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Q3) How screen time Addiction affects our mental Health? Explain in details?

### Screen time :-

Screen time is the amount of time spent using a device with a screen such as a smartphones, computers, television or video game console.

The concept is under significant research with related concepts in digital media use and mental health.

### "Screen time Addiction"

A group of behavior that are negative, some negative outcomes that can happen when we use too much technology during our day. So prolong use of watching TV, video games, scrolling through social media all

all of that use acts like a digital drug for our brain.

## "Effects our Mental Health"

Screen use releases dopamine in the brain, which can negatively affect impulse control. Dr. Lorenz says studies shown screen time affects the frontal cortex of the brain and affects our mental health.

- ) If our children are relying on screens for their entertainment that could be a warning sign that they are addicted to screen.
- ) Screen time addiction damage our mental health.
- ) Screen time addiction increased aggressive behavior can also be a sign of screen time addiction in kids and specially in children younger than 6 who can't yet

tell the difference between reality and what's virtual.

### Long term Effects:-

Mostly in children, it affects their mental health.

Effects of screen addiction may include:

- ) speech delay
- ) cognitive impairment
- ) Difficulty with problem-solving and creative thinking.
- ) Body weight issues.
- ) Depression and anxiety.

Screen addiction and social media addiction leads to weak memory, poor eye sight, relation's issues, harassment and cyber crimes.

Q2) In your opinion, "Self-Medication is a good practice or not? . . . . . ?

### 'Self Medications'

Self-medication can be defined in simple terms, as "the use of

medicines by a person by himself/ or herself for treating a perceived or real health problems without consulting a physician or pharmacist.

Self medications can cause harmful effects when taken in higher doses than recommended.

**"Self-Medication is a bad Practice"**

### **"Role of Health Profession"**

- 1.) Health professionals are one who has potential role in preventing risks of self-medication. Because he is the one who work it.
- 2.) Information
- 3.) When ever health professionals are prescribing drugs, he should give proper instructions and explain for what it is prescribe so that it will be helpful for the patient to understand and making his own decisions. Given information should be at patients comprehension level so that it will be

helpful for them to understand its management.

### Potential Benefits:-

- ) An active role in his or her own health care
- ) Self-reliance in preventing or relieving minor symptoms or conditions.
- ) Education opportunities on specific health issues (i.e. stop smoking aids and products to treat heartburn).
- ) Convenience.
- ) Economy, particularly since medical consultations will be reduced or avoided.
- ) Saving scarce of community funded health care programs.
- ) Reducing absenteeism from work due to minor symptoms.
- ) Failure to seek appropriate medical advice promptly.
- ) Incorrect choice of therapy.

### Potential Risk:-

- ) Risk of dependence and abuse.
- ) Food and drug interaction.

- o) Storage in incorrect conditions or beyond the recommended shelf-life.
- o) Paracetamol, an antipyretic in large doses can cause liver failure.
- o) Financial losses - delayed recovery is ultimately more costly.

As a result self-medication is not good for health, medicines may be poisonous in such cases. Hence medicines should not be taken without consulting doctors.

Q4) Describe the role of Physiotherapist in the management of patients?

### "Physiotherapists"

Physiotherapists are health care professionals who treat injury or dysfunction (that limits their abilities to move with exercised and perform functional activities in their lives), and the other physical treatments of the

disorder of the individuals or sportspersons.

## "Role of Physiotherapists in the management of Patients"

- ) During pre competition workout.
- ) During exercise (injury)
- ) Post competition workout
- ) Patient relation programs.

### 1. "During Pre competition"

#### \* Work out training:-

- ) Type of sports during Duration intensity etc.
- ) Assessment and Treatment of acute and chronic injuries.
- ) Stretching and muscles activation before training and competition.
- ) Pre match strapping / treatments.

### 2. "During Injury"

- ) Should remain on toes to prevent further injury.
- ) Medical cover, Medical screening

- and injury prevention during practice.
- ) Referral for scans / surgery if required.

### 3. General Role of Physiotherapist.

- ) Immediate care.
- ) Relieves Pain and heal injuries.
- ) Increase mobility, build strength
- ) improve balance and enhance performance.
- ) Make individual independent for his/her activity of daily living.
- ) Helps in gait analysis and posture corrections.
- ) Management of individuals - therapeutic intervention, Rehabilitation and performance enhancement.

### 4. Relation with Patient

The patient relations committee also ensures that resources, advice, training and supports are available to prevent the abuse of patients.



- ) An effective relationship between physiotherapist and patients greater impact on patient's health.
- ) Physiotherapist have a role in providing advice or education to patient and family enabling and to the counselling to patients and their families.
- ) Also would excess assist patient in performing required exercised.
- ) The one of the most important management in the hospital attendants help patients performing routine task like eating or moving around and assist the hospital staff and taking care of important duties, including keeping rooms tidy and delivering food to the right patients.

## "ASSESSMENT AND TREATMENT"

Physiotherapy assesment and treatment is often hand-on and usually involves touching.

pg 10

⇒ Some of techniques that a physiotherapist might use include

- ⇒) Manual therapy
- ) Exercise instruction,
  - ) Electrotherapy.

⇒ Regularly measures the patients programs progress and make adjustments to the treatment as needed.

⇒ collaborate with others as appropriate.

## Q1 "Social Determination"

An individual's socioeconomic position can be shaped by various factors such as their education, occupation or income.

All of these factors (social determination) impacts the health and well-being of people and the communities they interact with.

### Importance of Social Determination.

- 1.) Social determinants have a major impact on health outcomes - especially for the most vulnerable populations.
- 2.) Factors such as a patient's education, income level and environment must be considered when providing treatment and care.
- 3.) Social determination of health are conditions in the environment in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, function and quality of life outcomes.

"In current condition of Covid - 19"

"Social determinants"

### 1. "The Social Gradient"

- ) Social gradient means status. The rich people has well developed status during lockdown but poor people has nothing.
- ) They have more chances of Covid - 19 in searching of money.

### 2. "Education And Literacy"

- ) The education gives us awareness in current conditions of Covid - 19 depends on awareness the educated people has known to safety precautions but uneducated people didn't know about that.

### 3. FOOD

Food includes diet healthy supplements etc. the rich people has each and every thing to eat. They have healthy food

their immune system is strong as compared to poor people who didn't have such a healthy food to eat.

- ) In that case they have weak immune system and having risk of developing this virus.

#### 4. Stress

Stress has great impact on life. If a person has stress that person having more chances to get the virus as compared to a healthy person without having stress.

#### 5. Early Life

Early life means the beginning life. If a person has spent good life style in their early life they have no stress they have strong power. But the person who had spent their life in troubles etc has mental problems and is on risk of getting virus.

## 6. "Life Expectancy"

Life expectancy means life span. They rich people has alot of wealth and has long life span on other hand poor people has nothing has short life span. So they illness chances to poor people are more than rich.

## 7. Social Support networks

Social networks includes our family support if a person has virus and having a good family support so that person will recover more fastly as compared to that person who had had weak back-ground famil support.

## 8. "Employment Working Condition"

Employment rate during lockdown has increased so much the people are searching

jobs everywhere are having risk of virus.

### 9. "Social Environment"

Social environment may be a natural one or a artificial one. The people of artificial environment has more chances of getting virus as compared to other who has natural environment.

### 10. Addiction

Addiction is associated with brain. If a person is addicted to anything that has weak immune system has more chance to get covid-19.

### 11. Transport

Transport has also a impact in covid-19.

The rich people have their cars to go.

They are being away from

Pg 16.

crowdy places. on the other  
hand the poor people have  
to go in busses vans etc  
where they have to sit  
in crowded place where chance  
of virus germs is more.

The End.