Social Sciences and Health

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In 1911 the Concept of social medicine was presented by Alfred Grotjahn (1869-1931). He stressed the importance of Social Medicine in the aetiology of disease, which he called Social Pathology.

Professor Crew defined it as Social Medicine is the study of Man as a social being in his total Environment. It has Two pillars Medicine And Sociology
Alfred Grotjahn (1869-1931)
Branches Of Social Sciences

- Economics
- Political Science
- Sociology
- Social Psychology
- Anthropology
Health

- It is complete Physical, mental and social well being and not merely the absence of any disease or infirmity
HEALTH

**Predisposing Factors**
- Current Circumstances
  - Income,
  - Family Life
  - Housing,
  - Employment
  - Stresses and Crises
  - Social Support
  - **Individual Predispositions**
    - Inheritance
    - Perinatal Events
    - Previous Accidents or Illness
    - Childhood
    - Nutrition,
    - **Ecological Predisposition**
      - Community values
      - Socially Prescribed Roles,
      - Life style
      - Subcultural Behavior patterns etc
    - **Opportunities/Situations**
      - Access to Health Care services,
      - Availability of education,
      - Food,
      - Sanitation
      - Alcohol,
      - Drugs,
      - Marriage partner

**Social /Structural Factors**
- Demographic
- Economic
- Political
- Legal
- Religious
- Educational
- Technological
- Communications
- Migration
- Urbanization
- Life Expectancy
- Marriage
- Fertility
- Role of Woman
Social and structural factors

Current Circumstances

Individual's Predispositions

Ecological Predispositions

Opportunities/Predispositions
HEALTH

- Social Sciences are very important for the following specialties
  - Community Health
  - Immunization
  - Family Planning Program
  - Infant and Child Food
  - Clinical Medicine
  - Modern Diseases (CVA, Diabetes, Mental Diseases)
  - Rheumatoid Arthritis, Intestinal Ulcers, Chronic Diarrhea and Epilepsy
- Epidemiology
- Frequency
- Distribution
- Determinants
SOCIAL SCIENCES IN COMMUNITY MEDICINE
The social sciences cover the disciplines of

BEHAVIOURAL SCIENCES

• Sociology
• Psychology
• Human Anthropology
• Human Ecology
• Genetics

• Political science
• History
• Economics
• Demography
BEHAVIOUR
The way one conducts oneself.
The treatment of others.
Response to others.

- **BEHAVIOURAL MEDICINE**
  “Field of scientific research concerned with the effects of behaviour on physical health and illness. Developed in 1970, it focuses on the occurrence, prevention, control of physical disorders that are caused or aggravated by social conditions, behaviour, thoughts, and emotions”.

- **BEHAVIOURAL SCIENCES**
  “Field of study that are primarily concerned with the understanding, prediction, and control of human behaviour, especially those types of behaviour that develop out of interpersonal relations”.
SOCIOLOGY

The scientific study of the development, structure and function of human society.

The lowest level in this discipline is an interacting individual.

Sociology aims at analyzing, describing, interpreting and predicting human behavior.

SOCIAL NORMS

Social norms are the shared expectations from an individual in a social institution.

SOCIAL INSTITUTION

When the norms are refined and placed in order an interrelated system of such norms pertaining to a relatively limited area of group activity is called social institution. The family, marriage, economics, politics, religion, play and recreation are important social institutions.
FAMILY

The family is a group of intimate people emotionally involved and related either by blood, marriage or adoption, responsible for the reproduction and rearing of the children and living together.

MARRIAGE

The legal union of male and female in order to live together and often to have children.

PURDAH

Purdah is a religious practice in which women cover their bodies with a veil.
Family

- **Nuclear Family**: It consists of married couple and their children while they are regarded as dependents.

- **Joint Family**: It consists of married couples and their children who live together in the same household. There is a common family purse in which all the family income goes and from which all the expenditures are met.

- **Three Generation Family**: It is fairly common in the west. When the young couples are unable to find separate housing accommodation and continue to live with their parents and have their own children.
**Problem families**

Problem families are those which lag behind the rest of the community. In these families the standard of life is generally far below the accepted minimum and parents are unable to meet the physical and emotional needs of their children. Children who are reared in such an environment are victims of prostitution, crime and vagrancy.

**Broken families**

A broken family is one where the parents have separated or where death has occurred of one or both the parents.
Nuclear Family
Joint Family
Three Generation Family
Functions of Family

- Residence
- Division of labour
- Reproduction and bringing up of children
- Socialization
- Economic functions
- Social care
CULTURE

- It is used to refer the way of life of people; it emphasizes the holistic integrated totality of that way of life. It is a social heritage. It includes knowledge, belief, art, morals, law, customs and other capabilities and habits acquired by man as a member of society. It is socially transmitted from parents to child.
Culture

- Culture include-:
  - Morals
  - Knowledge
  - Habits
  - Beliefs
  - Customs
  - Law
Culture
SOCIETY

- Society is a group of people with a common at least somewhat distinct culture, who occupying a particular territorial area, having a feeling of common unity and regard themselves as a distinguished entity. The general aim of society is to progress.
TYPES OF SOCIETIES

1) Urban society
2) Rural society.
3) Secular society
4) Sacred society
5) Industrial society
6) Primitive society
7) Close society
8) Gemeinschaft society
9) Folk society
(1) URBAN SOCIETY

- Is characterized by a large heterogeneous population having close contact with other societies through trade, commerce, communication and other facilities.
- There is complex division of labour and a prevalence of secular over sacred concerns.
- Social relations are impersonal, and formal.
Urban Society

The Community in Urban Society

Larry Lyon
(2) RURAL SOCIETY.

- Is defined as the form of association maintained between the people and their institutions in a local area in which they live on dispersed farmsteads and in a village, which usually forms the centre of their activities”.

- It is an agricultural society.

- Interactions are simple, informal and intimate.

- There is strong hold of social institutions.

- The use of technology is scarce and primary health care facilities are lacking in the rural societies.
RURAL SOCIETY
RURAL SOCIETY
RURAL SOCIETY
(3) SECULAR SOCIETY

- It is heterogeneous society in which the primary values are utilization, rational and help promoting.
- It is basically non-religious society in the sense that there is no official religion.
- Pragmatism is the cultural ethos of such a society.
(4) SACRED SOCIETY

- It is a homogeneous, integrated and stable association in which value system, customs and normative order are regarded as sacred and unchangeable society.
- Human relationships and value systems are regarded as absolute, natural, rigid and fixed.
- Most of the societies of third world countries could be placed under this category.
(5) INDUSTRIAL SOCIETY

- It is a society in which hand made produce is replaced by machine production of goods.
- Workers do not own machines but they work for enterprises.
- Economic activity is well organized in this society.
- There is higher social mobility, conformity, beaurocratisation, loss of folk community ties, stereotyped attitudes and values, division of labour.
- Most of the social problems of industrial societies may not be inherent but could be the result of defective economics, political or social policies.
INDUSTRIAL SOCIETY
(6) PRIMITIVE SOCIETY

- A primitive society means a non-literate society.
- No society likes to be called primitive, since most societies are undergoing sociocultural changes.
PRIMITIVE SOCIETY
A society in which social class is based primarily on family status rather than personal abilities, capabilities, and achievements.

It is intermediate to society and cast system (a cast society has a very rigid, fixed and permanent system of assigning roles and status for its individuals at the time of their birth).
CLOSE SOCIETY
(8) GEMEINSCHAFT

- Generalized type of society
- Social bonds are based on close personalities of friendship, close association, and kinship.
- There is close co-operation and intimate interaction based on emotions among its members.
(9) Folk society

- It is small, isolated, non literate and homogenous institution with a strong sense of solidarity.

- Behaviour in such a society is spontaneous, traditional, uncritical, and personal.

- There is no formal legal system.

- Kinship and its institutions are the type of experiences which control and direct economical, political and religious activities.

- Status dominates the market economy.
Folk society
Social psychology deals with the process of the socialization of the individual. This process involves interaction between the individual and other persons.

Social psychology is social interaction, which begins with birth and continues throughout life.
**Social Norms:** represent expected regularities in conduct and implicit (tacit, understood) agreements about how to behave.

**Social Structure:** refers to interrelationships of these norms with other prescriptions of the society regarding roles and status. Or

Social norms are the shared expectations from an individual in a social institution.

**Attitude:**
It is defined as an orientation favorable or unfavorable to some object, concept or events. Opinions deal with expectations or predictions about the consequences of certain sources of action.

**The MASS MEDIA:** (Newspapers, magazines, motion pictures, radio television, internet, cable, mobile phone) affect the attitudes, opinion, and beliefs of large audiences. **Coercive Persuasion (brain washing):** refers to the efforts to convert the thinking of prisoners.
THANK YOU
VERY MUCH
GENETICS

Genetics is the science that deals with the underlying causes of the resemblance’s and differences.

**GENOTYPES**: The genetic constitution of an individual (Carrier of genetic qualities).

**PHENOTYPES**: A set of observable characteristics of an individual or group resulting from the interaction of its genotype with its environment.

**CHROMOSOMES AND GENES**: An individual’s genotypes consist of the hereditary units that he has received from his parents and that he will transmit to his offspring’s. These units are carried by microscopic particles found within each cell of the body known as CHROMOSOME. A chromosome is composed of many GENES. Each body cell has 46 chromosomes (23 from father’s sperm and 23 from mother’s ovum). Total number of genes in each human chromosome is at least 1000. An important attribute of the gene is **DOMINANCE** or **RECESSIVE**. A normal female has two XX chromosomes. A normal male has one X chromosome and one Y chromosome.
Chromosomes contain the genetic blueprints for a specific organism. Different groups of organisms have different numbers of chromosomes; for example, human beings have 23 pairs (46 total) of chromosomes, divided into 8 different sets according to their size and shape. One chromosome in each pair comes from the mother and the other comes from the father. The variation present in individuals is a reflection of the genetic recombination of these sets of chromosomes from generation to generation.
HUMAN CHROMOSOMES
Genetic Diseases

Classification

- Chromosomal abnormalities.
  - Klinefelter syndrome
  - Turner syndrome
  - Xyy syndrome
  - Super female(XXX.XXXX.XXXXX)
  - Down syndrome
- Unifactoral (single gene mendelian) Diseases.
  - Autosomal dominant traits
  - Autosomal Recessive traits
  - Recessive sex-linked traits
  - Dominant X-linked traits
- Multifactorial diseases.
  - Cancer
  - Diabetes mellitus
  - C.H.D.
PREVENTIVE AND SOCIAL MEASURES OF GENETIC DISEASES

Health promotional measures.

Specific protection

Early diagnosis and treatment

Disability limitation

Rehabilitation
(a) **EUGENICS**

Gallon proposed the term Eugenics for the science which aims to improve the genetics endowment of human population. Eugenics has both negative and positive aspects.
Negative Eugenics

- Hitler sought to improve the German race by killing weak and defective. This was negative Eugenics. But nobody in the civilized world would approve such a measure to improve the Human race.

- But if the people who are suffering from serious hereditary diseases are sterilized or otherwise debarred from producing children, there should be no serious objection to marriage.
Hitler
Hitler
HOLOCAUST
■ Spartan
- Spartan
Spartan
Positive Eugenics

- To improve the genetic composition of the population by encouraging the carriers of desirable genotype to assume the burden of parenthood but this is not easy.
Mere improvement of the genotype is of no use unless the improved genotype is given access to a suitable environment which will enable the genes to express themselves readily.

Throughout the course of history of man has been adapting environment to his genes more than adapting his genes to the environment.

Many studies have been proved that mentally retarded (mild) children improved their IQ.

Thus the solution of improving the human race is by changing genes as well as environment.

Thus environmental manipulation is called Euthenics.
Genetic Counseling

- Prospective genetic counseling.
- Retrospective genetic counseling.
- Consanguineous marriages.
- Late marriages.
Specific protection

- Protection from mutagens such as X-rays particularly the pregnant lady.
- Immunization by anti-D globulin
Early diagnosis and treatment

- Detection of genetic carriers.
- Parental diagnosis (Aminocentesis)
- Screening of newborn infants.
- Recognizing preclinical cases
Finally rehabilitation with many genetic or partially genetic conditions causing physical or mental disability, much can be done for the patient and for his family in helping him to lead a better and more useful life.
ECOLOGY: Study of environment.

HUMAN ECOLOGY: is a general study of living organisms, their relationship to one another and the planet on which they live.

ORIGIN OF EARTH AND LIFE:
Earth was formed 4500 million years ago.
First life was formed in sea.
The earliest organism appeared about 2700 million years ago.
First life on land appeared on 450 million years ago.
Man appeared on earth about 50 million years ago.

SYSTEM:
A set of individual parts placed functionally together.

ECOSYSTEM:
A system that is open for at least one quality, in which at least one of the entities is classified as living.
ECONOMICS

- Economics is the science which study human behavior as a relationship between scarce means and alternate uses.

- **SCARCITY**: is the condition of being limited supply.

- **GOODS**: Goods have been classified in many categories,
  - **Material Goods**: Commodities, which are bought by paying.
  - **Non-Material Goods**: includes services of labour, businessman, officials, and doctors.
  - **Consumers Goods**: Goods essential to living Rice, Wheat, Vegetables and other foods.
  - **Economic Goods**: Minerals, forests.
  - **Free Goods**: A free good is anything to which the law of scarcity does not apply. They are gifts of nature e.g. Air, Water.
INDICATORS OF ECONOMICS.

- **Gross National Product (GNP):** GNP is the sum total of all expenditures of final Goods and services produced in the country during a one year period.

- **National Income:** National income is equal to the sum total of all the Wages and salary, income earned by self-employed Individuals, all corporate profits and net interest received by the individuals.

- **Net National Product:** When depreciation is deducted from GNP, the result is Net National Product.

- **Per Capita Income:** average income of an individual in a country.
MEDICAL ANTHROPOLOGY.

- Origin from Greek meaning study of man.
- It is the study of the cultural, historical, physical and linguistic behavior of people from all parts of the Globe both in the past and present.
- Anthropology is the study of human similarities and differences.
- The holistic study of human kind its origin, development, social and political organization, religions, language, arts and artifacts.

**Branches**

1. Physical/Social Anthropology
2. Cultural Anthropology
3. Archeology Anthropology
4. Linguistic Anthropology
Anthropological methods

- Anthropological methods are useful for
- Prior to introduction of a new health program for health planning and innovations.
- What the people are doing with regard to health care.
- The beliefs and practice of people.
- The community’s response can be measured by medical anthropology techniques.
- Following completion of health program results can be evaluated.
ANTHROPOLOGICAL TECHNIQUES:

- The participant – Observer study
  "The Anthropologist lives in their village and records their ways."
- Interviews with Key Informants:
  "Key informants are individual chosen from the community".
- Clinical vignettes:" These are ways of finding out about peoples Beliefs.
- Drawings/Pictures/Objects
- Surveys and Questionnaires
- Focus Groups Discussions(FGD)
The participant – Observer study
THANK YOU
VERY MUCH