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BS (HND) 2<sup>ND</sup> SEMESTER

SOCIOLOGY FINAL TERM EXAM

QUESTION NO # 1:

What is the role of "social determinations of health" in current condition of Covid-19?

DETERMINATION OF HEALTH:

DEFINITION:

Nutrition, lifestyle, environment and genetics are considered as determination of health.

- Health is at risk and medical care is required as a support system.

~~THE~~  
DETERMINATION OF HEALTH ARE:

The determinations of health are;

- Education
- Healthy child development:
- Health service
- Personal health practice and coping skills
- Biology and genetic environment
- Social environment
- Physical environment
- Income and Social Status.
- Employment / Working Conditions.
- Food
- Transport
- Life Expectancy

### SOCIAL DETERMINATIONS OF HEALTH:

The social determinations of health are the economic and social conditions that influence individual and group differences in health status.

- The social determinations of health are the conditions in which people are born, grow, live, work and age. These circumstances are shaped by the distributions of money, power and resources at global, national and local levels.

### THE SOCIAL DETERMINATIONS

## OF HEALTHS ARE :

- Nutrition
- The social gradient
- Stress
- Social exclusion
- Work
- Unemployment
- Social support
- Addiction
- Economic stability
- Educations
- Health and health care
- Neighborhood and environment
- Economic stability

## • ECONOMIC STABILITY :

Economic stability is ability to ~~access~~ access much needed resources, such as food, adequate, housing and necessary in healthcare.

- Employment
- Income
- Medicals bills.

## • NUTRITIONS :

The world health organization defines nutrition as the intake of food,

Considered in relations to the body's dietary needed.

- Access to healthy option.

- HEALTHY CHILD DEVELOPMENT:

A healthy child development means that children of all abilities, including those with special health care needs are able to grow up where their social, emotional and educational are needs.

- STRESS:

stress is an important pathway through which the social and physical environment effect health.

- Stress can directly effects biological processes integral to development of disease and drive the use of maladaptive health behaviors that can put individuals at risks for poor health outcomes.

- SOCIAL EXCLUSION:

Its involves the lacks of resources, rights, good, service and the inability

inability to participate in the normal relationship and activities, available to the majority of people in society.

- NEIGHBORHOOD AND ENVIRONMENT:

The neighborhood and environment is housing, transportation, safety, parks, playgrounds, walkability etc.

- UNEMPLOYMENT:

Unemployment and social determinations of health is conceptualised as a social and material exclusion from the normative wage working society.

- SOCIAL SUPPORT:

The social support is the determination of health, include factors like socioeconomic status, education, neighbourhood etc, the social support network as well as access to health care.

• Education:

literacy, languages, Early childhood education, Vocational training, higher education.

• HEALTH CARE SYSTEM:

The health care system is social determination of health, it is health coverage, provider availability, provider linguistics and cultural competency and Quality of care.

SOCIAL DETERMINATION OF HEALTH IN CURRENT CONDITION OF COVID-19:

COVID-19:

"Co" stand for "Corona", "VI" stand for "virus" and "D" stand for "diseases". The COVID-19 virus is a new virus linked to the same family of viruses as severe Acute Respiratory syndrome and some types of common cold.

SOCIAL DETERMINATION OF HEALTH IN CURRENT CONDITION OF COVID-19:

The social determination of health in current condition of

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- covid-19 is the living condition of an individual played a large role in the mortality and severity of those infected with flu, extreme poverty, poor sanitation and hygiene, overcrowding, malnourishment and limited access to resources.
- pandemic are not an individual problem but largely a social problem. The social determination of health are the critical predictors of the outcome of a pandemic, for an individual, community and society as a whole.
  - Governing agencies, both local and federal, acknowledge that poor community and individuals living condition impacts how people will be able to response and recover from a disaster.
  - The effects of covid-19 will drives those number up, as a millions are filling for unemployment, food banks lines are longer than ever, housing and food insecurity is increasing, peoples are unbusiness, no works etc.
  - The spread of Corona diseases, and evaluate different control

outbreak of the infectious diseases. EXAMPLE OF DETERMINATION  
 Access to educations and Job training

QUESTION NO # 2: In Your opinion "SELF MEDICATION" is a good practice or not? In both cases, justify your answer with proper explanation and examples?

### SELF-MEDICATION:

#### MEANING:

The self consuming of medication without getting advice from a physician for other diagnosed or treatment.

#### DEFINITION:

Self medication is a human behavior in which an individual uses a substance or any exogenous influence to self-administer treatment for physical or psychological ailments. The most widely self-medicated substances are over-the-counter drugs used to treatments common health issues at home, as well as dietary supplements. Take without doctor prescription.



## HOW DOES SELF-MEDICATION WORK :

The self medication happens when a person turns to prescription drugs, illegal drugs or alcohol in order to deal with situations they find hurtful, stressful or emotional.

## WHY PEOPLES USED SELF-MEDICATIONS :

The self medication is very common and a number of reasons could be enumerated for it, some of them include; Lack of time, Uge of self care, feeling of sympathy toward family member in sickness, Lack of health service.

## SELF MEDICATION IS GOOD:

Good self-medication can also provides benefits such as saving scarce medical resources from being wasted on minor condition. Lowering

the cost of Community funded health care program.

- The Good self medication is reducing absenteeism work due to minor symptoms.
- Although self medication can offers several benefit such as reduced cost associated with doctor consultation and faster relief of symptoms.
- The Good self medication can also provide benefits such as, saving scarce medical resources from being wasted on minor conditions.
- Lowering the cost of Community funded health care programs.
- Reduce the pressure on medical service where health care personal are insufficient.
- Increased the availability of health care to population living in rural or remote areas.
- Helps to prevent and treat symptoms and

and ailments that do not require a doctor.

- fever, headache, indigestion, mouth, ulcer, nausea, cough, acne, allergic conjunctivitis can be treated by self-medication.

### SELF MEDICATION IS BAD:

The self medication is bad because when you take a prescription or over the counter medicine, that have expired, you are taking a the risk of not receiving enough of a dose to relieve or manage your symptoms.

- In some medications, chemical reactions can occur as they expire, making them dangerous to consume.

### IMPORTANCE OF SELF-MEDICATIONS:

- The self-medication is becoming an increasingly important area within health care.

- The self-medication is healthcare systems as it facilitates better use of clinics skills, increase access to medication and may contribute to reducing prescribed drugs costs associated with publicly funded health programmes.

### TYPES OF SELF MEDICATION:

These are different types of self medication, are,

- 1 Self medication with foods.
- 2 Self medication with caffeine products.
- 3 Self medication with alcohol.
- 4 self medication with pain medicine.
- 5 Self medication with stimulants.

### FACTORS INFLUENCING SELF MEDICATION :

The self medication is influenced by many factors such as,

- 1 Education
- 2 Family
- 3 Society
- 4 Law
- 5 Availability of Drugs
- 6 Exposure to advertisements.

QUESTION NO 3 : How  
Screen time addiction  
Effects our mental  
health ?

SCREEN ADDICTION:

DEFINITION: The  
Screen addiction, it when  
screen used becomes so  
compulsive that its leads to  
impaired daily functioning in  
terms of productivity, social  
relationships, physical health  
or emotional.

- The Screen addiction is a term that we are seeing more and more often in the media and used to denote various types of screen-related bad-behaviours.
- We are time of unprecedented technology used, while undoubtedly there are many technologies.
- Screen Addictions look a lot like other behavioural addictions, there are many currently no clinical diagnostic criteria for a disorder called "Screen addiction".

- In addition, in order to bypass the limitation of using the term "addiction" we will call the types of behaviors we are describing as "Problematic smartphone use". Although smartphones seem to be the main mobile device that kids are using, we extend the tables and other portable internet-enabled devices,

## SCREEN TIME EFFECTS A 1. A MENTAL HEALTH:

- Screen use releases dopamine in the brain, which can negatively affect impulse control.
- The screen time effects of the frontal cortex of the brain, similar to the effect of cocaine, and that have a negative impact of life.
- The screen-time were associated with lower psychological well being, including less curiosity, lower self control, more distractibility, more difficulty

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difficultly making friends,  
less emotional stability,  
being more difficult to  
care for and inability  
to finish tasks.

## 2 TOO MUCH SCREEN-TIME LEAD TO ANXIETY:

The  
screen time is an effect  
on childrens mental and  
emotional health. children  
can exhibits irritability,  
anxiety, depression,  
excessive tantrums and  
impairment at school,  
home or with peers. Some  
childrens even experience  
short-term memory  
problems and cognitive  
decline.

## 3 BODY SYSTEMS ARE EFFECTED ON SCREEN TIME:

The screen  
for extended periods of  
time can cause "computer  
vision syndrome". The  
symptoms strained, dry  
eyes, blurred vision

and headache.

#### 4 SCREEN TIME EFFECTS BEHAVIOR:

The screen time effect the behaviors.

#### 5 NEGATIVE EFFECTS OF TOO MUCH SCREEN TIME:

Too much screen time can impair brain structure and function, it can cause - obesity, insomnia, mood swings and even problems at school.

#### 6 SCREEN TIME DEPRESSION:

Frequent social media used mobile and televisions viewing is linked to depression in teen.

- Over the course of increasing in social media or television viewing was associated with more severe depressive symptoms.

#### 7 POOR QUALITY ON SCREEN TIME:



- Obesity, behavior problems, loss of social skills, violence, less time for play.

## 8 SCREEN CAUSE STRESS:

The Screen Stress, A lack of sleep may increase stress impair the brain's ability to regulated emotions and negatively effects.

## 9 EFFECTS A ENDOCRINE SYSTEM:

The Screen time is effects a endocrine system.

## 10 EFFECTS A HORMONES.

Its effects a hormones in human body.

## 11 EFFECTS A obesity:

The Screen times is effects a obesity.

## 12 EFFECTS A CARDIOVASCULAR SYSTEM:

The screen time effects a cardiovascular systems

QUESTIONS NO # 4: Discuss contributed of "Sociology to medical field?"

## SOCIOLOGY:

MEANING: Socio → Society  
Logy → Study.

DEFINITION: Scientific study of human society is called Sociology

## COMPONENTS:

- 4 components of Sociology
1. Development
  2. Organisation
  3. Functioning
  4. Classification

TYRES: These are 2 types.  
1. macrosociology 2. microsociology

SCIENTIST: George Engle

## MEDICAL SOCIOLOGY:

MEANING: The study of social causes and consequence of health and illness.

## DEFINITION:

## Definition of Sociological Medical Sociology:

The sociological analysis of medical organization and institutions, the production of knowledge and selection of methods, actions and interaction of healthcare professional and the social, culture effects the medical practice.

- Epidemiology
- Public health effort and other policy issues.
- Formal Organization aspects of healthcare
- The socialization of caregivers.
- "micropolitics" among practitioners in healthcare.
- To study social problems.
- To study social factors and relations.
- To study social factors of family, society and government health.
- To study social principles in medical organization and treatment.

## TYPES OF MEDICAL SOCIOLOGY:

1. medical technology
2. medical collaboration
3. medical ideology.

## BRANCHES OF MEDICAL

Sociology: The branches is all medical economics, medicals anthropology and ecology.

FACTORS:

SOCIAL FACTORS:

- cultural aspects.
- health consciousness
- demographics / Population etc.
- Career attitudes and lifestyle.
- media views
- Social effects are the way the business operates, companies may change a various management strategies to adapt to these social trends.

CULTURE FACTORS:

- The cultural and lifestyle information about a country can be broken down into several
- material culture
  - cultural preferences.
  - Education, language and religions
  - Ethic, values.

THE END