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**Answer 1**

**SOCIAL DETERMINATION OF health**: Social means (something related to society) DETERMINATION MEANS (cause factor)

**SOCIAL DETERMINATION OF HEALTH::** A factor or cause in social physical economic environment in which people born live work.

Social DETERMINATION by WHO there are two determination

ROLE OF SOCIAL DETERMINATION IN CURRENT COVID 19

I want to explain social DETERMINATION one by one according to current condition of COVID 19.

(1) SOCIAL GRADIANT: Social gradient in health mean inequalities in a health care of population .

EXPLINATION:

 IN current condition covid 19 people can not take equal health in a papulation

**EXAMPLE:** IS now a day when a rich men's have symptom of covid 19 like flu cough etc .They go to the best hospital and admitted in a private or they quarantine in the form and every facilite are able them .

**OTHER HAND**

 when a poor people become I'll or have some sign of covid 19 .they go to government hospital and admitted . Where the doctor cannot give attention to them properly and his family become qurantine in the home.

(2) STRESS:

 Stress is a psychological imbalance between situational demand and individual ability.it is a main cause of all illness.

\*\*\*\* Explanation

 Stress occur when some one can not full situational demand due to stress it cause many disease like headaches, eating disorder etc

Now a day people take a lot of stress due covid 19 ,people get stress that how we can avid from covid 19.

EXAMPLE

 Due to covid 19 stress increase because economical state of every person is effected people take stress about family that how to supporter rich people take stress because he have many money but can not save his life by money.

(3) EARLY LIFE

 Mean pre natal health, mother health ,family support and child life .

**EXPLANITION**

 Early life means start life of the mother when she is pregnant and her child .

**EXAMPLE:** Due to covid 19 if a mother is affected her child already become affected and she will take stress about her self as well as her child .

(4) LIFE EXPECTANCY

 Is the measure of average time an organism expected to live .

EXPLINATION

 Every persons have different health ,diet, if someone have best health ,diet his immune system is strong and he fight win covid 19.

EXAMPLE

If a person have imbalance diet he have weak immune system he will be effected from covid 19 and cannot fight with them.

OTHER HAND

 If a person some one have balance diet he have strong immune system and he will fight against covid 19.

(5 ) SOCIAL SUPPORT NETWORK

 Means those people which are close to us like family, friend ,it help un in \* emotional \* family \* information .

EXPLANITION

 In social support network those people are occur who are very dearest and nearest to us like family and friend .

EXAMPLE .

 In a current situation of covid 19 when some one effected from covid 19 the nearest people like family and friend support them emotional as well as financially etc.

(6)EDUCATIONAL AND LITERACY.

 High educational level people have good health and he take leps stress but low level education have poor health less self confidence etc

EXPLINATION

 A people with low education take more stress as compare to high education people,and low level education can not find suitable .

EXAMPLE

 Educated people can take care our self by balance diet and exercise due to which he can not effect by viruses.

OTHER HAND .

 If less level educated people can found a suitable docter and he have weak immune system due he may effect by covid 19.

(7 ) EMPLOYMENT / WORKING CONDITION .

 It include work stress and poor relation with boss unsafe working condition construction work.

EXPLANITION

 Some people work in coal mining or facteres and armed force or in the hospital.

EXAMPLE

 Now a day in a current condition covid 19 .some people work in a crona ward. Which a great risk of illness and some people work armed force which have Les chance of illness.

(8) SOCIAL ENVIRONMENT . INCLUDE physical and social setting .

EXPLINATION .

 Social environment consist of physical setting , Nature environment , plant tree artificial ENVIRONMENT .

EXAMPLE

 In a current condition covid 19 a people have live in nature environment have strong immune system and fight against covid 19 .

(9). ADDICTION

 Is a brain disorder which a person engagement Ina thing.

EXPLINATION ...

 Some people are drug eduction some are screen some are good etc .

Example. Ina current covid 19 drug addicting are more exposure to covid 19 as compare to other.

(10). FOOD.

 Imbalance diet and balanced diet .

EXPLINATION

 Same people take food in a balance way and some take by imbalance way.

EXAMPLE

 People who take food by balance way strong immune system and fight against covid 19

A people who have imblance diet have weak immune system and can not fight will covid 19.

TRANSPORT

 Risk of accident lead to injury ,death

EXPLINATION

 Due to transport many accident occure and people exposure to nose pollution

 EDAMPLE

 In a current situation covid 19 some people expose to air pollution which lead to respiratory disease and more expose to COVID 19.

**ANSWER 2**

. Self-medication means taking of medicine by an individual without the advice of a physician or pharmacist. This phenomenon used widely in the world. This phenomenon sometime consider is a good practice while sometime it has worse affects and consider a bad practice. This phenomenon has both the good and bad consideration. I will discuss both with examples.

Many peoples consider Self-medication as a good practice because of the following reasons.

Sometime it very difficult for many peoples to access to the hospital in emergency situation especially in many villages and they prepare to use self-medication. For example when someone has a severe kidney pain in village and it is difficult for them to access to hospital or other healthcare center then self-medication is consider to be a good practice in such kind of situation. In this situation the patient get quick access to medicine and also get quick relief.

Reduce health expenditure linked to the treatment of minor health conditions. Sometime self medication is consider a good practice in minor disease such as fever and headache. Many doctor prescribe alot of medicines when you went for minor disease. So in such kind of situation self medication is a good practice to reduce the health expenditure.

Self-medication make an individual able to make a decision and also make an individual to manage the minor illness at home. So self-medication provide a decision making power to an individual of minor illness.

Self-medication is consider aardvark good practice in many emergency situations. Some of them discuss below.

Heart attack. When you are living in the village and it is difficult to access to the hospital and someone had found with heart attack and need quick treatment then the self-medication is consider to be the best practice. In such kind of situation must be handle by using self-medication practice and usually given aspirin and blood pressure reducing medicine such as ravaphine and if you have aniseed put it under the tongue of such kind of patient.

Snake bite or bee bite.

In such kind of condition the self-medication is a good practice in which people use dexamethasone or hydrocortisone injections. There many other conditions in which the self-medication is consider to be the best practice.

Self-medication is a bad practice.

Sometime self-medication is consider a bad practice in many conditions which discuss below.

Sometime people do not judge the illness correctly and given a medicine which do not give relief to the patient. For example if someone has kidney pain and you thought that it is a stomach pain and you give a medicine of stomach then it cannot work on it.

Self-medication sometime become a bad practice when you give such kind of medicine to the patient which is resistant to that medicine. Then in such kind of situation the patients found with a severe adverse reactions. For example if a patient is resistant to ciprofloxacin and you give that medicine to this patient then the patient must show adverse reactions.

**Incorrect dosage and choice of therapy**.

Self-medication become bad practice when we Using of incorrect dosage and choice of therapy. For example if a patient need 250mg tablets and you give 500mg tablets. Due to this situation the patient may have found with many adverse effects.

Many medicine increase the blood pressure and if you give nab it to a hypertensive patient then it became wore for him. For example if you give a medicine such as lisodem or decadron to hypertensive patient it may increase the blood pressure further then it may become wore for it.

**Self-medication during pregnancy.** Many medicines donot use during the pregnancy. If you give such kind of medicine to a pregnant patient it will result in abortion. There are many medicine which is not given to pregnant patient such as cipro, petra , etc etc.

**Answer 3**

**ADDICTION: Is** the brain disorder characterized by compulsive engagment in some thing like game, mobile, smoking, screen addiction ICE heroin etc.

**SCREEN ADDICTION:** It is a brain disorder in which a person become addictive to screen or social media.

NEGATIVE EFFECT OF SCREEN ADDICTION ON MENTAL HEALTH :there is a great side effect of screen time on mental health.

(1) Weak memory

(2) Poor eye sight

(3) cyber crime

(4)SLEEPING PROBLEM

(5)OBESITY

(6)EDUCTIONAL PROBLEM

(8)BEHAVIOR PROBLEM

(9)NO INTERCTION TOWARD FAMILY

(10)SPEACH DELY, DIFFICULT IN SOLVING PROBLEM, DEPRESSION ANIXITY, STOMACH PROBLEMS .

**WEAK MEMORY** " screen time addition can lead to weak memory.

**Explanation**

Due to use of screen in many hours your memory loss the power of paking and saving

(2) Poor eye sight

Eye is a great gift of ALLAH. We have to protect them by using screen many hours our eye sight become poor and we can not see a thing clearly.

**CYBER CRIME**

Due to many times use of screen a person attention lead toward crime. He want to earn many by shortcut way.

SLEEPING DISORDER: due to screen time addiction the addiction sleep pattern because irregular.

**EXPLANATION:** due to obesity many problems ara create like heart problems kidney problems

(6) EDUCATIONAL PROBLEM.

A screen time addiction have a great negative effect on education. He cannot continu3his education.

Behavior problems

A screen auditor have bad behavior he come angry by normal talking.

Depleted sex Desire.

Due to screen editor his sleep disorder increases due to which sex desires become weak.

(1) Difficult Learning

A screen auditor have many difficulty in learning headache and migrainal to sitting in front of screen a person become headaches

Difficult in solving problems

A screen adductor have less ability to solve the problem

DEPRESSION.

A screen auditor become pressive due a lot of expose to screen.

**Answer 4**

Contribution of sociology to medical field

**Health WHO def.**

Is a complete state of physical social wellbeing not merrily the absence of disease

**Explanation.**

In sociological point of view health is a complicated structure of social roles and communication both are involved patients and professional

Social have a great effect on medical we cannot treat a patient completely with out the social history of the patient

Effect of sociology on medical field

Sociology have a great effect on medical field

**Example**

(1)we cannot treat a patient with out by taking complete history of his social life like income education family age gender

Social Factor includes

(1) Social environment

(2)Education and literacy

(3) Income and social state

(4) Unemployment

(5) Physical environment

What infulence health

Nature and narture

Social factor

Environment factor

Life style

Effect of social environment on medical field

Social environment means those environmental where patients live where he stay

Its also effect their medical or treatment

Effect Education on medical field

A patient which is educated better known how to use the medicine on time.

EFFECT OF INCOME ON MEDICAL FIELD: income have a great effect on medical field or treatment. Some patient cannot bear such a expensive medicine. Some patient cannot take medicine due poor state and cannot come to hospital due to take of money.

**EFFECT OF UNEMPLOYED ON MEEDICAL FIELD:** if a patient are government employ he can take a expensive medicine and he can do a our surgery in a great hospital another hand if a patient is unemployed he cannot treat them self due financial problem.

**EFFECT OF PHYSICAL environment ON MEDICAL FIELDS**: physical environment means where they work or stay and spend their life. If a patient work in a iron factor and he take medicine for respiratory infection he can not recover because his environment is not suitable for him.

**EFFECT AGE OR MEDICAL FIELD**: Age have also great effect on treatment eighteen age patients recover fastly and sixty age patient.

EFFECT OF LIFESTYLE ON MEDICAL FIELD: lifestyle mean how they spend their life. If a patient have lungs problem and he take smoking he cannot recover because he cannot change life style.