

**IQRA NATIONAL UNIVERSITY**

**DEPARTMENT OF ALLIED HEALTH SCIENCES**

**Final-Term Examination (Spring-20)**

**Course Title: FUNDAMENTALS OF SOCIOLOGY (HND 2nd) Instructor: Mr. Shahzad Anwar**

**Max Marks: 50 Time: 6 hours**

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**Note:**

* **Attempt all questions from this section**
* **Each question carry different marks, so try to attempt questions according to their marks**
* **Answer Briefly and to the point, avoid un-necessary details**
* **“Copy + paste” material from lecture slides will not be acceptable, and would be marked as ZERO.**

1. What is the role of “SOCIAL DETERMINANTS OF HEALTH” in current condition of Covid-19? Explain with examples. (15 marks)
2. In your opinion, “SELF-MEDICATION” is a good practice or not? In both cases, justify your answer with proper explanation and examples. (15 marks)
3. How “SCREEN TIME ADDICTION” affects our mental health? Explain in detail. (10 marks)
4. Discuss contribution of “SOCIOLOGY” to medical field? (10 marks)

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**QUESTION#1:**

What is the role of “ SOCIAL DETERMINANTS OF HEALTH” in current situation of COVID - 19? explain with examples.

**ANSWER:**

**SOCIAL DETERMINANTS OF HEALTH:**

The social determinants of health are the conditions in which people are born,grown up,worked etc. Their circumstances are shaped by the distribution of money,power and resources at global,national and local levels. The social determinants of health are basically responsible for the health inequities, the unfairr and avoidable differences in health status has seen within and between countries.

**IMPACTS:**

**FINANCIAL ISSUES:**

Pakistan lags behind the neighbour countries in immunization coverage. As looking at the current situation we all know Pakistan has been on the edge since the beginning and the financial crisis has always been on the top.

In the situation as COVID -19 has made it worse because of the poverty level and the daily wagers earn easily and get food for their families but due to COVID -19 they have stopped earning and they cant feed their families and many has commited suicides because they cant feed their families.

**EDUCATION:**

In this situation of COVID -19 education is also getting affected as in this situation all the educational centers are closed. Students are lacking from their studies, they are stuck at home and not able to continue their studies. Their time is getting wasted.

**ECONOMY:**

Due to COVID -19 it has made a huge loss on economy of the country. Because of the lockdown everything is closed and the economy is getting down, business are getting so much loss.

**PLANNING FOR FUTURE NEEDS:**

Several plans have waived co-pays and fees for COVID -19 testing. Everyday people dying can have a hue impact on their overall health. This is a time of unprecedented stress.

Many people have concerns about job loss,access to food, social isolation. Understanding the social determinants of health for their members is they key to offering programs and resources with the highest potential for having a positive impact on well being.

**QUESTION#2:**

In your opinion,”SELF MEDICATION” is a good practise or not. In both cases justify your answer with proper justification and answer.

**ANSWER:**

**SELF MEDICATION:**

Self medication is an act or a process in which a person starts medicating himself by without taking any advice from the physician. It is a human behaviour in which a person uses a substance or any medicine or any exogenous influence for self treatment. The most common medicines are counter drugs which are available world wide in every pharmacy or super market, these don’t need any prescription from doctors.

**ADVANTAGES OF SELF MEDICATION:**

1. Due to the help of self medication patient gets relief immediately.
2. It reduces the pressure of medical services on health care as sometimes it can not be available.
3. It makes it easy to prevent and treat symptoms which can be treated and does not require a doctor.
4. It is good for the specific areas as rural areas, remote areas, or hilly areas, as the availability of health care is increased there.
5. The patient gets immediate control over the chronic disease.
6. It is a cost saving and time saving option to the health care of people.

**DISADVANTAGES OF SELF MEDICATION:**

1. Medicines are used and misused and over used for different type of illness.
2. Worldwide in every country antibiotics are used without doctors prescription which leads to many severe sickness.
3. Its irrational use increases the risk of many adverse reactions on the body.
4. There are so many medicines which are banned in the market and people still go and consume them.
5. Over usage or misusage of high dose medicines may lead to hypersensitivity of drugs. Which can give several reactions on body.

**CONCLUSION:**

Self medication is done nationwide, which people follow it has advantages and disadvantages both. If a person is having knowledge about self medication and if he/she knows which medicine to take then it is fine for them. But as compared to the other person who has no knowledge about self medication then it is not good for him to take self medication.

My opinion in self medication is that it might not be helpful all the time because most of the treatments are not done without the doctors prescription. Nobody shoukd take the risk of using or taking medicines on their own, because you never know what kind of minor or rare serious problem you. Misuse or over use of medicines can lead to so many adverse reactions on our body. It can be a allergic reaction which can ruin your skin. There are people who do self medication for babies too, now in babies case they need proper medicines prescripted by the doctors. One wrong for a baby or child can lead to serious health problems. So self medication in my case is not good for health and can lead to many problems.

**QUESTION#3:**

How “ SCREENTIME ADDICTION” affects are mental health. Explain in detail.

**ANSWER:**

**SCREENTIME ADDICTION:**

Screen time addiction is very common nowadays in this generation. There is no other activity left for kids now they don’t have any physical activity. It is harming their health which is not good for them. Parents don’t keep a check at their kids and let them do whatever they want which is not good. They may use it in wrong way which may lead to many problems. It is an addiction which is very harmful for the mental and physical health.

**AFFECTS ON MENTAL HEALTH:**

Screentimes addiction is very effective on mental health.

1)It makes a person lose its tolerance, mood swings.

2) This addiction is more harmful for kids as it may lead to many problems for them mentally and physically both, the affects can be as in their speech they would not be able to communicate properly then.

3) they face difficulty in solving their problems or to think about anything.

4) they face cyber bullying.

5) they face depression and anxiety.

6) no physical activities left for them all the attention and focus is on mobile, this may leads to many bone problems.

As parents and guardians we should keep a check on our kids screentiming so that they don’t get addicted to it and they use it in a good way or in a informative way.

Which will not lead to any mental harm and they will not get addicted to it.

**QUESTION#5:**

Discuss contribution of sociology to medical field.

**ANSWER:**

**SOCIOLOGY RELATED TO MEDICAL FIELD:**

Sociology related to medical field means sociological analysis of medical organizations and institutions. It is the study of social causes and consequences of health and illness. Sociology related to medical field means to know the point of view where we can get information about the health care system their processes,communication skills now this can involve both the patient and professionals.