

Date:...../...../20.....

M T W T F S

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BS HIND 2nd Semester

QUESTION : 1

SOCIAL DETERMINATION OF HEALTH :

The social determination of health include .

The Social Gradient

Stress

Early life

Life Expectancy

Employment / Working conditions

Social environment

Addiction

Food .

Transport

Social support networks

Education and literacy .

All caused and all the factors which exist in our society which can affect our health in both good and bad way .

The Social Gradient .

There are classes in our society

Those with high status have all the facilities at their disposal. If they get the covid 19 or any other virus they can afford the test and all the medicines so they are not very much affected by it.

Whereas underprivileged people are at risk of getting the virus more than the upper class. They don't have the money to treat themselves. The test is too expensive.

EARLY LIFE:

People, those who have faced difficulties in their early life. These difficulties affect their adult life. They are physiologically weak and they take too much stress of everything due to that their immune system becomes weak so any virus around them can get them.

So those people who have this problem like psychologically challenged with less willpower are unable to recover from covid 19.

FOOD :

Healthy food is the basic key to strong immune system. But the ~~poor~~ poor people are not having healthy food are affecting more due to covid 19.

SOCIAL ENVIRONMENT.

Good social environment is also very important. People having a cooperating society nowadays help each other in this pandemic situation in every problem.

EDUCATION AND LITERACY

Educated people understand every situation and its effect. On the other hand uneducated people don't have enough information.

As in this situation of covid 19, educated people follow all the instructions and take precautions.

while the uneducation people
don't believe in these things
There is a high chance of them
getting the virus.

ADDICTION:

As addiction of anything is bad
who are addicted to drug
or smoking their immune system
is already weak. So they are
on high risk of getting the
virus.

SOCIAL SUPPORT NETWORK:

Social support network include
close relation with family and
friends.

So people with good social support
network will support each other
in this difficult time and they will
fight the virus.

QUESTION: 2

SELF MEDICATION:-

Self medication is a behavior in which a person examine his own symptoms, conditions and treat themselves accordingly and take medicine / drugs according to their symptoms.

According to my opinion its can be very dangerous practice as there is a saying little knowledge is dangerous so the people with little knowledge or zero knowledge of the disease they tends to self diagnose themselves and they misdiagnose the symptoms and conditions this can leads to the person to worst condition.

POTENTIAL RISKS OF SELF -

MEDICATION:

It includes :

1. Incorrect self diagnosis
 2. Delays in seeking medical advice
 3. Infrequent but severe adverse reaction
 5. Dangerous drug interaction, incorrect manner of administration.
 4. Incorrect dosage
 2. Incorrect choice of therapy
- Making of a severe disease and increasing risk of death.

And in country like Pakistan this behavior is very common people take medicines that can make their diseases even worse because people can not afford doctor's fees. And there are all people those who can afford the fees and other expenses but they ignore the condition and symptoms

They mostly self-medicate and use medicine without prescription and take medicines on advice of friends and relatives.

For Example:

If a person has cough for a long time and it is getting worse

with time and he self diagnose himself and just start taking cough syrup but he has TB and he has delayed seeking medical advice. This incorrect self diagnosis with put his life at risk.

QUESTION : 3 .

SCREEN TIME ADDICTION:

Just like tobacco and alcohol addiction, screen time addiction can become damaging for health.

From young children to working adults to even the elderly, most of the population get a fair amount of daily screen time from the numerous digital devices that we own.

Spending long hours staring at screen is definitely deleterious of our health.

Screen time addiction affects on mental health.

Every thing on this planet he get some bad effects on human. effects on human even water is a necessity as well as a sence of distruction. Same is the case with modern technologies, computer, phone and this social media.

Depression is the most prominent issue caused by spending more and more time in front of screen its has some much addiction that we have & become more involved in it

When we spend more time in front of screen, it is so time consuming that automatically makes you leave & your social life getting along with a piece of plastic which makes you so much disturbs when you are not connected to it.

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Internet or coming in front of screen has made us so negative that we can only spread hate it can be on someone's twitter or facebook or any other social media. We don't even care what our word will do to the person.

The mindset of this internet and electronic media has been very toxic, we have introduced this to our kids in very early age they are adopting hate, racism and lot of negative through ~~with~~ which effect their lives.

QUESTION: 4

Discuss contribute of sociology to medical field?

SOCIOLOGY

The science of society, social institution, and social relationships
The systematic study of the development, structure, interaction and collective behaviour of organized groups of human beings.

MEDICAL SOCIOLOGY.

Medical sociology sometimes referred to as health sociology is to study of the social causes of health and illness.

Medical sociology study the impacts of social and cultural factors on health care. This work includes studying the access to medical care of different ethnic group and social classes.

Contributing of Sociology to medical fields.

Health is the state of complete physical, mental and social well being not merely the absence of disease or infirmity.

While treating a patient just the doctors must take history about their social relationship financial status.

Because indirectly 80% of the causes of disease is social problem so first these problem must be solve.