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Section :- DPT 2<sup>nd</sup> (A)

Assignment :- Sociology

"Answer 1"

## "Social Determinants of Health"

The social determinants of health are that type of state or condition in which people are born, work, grow and live. At the global, national and local levels these situations are shaped by the distribution of the money, power and other resources. and also access to the health care.

## "Significance of Social

## Determinant of Health"

Social determinant of health are for those people whose have poor health factor, education, proper food supplement,

health care issues and other serious problems of people.

Social determinant of health mostly ~~play~~ play a key role in health related issues of all the over the world.

### "Social Determinant of Health of World Health Organization"

- 1) Food (2) Transport (3) Stress (4) Employment.
- 5) Social Gradient (6) Social Environment (7) Educat (Food)

Food play a big / important role in our body. It obtains alot of vitamins, which is very important for our body to strong up our immune system. If the body doesn't get that vitamins properly it will effect the immune system and wont be effected for the virus covid-19

## "Transport"

In the ongoing process transport play an important role on the pandemic of covid-19. The local transport has alot of people and which doesn't obey the SOP'S from which the people can be effected by covid-19

## "Stress"

On the ongoing situation-current of covid-19. People are so stressed, They are back to their homes, which is very flaustrated condition from which it can harm the mind of people that turns into aggression.

## "Employment"

Many people are out of their jobs due to the covid-19. ~~Business~~ Business man are going into less due to the

pandemic situation of covid-19.

They are unable to pay to their employe. There are lack of communication between the head and the employe.

### "Social Gradient"

Social gradient play a key role specially on the poor people because they can't afford proper health facility as the rich people get. So it's very difficult for the poor families!

### "Social Environment"

Social environment has also an important role in this pandemic situation of covid-19. If the environment is healthy for the people/patients it can be very fruitful for the patient to fight against the covid-19.

## "Education"

Education is the most effected in this pandemic of covid-19.

The students are at home. They have alot of troubles against this situation. They are not getting proper education system. In the development of country education play an vital role. This the reason that educated countries are now-a-days in control over this outbreaks while the countries with poor education systems are suffering due to covid-19.

## "Social Support Network"

It also play a vital role in this pandemic situation of covid-19.

Everyone is ready to help their loved ones their relatives. Even they help strangers financially to fight against the covid-19.

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"Answer 2"

## "Self-Medications"

Self-medication is a human-behavior in which an separate or independent uses a important substance or any exogenic impact to self administer care for psychological disorder/disease (OR)

The taking of drugs joints or home treatment on one's own capability and without the consultant a doctor on the advise of other person.

Self medication is the use of drugs or medicines by the him/herself for the treatment of the health problem without consultant consulting a doctor or a physician. and any kind of medical specialist.

## "Advantages of Self-Medication"

Self medication helps to stop and treatment symptoms and get nutify which means that don't require a doctor.

And the patient gets instantaneous / quick relief because of self-medication.

Services are not available and shortage of medical centers and hospitals so the self-medication is the best option.

Because of the self-medication that increase the availability of the health care in the tribal areas or remote and hilly areas.

The patient also gets control over the disease.

Time saving and money saving is also the advantages of Self-Medications.



It is also good for the patient welfare and for the efficiency.

"Example"

Cannabis and marijuana are that type of drugs, a person also may use to self-medicate. According to the Health line, these drugs are one of the most widely used substances for self-medication in the cases of Depression.

~~Some smaller or lesser illness may be treated with their own self-medication. These are generally more commonly encountered disorders with the minor or no risk of permanent injury.~~ of Self-Medication"

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"In my opinion Self-Medication is a Good Practise"

"Answer 3" "Screen Time Addiction"

A group of behavior which are negative also have some bad affect that can take place throughout our day, when we use alot of technology. So extend use of watching T.V, using technology, computer, videos games, social media using mobile phone all of them are that are use acts like a digital drug for our mind/brain.

"Affects On Our Mental Health"

Same like tobacco and alcohol use and other bad habits, the screen time addiction also enhance an bad addiction that can damage our physical and mental health and other relationships.

The sreen time addiction also spread a bad hormone on our mental health which is known as (dopamine) in the body, which can also badly affected stimulation control. To much screen time addiction can also lead to

numerous health, which "contain".  
 "Eyes strain, Headaches & poor sleep"  
 also. We also know that too much  
 screen time addiction can affect our  
 sleep habits but the researchers  
 recommended that it can also affect  
 our social skills, emotional developments.  
 So let's a look at our full scope  
 of these possible effects.

### 1) "Screen Time Addictions Interferes with Daily Activities"

In our society most of the parents  
 of our children, that's age is  
 between (5-17) that the parents  
 advise that their children device  
 use restrain with bed times, meal  
 time, even though the everyday communi-  
 cation and their school home  
 works etc. If you wasting your time  
 in playing video games, watching  
 TV, using mobile phones and

computer late into night so it might be causing you a dose of work on you that problems alot that is the sign of screen time addiction.

"Spending More Time with Virtual Friends the Real Friends"

Using too much Facebook, Instagram and other social media catching up you to make more friends and socially connected to other people. But it cannot restore the real emotional, physical and mental strenght of being with people face to face. When someones gets annoying the virtual friends are easier to manage because you can just click away. But in the real life you cannot do it. But the social media interactions are an unsatisfying for the real life.

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"Answer 4"

## "Role of Physiotherapist"

The physiotherapist helps the people which are affected by illness, injury and disability throughout the movement and the exercise. Physiotherapist support manual therapy, education and also advice. They maintain the health of the people of all ages. Physiotherapist also helping their patient to control or manage pain and to reduce the disease.

⇒ The physiotherapist advice the patient to continues sports, work exercise and how to understand fatigue as a reaction of over activity.

⇒ Physiotherapist serve any problem with the becoming physiotherapy techniques.

- ⇒ The physiotherapist also deliver information to the patient about effective postures and exercises.
- ⇒ Physiotherapist are responsible for giving the patients rehabilitation plan for therapy.

### "How Deal to Patient"

As well as physiotherapist in the central care and also investing in community rehabilitation will be better patient care and also reduce the cost of long term. Always stay calm, cool minded and also identify with the patient. Avoid arguing. etc.

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