

NAME:Abrar Azmat

ID:13399

PAPER:medical sociology

Q#1: what is the social determination of health in curent condition of covid 19.
explain with examples ?

ANS:

SOCIAL DETERMINATION OF HEALTH :

Health starts in our homes, schools, workplaces, neighborhoods, and communities. We know that taking care of ourselves by eating well and staying active, not smoking, getting the recommended immunizations and screening tests, and seeing a doctor when we are sick all influence our health. Our health is also determined in part by access to social and economic opportunities; the resources and supports available in our homes, neighborhoods, and communities; the quality of our schooling; the safety of our workplaces; the cleanliness of our water, food, and air; and the nature of our social interactions and relationships.

Goal

Create social and physical environments that promote good health for all.

SOCIAL DETERMINATION IN THIS CURENT SITUATION OF COVID19 :

The COVID-19 pandemic means that many of us are staying at home and doing less in terms of social interactions and exercise. This can have a negative effect on your physical and mental health.

Examples of Social Determinants of Health

The social determinants of health are a subset of determinants of health. Governmental policies, availability of healthcare, individual behavioral choices, and biological and genetic factors are other notable determinants of health. Examples of social determinants of health include:

- Income level
- Educational opportunities
- Occupation, employment status, and workplace safety
- Gender inequity
- Racial segregation
- Food insecurity and inaccessibility of nutritious food choices
- Access to housing and utility services
- Early childhood experiences and development



- Social support and community inclusivity
- Crime rates and exposure to violent behavior
- Availability of transportation
- Neighborhood conditions and physical environment
- Access to safe drinking water, clean air, and toxin-free environments
- Recreational and leisure opportunities

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Q#2: In your opinion SELF MEDICATION is a good practice or not? justify your answer with examples.

SELF MEDICATION :

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 treat common health issues at home, as well as dietary supplements.

IS SELF MEDICATION IS GOOD OR BAD ?

Although self medication can offer several benefits such as reduced costs associated with doctor consultation and faster relief of symptoms, it is not a safe practice and can cause more harm than good to one's health. ... Taking medications without proper medical consultation can also lead to drug interactions

DISADVANTAGE OF SELF MEDICATION:

Potential risks of self-medication practices include:

incorrect self-diagnosis, delays in seeking medical advice when needed, infrequent but severe adverse reactions, dangerous drug interactions, incorrect manner of administration, incorrect dosage, incorrect choice of therapy.

ADVANTAGES OF SELF MEDICATION:

Good self-medication can also provide benefits such as:

Saving scarce medical resources from being wasted on minor conditions. Lowering the costs of community funded health care programs. Reducing absenteeism from work due to minor symptoms

SELF MEDICATION CONCLUSION:

- Self-medication can be a dangerous practice because it prevents or slows true healing. The prevailing theory regarding self-medication is that it is an approach

where a person tries to escape their problems. This theory can help a person learn more about their addiction and what could be leading them to their substance abuse.

- Its important to recognize that self-medication can lead to addiction and health complications, including risks for overdose. If you are concerned that yourself or a loved one may be self-medicating, talk to a doctor or seek treatment at an addiction facility. Sometimes, it can take time to identify the deep-seated emotions or trauma that lead to the addiction.

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Q#3: how screen time addiction effect our mental health? explian in detail.

ANS:

SCREEN TIME ADDICTION:

Screen addiction is a group of behaviors that are negative, some negative outcomes that can happen when we use too much technology during our day. So prolonged use of watching TV, video games, scrolling through social media all of that use acts like a digital drug for our brain

Increased screen time has been proven to cause concern with physical wellbeing in both adults and children. While physical complications are an issue, perhaps the most worrisome effects take place in mental and social blockages. Far less easily proven or identified, many people may be suffering from the mental effects of screen time without even knowing it.

HOW IT EFFECT OUR MENTAL HEALTH:

BEHAVIOUR:

Behavior is another mental aspect that can be affected by screen time. Recent studies have linked increased device use to attention disorders, outburst, and other behavioral issues. Some researchers have even gone as far as linking excessive media consumption to violent or aggressive behavior. Some experts have coined the term electronic screen syndrome (ESS) to explain the behavioral problems that can arise from excessive screen time, including:

- Outbursts
- Poor sportsmanship
- Bossy or controlling behavior
- Extreme competitiveness
- Begrudging attitudes



- Perceived hostility (e.g. believing someone ran into them on purpose)

MENTAL HEALTH:

Children who spend more time with screens may have behavioral, cognitive, and social issues, but another concern is mental health. Teens spending 7+ hours a day on screens were twice as likely to have been diagnosed with depression or anxiety. One study surveyed 8th, 10th, and 12th graders every year from 1991 to 2016 measuring signs of wellbeing like self-esteem, life satisfaction, and overall happiness. The surveys revealed a drop in wellbeing after 2012, which is around the time digital devices and social media popularity skyrocketed, as well as a direct correlation between device use and unhappiness

Long-term Effects

In children, effects of screen addiction may include:

- Speech delay
- Cognitive impairment
- Difficulty with problem-solving and creative thinking
- Cyber bullying and exposure to predators
- Body weight issues and poor bone health due to lack of physical activity, which later in life can add up to heart disease and other health conditions
- Depression and anxiety

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Q#4: discuss contribution of SOCIOLOGY to medical feild ?

ANS:

MEDICAL SOCIOLOGY:

Medical sociology is the sociological analysis of medical organizations and institutions; the production of knowledge and selection of methods, the actions and interactions of healthcare professionals, and the social or cultural (rather than clinical or bodily) effects of medical practice

CONTRIBUTION OF SOCIOLOGY TO MEDICAL FIELD:

- health is the state of complete physical, mental, and social well bieng not merely the absence of disease or infirmity
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- so, in sociological point of view, health care system is complicated structure of social roles, process and comunication, involving both pateint and professionals.
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- understanding the social dimentions of the health care process can assisit health



professionls in providing better care to their patient.

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