**How Education and Unemployment affect Health Status** (Practice Essay)

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Health is determined by a range of factors that can either positively or negatively impact the health of an individual. These factors can range from environmental factors such as air quality and pollution to socioeconomic factors such as education and unemployment, and many more. Two key socioeconomic determinants are education, the process of acquiring knowledge and skills for the future, and employment, the state of having income. This essay will describe the link between education and employment and how they could positively impact health status with reference to the film “Erin Brockovich”.

Education and unemployment effect health status in a variety of ways, both of which are very strongly linked with each other. Education is the best way to acquire the competency to be skillful in a job, which typically leads to a higher income. Higher income leads to more access to resources such as food and shelter, thus enabling the individual to access the goods and services necessary for health. Employment is the state of having a paid job, which leads to having a steady flow of income. Having income leads to more access to resources necessary for health than being unemployed, which leads to a healthier lifestyle. The fact that both education and employment both lead to higher income and access to resources shows that the two factors are in fact linked with each other. An example of both education and employment having a strong link with each other would in Erin Brockovich’s life when Erin becomes employed by Ed Masry. Once Erin became employed, she received a steady income, which enabled her to afford services such as food and daycare, while also receiving an education when learning skills such as sampling methods and a variety of social skills. Education and employment both have a strong correlation with people’s health status, and so they need to be pursued to reach optimal health status.

When measuring health status, the individual’s mental state needs to be considered, which is strongly correlated to education and employment. Education leads to an increased amount of social interaction, which is important for mental health, as social connections provide emotional support and thus reducing the damaging effects of stressors that one may encounter. Employment leads to a stronger sense of self-purpose, which is essential because it provides a reason to live and maintain their health so that they can live longer to fulfil their sense of purpose. An example of employment positively impacting mental health would be in the film “Erin Brockovich” when Erin becomes unemployed, which led to her discovery of a case in which a large business lied to a small town about the water from which they drink from. Once Erin realized that she could have an impact on the lives of the people in Hinkley, she found a strong sense of self-purpose, which led to a strong motivation to continue her life, thus having a positive impact on her health status. Education and employment can both have positive effects on mental health status, hence they should be considered when trying to achieve adequate health.

Health status is strongly linked with self-esteem, both of which are strongly correlated with education and employment. Education leads to increase in the skills of an individual, which leads to a stronger sense of independence and capability, which are important for the health of an individual because excessively relying on others leads to feelings of uselessness and futility, thus being a major factor of health status. Employment leads to a gain in life experience, which is a factor when determining health status because life experience leads to an increase in life skills, be it social or physical skills, many of which are important, life-long skills that are important when maintaining health. An example of how employment helps individuals with self-esteem would be in the film “Erin Brockovich” when Erin goes through many obstacles in order to help the people in the small town of Hinkley. Through her pursuit, she gained skills such as perseverance and sampling, as well as social interaction skills. Education and employment are strongly correlated with the self-esteem of individuals, which is a major factor of mental health status, and thus they should be assessed when considering the health status of an individual.

No single factor can determine the health status of an individual but assessing a range of factors can give a better understanding of health status as the factors are all strongly linked with each other. Education and employment are two factors that are strongly correlated with the ability to access resources, feelings of self-purpose and self-esteem, all of which are related to people’s health. These factors are both important when considering health status and they’re strongly linked to each other in a variety of ways.