

SOCIOLOGY

UMME RUBAB

15965

QUESTION: 1

What is the role of "social determinants of health" in current condition of COVID-19, explain with examples.

DETERMINANTS OF HEALTH

Social determinants of health are the social and economic condition that promote health factors found in one's living and working conditions, including the environment in which people live, work, are born.

IMPORTANCE

The importance of social determinants of health is to approach to achieving health equity.

When everyone has the opportunity to ^{attain} their full health potential?

and no one is "disadvantaged from achieving this potential" because of their social position or any social circumstances.

SOCIAL DETERMINANTS.

The social determinants include;

SOCIAL GRADIENT.

People who are backward and less advanced and do not have a proper community are suffering more from COVID. They are affected more than the settled ones.

STRESS :

It is a psychological state resulting from imbalance. Now a days in COVID people are sitting in their homes, they are deprived of work cannot make money they have responsibilities on their heads, they have to fulfill. So, people are depressed. Stress includes backaches, hypertension etc.

SOCIAL SUPPORT NETWORKS.

It includes our family (relatives, friends). Due to COVID we are unable to meet them or visit them but through social network including video call, messages we stay in touch with them. We can also earn money through internet.

EDUCATION AND LITERACY.

Including low education we talk about COVID so illiterate people who are having less education when infected through COVID they stay at home and treat themselves in fact they should go to the hospital to make a proper treatment.

EMPLOYMENT / WORKING CONDITION.

Working condition is getting worse in COVID. People are ^{being} fired from their jobs. But still online money making is working. Jobs include employment discrimination, poor

unsafe working conditions ; risk of harassment.

FOOD.

Routine , lunch time all are disturbed due to covid , imbalanced diet , unequal distribution of time for food because people are at homes and having no attention towards their diet.

TRANSPORT.

Transport is also a big issue during COVID because public transport is not available for poor people. Accidents are lessened , noise pollution is decreased due to COVID.

QUESTION: 2

In your opinion "SELF MEDICATION" is a good or bad practise? In both cases, justify your answer with proper exp, example.

SELF MEDICATION.

Self medication is the use of medicines by an individual without any medical prescription, any diagnosis by a physician.

- Self-consuming medication.
- In self medication people take drugs, herbs or home remedies on one's own choice, without consulting a doctor. Self medicated substances which are used around the world are over-the-counter drugs that treat ordinary health problems and the dietary supplements.

ADVANTAGES:

- Self medication is popular because of perceived convenience and the potential

to save money and time both.

- Treatment for a minor illness with
his or her own supervision.

It makes people independent of making
decisions for handling their small health
issues.

- Quick relief for patient.

DISADVANTAGES.

May be we are making wrong self
diagnosis.

We take incorrect or improper dosage
and incorrect manner of administration

We are unaware of the chemicals
through which a medicine is made
may it perform dangerous drugs
interactions.

In self medication there is no expense
but when the disease or a pain is
increased and then we consult a doctor
so, the expense is increased to 2 folds.

QUESTION: 3

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

SCREEN TIME ADDICTION.

Screen time addiction is highly popular and very common among the young youth. Screen time on smartphones, laptop much more devices are simply a part of life. In the last few years the use of digital devices has been increased among youth. According to a screen time report, the average a person spends 49 days per year on their phones. Typically, people use to unlock their smartphones 80 times a day. Youth is suffering from a number of health problems including depression, anxiety etc just because of much screen time addiction. Screen time addiction is not only effecting mental and physical health

but also changes the interaction between children and parent because children spend much more time in using their phones or tablets while along their parents.

EFFECTS OF SCREEN ADDICTION ON OUR MENTAL HEALTH:

- DEPRESSION AND MOODINESS:

Now a days, the youth spends around 18 hours daily while playing games. Frequent use of social media and television viewing leads to depression and anxiety. Those children whose screen timing is less and having reduced game time, also tend to increase grade point, get more sleep and happier.

- ANXIETY:

The present generation is facing more anxiety + health problems than previous generation.

Youth who spend more than 7 hours a day using digital devices face problems like they are less emotionally stable, less confident.

- OBESITY:

Children's are using electronic devices all day, they become inactive, because of continuously staring at the screen, their calories not burning in fact they gain weight.

- SLEEP DISTURBANCES:

Screen addiction is a big cause of sleep disturbance, people use smartphones or tablets before sleeping which disturbs sleep cycle, also the blue light, the rays coming out of those screens interfere with brain's sleep cycle and disturbs our sleep cycle due to which we get no proper sleep and also causes insomnia.

QUESTION: 4

Describe the role of PHYSIOTHERAPIST in the management of patients.

ROLE OF PHYSIOTHERAPIST IN MANAGEMENT OF PATIENTS.

- Patient's health is highly affected of the relation between physiotherapist and patient.
- Physiotherapists are those professionals who treat different diseases, injury or any muscular issue through physical process or conducting therapeutic exercises with patients.
- Physiotherapist help people to overcome their illness or disability through movement, manual therapy, education + advice.
- They help them recover their health, they treat people of all ages, also help them to manage pain.
- Education is a vital key of physiotherapy.

- Physiotherapists spend much time to educate patients, their families, the community. They educate them to prevent injuries and lead a healthy lifestyle.
- Physiotherapist plans different fitness programmes for the community.
- The professionals help their patients by encouraging + enabling them to continue their work, help them spend a life independent of anyone as long as possible.
- Physiotherapists give information about postures including good and bad both different exercises and make them perform it.
- They help them stay healthy + active and to be busy in their work, activities + to enjoy their life.