

IQRA NATIONAL UNIVERSITY
DEPARTMENT OF ALLIED HEALTH SCIENCES
Mid-Term Assignment
Course Title: Behavioral Science (DT 4th) Instructor: Mr. Shahzad Anwar

Max Marks: 30

Time: 48 hours

Name: Muhammad Tahir.....

Note:

- Attempt all questions from this section, all questions carry equal marks.
- Answer Briefly and to the point, avoid un-necessary details

1. How the use of Facebook affects our long term memory ?

Ans : Brain require idea time to transfer data from short term to long term memory .By using facebook or social media will make your brain unable to memories overload data at the same time due to affect your long term memory for recalling data.Modern research determine us that brain is consider by many as a machine for storing information, but our new generation to utilize their brain for recalling store information in case of solving problem by using facebook digital machine without the nature use of brain, that processes may affect your long term memory.

The user of facebook never want to give more time for memorization of long term memory due to lack of time.This activity can affect your capacity of brain for rehears al of memory.Mostly people never want to remember significant historical events in past which are present in their long term memory,but they want to explore before others the way of information of new culture of present situation.This process may push down your long term memory.Multi tasking in facebook can create a stress condition by releasing stress hormones,cortisol and adrenaline which cause to make your brain weak for rehears al store information.

Q:2.Due to current stressful condition of ‘ ‘Lock down” which type of coping strategies are useful? Explane in detail?

Ans:In present lock down situation many people are going to stress condition but adult were more affected as compared to teenager and chlidrens.I want to explane the coping strategies which are more useful in present situation.

1] Avoid the Social Media

Daily base news may improve your stress about the current situation .Necessary for all people to avoid unnecessary information and news in current situation of lock down.

2] Physical Activity

Engagement in social activities can reduce your stress, playing various types of games. Physical activities improve your health condition by proper distribution of nutrition in blood. That blood circulates in brain capillaries to improve mental health.

3] Relaxation Breathing

Breathing in fresh environment can increase diffusion of oxygen in blood that oxygen reach to brain for oxidation of energy to make it more effective for positive attitude in society.

4] Time Management

In present situation, stress in lock down necessary for population to give specific time for each and every activity in present situation because without time management, people are going to stressful condition.

5] Moral Attitude

Moral attitude can modify the level of stress in worse situation. Necessary for all people to show with others the way of development as a result the level of stress will be going to low condition.

6] Balance Diet

The use of balance diet can improve the capacity of mental health to store more information and make a person complete to manage himself in current lock down situation.

7] Rest and Sleep

During rest and sleep body gain capacity to recover good mental health which are necessary for good relationship in stress condition. During in present situation, finance problem is more common among humans beings. Necessary for all to avoid finance problem for removal stress in current situation.

8] Biofeedback

In biofeedback digital devices are used by many for the awareness of internal situation in body. In this pandemic situation, there so many issue regarding with body. By using it we can reduce stress in lock down situation.

Q:3. Case Presentation : A college student has just completed his higher secondary education (F.s.c) and wishes to get admission in medical college. But at the same time, he is confused and anxious that if he get fail in getting admission, then what will happen next. Now keeping the steps of decision strategies, how will you make the best possible plan for this student?

Ans: First I will ask about the academic record of him. On the basis of academic record, I shall be making a decision in case of his visualization and imagination concerned with his goal. After collecting data from him, I will know about the previous merit list of individual medical colleges. If the ability of him will be responsible

to fulfil all the requirements of each and every medical college ,then I will provide him some suggestion about the goal of him in future.I shall have some knowledge by using which,i will provide a alternative way that relate with medical profession for satisfaction of him.If he fail to study in higher universities and colleges.I will have some imagination and visualization about the family support in case of him.I provide some information before him about the logical option which he want to gain it.

After completion of these steps,i adopt to collect data from all those who are engage in competation like him by using question and answer.Then i will making meeting with his elders about the logical option of him.After the collection of data.I will provide a best logical plan in case of him to take or not take admis sion in medical college.