

FINAL TERM EXAM

"SOCIOLOGY"

Name: Udi Naseeb Saleem

Roll No: 16929.

ANSWER NO: 1

We know that the conditions in which we live largely impact our lives in many ways. Social determinants of health are the conditions of social, physical and economic environments in which we are born, live, work and age including access to health care.

There are 11 factors which contribute in this according to WHO.

ROLE OF SOCIAL DETERMINANTS OF HEALTH IN COVID'19.

1) SOCIAL GRADIENT

Social gradient is one of the social determinants of health. We know that people who have a high socio-economic status are less exposed to COVID'19 and less likely to die of it than the people who lack in facilities and have a low socio-economic status.

2) STRESS

Stress is the leading cause of many diseases

DATE

M T W T F S S

because high stress levels lowers the body's immunity and when you have low immunity there is a greater chance of catching the virus.

3) Early Life

Early life factor also plays an important role for individuals to contract the virus. People who have poor nourishment in their early life have lower immunity than those who have a nourished body.

4) Life Expectancy

Life Expectancy in different parts of the world is different, which is based on regional variations, economic circumstances and gender differences. For example, in this pandemic, initially, Italy was badly damaged because they have a large number of older populations. If we compare a better and rich country to an under-developed country, we know that life expectancy is higher in the rich country than in the poor one, because they have an access to better health care facilities.

5) SOCIAL SUPPORT NETWORKS

People with supportive family and friends are more

likely to survive in this pandemic because they play an important part in our life which benefits us emotionally and financially. They also help us making healthy choices in tough situations.

6. Education and Literacy

People who are educated can deal with this pandemic in a better way even if the situation gets worse for them. Educated people will follow the safety measures seriously and also educate people around them unlike uneducated people, so there will be a less chance of the spread.

The illiterate people will harm themselves as well as others by not following the safety measure for example we often hear about people running from the hospitals after they test positive.

7. Employment and Working Conditions

Our health care workers the front line soldiers and other workers who are working during this pandemic situation have a high risk of contracting the virus.

People who are now unemployed and are daily wagers have increased stress levels and no access to health care services are more likely to die of Corona Virus.

8. SOCIAL ENVIRONMENTS

As this virus can spread very easily our social environments have a huge impact on our lives. This includes Physical and Social environments. People living in a well-developed housing society and well-constructed house are less likely to catch the virus and die from it unlike people who live in villages surrounded by uneducated people with strong false believes.

9. Addiction

People who are addicted to drugs and smoke are more likely to die of corona virus if they catch it unlike sober people who have strong immune system.

10. Food

People who take a well-balanced diet are much healthy and less likely to die of corona virus because of well-developed organs and immunity. The body will naturally get over the disease unlike people with a bad or malnutrition.

DATE

M	T	W	T	F	S	S
---	---	---	---	---	---	---

II. Transport

People who have personal means of transport are less exposed to the virus and those who use public transport are more exposed.

ANSWER NO:2SELF MEDICATION

Self medication can be defined as a human behavior in which a person uses any substance, whether medicine or any exogenous thing to self treat for any ailment; Physical or psychological without the consent of a trained doctor or a physician.

WHY DO PEOPLE USE SELF MEDICATION?

- 1) Mostly people self administer themselves because many of them can't afford the expensive dues of a good qualified physician.
- 2) Most people get influenced by the wide spread word through any advertisement, self care, poverty, misbelief, low income, through family member or any article that read online.
- 3) Most people have really tight schedule to pay the bills and to keep the roof over their head that they do not spare a minute to even think about their health or even going to the doctor.

Although many over the counter drugs are used to treat health problems at home such as dietary supplements. But these also have their side effects.

RESPONSIBLE SELF-MEDICATION

Since these things require extreme care, they should be taken with precautions. When a person knows the condition of health problem they should be responsible. If they know about the symptoms and have a little but accurate information on medicine, we call that incentive Responsible self-medication.

MEDICINES USED

The medicines usually used for such purpose are typically known as non-prescription drugs because they usually are taken through the advice of a professional. Taking such medicines without knowing exact condition they are used for can be very life threatening.

OPINION

According to my opinion self medication is rather in-expensive and convenient way for minor health

issue. However, illnesses that have been categorized as major ones and are fatal for our health should have immediate consultation with a trained Professional and should not be delayed when the medical advice is much needed.

For some people, it is often seen as gaining self independence from orthodox medicine. But, it can also be viewed as a human right, closely resembling the right to refuse medical treatment.

DISADVANTAGES

- 1) One out of millions of disadvantages is that it can lead to unintentional self harm.
- 2) Due to improper knowledge about the drug, the chances drug reactions increase incredibly.
- 3) People carry on with self administering drugs even when they actually need to be seeking medical help and as a result they are brought in when the illness has reached to an incurable point.
- 4) You can overdose or over use or underdose due to lack of proper knowledge which can be life threatening.

5) The side effects of the consuming dosages can be harmful and can imbalance your internal immune and hormonal systems.

In Today's world, when you have your own rights and freedom it is the governments duty to ban the Pharmacies from selling drugs without any Prescription other than drugs used to treat minor ailments such as headaches or painkillers.

Answer No:3

SCREEN - TIME ADDICTION

Addiction in any case affects our brain and body in many way. Addiction basically is a mental disorder which is a result of compulsive engagement in a particular activity or consumption of some substances like nicotine or drugs.

Screen time addiction is a result of prolonged use of smart phones, watching TV, playing video games etc. Like any other addiction screen time addiction also shows no mercy to the addict.

There are a number of ways it affects us:-

- Engaging to screen for too long can cause brain decay. It causes the brain and nerves to decay which results in changes in personality.
- It is associated with depression and anxiety, insomnia and poor sleep, mood swings especially when it is used during the nights.

- People who are addicted to screen have poor concentration, weak memory and have confused and dull minds as a result of cognitive impairment.
- Using too much screen strains our eyes which results in poor eye ~~sight~~ sight over time.
- Strain on eyes also cause headaches very commonly.
- Screen time also affects appetite which results in either too much or too less eating. An increased appetite results in weight gain and obesity which is very common among screen addicts.
- People who spent more time on the screen have low self-confidence and self-esteem also they are more used to interact with people through screen and not face to face.
- The addict has trouble learning new things and decision making which affects their relationships also. This is due to cognitive impairment.
- As a result of screen addiction the addicts become lazy and loose interest in other activity, and social life is also disturbed.

- They have low or no physical activity which affects brain as well as making the muscles stiff due to lack of contraction which results in body aches, and bad postures.

ANSWER NO: 4

Sociology is a branch of science that involves the study of social life of people, communities or groups. It is the study of how we socially interact with others covering almost everything from analysis of contacts between total strangers, to studying global social problems and contacts.

Now, if we put this to our use and inter-relate health with sociology we create a branch called 'MEDICAL SOCIOLOGY'. This branch overlooks the causes of illnesses that can contract due to our social life. It is an interaction between society and health.

Major Areas in this branch includes :-

- ① Determining social behaviour of the Patient undergoing treatment and of the health care workers

- ② The social contacts and functions of the beneficiary health organizations.
- ③ The Patterns of utilization of health services.
- ④ The social Policies for the benefits of the Patients.

The social situation of a person affects almost everything in our lives. From promoting and causing the possibility of a disability or illness. To enhance the prospect of disease control and prevention.

While medical research gathers the statistics on a disease. A sociological approach on an illness will provide insight on what were the external factors that caused the demographics of the people who contracted the disease and became ill.

While HIV is ~~even~~ a common disease that we can contract from immoral social behavior, there exists a lot of discrepancies regarding this which only sociological factors can give an answer to.

Due to this branch and the contributions made to it, there has been a drastic decline in the

DATE

M	T	W	T	F	S	S
---	---	---	---	---	---	---

mortality rate seen in the societies and life expectancies are higher in developed societies as compared to undeveloped societies.

On average, there are 132 suicides per day. Peer pressure is real thing that can move a person one step closer to being happiest and the healthiest person or being depressed and lacking self worth, leading to suicide. We should try to talk more about mental health and make it normal because socialism is the biggest factor contributing to mental health.

In the end, i would say that advancements in medical sociology should be made because as we evolve, the study of sociology of health needs to be updated for our own good.