**How is Sociology a Science?**

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**Abstract**

Human beings are social creatures who depend on each other for survival. The way we live with each other is influenced by how we communicate and it impacts our lives and how we interact with one another. This simply means that our interactions with each other shape our understanding of relationships, social structures, and our actions. Communities that people come from influence their behaviors due to the culture and the social institutions like family, religion, and education that have aided people to grow this is what sociology helps to understand. Sociology assesses the important aspects of our lives and the cosmos at large. Sociology enables us to understand the processes that shape our lives as well as our outcomes. How is sociology a science? This is the question a lot of people tend to ask. Sociology is a social science and this paper will examine how sociology is a science using various and support the statement that sociology is a science by using going through various literature reviews.

*Keywords:* Sociology, Science, Behaviors, Social beings

**How is Sociology a Science?**

Sociology refers to the study of social relationships, the structural relationships as well as the patterns, and behaviors that come about. It assesses people's interpersonal relationships with each other, and how groups relate to each other. Human beings are not solitary beings and cannot live without one another thus they are social beings (Rebatch$Bruhn,2001). Some people have dedicated their careers to studying human interactions and they view the cosmos as a laboratory. In this case, a laboratory is simply a room where scientific experiments are conducted. To them, the universe is an experimental area making it an area for conducting experiments. Sociology is a science because it uses scientific methods and principles to study human social behaviors. Sociologists are people who use scientific methods to conduct research, analyze data collected draw conclusions on human behaviors, and patterns, and predict future outcomes. Sociology is a science because of the following reasons:

**Theoretical Development**

Sociologists develop theories that explain different social patterns and predict future events. These theories are interconnected and form part of sociological research (Bulmer,2017). Theories are tested and the results are taken and examined. The sociologist follows scientific instructions that develop these theories as well as the methods used in accurately getting the data. The theories provide information on how the relationships are developed. Examples of a theory that has been developed include life as a struggle between communities and groups causing social inequalities (Robinson,2014). In science theories are important it allows scientists to predict outcomes if theories appear to be true according to findings. Similarly, in sociology, sociological theories help sociologists to predict future patterns of human behaviors thus making it a science.

**Development of Hypothesis**

Scientifically a hypothesis is an idea that is tested through observation or experiments and is subject to scientific evaluation. Sociology is a science because sociologists come up with hypotheses that are testable and specific from the theories they come up with. This hypothesis in sociology predicts how one behavior will influence another behavior also it is meant to guide the research to test the validity of the theories. The sociologist comes up with a quantitative measurements-based scientific technique to test hypothetical social processes. These sociological procedures are comparable to scientific experiments since they both bring knowledge into systemization. ("The status of sociology as a science: Problem and Prospect", 2015) an example of a sociology hypothesis is inequality in income has raised crime to high levels.

**Research Methods.**

In science, different methods are used to test hypotheses or achieve the objective of research. To get the desired results from a particular scientific method, observations, surveys, field observations, and experiments are imperative. Sociologists study people in their different environments and comprehend them from their perspective. Sociologists use scientific models to study human behaviors. The sociologist will go to the field and observe and learn how people relate to gain knowledge on the people being studied (Baker,2006). According to Marshall and Rosemann (1989), Sociologists utilize observation to study various behavioral patterns, events, and activities then they later are recorded. There are two types of observation, one is where the observer is involved in community activities while studying them. The other one is not participating in the activities the subjects are involved in while observing. In Sociology the most used research scientific method is survey which is used to determine how people think and act. The use of these research methods in sociology makes it a science.

**Objectivity**

Every scientific research has an objective that the researcher hopes to achieve. Sociology as science has its objective that the sociologist is trying to attain. The results of data analysis collected by the researcher should not be biased due to personal values or preferences (Berube.M,2005). It is the aim of any scientific investigation and to achieve this objectivity the scientist should be receptive to criticism and should not have a preference for any value. In scientific research, the scientist is supposed to stick to the objective of the research to avoid bias. These objectives are applied by scientists to arrive at truthful conclusions since sociologists strive to be objective in their research and maintain the integrity of research shows that sociology is a science.

**Empirical Proof**

Evidence in sociology is the data that has been gathered through either observation or experiments that prove the hypothesis right or wrong. Sociologists use different methods to collect data to validate their hypothesis examples including surveys, interviews, and observation. Just like any scientific research, the results of the research show whether the hypothesis is positive or negative. The results are then analyzed scientifically and statistically to allow the sociologist to identify the various trends, and patterns in large data that lead to sociological research. Sociology itself being a science has results obtained from the research to prove a particular hypothesis. In an experiment conducted to prove the impact of social settings on psychology, where middle-aged students were kidnapped and taken to jail after a few days, they developed trauma symptoms. This proves that social settings have an impact on psychology (Haney et al., 1973).

In conclusion, sociology is a social science, because the data that has been gathered and scientifically analyzed, has to be reviewed by other scientists and specialists in the same field. This helps to ensure the research is quality and reliable. Sociology helps recognize the complexity of human behaviors and social structures. This is challenging but scientific approaches have made sociologists make sense of these complexities. The use of these scientific principles shows how sociology is a science.

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