is a social problem?

A: A condition that harms people or society and is widely seen as needing a solution.

Q: Give two examples of social problems.

A: Poverty and illiteracy, or unemployment and crime.

Q: Why is illiteracy a social problem?

A: It limits learning, jobs, health awareness and participation in society.

Q: Why do social problems need shared solutions?

A: Because they affect many people and have social causes beyond one person.

Long Questions and Answers

Q: Explain how poverty affects society.

A: Poverty limits food, housing, health care and education, which harms children most. It can increase stress, illness and inequality, and reduce opportunity. When many families face poverty, whole communities suffer, so fair jobs, education and support services are needed, not only short-term help.

Q: How can education help reduce social problems?

A: Education gives knowledge, skills and awareness, improves job chances, and helps people understand rights, health and lawful behaviour. Educated citizens can support families better, take part in community life, and solve problems peacefully. Education alone cannot solve every problem, but it is a strong long-term solution.

MCQs - Test Yourself

1. A social problem is:
 - A. A harmful condition needing a solution
 - B. A personal hobby
 - C. A single rainy day
 - D. A private joke
2. Which is a social problem?
 - A. Illiteracy
 - B. A mountain
 - C. A river
 - D. A season
3. Poverty can limit:
 - A. Food, housing and education
 - B. Nothing
 - C. Only songs
 - D. Only games
4. Unemployment means:
 - A. People willing to work cannot find jobs
 - B. Everyone has a job
 - C. No one wants work
 - D. Only students study
5. Education helps by:
 - A. Giving knowledge and job chances
 - B. Removing all schools
 - C. Stopping learning
 - D. Harming health
6. Child labour harms children by:
 - A. Taking away learning and childhood
 - B. Helping them study more
 - C. Giving them rest
 - D. Doing nothing
7. Gender inequality means:
 - A. Unequal chances and treatment
 - B. Equal chances for all
 - C. No difference at all
 - D. Only names differ
8. Solving social problems needs:
 - A. Understanding causes and shared action
 - B. Blame only
 - C. Ignoring causes
 - D. No services

MCQ Answer Key

1. A, 2. A, 3. A, 4. A, 5. A, 6. A, 7. A, 8. A

Revision Checklist

- ☐ I can define society, social interaction and social group.
- ☐ I can explain material and non-material culture.
- ☐ I can explain family functions and compare nuclear and joint families.
- ☐ I can name major social institutions and explain their roles.
- ☐ I can explain causes and effects of social change.
- ☐ I can explain major social problems and long-term solutions.
- ☐ I have practised short answers, long answers and MCQs for every chapter.
- ☐ I have revised from my textbook and class notes for definitions my teacher requires.

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