NAME : FAROOQ AHMED

ID : 14267

QUESTION NO :1

A: In poor countries here are some social factors that effect health of people.

1.EDUCATION:

 Your education level can have an effect on how healthy you are. Education gives you the tools you need to make good decisions about your health. People with more education are more likely to live longer. But in poor countries they do not focus on education of people.

2. INCOME:

 The amount of money you make has effect on your health. People with higher incomes tend to be healthier and live longer than people with low incomes due to their country economic position. They do not have access to grocery stores and healthy foods.

3.Housing:

 Where you live has a significant impact on your health. People who are continuously belonging to poor living conditions have a higher risk of developing health problems. Conditions such as pests, mold, structural problems can all effect their health.

EFFECT ON LIFE STYLE:

 1.DIET:

 Diet is the greatest factor in lifestyle and has a direct and positive relation with health. Poor diet and its consequences like obesity is the common healthy problem in poor countries people.

2: EXERCISE:

 For treating general health problems, the exercise is included in lifestyle. The continuous exercise along with a healthy diet increase your health. In poor countries people do not consider that facts so that’s why they have different problems.

3: SUBSTANCE ABUSE:

 Addiction is considered as an unhealthy life style. Smoking and using other substance may effects their health and more likely in poor countries due to their bad role and not have such economic condition they also affected by that things.

CULTURAL FACTOR:

 The effect of culture on health is vast. It effects perceptions of health , illness etc and approaches to health promotion, and type of treatment they prefer. Culture also effect people’s health and in poor countries due to their environment they are treat themselves according to their culture that effects health.

QUESTION NO :2

A: I feel like kids will listen to their parents mostly between the ages of about birth till 12, then from like 13-17 to 18, they will listen more to their friends and do what their friends may do. Like peer pressure to try certain things. 18 and through the rest of their younger years, they begin to listen more to their parents. I say this because I feel like that is what I did and what my little brother has done. When I feel like that youngster listen to their parents is when it involves like medical related decisions, academics when their grades may be dropping, and like job advice for like interviews. When they listen to their friends, it is more like getting advice and like freely talking that you want to talk in order to get themselves fresh. Not the most legal types of things with friends compared to parents.

QUESTION NO:3

A: 1. Poor housing quality and affordability

2.Water and Sanitation

3.Transportation

4.Health

5.Education

6.Land Management

7.Poverty

8.Unemployment

9.illeteracy

10.Gender Discrimination

QUESTION NO:4

A:TYPES OF FAMILIES:

1.Nuclear Family

2.Single Parent Family

3.Extended Family

4.Childless Family

5.Step Family

6.Grandparent Family

7.Joint Family

ELEMENTS OF FAMILY:

 1:SAME FEELINGS:

 It means that when you do not have same attitude with all family and do not make equalness with one another and make a difference according to their level. To establish perfect life they must have same feelings with all members along with their children and treat them equally.

2. GIVE TIME TO FAMILY:

 Giving time to their family is also the main source of happy life. When you do give time to their family they do not respect them and their with one another become weak. So must give a time to their family to live happily and make a perfect love with one another.

3. EQUALLY SUPPORTED:

 Family support give encouragement to one another. So family must have equally supported so they do their things perfectly and make their careness with one another.

4. SHARE LIKENESS:

 Family must have equal likeness with one another so they live happily with one another and give equal love to their children and family so all their family members do not make a sense that they do not give equal likeness so family members must share equal likeness.

QUESTION NO:5

A:Violent crimes affect the Pakistani society by differenet violent actions such as murder, and other bad activities that harm the people and make people harsement by their differernt bad actions. Criminal violence is wreaking havoc in Pakistan’s provincial .

For this Governement of Pakistan make differerent policies that who did such bad violence they have strictly punished and have make the laws for such bad people to stop such crimes in Pakistan.

They make different Crime police to stop street violence and to stop another different types of violence which damage the environment of people in a manner that have a bad effect on the people of Pakistan.

Different policies have been made to stop such harmful violences and have strictly prohibited such things like street crimes, murder, harasement etc such type of non sense and to control these activities which effects all the environment.