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Question no # 1

What is the role of "social determinants of health" in current condition of covid-19?

Social determinants of health:-

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

The 12 determinants of health are;

- 1- The Social Gradient.
- 2- Stress
- 3- Early life
- 4- Life Expectancy
- 5- Social support networks
- 6- Education and literacy
- 7- Transport
- 8- Food
- 9- Addiction
- 10- Social environments
- 11- Employment.

1- The Social Gradient:-

Social Gradient is one of the social determinant of health. As we all know that the poorest around the world have the worst health.

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As people having high socio-economic status are less exposed or infected to covid-19 and less likely to die of it than the people who lack in facilities and have a low socio-economic status.

2) Stress:-

Stress is the main cause of all the diseases. Due to stress our mental, physical as well as immune response is weak. So to cure from covid-19 immune system must be strong other wise there are great chances of catching the virus.

3) Early life:-

Early life factors also play an important role for individuals to contract the virus. People who have poor nourishment in their early life have lower immunity than those who have a nourished body.

4) Life Expectancy:-

Life expectancy is different in different parts of the world, which is based on regional variations, economic circumstances, and gender difference.

for examples -

Life expectancy is higher in rich countries because of the availability of food to each and every one and less number of health problems in them. So covid-19 do not effect those countries as poor countries. Because they recoverly due to proper care and have access to better care facilities.

5- Education and literacy:-

As educated people understand every situation and its harmful effects on the other hand illetrate people have not enough information. So both the people are facing the situation (covid-19 virus) differently.

Educated people follow all the instructions giving by doctors while illetrate do not. So high ration of illetrate people are affection from virus.

6- Food:-

Healthy food is the basic key to strong immune system. But the food is not available to all so they poor and weak people are affecting more due to covid-19.

7. Addiction:-

As addiction of anything is bad, people who are addicted to drugs, smoking etc their immunity is weak and are at a high risk of covid-19. On the other hand screen addicted people also have weak immunity because of improper sleep. So they are at risk of virus.

8. Employment:-

The employment people are only facing the problem that is covid-19. They don't have financial problems. But unemployment in a society is a great problem especially in covid-19 days. They don't have money for food and treatment. These ~~emr~~ unemployed societies are suffering more.

9. Social Environment:-

Good social environment is also very important. People having a cooperating society nowadays help each other in this pandemic situation in every problem.

10. Health and Health care:-

20

Different Health care departments are trying to help the people in this pandemic situation of covid-19. They are providing good health-care to the people. Distributing free masks, sanitizers and food.

11- Transport:-

Due to the lock-down the public transport is closed & so the local people are facing great problems. On the other hand the higher class society is not facing transport problem.

Question no#2 ①

Self Medication :-

Self-medication can be defined in simple terms, as;

"The use of medicines by a person by himself/herself for treating a perceived or real health problem without consulting a physician or pharmacist".

Need for Self-medication :-

- The lack of time to go to a physician.
- Inability to afford physician's fee,
- Relatives/friend's advice to buy a particular medicines and use for appropriate conditions through advertisement, awareness and information over the internet.

Medicines for Self-medication :-

⇒ Medicines used for self-medication are often known as "non-prescription" or over the counter" (OTC) and are taken by a person without any doctor's prescription from pharmacy.

⇒ Reckless and irresponsible self-medication without proper knowledge is always dangerous and sometimes can be fatal too.

Responsible self Medication:-

⇒ Responsible self-medication is when a person is fully aware of the symptoms, condition and information about that medicine.

⇒ It is estimated that in the United States, some 100 to 150 million general practitioners consultation a year are related to conditions that could be self-treated.

⇒ Each year, millions of new products are launched in the drug market as (OTC) medicines, and community pharmacists are in an excellent position to provide correct information on the use of these drugs.

Opinion about Self-Medication:-

In my opinion self-medication is not a good option as it is a risk to health. Some of the disadvantages of self-medication are as under;

Disadvantages of Self-Medication:-

- Self medication is associated with risk such as misdiagnosis, use of excessive drug dosage, prolonged duration of use, drug interactions and poly pharmacy.
- Our own diagnosis may be wrong.
- Our chosen drugs may cause side effects.

- Because of our incorrect diagnosis and incorrect medication purchased, there would be financial losses and delayed recovery, which is going to be more costly.
- Dangerous drug interaction.
- Incorrect dosage and choice of therapy.
- A medicine can bind to more than one receptor site. Thus a medicine may be harmful for some receptor sites.

Conclusion:-

Self-medication is harmful for health and a great risk if taken in high dosage without any knowledge.

As a result instead we get benefited from these medicines a poisonous affect may occur, so we should not take any medicine without doctor's prescription.

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Question no #3

How "Screen Time Addiction" affects our mental health? Explain in detail.

Answer:-

Addiction of very thing is bad. Addiction means over usage of something, however over usage has negative effects both mentally and physically.

Screen addiction is the prolonged use of watching TV, video games, scrolling through social media all of that use acts like a digital drug for our brain. And it has harmful effects.

→ By limiting the time wasted on our phone and laptop, we can enjoy our immediate surroundings free of distraction.

"Screen Time Addiction" affect our mental health:-

In children mental health problems may occur due to addiction of screens some of them are;

- 1- Insecurity about themselves they always compare themselves with others which greatly disturb their mental health causing depression and anxiety.
- 2- children from 6 months to 2 years watching all day cartoons can delay their speech.

- 3- Difficulty with problem-solving and creative thinking.
- 4- Body weight issues and other problems can also lead to bad mental health, as it destroys peace of mind.
- 5- Headaches or migraines.
- 6- Due to the harmful rays coming from screen can disturb our brain function.
- 7- The person may feel himself lonely which causes depression.

Conclusion:-

- ⇒ As we already know about the harmful effects of addiction of screen so its better to not use our TV's, laptops etc more than 4 hours but not constantly.
- ⇒ Improved sleep patterns which results in more energy.
- ⇒ Technology isn't all bad. However, it must be used in an efficient manner.
- ⇒ Social Media must not be used frivolously.
- ⇒

Question no # 4

Discuss contribution of "Sociology" to medical field?

Answer:-

Sociology:-

Sociology is the study of society, patterns of social relationships, social interaction, and culture that surrounds everyday life. It is the social science that uses various methods of empirical investigation and critical analysis to develop a body of knowledge about social order and social change.

Contribution of Sociology to medical field:-

- Health is the state of complete physical, mental and social well being not merely the absence of disease or infirmity.
- While treating a patient first the doctor must take their history.
- About their social relationship, financial status.
- Because indirectly 80% of the causes of disease is social problems, so first these problems must be solved.

- Social behavior plays a critical role in determining and influencing the health of individuals, groups, and the larger society.
 - The most important thing for all specialties in medicine is the diagnosis of disease in patients but studying the underlying cause of disease, spread, cultural effects, the ability to control among all family members and friends, is also important for control that disease in the community.
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