

27-June -2020

FINAL TERM EXAMS  
2020

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DEPT = HND (2ND SEMESTER)

ID = 16221

SUBJECT = SOCIOLOGY.

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Q:- What is the role of "SOCIAL DETERMINANTS OF Health" in current condition of Covid-19.

Ans: Social Determinants of Health are condition that affect health and functioning of social life of people. The social determinants of health promotes healthy social and physical environment for all. Resources that amplifies quality of life can have significant influence on Public health. Examples of these resources include safe and affordable housing, access to education, public safety, availability of healthy foods, local emergency / health services and environment free of life threatening toxins.

The Covid-19 pandemic has exposed and exacerbated the factors in our health care and social delivery system. Due to rising anxiety about social health and financial disruptions associated with Covid-19 it is essential to anticipate, screen and support efforts to reduce the impact of social determinants of health. Social risk factors such as limited access to care and medications, financial distress loneliness, food and housing insecurity, isolation, health

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and financial stress caused by Covid-19 will precipitate crisis number of people.

Social determinants of health contribute to 80 percent of our health outcomes. Due to Covid-19 people living in poverty has increased, millions of people are filling for unemployment, food bank lines are longer than ever, housing and food insecurity is increase the Covid-19 pandemic is highlighting that social determinants of health have been neglected.

Organizations throughout health care are recognizing the critical need to address social determinants of health and create harmonization during the current situation of Covid-19.

While the current Covid-19 crisis may appear to be diverting attention from social determinants of health, at the same time it is making clear the need to include social determinants of health in the overall strategy to combat the pandemic spread. The spread of Covid-19 will create additional economic and social instability, placing of people of risk for adverse social determinant of health and associated deterioration of individual and population health.

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Social determinants have a recurrent relationship with Covid-19 pandemic. Failure to address poor health literacy, inadequate access to therapies, care, food and shelter also worsen viral spread. The spread of Covid-19 is creating additional economic and social instabilities placing people at risk for adverse social determinants of health.

In spite of advance in diagnosis treatment of most chronic disease, there is ~~and~~ evidence that social and ethnic minorities tend to receive lower quality of care than non minorities and that, patients of minority ethnicity experience greater morbidity and mortality from various disease than non minorities which is currently happening during the covid-19 situation.

Chronic exposure to racism is associated with negative mental and physical health outcomes. Racism has been shown to impact health to economic and social deprivation, environmental, occupational health in inequities, psycho-social trauma and inadequate access to

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health care during the covid-19.

During the current situation of covid-19, shelter settings are crowded and have

- limit opportunities for proper hygiene and physical distancing.

The pandemic has greater impact on people experiencing homelessness, which includes reduced access to public spaces and health or social services.

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Q2) In your opinion self medication is a good practice or not? Justify your answer with explanation and examples?

Answer:

## SELF MEDICATION:

Self medication is very common nowadays and is being used worldwide. Self medication has traditionally been known as the taking of drugs, herbs or home remedies on one's own initiative or on the advice of other person without the consultation of doctor. Everyday we are practicing self medication in the form of self care of our health. Friends, families, neighbour, the pharmacist, previous prescribed drug or suggestions from an advertisement newspapers or magazines are common sources of self medication. In my opinion nowadays people use self medication as the desire and ability to play an intelligent, independent and informed role. but not in terms of decision making which concerns them. Some governments are

⑥ encouraging self care medication to reduce the cost of treatments, travelling time as well as doctors' time. Common reasons for self care are: urge of self care, feeling of sympathy towards family member in sickness, lack of time services and financial problems etc.

### DISADVANTAGES:

- Irrational use of antibiotics and antimicrobials without proper medical guidance may result in inappropriate, incorrect or undue therapy, missed diagnosis, delays in appropriate treatment, pathogens resistance and increased morbidity.
- Lack of information about medications can cause adverse effect such as antibiotic resistance, skin problem, hypersensitivity and allergy.
- Wastage of resources, increased resistance of pathogens, serious health hazard and prolonged sufferings are major causes of self medication.
- When medicines enter the body they get absorbed very quickly and can cause reactions, sometimes

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relief or later side effects.  
Some drugs bought can be  
very addictive and  
dangerous.

- Some syrups for treating sore throat when consumed make patients feel drowsy but many people begin to use this as a drug.
- Self medication can be dangerous because your confidence can make you consume an overdose of medicines which may result in death.
- Self medication may give us instant relief but it also causes long term side effects. It can cause an adverse effect on our lungs and other organs.
- Medication that have passed their expiration dates might not work as effectively or be safe to use. Chemical reactions can occur in medications as they expire, making them dangerous to consume.
- Taking medicines to treat ongoing symptoms without consulting a doctor could mean that you are letting



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an underlying condition go undiagnosed. Some sickness require proper diagnosis to be effectively treated.

- When you take multiple medications on your own initiative you run the risk of taking medications that should not be used together for safety reasons.

## Prevention:

- It would be safe if the people who are using self medication have sufficient knowledge about its dose, time of intake, side effect on overdose.
- Government should increase awareness and implement legislation to promote judicious and safe practices.
- Improved knowledge and understanding about self medication may result in proper use and microbial resistance issues will be reduced.
- Government should take necessary steps to regulate responsible self medication which can be

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done by making availability of safe drugs - with proper instructions about its use and side effects and if in need consulting a physician. Antibiotics must be bought on prescription basis and it must be treated as a crime to sell them to patients with prescription. Read about the advantages and disadvantages of self medication and caution your surroundings. Students in school must be taught about self medication.

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Q3) How "Screen time addiction" affects our mental health? Explain in detail?

Answer: In the last decade, the use of electronic media devices has dramatically increased among youth. Screen time can become an addiction and can damage our health. Screen addiction happens when we use too much technology during our day. Watching TV, playing video games, scrolling social media for a prolonged time acts like a drug for our brain for a long period of time. Effects of media has been on its negative impact. High screen time is a significant predictor of more chances of anxiety, depression and psychopathological symptoms among students. Using screen too much releases dopamine in our brain which can negatively affect impulse control. It also affects the frontal cortex of the brain which is as similar to the effect of cocaine. If people are relying on screen most of the time for entertainment that could be a sign that they are addicted to screens and their brains are really craving for

it. Children nowadays chose screen over books, non video games and toys that they used to play with. Screen time addiction has caused increased aggressive behaviours in younger children. Screen time addiction has caused long term effects on children such as difficulty in solving problems and creative thinking. They are also exposed to predators and cyber bullying, which has become very common nowadays. Due to continuous use of screen and lack of physical ability, childrens develop poor health condition like body weight issues, poor bone health and heart diseases. It has adverse affect on mental health and causes depression and anxiety.

Symptoms of people depending on screens:

- totally engrossed in screens
- decreased tolerance.
- failure to reduce or avoid screen activities
- loss of social interaction.
- continued interest despite negative effects.

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Screen dependency disorder may lead to insomnia, back pain, weight gain or loss, vision problems, headaches, anxiety, dishonesty, feelings of guilty and loneliness. Long term effects of these symptoms can cause brain damage. Due to this addiction children's brain shrink or lose tissue in the frontal lobe, striatum and insula. These areas help to organize plans and ideas and develop compassion and empathy. Excessive use of technology may impair a child's ability to function and relate socially. Screen time has caused many issues in teenagers due to which it has become hard for them to speak face-to-face with someone which has lead to increase in anxiety levels using too much screen leads to sedentary lifestyles. It can also lead to low-self esteem.

Finding ways to take breaks from screens may help promote more active and healthy life style.

Q4) Discuss contribution of sociology to medical field?

Ans) CONTRIBUTION OF SOCIOLOGY IN MEDICAL FIELD

Over the past two centuries diseases and epidemics derived from the material conditions of living and social structure of society. The systematic study of how humans manage issues of health and illness health care for both the sick and healthy is called medical sociology. Medical sociologists study the physical, mental and social components of health and illness. Sociologists have made important contributions to medical field by understanding the social construction of health problems. One of the important task of sociology in medical field is explaining how social environment affects human health. The value of sociology is widely recognized in medical profession. It predicts which groups of people are at risk of various diseases, and who are more likely to engage in health risk behaviours.

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Medical sociology addresses how gender, class, age affects patterns of health and illness behaviours and other health care outcomes. Social determinants of health, inequalities, social class and health policy has influenced population based health. Sociology identifies variation in health status and condition for groups defined by variables including age, gender, class, race, education, unemployment, occupation and religion.

Sociology helps in understanding how social environmental and personal factors interact in promoting health and triggering disease in a life course perspective. Adverse social circumstances of parents at the time of their childrens birth increase the risk of premature mortality in children's later life.

Sociology helps <sup>health</sup> professionals in assisting patients and providing better care to them. Social factors play a great part in shaping health factors. The unemployment has an adverse effect on the

health of adults. Medical Sociology explores themes as how physicians control the work of other health occupations, how lower social status and gender affects health. The objective of medical sociology is to see how social life affects mortality rate. The medical sociology concerns the role of health professionals in society. It covers the causes of diseases and illness and reasons for seeking medical aid. Sociology have proved that spread of disease is greatly influenced by status, traditions and cultural factors of individuals. Medical sociology is important because it helps treat patients more effectively by understanding the certain factors that have impact on patient's life. Conflict generated by new opportunities and societal changes is the main factor in all diseases. Many public health problems are - social problems like drugs, alcohol, Poverty and crime are social problems which lead to health problems. Sociology helps in understanding the relationship of social factors to heart diseases, cancer and other diseases.