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Paper Sociology
Section B

Social determination of Health

Pandemics are not an individual problems but largely a social problems. ~~but~~ "Social determination of health" subjectively contributes to 80 percent of our health outcomes data points for these spots are critical predictions of the outcomes of a Pandemics for an individual a community and society as a whole. Growing

agencies both local and federal acknowledge that poor community and individual living conditions impact how people will be able to respond and it recover from the disaster. Currently there are 88 million people living in the poverty in Pakistan. The trickle down effect ~~with~~ of Covid-19 will drives those numbers up as millions are battling for unemployment, food bank lines are longer than ever and housing and food security are increasing. Crisis has a way of shining a light on weakness. The Covid-19 Pandemic is highlighting the SDGs have been neglected.

In Covid-19 Pandemic
the role of social determinants
are become very important
because there are lots of people
who are facing the problems
of unemployment so we
need to help them to come
out from this Pandemic.

Ans 2 Self - Medication

The word self-medication means that taking of medicines without prescription of a doctor. In some areas the people taking medicine without prescription of a doctor for a minor disease like headache, vomiting and some other minor disease.

In remote areas the people cannot visit for a minor disease especially women.

They give medicines to women for minor disease.

Advantages of Self-Medications

There is very less advantage of self medication includes the following:

Access to the medicines.
Saving of Rupees avoid of
Commission medicines.

Active role of Patients
in his/hers own health.

It moves Patients towards
greater independence in
making decision. The self
medication is good now a
days because there is
Pandemic of covid-19 so
to safe from this we
need not to visit for minor
Infection to hospitals.

Disadvantages of self-Medication

There is a lots of disad-
vantages of self medication
which are the following
When we take medicine
for our self without
doctor Prescription so it

is very risky because if it is very become overdose then it will have adverse effect on our body.

Some time we have fever or coughing and it is the symptom of some other disease so we can take medicine for fever and cough and leave the big disease.

Some medicine antibodies in our body and can eat our body cells.

Sometimes we need to visit the doctor and we delayed it to which after some time we can face a big problem.

Ans 3

Screen Time addiction:-
The term screen refers to the amount of time spent in front of an electronic screen. This includes different forms of Technology such as mobile, laptop & televisions. Excessive amount of screen time have been shown to lead to electronic syndrome which is term combination of problems associated with exposure to electronic screen. These problems includes issues with mood, focus, behaviour and sleep pattern. Staring at screen for long time over stimulates the nervous system sending to stressed mood. However this stress is not

released, as screen time often involves a lot of sitting down, so the stress comes out in disruptive behaviours, irritability and other unproductive or negative outcomes. In excessive screen time the brain is overstimulated in certain areas, such as reward pathways, but does not get enough stimulation in other areas, such as the regions of the brain associated with empathy. Over time this leads to poor social development and a less resilient brain.

ANS # 4

Role of physiotherapist In patient management.

Physiotherapist help people affected by injury, illness or disability through movement & exercise manual therapy education & advice.

They maintain health for people of all ages, helping patients to manage pain & prevent disease.

Physiotherapist can make a patients to after surgery. The physiotherapist also make good connection b/w their patients.