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Paper = "Sociology"

Q3 How screen time addiction  
affected our mental health?  
Explain in details?

⇒ Screen time:-

Screen time is the amount of time spent using a device a screen such as a smartphones, computer 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 days.

So Prolong technology during  
our day. Prolong use of  
watching TV, video games,  
scrolling through social media,  
all of that use acts  
like a digital drug for  
our brain.

### => Effect our Mental Health:-

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

↳ Our children are  
relying on screen for their  
entertainment that could be  
a warning sign that they  
are addicted to screen.

### => Long term Effects:-

Mostly is

Children it affects their mental health.

Effect of Screen addiction may include:-

- > Speech delay
- > Cognitive Impairment.
- > Difficulty with Problem Solving, and Creative thinking.
- > Body weight issue.
- > Depression and anxiety.

Q In your opinion, "Self-medication is a good practice or not."

=> Self Medication:-

Self medication can be define as "the use of medicines by a person herself or for treating our real health problem without consulting a physician or pharmacist."

-> Self medication can cause harmful effects when takes in ~~higher~~ higher doses than recommended.

=> 'Self-medication is a bad practice'.

=> ROLE OF HEALTH PROFESSIONAL:-

Health Professionals are one who has potential role in preventing risks of self medication. Because he is the one who works it.

-> Information.

When ~~any~~ ever health professional 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 decision. Given information should be at patient's comprehension level so that it will be helpful for their to understand (7) management.

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## → Potential Benefits:-

- An active role in his or her own health care.
- Self-reliance in preventing or relieving minor symptoms.
- Education opportunities on specific health issue of stop smoking aids and products to treat heartburn).
- Convenience.
- Saving scarce of community health care programs.
- Incorrect choice of therapy.

## → POTENTIAL RISK:-

- Risk of dependence and abuse.
- Food and drug interaction, storage in incorrect conditions as beyond the recommended shelf life.
- As a result self medication

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is not good for health, medication it may no be Pibinaw for health in such cases. Hence medicines should not be taken without consulting doctors.

Q. Describe the role of Physiotherapist in the management of Patients?

### ⇒ PHYSIOTHERAPIST:-

Physiotherapist are health care professionals who treat injury or dysfunction (that limits their ability to move with exercise and perform functional activities in their lives).

### ⇒ Role OF PHYSIOTHERAPIST IN THE MANAGEMENT OF PATIENTS:-

Physiotherapist have a role in providing advice or education to patient and family enabling them to adjust and adapt

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consequences of the illness  
adequate education and  
counselling to patients and  
their family.

→ Physiotherapists are professionals  
who treat disease, injury  
or deformity by physical  
methods but by providing  
proper management to  
patients, they can completely  
make them healthy.

→ They will also provide  
information to the patients  
about effective posture and  
exercises, in order to get  
them back to their  
job/work.

Q What is the role of  
"Social Determinants of  
Health" in current conditions  
of Covid-19? Explain with  
examples.

⇒ **"SOCIAL DETERMINATION"**

An individual's Socioeconomic

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Position can be shaped by various factors such as their education, occupation or income.

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

⇒ IN CURRENT CONDITION OF COVID-19,-

"SOCIAL DETERMINANTS"

⇒ THE SOCIAL GRADIENT:-

Social gradient means Status. The rich people has well developed status during lockdown but poor people has nothing.

They have more chance of COVID-19 in searching for money.

⇒ STRESS:-

Stress has great impact



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an of life If a person  
has spent good life  
style they have no stress  
they have huge power  
But the person who  
had spent their life  
in troubles etc has  
mental problems and is  
on Risk of getting  
viral.

### ⇒ ADDICTION:-

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

### ⇒ TRANSPORT:-

Transport has also  
a impact of in Covid-19

→ The rich people have  
their cars to go

They are being away  
from Covid-19.

“THE END”