

ESSENTIALS IN  
**SOCIOLOGY**



**Copyright © Iguodala-Cole Hope Imuetinyan, 2024**

***All rights reserved.***

No part of this publication may be reproduced, retained, or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage and retrieval system, without permission in writing from the author or publisher. This excludes quotations for academic or research purposes, for which the author must be duly acknowledged and cited in full alongside the title of this book for such quoted parts.

**ISBN: 978-978-424-886-7**

**First published and printed in Nigeria by:**



**NIRPRI PUBLISHING PRESS**

An Imprint of LEHAP Enterprises  
Block B, Suite B1, Commerce Plaza, Garki, F.C.T Abuja

**Administration and Correspondence**

NIRPRI PUBLISHERS & BOOKSHOPS  
Block D110, AGY Plaza, Abubakar Burga Way,  
Bank Road, Keffi, Nasarawa State, Nigeria

[nirripublishers16@gmail.com](mailto:nirripublishers16@gmail.com)

<http://nirripublishers.wordpress.com>

Abuja, Keffi, Karu, Jos, Lagos, Makurdi  
+234 (0) 813 459 5955, +234 (0) 812 930 0813

**Author's Contact:**

**Mobile** +234 (0) 806 292 3689

**Email:** [hopecole420@gmail.com](mailto:hopecole420@gmail.com)

**ORCID:** <https://orcid.org/0000-0001-9546-178x>

Cover Design: Mandul Johnson

Book Design & Layout: Leo Chris-Aba

ESSENTIALS IN  
**SOCIOLOGY**

**Iguodala-Cole Hope Imuetinyan (PhD)**



## Acknowledgement

I would like to express my heartfelt gratitude to all those who have contributed to the creation of this book, "Essentials in Sociology." This project would not have been possible without the support, encouragement, and assistance of many individuals and organizations.

First and foremost, I would like to thank my family for their unwavering support and understanding during the countless hours I spent researching and writing this book. Your love and encouragement have been my anchor throughout this journey.

I extend my sincere appreciation to my academic advisors and mentors for their invaluable guidance and insights. Your expertise and dedication to the field of sociology have been instrumental in shaping this book.

I am deeply thankful to the numerous scholars, researchers, and experts in sociology who generously shared their knowledge and expertise. Your contributions have enriched the content of this book and have made it a comprehensive resource for students and enthusiasts of sociology.

I would also like to acknowledge the contributions of the publishing team at NIRPRI Publishing Press. Your professionalism, expertise, and commitment to producing high-quality educational materials have been instrumental in bringing this project to fruition.

To my friends Assoc. Professor Desmond Oyemachi Okocha, Dr. Mary Adebayo and colleagues who provided encouragement and support during the various stages of this book's development, I am grateful for your unwavering belief in the importance of sociology as a discipline and the value of this book as a learning tool.

Lastly, to the readers and students who will use "Essentials in Sociology" to deepen their understanding of society and human behaviour, I hope this book serves as a valuable resource on your academic and intellectual journey.

Thank you to all who have played a part in making this book a reality. Your contributions are deeply appreciated.

## **Dedication**

This book, *Essentials in Sociology*, is dedicated to my cherished family—Esv. Daniel Cole, Peter, David, Anthony, and Daniella Cole—whose love and support have been the cornerstone of my journey, and all those who seek to understand society and inspire change within it.

# Table of Contents

Acknowledgment	v
Dedication	vii
Contents	viii
Foreword	xi
Preface	xiii

## **CHAPTER ONE: INTRODUCTION TO SOCIOLOGY**

The field of Sociology	1
The Sociological Imagination	2
Theoretical Perspectives	5
Functionalism	7
Conflict Theory	10
Symbolic Interactionism	12
Social Institutions	17
Defining Sociology	24
Development of the science of Sociology	28
Sociology in Nigeria	41
Scope of Sociology	50
Branches of Sociology	59
The major schools of thoughts in Sociology	61
Sociology is a science	68
Importance of Sociology	75
Methods of Sociology	82
Socialization	85
Conformity	90
Deviance	92
Power	98
Authority	101
Leadership	103

## **CHAPTER TWO: SOCIAL ORGANIZATION**

Introduction	107
Meaning of social Organization	107
Levels of Social Organization	107



Groups	109
Social Differentiation	116
Religion	117
Social Interactions	121
Social stratification	124
Social Mobility	126

**CHAPTER THREE: ERVING GOFFMAN ANALYSIS OF SOCIAL INTERACTION, SOCIAL GROUPS AND SOCIAL IDENTITY**

Introduction to Social Interaction	131
Micro, Meso, Macro, and Global Levels of Sociological Analysis	134
Symbolic Interaction and Everyday Social Interaction	137
Front stage and Back Stage	143
The Individual and Society	150
Social Groups	154
Social Networks	170

**CHAPTER FOUR: AFRICAN SOCIETIES AND CULTURE**

Introduction	177
The Concept of Africa	177
African Societies	180
Culture	184
The Concept of Culture	184
The meaning of Culture	184
African Culture and Value	187
Cultural Change in Africa and the Problems of Adjustment	190
Cultured Shock	192
Oberg Four-phase Model	192
Cultural Diffusion	194
Cultural Region in Africa	198
World views of African societies and culture in a contemporary setting	203

What is Religion	204
African Traditional Religion	205
Significance of Religion to Africans	206
<b>CHAPTER FIVE: FAMILY</b>	
Introduction	209
Definition of Family	209
Types of Family	210
Activities of Family	210
Functions of the Family	211
Family Educational Styles	215
Marriage	220
Society and Culture	221
Collective Behaviour	226
Public Opinion and Propaganda	229
Social Change	232
Social work and Social Problems	234
Issues by Country	250
The Link Between Sociology and Social Work	267
Socio-cultural Anthropology	273
What does medical Sociology mean?	282
Sociology and Anatomy	284
Is Dementia a Social Construct or a Medical Condition?	289
Sociological Perspective of Dementia	291
The influence of sociology on dementia	292
Gender	295
<i>References</i>	<i>300</i>

## Foreword

**I**t is with great pleasure and enthusiasm that we introduce to you the book "Essentials in Sociology." In a world that is becoming increasingly interconnected and complex, the study of society has never been more relevant and vital. This book serves as a guiding light for students, scholars, and anyone curious about the intricate workings of human social life.

Sociology, as a discipline, offers us the tools to comprehend the dynamics that shape our communities, institutions, and relationships. "Essentials in Sociology" encapsulates the fundamental concepts, theories, and methodologies that form the cornerstone of this discipline. Whether you are a novice eager to explore the subject for the first time or a seasoned sociologist seeking to revisit the core principles, this book provides a comprehensive and insightful resource.

The author has meticulously crafted each chapter to unravel the layers of society, ranging from the individual to the global. She delves into the dynamics of culture, socialization, inequality, institutions, and social change, among other crucial themes. With clarity and depth, she presents key sociological theories that have shaped our understanding of human behaviour within social contexts.

What sets "Essentials in Sociology" apart is its commitment to bridging the gap between theoretical knowledge and real-world application. The book is replete with examples that encourage readers to critically analyse and interpret the world around them. By engaging with these practical scenarios, readers can develop a holistic and insightful sociological imagination.

As we navigate an era of rapid technological advancements, shifting demographics, and evolving norms, the insights

provided by sociology are more pertinent than ever. This book equips readers with the intellectual tools to grapple with the complexities of our time and to contribute positively to the social discourse.

I extend my gratitude to the author for her dedication and expertise in compiling this valuable resource. "Essentials in Sociology" reflects her passion for both the subject matter and the education of those who seek to understand it. We also acknowledge the readers, whose curiosity and pursuit of knowledge drive the continued importance of sociological inquiry.

In conclusion, I invite you to embark on a journey of exploration and enlightenment as you delve into the pages of "Essentials in Sociology." May this book inspire you to view the world through a sociological lens, fostering a deeper comprehension of the forces that shape our lives, our interactions, and our shared human experience.

**Hon. Hajia Maimuna Momodu JP, FILDC.**

Former Hon Commissioner for women Affairs  
and Social Development.

Edo State, Nigeria.

## Preface

**W**elcome to "Essentials in Sociology." This book aims to provide a comprehensive and accessible introduction to the fascinating field of sociology. Whether you are a student new to the subject or an individual interested in gaining insights into the social dynamics that shape our world, this book is designed to be your essential guide.

Sociology is more than just a subject; it is a way of understanding the complex interactions, structures, and patterns that define human societies. It offers a lens through which we can examine the underlying forces that influence our behaviours, beliefs, and institutions. In a rapidly changing global landscape, sociological knowledge becomes increasingly vital in navigating the challenges and opportunities of our interconnected world.

"Essentials in Sociology" covers a wide range of topics, from the foundational theories that have shaped the discipline to the contemporary issues that are shaping our societies today. We delve into the concepts of culture, socialization, inequality, race and ethnicity, gender, family, education, religion, politics, and much more. Through engaging explanations, real-world examples, and thought-provoking discussions, this book aims to illuminate the key concepts and debates within sociology.

One of the unique strengths of sociology is its ability to challenge assumptions and encourage critical thinking. As you read these pages, you will encounter perspectives that may differ from your own, and you will be prompted to reflect on your own experiences within the context of broader social structures. It is our hope that this book will not only provide you with knowledge, but also inspire you to

question, analyse, and engage with the world in new and meaningful ways.

We would like to extend our gratitude to the educators, researchers, and thinkers whose contributions have shaped the field of sociology and continue to enrich our understanding of society. We also acknowledge the diverse voices and communities that make up the tapestry of human experience, and we strive to represent a range of perspectives throughout this book.

Whether you are embarking on a formal study of sociology or simply exploring its insights out of personal interest, we invite you to journey through the pages of "Essentials in Sociology." May this book empower you to explore the complexities of society with curiosity and empathy, and may it inspire you to become an engaged and informed participant in the ongoing dialogue about the human experience.

Sincerely,

**Iguodala-Cole, Hope Imuetinyan. Ph.D.**