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Assignment : Sociology

QUESTION 1 :
what is the role of "social determinants of health" in current condition of COVID-19
Explain with examples ?

"SOCIAL DETERMINANTS OF HEALTH" :-
The social determinant of health are the conditions in which people are born, grow, live, work and age as well as the complex, interrelated social structures and economic systems that shape these conditions. Social determinants of health include aspects of the social environment (eg. discrimination, income, education level, marital status), the physical environment (eg. place of residence, crowding conditions, built environment (eg. buildings, spaces, transportation systems), and products that are created or modified by people.

"SOCIAL DETERMINANT OF HEALTH IN CURRENT CONDITION OF COVID-19"
The corona virus pandemic began as a simple outbreak in December 2019 in wuhan, china. However it quickly propagated to other countries.

(2)

and became a primary global threat. It seems that most countries were not prepared for this pandemic. As a consequence, hospitals are overcrowded with patients, and death rates due to the disease skyrocketed.

In order to reduce the impact of the disease spread, most governments implemented social distancing restrictions such as closure of schools, airports, borders, restaurants and shopping malls.

In most severe cases there are even lockdowns. All citizens were prohibited from leaving their homes. This subsequently led to a major economic downturn: stock markets plummeted, international trade slowed down, businesses went bankrupt and people are left unemployed.

A multitude of social and economic criteria have been attributed as potential determinants for the observed variety in the coronavirus outcome.

The known social determinants all flow into each other: poor education, lower wages, manual labor, low or no access to quality health care, little to no knowledge and time available for preventative care measures, inability to purchase and cook higher quality food, lack of exercise beyond manual labor work, and more. These all lead to a systemic issue that perpetuates itself and we see generations unable to get out of poverty, are underserved and suffer from shorter life spans and lower quality of life.

(3)

Social determinant of health include :

- The social gradient
- Stress
- early life
- Social exclusion
- work
- unemployment
- Social Support
- addiction
- food
- transport
- Economic stability
- Education
- Health and Healthcare

EDUCATION :

Strong factor in achieving employment and therefore income. 38% of university grades rated their health as excellent compared to 19% of those with less than high school. It is the ability to understand goals of treatment and follow direction. In current situation of COVID 19 there is online education which gives student a quality of education and it is also one of the best option for the completion of degree program.

(4)

UNEMPLOYMENT :-

unemployment and underemployment linked to poor health and nowadays because of this pandemic situation many people are unemployed due to this they face poor health.

FOOD SECURITY :-

one in eight families have inadequate access to regular healthy meals - 1.1 million children living in a home with food insecurity. Link to development of chronic diseases. increased use of food banks

HOUSING :-

Social services, geographical location and education are some of the most common social determinants of health. these factors have a significant impact on the current healthcare landscape. As more healthcare organizations deliver value-based healthcare they are developing strategies to deliver wellness care.

STRESS :-

A state of psychological imbalance resulting from the disproportion between situational demand and the individual ability. stress is a root cause for many psychological illness. stress can cause headaches, eating disorder etc.

(5)

QUESTION : 2

In your opinion "SELF MEDICATION" is a good practice or not? In both cases justify your answer:

SELF MEDICATION :

Self medication is the selection and use of medicines by individuals to treat self recognised or self diagnosed conditions or symptoms.

In my opinion self medication is a good practice because it helps to prevent and treat symptoms and ailments that don't require a doctor - patient gets immediate relief this reduces the pressure of medical services where health care services are not available and insufficient. Self medication happens when a person turns to prescription drugs, illegal drugs, or alcohol in order to deal with situations they find hurtful, stressful or emotional.

"CONDITIONS TREATED BY SELF MEDICATION":

Headache, body ache, cough, constipation, loose motion, acidity, generalized weakness, sleeplessness, fever, skin infection, joint pain, burns, menstrual pain, insect bite etc

(6)

ADVANTAGES OF SELF MEDICATION :-

- it helps to prevent and treat symptoms and ailments that do not require a doctor
- patient gets immediate relief. This reduces the pressure of medical services where health care services are not available and insufficient
- Increase the availability of health care in rural area or remote ~~areas~~ areas, hilly areas
- patients get control over the chronic disease
- Good for patient wellness and productivity
- Economic improvement for employer
- Cost saving and time saving to health care of the people

DISADVANTAGES :-

once medicine are entering human body, get absorbed rapidly. At the same time medicine gets sold rapidly through a powerful marketing and no or less control over medicine. they are used and miss used and over used for different type of illness e.g. Taking pain killer for long time out consultation of doctor and out knowing the cause of headache.

e.g. paracetamol is antipyretic and analgesic which is used in large doses can cause liver problems (toxicity)

(7)

e.g. Major problem or disadvantages of self medication is emergence of human pathogen resistance microorganisms worldwide particularly in developing countries, where antibiotics are often used and available without prescription. Its irrational and use increases the risk of adverse reaction. And person may develop resistance to particular antibiotics, hypersensitivity of drug withdrawal symptoms and temporary masking of disease can delay correct diagnosis. Some medicines are banned in the market and user doesn't know and they go on consuming.

CONCLUSION :-

Self medication of antibiotic is alarming concept. This survey focused on the self-medication of allopathic drug. Their use is safe and reason for using it. It could be safe and if the people who are using it have sufficient knowledge about its dose, time of intake, side effect on overdose, but due to lack of information, it can cause serious effects such as antibiotic resistance, skin problems, hypersensitivity and allergy. Hence developing country like India where we have poor economic status, education status as well as poor health care facilities, people have less knowledge regarding risk associated with their self medication of antibiotics. We are on the edge of sword whether to promote self medication or not. Hence

it is recommended that holistic approach should be taken to prevent this problem, which include proper awareness and education regarding the self medication and strictness regarding pharmaceutical advertising. Dispensing ~~need~~ ^{mode} in the need to be improved through proper education, strict regulatory, and managerial strategies to make health care easily accessible and cost effective. Health professionals have to spend some extra time in educating patients regarding the same improved knowledge and understanding about self-medication may result in rational use and thus limit emerging microbial resistance issue.

QUESTION : 3

How "SCREEN TIME ADDICTION" affects our mental health? Explain in detail.

"SCREEN TIME ADDICTION" :-

Screen time addiction is a term used for activities done in front of a screen such as watching TV, ~~ent~~ working on a computer, or playing video games. Screen time is sedentary activity, meaning you are being physically inactive while sitting down. very little energy is used during screen time.

(9)

Children spend about 3 hours a day watching TV. Added together, all types of screen time can total 5 to 7 hours a day.

Screen time affects :-

- ^{Too much screen time can} Make it hard for our child to sleep at night
- Too much screen time can impair brain structure and function.

VISION :-

Staring into a screen for extended periods of time can cause "Computer vision Syndrome" we are probably familiar with the symptoms: strained, dry eyes, blurred vision, and headaches, poor posture can also cause neck and shoulder pain

Sleep :-

Computer and mobile phone use to more sleep disturbances. blue light from digital devices suppresses the sleep promoting hormone melatonin, keeping us from having restful sleep

weight :-

even two hour of TV a day can increase the risk of weight gain, diabetes, and heart disease in adults.

Loss of Cognitive ability :-

one of the scariest consequences of excessive screen time is its effect on one's mental health. Too much screen time alters the very structure of one's brain by causing the grey matter that's responsible for cognitive processes to shrink, as well as deformity to the white matter that serves as the outwork to the brain's signal communication. This manifests itself in the form of poorer concentration, weaker memory, slower information processing and weaker impulse control - these effects are particularly worrying when it comes to children, whose brains are still developing.

Impaired Socialising skills :-

using digital devices is a largely solitary activity - we don't have much real-life interaction when we are preoccupied with what's happening to the screen. This could lead to increasing anti-social tendencies and feelings of withdrawal. With children in particular, this precious opportunity to develop important social skills through playing with their friends is lost when they spend time on digital devices instead.

(11)

weakened emotional judgment:

Too much screen time ~~is~~ also affects our ability to register and process emotions. Desensitisation to violent content is one particularly worrying side effect of weakened emotional judgment. According to scientific research, exposure to violent media content can also increase aggression levels, especially in younger children and adolescents.

Delayed learning in young children:

When it comes to young children, the alteration of the brain's structure due to excessive screen time can impact their learning abilities. In particular, children who watch more TV have more difficulty picking up languages. This delay in learning can be as much as 50% higher for every 30 minute spent watching the TV. Letting kids watch educational programs may not be the best way to ~~learn~~ to educate them either - young children can learn better by physically exploring, and hinders their brain from being active and engaged.

(12)

QUESTION : 4
DISCUSS Contribution of sociology to medical field?

MEDICAL SOCIOLOGY :-

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

Medical sociologists study the impacts of social and cultural factors on health care. This work includes studying the access to medical care of different ethnic groups and social classes and the ways that broader socioeconomic factors shape the organizational structures used by healthcare providers. Medical sociology can be a stepping stone to several different careers, or an academic career in its own right.

Social factors include :

- Unemployment
- Income and social status
- Education and literacy
- Physical environment
- Social environment
- Religion
- Ethnicity and race

CULTURE FACTORS INCLUDE :-

- Language
- Religion and spiritual beliefs
- Gender
- Socio-economic class
- Age
- Education

Social factors - Social determinants of health reflect the social factors and physical condition of the environment in which people are born, live, learn, play, work and age also known as social and physical determinants of health they impact a wide range of health functioning and quality of life outcomes

Social factor :-

- Availability of resources to meet daily needs, such as educational and job opportunities, living wages, or healthful food
- Social norms and attitudes such as discrimination
- Exposure to crime, violence and social disorder such as presence of trash
- Social support and social interactions
- Exposure to mass media and emerging technologies such as the internet or cell phone

(14)

Culture also affect health:

- Acceptance of a diagnosis, including who should be told when and how.
- Acceptance of preventive or health promotion measures (eg vaccine, prenatal care, birth control, screening test etc)
- perception of the amount of control individual have in preventing and controlling disease
- perception of death dying and who should be involved.
- perception of the amount of control individual have in preventing and controlling disease
- use of direct versus indirect communication making or avoiding eye contact can be viewed as rude or polite or with an interpreter being present
- Influence of family dynamics, including traditional gender role, filial responsibilities and patterns of support among family member
- perception of youth and aging.