



INTERNATIONAL ONLINE MEDICAL SOCIOLOGY ANNUAL CONFERENCE 2021

4th-5th (Monday, Tuesday) January 2021

ABSTRACT BOOK

Organized by:
DEPARTMENT OF SOCIOLOGY
BAHAUDDIN ZAKARIYA UNIVERSITY MULTAN, PAKISTAN

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Message

Patron- in- Chief

Prof. Dr. Mansoor Akbar Kundi

Vice Chancellor

Bahauddin Zakariya University Multan, Pakistan



It gives me immense pleasure to welcome the honorable guests, esteemed scholars and devoted students at the International Online Medical Sociology Annual Conference 2021, hosted by the Department of Sociology, Bahauddin Zakariya University Multan, Pakistan. Medical Sociology is concerned with the relationship between social factors and health, and with the application of sociological theory and research techniques to questions related to health and the health care system. One of the important tasks of medical sociology consists in explaining how the social environment affects human health. Theoretical models are instrumental in identifying those aspects within the complex social reality that accounts for increased or reduced health risks in populations.

Hence, the basic aim of this International Conference is to provide a platform to the researchers and academia to share their scientific experiences. I am confident that this International Conference will yield great benefits and some vibrant discourse and diverse discussions with quality research findings and recommendations in the conference.

I would like to thank all dignitaries from outside and across Pakistan for sharing their wisdom on this topic of immense importance. I also appreciate Dr. Kamran Ishfaq, Chairman, Department of Sociology and his team, for the tireless efforts in organizing this online conference successful.

Message
Chief Organizer

Prof. Dr. Imran Sharif Chaudhry
Dean Faculty of Arts & Social Sciences
Bahauddin Zakariya University Multan, Pakistan



On behalf of the Organizing Committee of this International Online Medical Sociology Annual Conference 2021, I would like to extend my warm welcome to all the presenters and participants, and in particular I would like to express my sincere gratitude to our invited speakers. This International Conference will also prove a hub of the learning and exchange the knowledge among the participants through interdisciplinary discussions. I understand there is very enthusiastic response to the Call for Papers both from within and outside the country. Conferences of this nature provide a platform to young researchers; faculty members and industry professionals to present their research and development work and get feedback and suggestions to improve their quality of work.

As a Dean Faculty of Arts & Social Sciences, I hope this international conference will be achieving all the objectives. Finally, I am very certain that Dr. Kamran Ishfaq, Chairman, Department of Sociology, BZU Multan and his entire team is very capable of organizing this event in a benefitting manner. I further wish them good luck and motivation in achieving more success in academics and research.

Message
Conference Secretary

Dr. Kamran Ishfaq
Chairman
Department of Sociology,
Bahauddin Zakariya University Multan, Pakistan



International Online Medical Sociology Annual Conference 2021 focuses on providing a platform to academia and researchers to present their research findings, experiences, policies and case studies in the field of Medical Sociology. This International Conference will surely promote and provide the opportunities to experts of various domains to spread their research findings and experiences. Our intention is to build bridges between the theoretical learning and their practical implications in society at large.

I am pleased to share that the response to our online call for papers was extremely positive. We received 120 abstracts from the researchers of various Universities and Institutes of Pakistan and abroad including, USA, Australia, London, Canada, Malaysia, and the Occupied Kashmir, India. On the basis of blind review made by the scientific committee, 66 papers have been selected for 05 scientific sessions.

I am very thankful to all faculty members and organizing team especially Dr. Imtiaz Ahmed Warraich, Dr. Saima Afzal, Dr. Tehmina Sattar, Dr Salman Bin Naeem, Dr. Wasim Aslam, Ms. Hina Fazal, Mr. Kashif Siddique, Mr. Zahid Zulfiqar, Mr. Imran Jamil Batwani and all the students for their endless efforts to make this online International conference successful.

Keynote Speakers

Prof. Dr. Melissa A. Milkie,

Professor & Chair of the Graduate Dept.

Department of Sociology, University of Toronto, Canada



Melissa Milkie is Professor of Sociology and Chair of the tri-campus Graduate Department. Professor Milkie's research focuses on structural and cultural changes in gender, work and family life over recent decades and how work-family configurations are linked to mental health and well-being. She has a special focus on time and health, and is Principle Investigator of the 2019-2023 Social Science and Humanities Research Council (SSHRC) Insight grant on the complexities of family members' time together and apart in Canada and the U.S. Her current work examines time allocations of and time pressures on parents; work-family conflicts and health; refugee mothers' strains as they integrate children into new communities; and cultural contestations of family in media. Her research has also been supported by the U.S. National Institutes of Health (NIH).



Dr. Nurazzura Mohamad Diah

Associate Professor, Department of Sociology and Anthropology,
International Islamic University Malaysia (IIUM)

Nurazzura Mohamad Diah is an Associate Professor of Anthropology at International Islamic University Malaysia (IIUM). Nurazzura Mohamad Diah obtained her Doctor of Philosophy in Anthropology in 2010 from the School of Social Sciences (Anthropology and Sociology), University of Western Australia. Her Ph.D thesis focuses on the menopausal experiences of urban middle class Malay women in Malaysia and it was considered to be among the few anthropological researches that focus specifically on sensitive issues in Malaysia. She uses qualitative method to understand the ways in which health and sickness are constructed, issues around treatment and healing as well as questions of healthcare services. Although principally a qualitative researcher, her works employ a broad range of multi-method approaches. She is also a lifetime member of the Malaysian Menopause Society (MMS) and Qualitative Research Association Malaysia (QRAM). Currently, she supervises postgraduate students working on health-related topics like women and spa, sports and well-being, maternal healthcare, persons with disabilities, beauty and body image and refugees.



Dr. Kristin Yarris

Associate Professor, Global studies

Director, Global Health Program, University of Oregon, USA

Affiliated Departments: Anthropology, Global Health Program, International Studies, Latin American Studies. Her Interests: global health, global mental health, transnational migration, social and cultural dimensions of health, migrants and refugees, Nicaragua, Mexico, Latin America Dr. Kristin Yarris has two primary areas of research interest: transnational migration and global mental health. An initial major research project explores the impacts of mother migration for families in migrant sending countries; particularly, this work examines the role of grandmothers as caregivers in Nicaraguan transnational families. In her book, *Care Across Generations: Solidarity and Sacrifice in Transnational Families* (Stanford University Press, 2017), she expressed how intergenerational caregiving not only reflects gendered and political-economic constraints but also generates strong ties of solidarity across borders and over time in the face of the uncertainty and disruption of transnational migration. In a second major research project, funded by the Wenner Gren Foundation for Anthropological Research, She worked with colleagues at the Universidad Autónoma de Sinaloa and the University of South Florida to study the impacts of transit migration through Mexico (Central American migration and forced return or deportation from the U.S.) for responses of the Mexican state, civil society, and local communities.



Prof. Dr. Fauzia Maqsood

Dean Faculty of Social Sciences, University of Gujarat, Pakistan

Prof. Dr Fauzia Maqsood has done her PhD in Sociology and her area of research is reproductive health behavior of Pakistani Women, gender issues, aging population and youth. She earned Post Doc from University of Pittsburgh, USA. She has several publications in National; International well reputed Journals and research projects on her credit. She worked in various capacities and currently serving as Chairperson of Department of Sociology and Dean, faculty of Social Sciences at University of Gujrat, Pakistan. She is member of many academic committees in the University.



Prof. Dr. Johar Ali

Vice Chancellor, Khushal Khan Khattak University
Karak, Pakistan

Prof. Dr Johar Ali did his PhD and Post Doctorate in Sociology from the University of Hull, UK. He remained the Vice-Chancellor, of University of Malakand, Khyber Pakhtunkhwa. He served as Director, Institute of Social Work, Sociology and Gender Studies, University of Peshawar and Director, Centre for Human Resource and Career Development (Previously named as Staff Training Institute, University of Peshawar. He served as Consultant with the UNESCO on Poverty Alleviation through Basic Education. Many National and International research papers are on his account. Currently he is the Vice Chancellor of Khushal Khan Khattak University Karak, Pakistan.



Prof. Dr. Fateh Muhammad Burfat

Vice Chancellor, University of Sindh, Pakistan

Prof. Dr. Fateh Muhammad Burfat (PhD Sociology) is currently working as a Vice Chancellor of University of Sindh, Pakistan. Founder Chairman Department of Criminology, University of Karachi, He remained the Director, Students' Guidance, Counseling, Placement & Overseas Examinations Bureau University of Karachi. He rendered his services as a Convener National Curriculum Revision Committee (for Criminology), Higher Education Commission Islamabad 2016. He is also working as President Pakistan Sociological Association 2004 to date and Vice- President South Asian Sociological Society 2008- to date. He is also Member Special Committee on International Journals, Higher Education Commission Pakistan November 2014 to date. His many National and International papers are published in world renowned Journals.



Prof. Dr Muhammad Nizam ud Din

Pro-Rector, Superior University Lahore, Pakistan

Prof. Dr. Mohammad Nizam-ud-din brings with him an excellent academic and administrative record. He did his PhD from University of Michigan, Ann Arbor, Masters from the University of Chicago, and BA Honors and Masters in Social Work from the University of Karachi. Immediately after completing PhD he taught as Assistant Professor at the University of North Carolina, Chapel Hill. Later, joined the UN system and had a distinguished career. He served the United Nations for 24 years where he held several senior positions in Jordan, Egypt, and Ethiopia and as Director for the Asia and Pacific region and as Director for Technical Policy and Development at the UN Head quarters, New York. Dr. Nizam-ud-din returned to his home country with a mission to serve the promotion and development of higher education. He remained the Vice Chancellor of the University of Gujrat in 2006. Dr. Nizam-ud-din has also served as HEC foreign faculty professor in Punjab University's Department of Sociology. Apart from teaching, he served as a member of HEC Curriculum Committees for reviewing and revising syllabi of Sociology. Prof. Dr. Muhammad Nizam-ud-din (SI) served as first Chairperson of Punjab Higher Education Commission, Pakistan and currently he is serving as Pro-Rector of Superior University Lahore, Pakistan.

Conference Committee

Patron-in-Chief

Prof. Dr. Mansoor Akbar Kundi
Vice Chancellor
Bahauddin Zakariya University, Multan

Chief Organizer

Dr. Imran Sharif Chaudhry
Dean Faculty of Arts & Social Sciences
Bahauddin Zakariya University Multan, Pakistan

Conference Secretary

Dr. Kamran Ishfaq
Chairman & Associate Professor
Department of Sociology,
Bahauddin Zakariya University, Multan

Organizing Committee

1. Dr. Imtiaz Ahmad Warraich (Assistant Professor)
2. Dr.Saima Afzal (Assistant Professor)
3. Dr. Tehmina Sattar (Lecturer)
4. Ms. Hina Fazal (Lecturer)
5. Dr. Wasim Aslam (Visiting Faculty Member)
6. Mr. Kashif Siddique (Lecturer)
7. Mr. Zahid Zulfiqar (Visiting Faculty Member)
8. Mr. Imran Jamil Batwani (Visiting Faculty Member)

IT Committee

- 1.Ms. Asfa Ashraf
2. Ms.Tahira Rubab
3. Ms.Faiza Iftikhar
4. Mr. Meesum Kazmi
5. Mr. Asad Ullah
6. Mr. Asif Ali
7. Mr. Saad Usman
8. Ali Bin Khalid
- 9.Usama Sadiq
10. Hassan Abbas

Conference Review Committee/Scientific Committee

1. **Prof. Dr. Imran Sharif Chaudhry,**
Dean Faculty of Social Sciences &
Director School of Economics BZU Multan, Pakistan
2. **Prof. Dr. Fauzia Maqsood,**
Dean Faculty of Social Sciences, University of Gujrat, Pakistan
3. **Dr. Hazir Ullah,**
Associate Professor, Department of Sociology, Quaid-e-Azam University Islamabad,
Pakistan
4. **Dr. Ameer Ali Abro,**
Associate Professor, Department of Sociology, University of Sindh, Pakistan
5. **Dr. Kamran Ishfaq,**
Chairman & Associate Professor, Department of Sociology, BZU Multan, Pakistan
6. **Dr. Ahmed Usman,**
Associate Professor of Sociology, Institute of Social & Cultural Studies, University of
Punjab, Lahore, Pakistan
7. **Dr. Imtiaz Ahmed Warraich,**
Assistant Professor, Department of Sociology, BZU Multan, Pakistan
8. **Dr. Saima Afzal,**
Assistant Professor, Department of Sociology, BZU Multan, Pakistan
9. **Dr. Tehmina Sattar,**
Lecturer, Department of Sociology, BZU Multan, Pakistan

Program
International Online Medical Sociology Annual Conference 2021
4th-5th January 2021
Inaugural Session: 10:00am – 12:45pm

10:00am – 10:10am	Recitation from the Holy Quran
10:11am-10: 30am	Welcome Address Prof. Dr. Mansoor Akbar Kundi, Vice Chancellor, Bahauddin Zakariya University Multan, Pakistan
10:31am-12: 30pm	Address by the Guests of Honors Panel Discussion: Online Education: Challenges and Opportunities during COVID-19 Prof.Dr. Fauzia Maqsood Dean Faculty of Social Sciences University of Gujarat, Pakistan Dr. Nurazzura Mohamad Diah Associate Professor, Department of Sociology and Anthropology, International Islamic University Malaysia (IIUM) Dr. Kristin Yarris Associate Professor, Global studies Director, Global Health Program, University of Oregon, USA Prof. Dr. Johar Ali, Vice Chancellor Khushal Khan Khattak University Karak, Pakistan Prof. Dr. Fateh Muhammad Burfat Vice Chancellor, University of Sindh, Pakistan Prof. Dr. Muhammad Nizam-Ud-Din Pro-Rector, Superior University Lahore, Pakistan Prof. Dr. Melissa A. Milkie, Chair of the Graduate Department, Department of Sociology, University of Toronto, Canada
12:31pm – 12:45pm	Vote of thanks Prof. Dr. Imran Sharif Chaudhry Dean, Faculty of Arts & Social Sciences, Bahauddin Zakariya University, Multan

Tea Break: 12:45pm – 01:00pm

1st Day of International Online Medical Sociology Annual Conference 2021

Scientific Sessions

Scientific Session-1

Theme: Experiences of Health & Illness

Time: 01:00pm-4:00pm

Dated: 04th January 2021

Session Chair: Dr. Ahmed Usman

Associate Professor of Sociology

Institute of Social & Cultural Studies

University of Punjab, Pakistan

Session Coordinator: Dr. Imtiaz Ahmad Warraich

Scientific Session-2

Theme: COVID-19 and Prevention

Time: 04:00pm-07:00pm

Dated: 4th January 2021

Session Chair: Prof. Dr. Fauzia Maqsood

Dean Faculty of Social Sciences

University of Gujrat, Pakistan

Session Coordinator: Dr. Saima Afzal

2nd Day of International Online Medical Sociology Annual Conference 2021

5th January 2021

Scientific Session-3

Theme: Health Policy

Time: 10:00am-01:00pm

Dated: 5th January 2020

Session Chair: Dr. Nurazzura Mohamad Diah

Associate Professor, Department of Sociology and Anthropology,

International Islamic University Malaysia (IIUM)

Session Coordinator: Dr. Tehmina Sattar

Scientific Session-4

Theme: Critical Public Health

Time: 01:00pm-04:00pm

Dated: 5th January 2020

Session Chair: Dr. Hazir Ullah

Associate Professor of Sociology

Department of Sociology

Quaid-e-Azam University Islamabad, Pakistan

Session Coordinator: Dr. Muhammad Shabbir Chaudhry

Scientific Session-5

Theme: Mental Health

Time: 04:00pm-07:00pm

Dated: 5th January 2021

Session Chair: Dr. Ameer Ali Abro

Associate Professor, Department of Sociology

University of Sindh Jamshoro, Pakistan

Session Coordinator: Dr. Wasim Aslam

Closing Ceremony

Time: 07:00pm-07: 15pm

Scientific Session-1 Theme: Experiences of Health & Illness	
Time: 01:00pm-4:00pm	Dated: 04 th January 2021
Session Coordinator: Dr. Imtiaz Ahmad Warraich Assistant Professor, Department of Sociology, BZU Multan	Session Chair: Dr. Ahmed Usman Associate Professor of Sociology Institute of Social & Cultural Studies University of Punjab, Pakistan

IOMSAC-46	A Brief Grief: Understanding the Unspoken Malay Norms after Miscarriage Puteri Haslin Dyana Hasbullah Department of Sociology and Anthropology, KIRKHS, International Islamic University Malaysia (IIUM), Kuala Lumpur, MALAYSIA
IOMSAC-12	Examining the Interlinkages between Health Service Quality and Patient's Satisfaction in Ayub Medical Complex Abbottabad, Pakistan Dr. Khalil ur Rahman Assistant Professor in Sociology, Department of Sociology, Hazara University, Mansehra, Pakistan
IOMSAC-03	Women's Experiences of Living with Rheumatoid Arthritis Rabia Ali Assistant Professor, Sociology International Islamic University, Islamabad, Pakistan
IOMSAC-15	Understanding The Impact of Cancer Patients Care on The Daily Activities and to meet Basic Human Need of Caregivers Dr Abid Hussain NPO World Health Organization, Pakistan
IOMSAC-17	Social factors associated with home delivery: A cross-sectional study conducted in Khyber-Pakhtunkhwa, Pakistan Dr. Hussain Ali Lecturer in Sociology, Department of Sociology, Abdul Wali Khan University Mardan, Pakistan
IOMSAC-65	Assessment of Knowledge of Diabetic Patients about their Disease and its Management in Tehsil Sadiqabad Dr. Amjad Ali ¹ , Hafiz Ali Raza ² , Dr. Saima Afzal ³ ¹ Sharif medical college Lahore Pakistan. ² Institute of Agricultural Extension and Rural Development, University of Agriculture, Faisalabad, Pakistan. ³ Assistant Professor, Department of Sociology, Bahauddin Zakariya University, Multan
IOMSAC-59	Factors Affecting the Obesity among Women in District Faisalabad ¹ Farkhanda Anjum, ² Ayesha Batool and ³ Saddiqua Shaheen ^{1,2,3} Department of Rural Sociology, University of Agriculture, Faisalabad, Pakistan

IOMSAC-41	<p>Belief in spiritual healing among hemophiliacs and their parents Eesha Yaqoob¹, Saad Javed², Naveed Farah³, Aysha Imtiaz⁴, Naimatullah Hashmi⁵ ¹PhD Scholar, Department of Sociology, Pir Mehr Ali Shah Arid Agriculture University, Rawalpindi, Pakistan ²Resident of Neurosurgery, Holy Family Hospital Rawalpindi, Pakistan ³Lecturer, Department of Rural Sociology, University of Agriculture, Faisalabad, Pakistan ⁴PhD Scholar, University of Agriculture, Faisalabad, Pakistan ⁵Professor/Chair, Department of Sociology, Pir Mehr Ali Shah Arid Agriculture University, Rawalpindi, Pakistan</p>
IOMSAC-22	<p>Coping with Terminal Illness: Role of Faith and Social Relationships ¹Malik Muhammad Sohail, ²Dr. Muhammad Rizwan Safdar ¹Lecturer of Sociology, Government College University Faisalabad, Chiniot Campus ²Assistant Professor of Sociology, University of the Punjab, Lahore, Pakistan</p>
IOMSAC-35	<p>Psycho-social Predictors for Attitudes towards Menstruation and Premenstrual Syndrome in Young Adults Shereen Gul National Institute of Psychology, Quaid-I-Azam University Islamabad, Pakistan</p>
IOMSAC-31	<p>A sociological study of awareness of breast cancer and its prevalence among the female in District Faisalabad ¹Asma Sattar, ²Zakir Hussain ^{1,2}Department of Rural Sociology, University of Agriculture Faisalabad</p>
IOMSAC-62	<p>Parent's Perceived Burden, Societal Behavior, And Quality of Life of Patients with Hemophilia: A Study of the Children's Hospital Multan ¹Hafsa Rehman, ²Sidra Hussain and ³Dr. Saima Afzal ^{1,2}M.Phil Sociology, Department of Sociology, Bahauddin Zakariya University Multan, Pakistan ³Assistant Professor, Department of Sociology, Bahauddin Zakariya University Multan, Pakistan</p>
IOMSAC-18	<p>Acid Attack Women Survivors in Pakistan: A case Study of District Lahore, Punjab, Pakistan (Living with Facial Disability) ¹Junaid Raza, ²Zahid Zulfiqar, ³Dr. Imtiaz Ahmad Warraich ¹MPhil scholar, Department of Sociology, GC University Faisalabad ²PhD Scholar, Department of Sociology, GC University Faisalabad ³Assistant Professor, Department of Sociology, BZU Multan, Pakistan</p>

Scientific Session-2 Theme: COVID-19 and Prevention	
Time: 04:00pm-07:00pm	Dated: 04 th January 2021
Session Coordinator: Dr. Saima Afzal Assistant Professor, Department of Sociology, BZU Multan	Session Chair: Prof. Dr. Fauzia Maqsood Dean Faculty of Social Sciences University of Gujrat, Pakistan

IOMSAC-40	Coping with COVID-19 among Female Egyptians: A Qualitative Study Nourelhoda Hussein Department of Sociology and Anthropology, KIRKHS, International Islamic University Malaysia (IIUM), Kuala Lumpur, MALAYSIA
IOMSAC-32	Illness Narratives: Methodologies to Foreground Patient Voices during the COVID-19 Pandemic Anna Horton Qualitative Researcher, McGill University Health Centre, Canada
IOMSAC-45	Managing Work, COVID-19 and Mental Health: The Experiences of Female IT Engineers Fasihah Harisah Hamad Wahid Department of Sociology and Anthropology, KIRKHS International Islamic University Malaysia Kuala Lumpur, MALAYSIA
IOMSAC-02	Public Health Implications of Vaccine Nationalism: A Short-Sighted and Risky Approach in Response to COVID-19 Muhammad Zaheer Abbas, PhD Senior Research Assistant Faculty of Law, Queensland University of Technology (QUT), Brisbane, Australia
IOMSAC-58	Motivational Factors Controlling Psychological Impact of COVID-19 among Frontline Medical Staff ¹ Sarwat Sultan, ² Abdul Waheed, ³ Abid Hussain ^{1,2} Bahauddin Zakariya University Multan, ³ Health Department Multan Division
IOMSAC-44	Adaptation and Validation of the Pakistani Version of The Fear of COVID-19 Scale ¹ Dr. Qaisar Khalid Mahmood, ² Dr. Muhammad Babar Akram ^{1,2} Department of Sociology, International Islamic University Islamabad, Pakistan
IOMSAC-53	The Interconnectedness of the lessons learnt from Polio Eradicating Programs and policies and the path to Combating Vaccine Inequality for Polio and COVID-19 in Pakistan Dr Khurshid Sana Khan Educationist, Gender Consultant and the Regional Editor for Bloomsbury, London

IOMSAC-42	<p>Conceptual understanding and multi-dimensional implications of social distancing during COVID19 in Pakistan</p> <p>Sadia Jamil Lecturer of Sociology Iqra University, and PHD Scholar at Department of Sociology, Quaid-i-Azam University, Islamabad</p>
IOMSAC-47	<p>Outcomes of COVID-19 on Mental Health of Students in Pakistan</p> <p>¹Kiran Ikram, ²Nimra Ishtiaq ¹Lecturer Sociology, Lahore College for Women University ²Lecturer Sociology, Law College, Lahore, Pakistan</p>
IOMSAC-34	<p>Corona Virus and It's Prevention</p> <p>Farhat Zafar Associate Professor of Sociology, The Women University Multan</p>
IOMSAC-20	<p>Resilience and stress among youngsters during COVID 19 Pandemic</p> <p>Dr. Muniza Malik Asst. Professor Department of Psychology University of Sindh, Jamshoro, Pakistan</p>

<p>Scientific Session-3 Theme: Health Policy</p>	
Time: 10:00am-01:00pm	Dated: 5 th January 2020
<p>Session Coordinator: Dr. Tehmina Sattar Lecturer, Department of Sociology, BZU Multan</p>	<p>Session Chair: Dr. Nurazzura Mohamad Diah Associate Professor, Department of Sociology and Anthropology, International Islamic University Malaysia (IIUM)</p>

IOMSAC-07	<p>Teaching & Learning Medical Sociology: Implication for Healthcare System in Pakistan</p> <p>Dr. Adeela Rehman Assistant Professor, Department of Sociology, Fatima Jinnah Women University, Rawalpindi Pakistan</p>
IOMSAC-60	<p>A Sociological Study about the Causes and Consequences of Milk Adulteration: A Case Study of District Faisalabad</p> <p>¹Dr. Kanwal Asghar Awan, ²Dr. Farkhanda Anjum and ³Muhammad Abbas ^{1,2,3}Department of Rural Sociology, University of Agriculture, Faisalabad, Pakistan</p>

IOMSAC-43	<p>Usage of Digital Technologies among Childbearing Age Women and Maternal Healthcare Utilization: Evidence from Pakistan ¹Kashif Siddique, ²Ra'ana Malik, ³Faiza Tayyab ¹Lecturer, Department of Gender Studies, Bahauddin Zakariya University Multan, Pakistan ²Professor, Department of Gender Studies, University of the Punjab Lahore, Pakistan ³PhD Scholar, School of Sociology and Social Policy, University of Leeds, United Kingdom</p>
IOMSAC-38	<p>Political Economy of Hunger and Malnutrition in Pakistan Jam Farooq Ahmed Critical Nutritional Anthropologist University of Washington, Seattle WA USA & Department of Anthropology, Quaid-e-Azam University Islamabad, Pakistan</p>
IOMSAC-63	<p>Socio-cultural Factors Restricting Women's Access to Primary Health care Services in Rural Punjab, Pakistan. ¹Adeela Manzoor, ²Saima Afzal, ³Norina Jabeen, ⁴Faiza Anjum and ⁵Izhar Ahmad Khan ¹Department of Rural Sociology, University of Agriculture Faisalabad. ²Department of Sociology, Bahauddin Zakaryia University Multan. ³Department of Humanities and Social Sciences, National Textile University Faisalabad</p>
IOMSAC-33	<p>Shifting The Paradigm From Bio-Medical to Bio-Psycho-Social and Role of Medical Social Work Ph.D. (Social Work), Social Welfare Officer Social Welfare & Bait-ul-Maal Department, Rawalpindi, Pakistan</p>
IOMSAC-57	<p>Socio-Cultural Barriers to Pakistani Nurses at Workplace: A Case Study of District Jhelum Punjab, Pakistan ¹Zatoon Bibi, ²Laraib Safdar, ³Haroon Kamal ¹PhD Scholar, Abdul Wali Khan University Mardan Khyber Pakhtunkhwa Pakistan ²International Islamic University Islamabad Pakistan ³MPhil Scholar, PMAS Arid Agriculture University Rawalpindi Punjab Pakistan</p>
IOMSAC-56	<p>Health Seeking Behaviour and Health service utilization : A sociological study of Uttar pradesh, India Noorain Batool Ph.D Research Scholar, Department of Sociology, Aligarh Muslim University, Aligarh, (U.P), India</p>
IOMSAC-10	<p>Hindrances In Implementing Expanded Program on Immunization (EPI) Among The Children of Brick Kiln Workers in District Vehari, Pakistan Muhammad Adnan¹, Tehmina Sattar², Aneesha Kafait ¹M.Phil Scholar, Department of Sociology, Bahauddin Zakariya University, Multan ²P.hD. Assistant Professor, Department of Sociology, Bahauddin Zakariya University, Multan ³M.Phil Scholar, Department of Sociology, Bahauddin Zakariya University,</p>

	Multan
IOMSAC-55	Health In All Policies – A Promising Solution ¹ Bilquis Khan, ¹ Epidemiologist and Professional Evaluation Consultant, Minnesota Department of Health, State of Minnesota, USA
IOMSAC-37	Relative Analysis of Health Inequality in Punjab, Pakistan ¹ Irfan Hussain Khan, ² Dr Muhammad Rizwan ³ Yaseen, Aqsa Nawaz ¹ PhD Scholar, Government College University Faisalabad, Pakistan ² Government College University Faisalabad, Pakistan ³ M Phil Scholar, University of Sargodha, Pakistan
IOMSAC-29	Sociological Analysis of Infertile Women In Quetta City, Paksitan Zakia Jamil ¹ , Dr. Bashir Ahmed ² , Rubina Bibi ³ ¹ Regional Instructor, Population Welfare Department, Quetta, Pakistan MPhil Scholar, Department of Sociology, Sardar Bahadur Khan Women University Quetta ² Assistant Professor, Baluchistan University of Information Technology, Engineering and Management Science, Quetta, Pakistan. ³ Probation Officer, Home and Tribal Affairs Department, Quetta, Pakistan MPhil Scholar, Department of Sociology, Sardar Bahadur Khan Women University Quetta

Scientific Session-4 Theme: Critical Public Health	
Time: 10:00am-01:00pm	Dated: 5 th January 2020
Session Coordinator: Dr. Muhammad Shabbir Chaudhry Assistant Professor, Department of Sociology, GC University Faisalabad	Session Chair: Dr. Hazir Ullah Associate Professor of Sociology Department of Sociology Quaid-e-Azam University Islamabad, Pakistan

IOMSAC-52	A Cross Sectional Survey on Physical Activity Among Malaysians During the Movement Control Order ¹ Nurazzura Mohamad Diah, ² Suhaiza Samsudin, ³ Gunathevan Elumalai, ⁴ Baidruel Hairiel Abd Rahim ¹ Department of Sociology & Anthropology, KIRKHS, International Islamic University Malaysia (IIUM), MALAYSIA ² Department of Family Medicine, Kulliyah of Medicine, International Islamic University Malaysia (IIUM), MALAYSIA ³ Department of Health Science, Faculty of Sport Sciences & Coaching, Sultan
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	<p>Idris Education University (UPSI), MALAYSIA ⁴Ministry of Education Malaysia, Putrajaya, MALAYSIA</p>
IOMSAC-64	<p>Socio- Cultural perspective on the effects of Hepatitis C: A cross sectional study from Twin Cities of Pakistan ¹Dr. Muhammad Babar Akram & ²Dr. Zaheer Abbas ^{1&2}Department of Sociology, International Islamic University Islamabad</p>
IOMSAC-49	<p>Social Factors Behind Tuberculosis Prevalence: Views From Patients and Medical Personnel ¹Syed Zuhaib Aziz, ²Dr. Kamran Ishfaq ¹PhD (Scholar) Department of Sociology, University of Peshawar, Pakistan. ²Associate Professor, Department of Sociology, Bahauddin Zakariya University, Multan, Pakistan</p>
IOMSAC-23	<p>Implications of Caesarean Section among Females: A Case Study of DHQ Hospital Sheikhpura ¹Dr. Farkhanda Anjum, ²Kanwal Asghar and Iqra Akbar ^{1,2}University of Agriculture, Faisalabad</p>
IOMSAC-48	<p>Osteoporosis as public health risk factor in Pakistan: A case study of NIRM hospital Islamabad ¹Shamas Ud Din, ²Dr. Zaheer Abbas, ³Dr. Farrukh Tariq ¹Deputy Director, Pakistan Institutes of Medical Sciences (PIMS), Islamabad, Pakistan ²Assistant Professor, Department of Sociology, International Islamic University, Islamabad, Pakistan ³Medical Officer, Basic Health Unit (BHU) Bagh AJK</p>
IOMSAC-28	<p>Social Determinants Associated with Urinary Tract Infection: A study of Primary Schools Children, Dir Upper, Khyber Pakhtunkhwa, Pakistan ¹Sameer Ul Khaliq Jan, ²Dr. Ahmad Ali ¹Lecturer, Department of Social Work, Shaheed Benazir Bhutto University Sheringal, Khyber Pakhtunkhwa, Pakistan. ²Assistant Professor, Department of Sociology, Abdul Wali Khan University, Mardan, Khyber Pakhtunkhwa</p>
IOMSAC-01	<p>Social Stigma: An Associate of Poor Health-Related Quality of Life Among Hepatitis C Patients ¹Qudrat Ullah, ²Dr. Asad Ullah ¹Ph.D Scholar Sociology ²Department of Sociology, The University of Agriculture Peshawar-Pakistan</p>
IOMSAC-61	<p>Awareness Level and Preventive Practices about Dengue Disease among the Residents: A Comparative Study of Peri-Urban & Rural Areas of Multan District ¹Zohaib Rafique and ²Dr. Saima Afzal ¹M.Phil Scholar Sociology, Department of Sociology, BZU Multan, Pakistan ²Assistant Professor, Department of Sociology, BZU Multan, Pakistan</p>
IOMSAC-04	<p>The Importance of Exercise Therapy In Pulmonary Rehabilitation Of Lungs Cancer Patients</p>

	<p>¹Farooq Shehzad, ²Asad Ullah, ³Mussawar Shah, ⁴Kashif Shehzad, ⁵Younas Khan ¹⁻⁵ Department of Rural Sociology, The University Of Agriculture Peshawar, Pakistan</p>
IOMSAC-36	<p>Knowledge, Attitude And Practices Regarding Dengue Prevention: A Rural-Urban Comparison ¹Naveed Farah, ²Eesha Yaqoob, ³Fariha Siddique ¹Lecturer, Deptt of Rural Sociology, University of Agriculture, Faisalabad. ²PhD Scholar, Deptt. Of Sociology, Pir Mehr Ali Shah Arid Agriculture University, Rawalpindi. ³ M.Phil. Student, Deptt. Of Rural Sociology, University of Agriculture, Faisalabad.</p>
IOMSAC-24	<p>Awareness of Dengue Fever in District Swat and its Effectiveness in Dengue Control ¹Abdul Zahir, ²Asad Ullah, ³Mussawar Shah , ⁴Arsalan Mussawar ¹ PhD Scholar, Department of Rural Sociology, The University Agriculture, Peshawar –Pakistan ². Assistant Professor, Department of Rural Sociology, The University Agriculture, Peshawar –Pakistan ³ Professor, Department of Rural Sociology, The University Agriculture, Peshawar –Pakistan. ⁴House officer Ayub Teaching Hospital Abbottabad, Pakistan</p>
IOMSAC-13	<p>Awareness of Pre-Hospital First Aid Among University Students: An Analysis ¹Zahid Hussain, ²Dr. Muhammad Ishaq, ³Saad Zafar ¹Ph.D. Scholar (Sociology), Institute of Social & Cultural Studies, University of Punjab, Lahore ²Assistant Professor (Sociology), Institute of Social & Cultural Studies, University of Punjab, Lahore ³M.Phil. (Gender Studies), Bahauddin Zakariya University, Multan</p>
IOMSAC-27	<p>Indirect Effect of Gratitude in Reducing Risk of Suicidal Ideations through Meaning in Life and Optimism ¹Qaynat Qadir, ²Dr. Sarwat Sultan ¹Applied Psychology (Mphil), Department of Applied Psychology, Bahauddin Zakariya University Multan, Pakistan ²Chairperson, Department of Applied Psychology, Bahauddin Zakariya University Multan, Pakistan</p>
IOMSAC-2021-67	<p>An Analytical Study of Socio-Economic Determinants and Risk Factors of Cardiovascular Disease in District Faisalabad Sadaf Mahmood¹, Muhammad Shabbir^{2*}, Ayesha Raza³ ^{1,2} Assistant Professor, Government College University, Faisalabad ³ Research student, Government College University, Faisalabad</p>

Scientific Session-5 Theme: Mental Health	
Time: 04:00pm-07:00pm	Dated: 5 th January 2020
Session Coordinator: Dr. Wasim Aslam Department of Sociology, BZU Multan, Pakistan	Session Chair: Dr. Ameer Ali Abro Associate Professor, Department of Sociology University of Sindh Jamshoro, Pakistan

IOMSAC-30	Social Taboos influencing Postpartum Depression in Context of Pakistan' Culture Dr. Faiza Anjum, Assistant Professor of Sociology, National Textile University, Faisalabad
IOMSAC-08	Socio-Psychological Determents of Suicide among Educated Youth of District Ghizer in Gilgit-Baltistan ¹ Dr. Sarfraz Khan, Ms. Sana Mehmood ¹ Assistant Professor, Department of Sociology, Quaid-i-Azam University, Islamabad, Pakistan ² Visiting Lecturer, Department of Sociology & Anthropology, Karakoram International University, Gilgit
IOMSAC-16	Impact of Psychological Burden on Marital Satisfaction among Diabetic Patients Dr Abid Hussain NPO World Health Organization, Pakistan
IOMSAC-19	Alexithymia and Dissociative Tendencies Among University Students: Moderating Role of Emotional Regulation ¹ Fatima Bibi, ² Dr. Aisha Zubair, ³ Qudsia Saeed ^{1,3} Research Associate, National Institute of Psychology, Quaid-i-Azam University, Islamabad ² Assistant Professor, National Institute of Psychology, Quaid-i-Azam University, Islamabad
IOMSAC-50	Prevalence of Anxiety and Depression Among University Students: A Case of Abdul Wali Khan University Mardan, Pakistan Muhammad Zahid Lecturer in Sociology, Abdul Wali Khan University Mardan
IOMSAC-26	Managing Psychological Problems and Copings among Cancer Patients through Religious Cognitive Behavior Therapy Tahira Hameed, M.Phil (Applied Psychology), Bahauddin Zakariya University Multan, Pakistan
IOMSAC-51	Socio-economic factors affecting the mental health of young females of Punjab, Pakistan ¹ Saira Sajjad, ² Nadia khan, ³ Dr. Shakila bano

	¹ (M.Phil. Scholar, Department of Sociology, Fatimah Jinnah Women University, Rawalpindi ² (M.Phil. department of Sociology, FJWU, Rawalpindi) ³ (Assistant professor, Department of Sociology, FJWU, Rawalpindi)
IOMSAC-25	Mental Health and Quality of Life among Cardiac Patients Maham Ehtisham M. Phil Psychology, Bahauddin Zakariya University Multan, Pakistan
IOMSAC-21	Sociological analysis of mental impacts of Hashish use among high school students in Tribal district Bajaur of Khyber Pakhtunkhwa Rooh Ullah M.phil Scholar in Sociology at International Islamic University Islamabad
IOMSAC-54	Parental Overprotection, Social Anxiety Among College Students Ghulam Hafsah Govt. College university Faisalabad
IOMSAC-39	Parent-adolescents Conflict Mediating the Relationship between Parenting Styles and Emotional Intelligence Mehwish Suleman Lecturer at Khushal Khan Khattak University, Karak, KP
IOMSAC-09	Construction of the Prenatal Obsessive Compulsive Scale for Screening Pregnant Women in Pakistan ¹ Tayyeba Kiran and ² Sameera Shafiq ^{1,2} Department of Psychology, University of Gujrat, Pakistan
IOMSAC-14	Effect of Power Poses on Presentation Anxiety Shahtaj Shakir Bahria University, Karachi Currently working at Medilink Clinic, Doctors Plaza Karachi
IOMSAC-66	Investigating Health Impact on Women Due to Domestic Cooking Fuels and Associated Social Issues in Rural Punjab ¹ Dr. Nabeela Farah ¹ Assistant Professor (visiting), Department of Sociology, Government College University Faisalabad
IOMSAC-11	Gender Specific Aspects of Risk Factors For Acute Myocardial Infarction: Role of Anger, Stress And Locus Of Control Sadaf Awan Lecturer, Department of Gender Studies, University of the Punjab, Lahore Pakistan

Closing Ceremony

ABSTRACTS
Oral Presentation

IOMSAC-2021-1

Social Stigma: An Associate of Poor Health-Related Quality of Life among Hepatitis C Patients

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Abstract

The current study aimed at finding the association of health related quality of life among HCV patients (dependent variable) with social stigma disease carry (independent variable). The study aimed at finding the social factors responsible for poor Health-Related Quality of Life (HRQoL). The study was conducted in three teaching Hospitals at Peshawar, Khyber Pakhtunkhwa. A sample size of 361 respondents were proportionally allocated to each Hospital and then selected through systematic sampling techniques. Data was collected on a three level Likert Scale interview schedule covering both the study variables. The association of independent variable (social stigma) and dependent variable (Health-Related Quality of Life) were tested by using Chi-Square Statistics. The association of Health-Related Quality of Life was found significant with perceiving shaking hands with HCV patients as a cause of disease (P=0.018), people hesitate in embracing HCV patients (P=0.000), people were uncomfortable while sitting beside HCV patients (P=0.001), family members are reluctant in carrying out HCV test for other family members (P=0.028), patients were given due attention at family (0.007), patients shared their problem with others without any fear (P=0.014), patients telling people about their disease (P=0.000), behavior of people is as it was before disease (P=0.000), patients blamed themselves for disease (p=0.009) and patients participated in social activities (P=0.000). Raising awareness, through reliable sources, among masses especially with relation to symptom and causes of HCV to reduce reluctance of people in contacting HCV patients and training families of HCV patients to adopt the allowable social interaction with HCV patients were some of the recommendations in light of the study.

Keywords: Health-Related Quality of Life, Hepatitis C, Social Stigma

IOMSAC-2021-2

Public Health Implications of Vaccine Nationalism: A Short-Sighted and Risky Approach in Response to Covid-19

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Abstract

To end the COVID-19 pandemic and ensure a return of normalcy, an effective and safe vaccine is the best hope. It is important to ensure that the pandemic ends for all, not just for affluent populations. The COVID-19 Vaccines Global Access (COVAX) facility was launched by international and non-governmental organizations in May 2020, as an ad hoc effort to achieve

vaccine affordability and equity, backed by the World Health Organization (WHO). The vaccine nationalism approach, adopted by some countries to gain preferential access to emerging COVID-19 vaccines, undermines the role of COVAX facility and poses a threat to the global fair distribution of the potential vaccines. This paper critically evaluates the vaccine nationalism approach and argues that this self-centred approach of leaving others behind is short-sighted, potentially risky, morally indefensible, and practically inefficient in containing the pandemic. This paper concludes that an effective response to the current health and economic crisis should be guided by values of international solidarity, multilateralism, equality, and global collaboration. It proposes that an enforceable global framework should be negotiated on a priority basis that treats vaccines as global public goods; bars countries from placing export restrictions on supplies of vaccines; includes a legally binding commitment to vaccine sharing; and mandates multilateral efforts for development and equitable distribution of vaccines. The WHO can be and should be a possible multilateral forum for the creation of such a framework.

IOMSAC-2021-3

Women's Experiences of Living with Rheumatoid Arthritis

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Abstract

Millions of women are diagnosed with Rheumatoid Arthritis (RA) around the world every year. Living with the disease makes numerous unexpected transformations in women's lives and they are unable to perform their social roles adequately. In the Pakistani context, this poses serious challenges since women are the primary care providers. Taking this as a point of departure, this paper examines the social experiences of women living with RA in Rawalpindi and Islamabad cities in Pakistan. The data is drawn from 14 interviews with women having been previously diagnosed with RA. The aim is to understand women's attempts and their ability to perform their nurturing and caring roles while dealing with the condition. Support available to women during the process of diagnosis and treatment is also examined. The interview data were analyzed using thematic analysis. The findings show that diseases greatly affected their emotional and physical lives. Women encountered several challenges including, loneliness, difficulty in performing their daily tasks, taking care of their children, and marital issues. All women seemed depressed, saddened, and guilty due to their inability to perform and live normally. Yet only two women acknowledged being in a state of depression. Though some support was available to women living in joint families, yet the majority felt burdened and exhausted. The major concern for them was a lack of intimacy from their husbands in the difficult transition in their lives. The findings suggest the need to offer support to patients of RA to change their perceptions about their self-worth and importance in their families.

The Importance of Exercise Therapy in Pulmonary Rehabilitation of Lungs Cancer Patients

Author(s): Farooq Shehzad¹, Asad Ullah¹, Mussawar Shah¹, Kashif Shehzad¹, Younas Khan¹

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Abstract

The study titled “The Importance of Exercise Therapy in Rehabilitation of Lungs Cancer Patients: An Analysis of The Patients Through Exercise Therapy” was conducted in Shukat Khanam Memorial Hospital and Institute of Radiotherapy and Nuclear Medicine hospital, Peshawar, Khyber Pakhtunkhawa. The data were collected on exercise therapy, (independent variables) and Pulmonary Rehabilitation of lungs cancer (dependent variable). Whereas, Chi-square test was used to test the association among the study variables. The association of pulmonary rehabilitation was found highly significant with regular exercise increases exercise tolerance (P=0.000,) recreational physical activities enhance disease tolerance (P=0.000), physical exercise improved better health condition of the victims (P=0.003), physical exercise based rehabilitation improves life expectancy (P=0.022). A sample size of 152 respondents was selected through simple random sampling procedure. The main aim of therapy is to reduce the severity of disease which in turn would lead to proper rehabilitation. Exercise therapist in hospitals were policy recommendation in the light of the study.

Teaching & Learning Medical Sociology: Implication for Healthcare System in Pakistan

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Abstract

Medical Sociology offers an impression of the social facets of health, disease, illness, organization and delivery of medical & healthcare. Teaching & learning medical sociology in the field of social sciences in general and sociology in particular has substantial contribution in understanding public health perspective both theoretically and practically. The paper is based on researcher’s own experiences of learning and teaching medical sociology. The subject not only examines research and theory on the varying concepts of health, illness and medical practice but also related these considerations in socio-historical and contemporary milieu. Medical sociology broadly lectured on social epidemiology, the social construction of health/illness, the experience of illness, health professions, alternative medicine and the health care system. Emphasis on how social factors such as gender, race, social class and sexual preference affect both illness and healthcare is also positioned as essential under medical sociology. The experiences of teaching and learning medical sociology reflected that that health outcomes are the artefact of “*personal choices*” and investigates the impacts of social and institutional variables on health behaviour. It

enables learners to relate their prior theoretical knowledge with health and illness in cultural context by analysing the power dynamic of biomedicine and alternative health care systems in defining, interpreting and treating the illness. It is recommended to integrate the subject matter in all social sciences disciplines not only to improve individual health and wellbeing but also to reduce the burden of diseases on the healthcare system. The integration of complementary alternative models of health will also overcome the challenges of medicalization in the contemporary realm.

Key Words: *Medical Sociology, Healthcare system, Sociology of Health*

IOMSAC-2021-8

Socio-Psychological Determents of Suicide among Educated Youth of District Ghizer in Gilgit-Baltistan

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Abstract

The current study examines the socio-psychological determents of suicide among the educated youth of District Ghizer, Gilgit-Baltistan. Although, a phenomenon of suicide is very common among inhabitants of all the districts of Gilgit-Baltistan but the ratio of suicide is higher in the district Ghizer, especially among the educated youth. Moreover, females are more likely committing suicide as compared to males. Many suicide cases are not being reported due to the social stigma and long judicial procedures. Similarly, most of the cases are settled among families. On the other side, the data from the district Ghizer, from the year 2010-2017, showed that one hundred and twenty-five (125) people have committed suicide. Whereas, the majority of 53.6% were students, 21.6% were housewives and 24.8% belonging to any other social group. Out of the total 125 cases, 80.8% were under the age of 30 years. Furthermore, 56% were females and 44% were males. Moreover, only in 2017, there have been 23 cases of suicide alone reported from the district Ghizer where most of them were educated who committed suicide. Additionally, suicide is more likely occurred during summers as compared to winters. The researchers have proceeded the study by identifying the relevant respondents in the various locations across the district Ghizer through the social mapping and referral methods. For data collection purpose, 02 Key Informant Interviews (KIIs), 10 In-Depth Interviews (IDIs) and three Focused Groups Discussion (FGDs) were conducted with respondents of greater interest. The purposive sampling technique was used with the prior set criteria of; (1) anyone from their family member has committed suicide, and (2) have spent time in dealing with the suicide cases and know about the scenario of suicide. The thematic analysis was done to analyze the data. Findings of the study were divided into social determents and psychological determents. Social factors/determents included the academic pressure, marriage issues, financial constraints, personal freedom, the generation gap between parents and children, the demand of male child, and dispute about the household decision-making process. On the other hand, the psychological factors included mental illness, personality disorder, depression, frustration, and mood

disorder. To counter the higher rate of suicide the following suggestions were made; (a) the creation of awareness among the youth about the negative consequences of suicide, (b) access to education, employment, freedom of speech, and (c) parents need to spend quality time and should provide a soothing environment to their children to help them openly discuss the issues with them.

Keywords: Suicide, Gilgit-Baltistan, Ghizer, Thematic Analysis, Social deterrents, Psychological deterrents, Key Informant Interviews, In-Depth Interviews, Determents

IOMSAC-2021-9

Construction of the Prenatal Obsessive Compulsive Scale for Screening Pregnant Women in Pakistan

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Abstract

The preliminary objective of the present study was to develop indigenous screening instrument namely Prenatal Obsessive compulsive Scale (POCS) in Urdu for Pakistani population of pregnant women. In first phase of study, items were generated through literature review and by conducting in-depth semi structured interviews with psychiatrists, clinical psychologists and diagnosed pregnant women with obsessive compulsive disorder to develop a scale. The preliminary 100-item POCS was administered to 300 pregnant women recruited from obstetric wards of different government and private hospitals/clinics of district Gujrat to perform Exploratory and Confirmatory factor analysis. EFA reduced POCS to 69 items, factored into 3 subscales which subsequently were validated by CFA. CFA extracted 40 items with 3 subscales and construct validity was also attained by fitting the model to required level of fitness indices. The final 40-item version of POCS was administered to another sample of 352 pregnant women, selected by using purposive sampling technique, to establish psychometric properties of POCS. The overall POCS had acceptable internal consistency reliability ($\alpha= 0.92$), as did each of the sub scales. Scale also had acceptable Composite Reliability and Average Variance Extracted. Hence, POCS is a reliable scale in Pakistan that can be used in future researches.

Keywords: Obsessive-Compulsive Disorder, Pregnant Women, Screening

Hindrances in Implementing Expanded Program on Immunization (Epi) Among the Children of Brick Kiln Workers in District Vehari, Pakistan

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Abstract

Objective: To determine various hindrances in implementation of EPI among brick kiln workers of district Vehari, Pakistan. **Methodology:** The cross sectional study was conducted on brick kiln workers of District Vehari, Pakistan from June 2018-January 2019. A total of N=105 respondents' was selected through convenient sampling technique. A semi-structured interview schedule was used for data collection from the mothers of children in immunization stage i.e. 12-23 months. **Results:** The sampled respondents divulged that there are many hindrances in implementation of EPI among brick kiln workers. Regarding this, lack of awareness (77.1%) and access (89.5%) of mothers about EPI program, lack of vaccinators information about EPI (68.6%), limited visits of EPI visitors to the targeted places (65.7%) and lack of respondents' access towards modern technology (such as mobile phones etc.) (52.4%) becomes the major impediment in implementing EPI among brick kiln workers. Moreover, extensive working condition of mother during pregnancy (94.3%), lack of mothers' access towards EPI program (70.5%), excessive fear of child diseases (48.6%) as well as lack of provision of OPV (58.1%) and BCG (66.7%) immediately after birth also becomes the major impediment in implementation of EPI among brick kiln workers. **Conclusion:** There are various hindrances in implementation of EPI among brick kiln workers i.e. lack of mothers access and awareness, lack of EPI visitors, low access towards modernized technology, extensive working conditions of mothers, all-inclusive fear of child diseases, non-vaccination of pregnant mothers with TT and lack of OPV and BCG provision immediately after birth.

Key words: Hindrances, Implementing, Expanded program on immunization, Children, Brick kiln, Workers

Gender Specific Aspects of Risk Factors for Acute Myocardial Infarction: Role of Anger, Stress and Locus of Control

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Abstract

The present study aims to assess whether stress, anger, hostility, and locus of control are psychological risk factors for acute myocardial infarction. Moreover, it determined the gender-

specific aspects and variations of risk factors of Myocardial Infarction. A case-control research design was employed for the present study. Cases were controlled on the basis of gender and age. Patients with acute AMI (both women and men), with ages between 45 to 65 years were included in the study. Controls were community-based and were matched for gender and age. Time sampling was used. The sample was collected over a period of 4 months from five major hospitals in Punjab. A self-constructed tool to assess stressful life events, anger, hostility, and locus of control were administered to both cases and controls. Results revealed that risk factors were more strongly associated with acute MI in younger (<60 years) compared to older (≥60 years) women and men. Among women, ApoB/A levels, current smoking, hypertension, and diabetes were more strongly associated with MI in younger compared to older women. Among men, ApoB/A, current and former smoking, hypertension, and abdominal obesity but not diabetes were more strongly associated with MI in younger compared to older men.

Keywords: Myocardial Infarction, Stress, Locus of Control, Anger

IOMSAC-2021-12

Examining the Interlinkages between Health Service Quality and Patient's Satisfaction in Ayub Medical Complex Abbottabad, Pakistan

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Abstract

In the past few decades, health related practices and attitudes have undergone tremendous transformation across the globe. Health system in industrial societies has been revised for better outcomes and developing countries including Pakistan have taken steps to deliver quality health services. One of the most reliable methods to investigate the quality of health services is to take feedback of the patients. This study was planned to explore the interconnection between quality of health services and patient's satisfaction in Ayub Medical Complex Abbottabad, Pakistan. Major objective of the study was to empirically examine how and to what extent the quality of health services are related to satisfaction of patient. For this purpose, health service quality was selected as dependent variable while patient's satisfaction was taken as dependent variable. A total of 258 patients were interviewed in the targeted locale while using interview schedule technique. The collected data was analyzed through descriptive statistics, regression analysis and correlational design. Findings of the study reveal that health service quality and its factors were positive predictor of patient's satisfaction. Likewise, all the constituent variables of health services were also positively and significantly correlated with one another. The study concludes that health services are determining the level of patient's satisfaction and thereby quality of the health services may be further improved in the hospitals.

Keywords: Health, Quality, Patients, Satisfaction, Services

Awareness of Pre-Hospital First Aid Among University Students: An Analysis

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Abstract

World Health Organization claimed that 1.2 million people are killed annually by road traffic accidents. Likewise, in Pakistan, many people are also killed by road accidents or other emergencies due to unavailability of first aid at the place of incident. Medical students are taught to provide first aid in hospital settings but medical and non-medical students are not trained to provide first aid at the place of incident. Hence, many victims of emergency are lost their lives or become disabled. The objective of this study was to analyze the awareness level of first aid among multidisciplinary students of university. A cross-sectional survey was conducted among 1315 students by using self-administered questionnaire. The results showed that only 12.2% students had good level of awareness. Whereas the results of t-test showed that previously trained students had more awareness of first aid than untrained students, likewise, χ^2 test showed that the opinion of previously students “first aid training should be mandatory for university students” was significantly differed than previously untrained students. The study concluded that the level of awareness among university was very low and immense action should be taken to improve the awareness of first aid among university students.

Key words: First aid; Awareness; University students; Emergency Training; Injuries; Road accidents.

Effect of Power Poses on Presentation Anxiety

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Abstract

The aim of the present study was to investigate the effect of power poses on presentation anxiety among college students of Karachi. It was hypothesized that the high power poses would decrease presentation anxiety in experimental group. Personal Report of Public Speaking Anxiety (PRPSA) by McCroskey, J.C. (1970) was used as the instrument for pre and post purpose to measure presentation anxiety. The students of 1st and 2nd year classes, adolescents, age ranging from 15-19 years old of private colleges of Karachi were selected. The total number of participants was 40, who were divided through random assignment into two groups, experimental group and one control group. The participants in experimental group were asked to adopt open power poses. The pre and posttests results of both groups were measured. Findings showed the result for effectiveness of open power poses as significant which shows that the open

power poses were effective in reducing presentation anxiety. The poses were equally effective for both 1st and 2nd year students.

IOMSAC-2021-15

Understanding the Impact of Cancer Patients Care on the Daily Activities and to Meet Basic Human Needs of Caregivers

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Abstract

The main purpose of the study was to investigate the perspectives of caregivers' burden of cancers patients and its impact on their well-being (basic human needs and activities of daily living). The caregivers 207 who were with their cancer patients at the time surgery, chemotherapy and radiation were selected as a sample through convenient sampling. Correlation research design was used to accomplish this research. To measure caregiver's burden and their well-being; these instruments were utilized, Caregiver Burden Scale (Zarit, 1980), A Caregiver Well-Being Scale (Tebb, 1995). Reliability was checked through Cronbach's Alpha. Data was analyzed on SPSS by using the following tests; Pearson Correlation, linear regression, t-test for independent sample design. Results reveal that a significant negative correlation was explored between caregivers' burden and their well-being (basic human needs and activities of daily living). The caregivers' well-being is predicted in negative perspective due to the burden of care. In addition, women caregivers reported the greater burden of care and poor ability to fulfill basic human needs and activities of daily living as compared to men caregivers of cancer patients. It is needed to investigate coping styles as a mediator in this perspective in future.

Keywords: Perspective, Caregivers, Cancer patients, Wellbeing, Daily living activities, Human need.

IOMSAC-2021-16

Impact of Psychological Burden on Marital Satisfaction among Diabetic Patients

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Abstract

The purpose of study is to evaluate quality of life with diabetes mellitus disease and to provide support accordingly. The purpose was comprised at investigating the impact of Psychological burden on patients' level of their marital satisfaction. The study was accomplished through correlational research design. The convenient sampling technique was utilized to approach 139 patients of diabetes mellitus as a sample. The data was collected through questionnaires as a source of measurement. The permission was taken to keep information as confidential. The collected data was entered into SPSS for analyzes. Inferential statistics was used to test hypothesis with help of these following tests; linear regression and t-test for independent samples

designs. Results of the study reflect that psychological burden of diabetic patients influence their degree of marital satisfaction significantly. In addition, the difference of psychological burden (stress, depression and anxiety) and marital satisfaction was founded significant with respect to demographic characteristics of the participants; gender, type of disease, education and working status. Female patients are reported with the greater level of psychological burden but they were observed with poor degree of marital satisfaction as compared to male. Psychological burden and satisfaction associated with marital life due to diabetes was discussed as significant between working and non-working, type 1 and type 2 diabetes mellitus, and educated and uneducated patients. In future, there is need to investigate the coping styles as mediator between psychological disturbance and marital satisfaction. Results indicate that diabetes mellitus is badly impacted on marital quality of life and satisfaction.

Keywords: Psychological burden, Marital satisfaction, Diabetic patients, Gender, Educational status.

IOMSAC-2021-17

Social Factors Associated with Home Delivery: A Cross-Sectional Study Conducted in Khyber-Pakhtunkhwa, Pakistan

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Abstract

According to Pakistan National Institute of Population Studies (2018) and Global Gender Gap Index Report, 2020 Pakistan is one of the developing countries with high maternal and neonatal mortality (178/100,000 live births). In Pakistan home delivery is one of the dominant drivers of maternal and neonatal mortality. In Khyber Pakhtunkhwa province of Pakistan home delivery is common in remote and rural areas. In the present study researcher mainly investigated social factors (women's position, economic dependence, women's decision making about her health and social mobility) and its association with the preference for home delivery. In the present study a cross-sectional household survey was conducted in Malakand, Khyber Pakhtunkhwa. In the study 503 ever-married women in the reproductive age (15-49 years) with current pregnancy were selected. In the present study simple random sampling technique has been used to select the sample population of the study. In the study descriptive and bivariate analyses have been conducted. A binary logistic regression model was calculated to present odds ratios and corresponding 95% confidence intervals for social factor associated with home delivery.

The study result shows that due to an inferior status of women in family are more likely to deliver in home (OR= 2.33, 95% CI: 1.55-3.51 p<0.001). The researcher recommended that government should make sure the availability of health facility in nearby location to increase institutional delivery in the study area.

Keywords: Pregnancy, childbirth, home delivery, maternal deaths, Khyber Pakhtunkhwa

Acid Attack Women Survivors in Pakistan: A case Study of District Lahore, Punjab, Pakistan (Living with Facial Disability)

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Abstract

The purpose of the study is to indicate the psychosocial and cultural experiences of women survivors of Acid Attack in Pakistani society. They faced multiplies problems as they have facial disability owing to acid violence. This study high-lights the reasons behind Acid Violence. By using of a qualitative research study, five in-depth interviews were conducted with Acid attack effected women. They were chosen with the assistance of one non-profit organization named “Depilex Smileagain Foundation” (DSF) in Pakistan. The psychosocial/cultural contextual of disability in Pakistani society was detected from the observations of the victims. The victims point out the role of Pakistani society/culture in their personal lives as pathetic and doubtful particularly in relation to marriage, employability and seeking justice; while the role of DSF was strongly supported and appreciated by respondents in gaining back their missing confidence post-attack as well as some employability and skill development training at DSF. Their life stories might be solicitous to the policy makers, government agencies and other stakeholders in order to know the interminable societal pressure on the minds of women with facial disability. Women Acid Attack survivors’ psychosocial and economic rehabilitation is also the obligation of Govt. agencies, NGOs and community activists.

Keywords: Acid attack, Women, Survivors, protection, rehabilitation

Alexithymia and Dissociative Tendencies among University Students: Moderating Role of Emotional Regulation

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Abstract

The present study aimed to examine the role of alexithymia and emotional regulation in dissociative tendencies among university students. Moreover, it also focused to determine the moderating role of emotional regulation in predicting dissociative tendencies. Sample ($N = 250$) included both boys ($n = 125$) and girls ($n = 125$) from public and private sector universities with age ranged from 18-25 years. Measures of Toronto Alexithymia Scale (Taylor, 1994), Emotion Regulation Questionnaire (Gross, & John, 2003) and Dissociative Tendencies Questionnaire (Bernstein & Putnam, 1986) were used to assess the study variables. Results showed positive association among alexithymia, expressive suppression (emotional regulation component) and dissociative tendencies. Findings further showed negative association of alexithymia, expressive

suppression and dissociative tendencies with cognitive reappraisal (emotional regulation component). In addition, cognitive reappraisal component of emotional regulation buffered the relationship between alexithymia and dissociative tendencies; while, expressive suppression (emotional regulation component) antagonized the relationship between alexithymia and dissociative tendencies. Significant gender differences were found with boys displayed more alexithymia, expressive suppression, and dissociative tendencies. On the contrary, girls expressed better cognitive reappraisal. Implications, limitations and suggestions for future researches had also been discussed.

IOMSAC-2021-20

Resilience and Stress among Youngsters during COVID 19 Pandemic

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Abstract

The COVID-19 pandemic has proven to be the most highly affected event of the century undoubtedly. It affected psycho-physiological health of people globally. A wave of fear developed in people after listening, viewing and experiencing or observing the attack of corona virus and widely spread conflicting news about the health-related issues. The death toll raised on daily basis nearly all over the world. People were instructed to stay at homes, all educational, professional, social economical activities were stopped due to lockdown. This scenario of lock down situation, unclear and uncertain news about medical care, conflicting news about the situation, decreasing financial and economic conditions etc. all have developed confusion, fear, anxiety and stress among masses of people. Its common observation that any health-related issue raise disturbance in individuals generally, but this pandemic situation affected physio-psychological health badly. Resilience is main indicator of psychological immunity, it is the ability to cope up the hard situations positively and effectively (Dantzer et al., 2018). It represents innate system of psychological defense which helps to decrease negative emotions, feelings and behaviours (Marsland et al., 2002). Stress a major risk factor of mental illness, decreases immunity by causing reduction in resistance against diseases (Cohen et al., 2001; Dhabhar, 1998; Krishnan & Nestler, 2008). Stress related behaviors include irritability, confusion, insomnia, interpersonal conflict, low productivity and lack of concentration (Brooks et al., 2020). Individuals with high resilience cope up trauma effectively, capable to take better decisions, become stronger, even than earlier (Ambree et al., 2018). Resilience increase perceived self-control and belief on oneself to influence and handle the circumstances (Benight & Bandura, 2004; Scheter, 2011). The present study was done to analyze the effects of stress on resilience of individuals during COVID 19 pandemic. It will give insight about the mental health of our people, because it was need of the hour. The study will provide understanding about psycho-social health, which will be helpful in post-pandemic time too, to make our people more capable and psychologically stable. The purpose was to gain insight about the mental health of youngsters, who are the main resource for any nation. Findings would be helpful for psychologists, counselors, and mental health workers, clinical psychologists to have information about the psychological health of the people of different age groups and to provide services more effectively. Sample of 100 young participants (male = 50, female = 50) was collected. The age

range of the young individuals was 15-25 years (Mean = 23.86 years SD = 10.24) through convenient sampling due to lock down situation. It was assumed that there is a negative relationship between resilience and perceived stress. Further assumed that youngsters would be more stressed and lower in resilience during present situation.

IOMSAC-2021-21

Sociological analysis of mental impacts of Hashish use among high school students in Tribal district Bajaur of Khyber Pakhtunkhwa

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Abstract

This study addresses the mental impacts of Hashish use among high school students in tribal district Bajaur of Khyber Pakhtunkhwa. Hashish use has destroyed and destroying individuals everywhere in the world. Hashish is the most widely used illicit drug globally. In 2019, an estimated 192 million people aged 15–64 years used Hashish globally. The roots of Hashish use among high school students in the area are pedalling day by day. This study basically aims at discovering the mental impacts of Hashish use on the school students of the community. This study is qualitative in nature and snowball sampling technique were used. The tools used for data collection was the interview guide in addition observation were used to substantiate the interview data. The collected data was analysed through thematic data analysis technique. The study was conducted in the public schools of two tehsils (Khar and Utman Khel) in the tribal district Bajaur. The findings of the study show that Hashish has severe impacts on adolescent mental health i.e. Memory loss, difficulty in concentration, tension, depression, inferiority complex, cognitive problems, Anxiety, and schizophrenia. Parents and family have the power to shape the attitude and behaviour of their children's. It is, therefore, the responsibility of parents to take care of their children's around the clock, and the district administration should take the measures to control the availability of Hashish in the district.

Key words: Hashish use, High school students, mental impacts

IOMSAC-2021-22

Coping with Terminal Illness: Role of Faith and Social Relationships

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Abstract

This study was aimed at assessing the need and importance of religious/spiritual faith and social support to cope with terminal illness. We used quantitative research design to conduct this study. A cross sectional survey was carried out in five districts of the Punjab i.e. Lahore, Faisalabad, Gujranwala, Multan and Rawalpindi. A sample of 500 hepatic patients was interviewed in the hospital settings. Structural Equation Model (SEM) was used to evaluate whether independent

variables predict coping among patients of Hepatitis C. Standardized regression weights in SEM showed that social support has comparatively stronger predictors of coping with chronic illness than spirituality and religiosity. Study concluded that faith and social relationships strongly influence patient's coping with illness. The study suggested that emotional care must be taken into account while treating terminal patients. Such care helps them to cope with the challenges faced by them during the treatment of such disease.

Keywords: Coping, terminal illness, religiosity, spirituality, social support, medical

IOMSAC-2021-23

Implications of Caesarean Section among Females: A Case Study of DHQ Hospital Sheikhupura

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Abstract

Ever increasing incidences of caesarean section has got attention and came into light and got very important place in determination of modern obstetrics. Caesarean section has very long-lasting impacts not only on the female undergone the procedure but, on the families, at large. These impacts include, physical, psychological, social and Cesarean segment as a significant obstetric transporter to pregnant women. Cesarean fragment rates were developing around the world, giving rise to trouble due to increased maternal and perinatal grimness and mortality identified with unreasonable Cesarean portion rates. Suggestions can be distinguished, and if segment obstetric and non obstetric components are characterized with respect to the setting wherein the Cesarean segments occurred, it must be suitable to find great measured modifiable components. It is trusted that the discoveries of this glance freely help to frame neighborhood obstetric arrangement and exercise, and lead to improved maternal and perinatal wellness.. This observe aimed at describing elements related to high Caesarean section costs in DHQ Hospital Sheikhupura. Keeping in view, current study was planned to assess implications on females and their families including physical, psychological, social and economic. The universe for the study was adult female population undergone Cesarean sections in DHQ Hospital Sheikhupura. List of the female patients was taken from the hospital which served as universe for the study. Out of this, a total sample of 110 females was drawn by using convenience sampling technique. Pre-defined and pre-tested questionnaire was used to assemble the required information. Data collected was analysed by using Statistical package for social sciences (SPSS). It was concluded that vast majority of 76 females (76.3%) belonged the age of 25-35 year age. 55% of respondents belonged to urban areas. elective C-section was reported to be 46.40% while 53.60% females undergone emergency C-section. 68% females had 1 and 2 previous C-section. Obstetric factors such as Previous C-section (86%), PROM patients (71%), Weak proformas mother and baby (63%), All multiparous breeches including previous C- section (49%) were reported. Non-obstetric factors discussed were Safer for mother and baby (96%), Fear of labour pain (57%), Patients demands (56%) for C-section. After C-section following problems were faced i.e. Pain in body (88%), respondents Blood pressure issue (80%), Gained weight (54%), Constipation (47%). There was association Education and Feel pain in body After C-section (P-value of Chi-

Square is 0.529). It is recommended that that need to be a second feeling by utilizing a senior clinical specialist concerning booked crisis C-segments. This may diminish the assortment of crisis C-segments explicitly among tastefulness 1 women. A low intercession strategy ought to be followed in labor particularly for low danger pregnancies. Accordingly low risk young ladies with less phases of direness should pick up from approaches that expansion the likelihood of vaginal delivery .

IOMSAC-2021-23A

Factors Affecting the Obesity among Women in District Faisalabad

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Abstract

There is a very communal and factual proverb that Health is Wealth. Now-a-days, a good health is just like a blessing of God. Due to tough routine, people are busy with their works and fail to maintain their healthy lifestyle. It is a fact that good health is genuine money of life and a fit and healthy person can keenly achieve his/her chores in appropriate manner. On the other hand as time changed, people transformed the ways of eating habits, daily life routine, and operational environments etc. The deviations also generated complications interconnected with fitness in which obesity is most alarming issue that is facing by people. This is an actual frightening matter. Secondly, chubbiness is global health anxiety which is touching all age group of people like children, grown-ups, youngsters, married and unmarried. People are suffering numerous illness due to fatness high blood pressure, heart attack, diabetes. The study aims at probing out the factors affecting the obesity among women. 180 respondents were randomly selected from Madinah Town in which Block X, Block Y, and Block Z were included. The data were collected with the help of questionnaire. Data were statistically analyzed by using (SPSS) statistical package for social sciences. Frequency distribution was applied to investigate the factors affecting the obesity among women. The analysis showed that 23.9% respondents belonged to the age group 35 to 40, whereas smaller 9.4% were belonged to the age group of 25 to 30. The 51.7% of the respondents were married and 18.3% were widow. 41.1% respondents were overweight while 30.0% respondents were obese. 42.2% of the respondents thought that obesity is prevailing to some extent due to less physical activity whereas 38.3% of the respondents thought that obesity is prevailing to great extent due to less physical activity. 29.9% of the respondents said that they eat junk and fast food (15-20) times in a month and that is why 56.1% of the respondents were consider themselves to be obese. Study also suggested that some information should be given to the women about the dangerous consequences of obesity. Women should also give awareness that obesity can become cause of many diseases like heart problems, high cholesterol and joint problems etc. Increasing trend of fast food should be decreased and women should give awareness about balanced diet.

Awareness of Dengue Fever in District Swat and its Effectiveness in Dengue Control

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Abstract

The present study on “Dengue fever awareness in district Swat” was conducted in Banr Engaro Dherai Union Council, Tehsil Babozai, District Swat, Khyber Pakhtunkhwa. The study area more specifically consisted of four Mahallahs i.e. Tahir Abad, Banr, Engaro Dehri and Usman Abad. A sample size of 354 respondents were proportionally allocated to each Mahallah and then randomly selected. The association of independent variable (awareness of dengue) and dependent variable (practices for control) were tested by using Chi Square test. The association of practices for dengue control was found significant with awareness of dengue fever symptoms ($p=0.002$), proper treatment to infected person ($p=0.001$), knowledge of appropriate medicine for dengue fever ($p=0.004$) and knowledge of other cure besides appropriate medicine (0.0483) with practices for control. Raising awareness through interpersonal communication among masses specifically with relation to vector, and biting behavior of dengue vector, symptoms of dengue fever, and initial treatment for dengue patients, recommended medicines and alternative cures for dengue fever were the policy recommendations in light of study.

Key words: Dengue fever, Awareness, Dengue symptoms, Prevention, Pakistan

Mental Health and Quality of Life among Cardiac Patients

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Abstract

The present study investigated the relationship between mental health and quality of life among cardiac patients. The main reason to select this topic was that normally in Pakistan, the ratio of heart diseases, strokes or failures are increasing day by day due to many factors such as depression, anxiety, general distress etc, which directly affects quality of life. The sample consisted of $N=350$ cardiac patients were from Multan Institute of Cardiology. The age group of the sample was 26 to 65+ years. They belonged to different socioeconomic status. The purposive sampling technique was utilized to collect data. Survey method was used to gather responses from cardiac patients. WHO QOL-Bref (WHO) and MHI (Ware J.E and Rand) were used to measure quality of life and mental health respectively. Finally statistical analysis was done by using SPSS. Correlation, T- test and ANOVA were utilized to measure the hypothesis and final conclusions were drawn. Statistical Analysis indicates that a significant positive relationship exist between MHI and QOL. Findings of the study further concluded that there is a significant

difference between males and females on Quality of Life and Mental Health Inventory. Furthermore, results of the study also concluded that there is a highly significant difference between educated and uneducated cardiac patients on Quality of Life, whereas a non-significant difference exists between educated and uneducated cardiac patients on Mental Health Inventory. ANOVA showed a non-significant difference among different age groups of cardiac patients on Mental Health Inventory and Quality of Life.

IOMSAC-2021-26

Managing Psychological Problems and Copings among Cancer Patients through Religious Cognitive Behavior Therapy

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Abstract

The current study entitled as “Managing Psychological Problems and Copings among Cancer Patients through Religious Cognitive Behavior Therapy” was regulated to check the effectivity of the RCBT upon cancer patients to manage their psychological problems. This research was done in Nishtar Hospital Multan, Pakistan. The research was endeavored to check the differences in their scores before and after the implications of “RCBT” among cancer patients. The sample comprised of 60 participants, 30 in control group and 30 for experimental group respectively. And the sampling technique used to collect data was “purposive sampling technique”. And the research design was Pre and Post Quasi experimental design. And the data was collected through Interview and their responses were recorded through measurement tools. The research tools used in order to investigate the depression level among cancer patients was “Pakistan Depression Scale” which was translated and evaluated by Mumford et al, in 1991. And the second tool used for measuring the religious copings was the “Pakistan Religious Coping Practices Scale” was constructed by the Ziasma Haneef Khan and P.J Watson in 2006. And another tool that was used to measure their Quality of Life was the EORTC-C30-Version 3.0, this scale was developed by the European Organization for Research and Treatment Center in 2000. The results were obtained by using statistical package for social sciences i.e SPSS version 21. It is concluded that the “RCBT” is really effective to manage the psychological problems of cancer patients. The results were further discussed and conclusion was drawn.

IOMSAC-2021-27

Indirect Effect of Gratitude in Reducing Risk of Suicidal Ideations through Meaning in Life and Optimism

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Abstract

The present study was conducted to examine the indirect effect of gratitude in reducing the risk of suicidal ideations through meaning in life and optimism. The total sample (N=300) of the study was male (N=150) and female (N=150) medical students of Multan Medical and Dental College. Data were collected from the sample by survey method using purposive sampling technique. Gratitude Questionnaire, Beck Scale for Suicide Ideation, Meaning in Life Questionnaire, and Life Orientation Test-Revised were applied to the participants to check the level of gratitude, suicidal ideation, meaning in life, and optimism among medical students. The Pearson Correlation through SPSS and AMOS analysis were used to find out the statistical significance of the data. Results of the study demonstrated that there is a positive significant relationship between gratitude, meaning in life, and optimism. The results also demonstrated that suicidal ideation has a significantly negative association with gratitude, meaning in life, and optimism. Further, results revealed that there is a significant impact of gratitude on suicidal ideations with the mediating role of optimism and meaning in life. This research will benefit the medical students in particular and the other students in general as it will make the teachers and parents understand that placing intense pressure on the students will harm their mental health and can lead them to suicidal ideations and suicide in extreme cases. This will also offer solutions and make the students understand that cultivating positive feelings like optimism, gratitude as well as meaning in life will help them deal with stress and minimize their suicidal ideations.

IOMSAC-2021-28

Social Determinants Associated with Urinary Tract Infection: A study of Primary Schools Children, Dir Upper, Khyber Pakhtunkhwa, Pakistan.

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Abstract

This study aims to analyse the social determinants associated with Urinary Tract Infection (UTI) among primary school children in Wari, Dir Upper, Khyber Pakhtunkhwa, Pakistan. The study was delimited to ten primary schools hence children and parents of the selected schools constituted the population of the study. The questionnaires were distributed among 600 parents

through their children enrolled in the selected schools. Furthermore, the urine sample of 384 children was collected for laboratory test who were allowed by their parents for the subject medical diagnosis. The data obtained through urine test result and questionnaire were analysed quantitatively through a chi-square test using SPSS 22. Moreover, reliability was also checked through Cronbach alpha test which stood 0.72. The results indicate a high incidence of urinary tract infection the majority of which were female students. Furthermore, there was a significant ($p=0.005$) relationship found between UTI and other risk factors such as frequency of attending bathroom, holding urine because of playing etc. hence multiple risk factors were found responsible for the prevalence of UTI. The study recommends that awareness should be created regarding the necessity of a hygienic environment at home as well as in schools.

Keywords: urinary tract infection; prevalence; risk factors; children; school

IOMSAC-2021-29

Sociological Analysis of Infertile Women in Quetta City, Pakistan

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Abstract

Every woman has dream to become a mother in her life but some of them remain unsuccessful. She turned inward questioned herself, why did she not able to conceive child which affected the self-well-being of women. Infertility is raising phenomenon in the entire world. Although, considerable number of women are affecting by the issue of infertility in Pakistan. The purpose of this study was to investigate the social experiences of infertile women. To explore this phenomenon the study was designed purely qualitative in nature. The researcher adopted purposive sampling technique to collect data from Rahat Hospital Quetta which is eminent for the treatment of infertility and in-depth interviews were utilized for respondents through audio recording and converted it in various scripts. The data was analyzed through thematic analysis. Thus, the findings of this study showed that infertile women perceived themselves less worthy and have low status due to their inability to conceive and failed to meet the values and desired expectations of family. They stigmatized on societal level rather than family level. Infertile women feel safe and secure in family-in-law and have stable relation with their husbands. While, the previous studies have declared in different parts of the world that infertile women have suffered more due to their inability to conceive baby.

Key Words: Infertile Women, stigma, social experiences

Social Taboos influencing Postpartum Depression in Context of Pakistan' Culture

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Abstract

Taboo means “marked off” a customary prohibition to a particular person. Taboos are determined on the base of unthinkable action in certain societies. Traditional societies such as existing in Pakistan create a complex network around the mothers, whereas, cultural practices influencing mother' life has adverse effect on emotional and physical health. Postpartum is a period started immediately after childbirth and continued up to one year. In this period, mothers have to follow specific rules of diet, hygiene, breastfeeding maintenance, sexual activity and care in order to avoid obtaining disease. The present study aims to identify the role of social taboos in developing postpartum depressive symptoms among Pakistani women. The data was collected from 400 rural mothers (having a child up to the age of one year) of District Faisalabad, Punjab, Pakistan. An approach of interview schedule was used for collection of data. The study reveals that the compulsion of social taboos increase the level of emotional distress such as low mood, anxiety, poor concentration and depression in postpartum period. Results showed that 40.8 percent of women had severe depressive symptoms in the postpartum period. The value of chi-square (59.428) shows a relationship at the significance level of (P=0.000) and the value of gamma (0.513) found a positive relationship between social taboos and depression. The study suggested that it is an important social responsibility of women to take care themselves to improve health quality and social well-being. There is a need of proper attention to highlight and eradicate family restrictions and social taboos against mothers at household and community level.

Keywords: Cultural factors, social taboos, restrictions, postpartum period, depressive symptoms

A Sociological Study of Awareness of Breast Cancer and its Prevalence among the Female in District Faisalabad

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Abstract

Breast cancer is the most prevalent type of cancer in the world. Throughout worldwide it poses a major health risk for women. Every year, one million women are diagnosed with breast cancer. Pakistan has the highest incidence of breast cancer in Asia. An estimate of 1 in 10 women may develop breast cancer in their lifetime, while almost women is at risk of developing breast cancer in her lifetime. It is creating sever financial and social problems on families in Pakistan. Illiteracy is also a major cause of breast cancer among women because women have no awareness about personal hygienic conditions. At some stage of life, 1 in 9 Pakistani women has become the patient of breast cancer. In rural areas, rural women are developing a great number of

breast cancer .Every year because it is an inherited disease, which is transmitted from mother to daughter. Pakistani rural as well urban women are facing cervical, ovarian, and uterine cancer. The best way to fight this cancer is to detect it early and start appropriate. Screening mammograms help in the early detection of breast cancer. Women are advised to get screening mammograms done every year, after the age of 40. Mammogram is a screening program, which is very helpful and effective in the detection of the disease. Most of the population cannot afford this screening program because it is very expensive. The simplest technique is breast self-examination (BSE) to check one-self monthly .Therefor the present study was designed to study the awareness of breast cancer and its prevalence among the female in district Faisalabad. From the Faisalabad city 120 respondents were selected for data collection which was analyzed through SPSS. Result showed that, using of black bra (56.6) using of fast food (70%), birth control medicine (65.8%), hit and injury (65%), late marriage (82.5%) were the major causes of breast cancer. According to(48.3%)respondents face the economic problems and psychological disturbance (25.8%)while suffering from this disease. On the basis of present research it is recommended that awareness campaign should be launched at national level because of lack of awareness, numerous ladies do not share their fitness troubles with others and are shy to go for any type of breast examined and major causes of the sickness among girls are weight problems, overweight and aversion to breast feeding.

IOMSAC-2021-32

Illness Narratives: Methodologies to Foreground Patient Voices during the COVID-19 Pandemic

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Abstract

Despite increased focus on ‘patient experience’ over the past decades, it has been identified that the patient-centered, ‘nothing about us, without us’ approach to healthcare policy has been largely abandoned during the COVID-19 pandemic. In the rush to introduce new policies, patient involvement has mostly been bypassed. Choices of expert advisors have excluded those with expertise rooted in lived experience. This presentation will consider how researchers, activists and patient partners in medical sociology and related fields can help to redress this imbalance. Drawing on an ongoing study that explores the impacts of COVID-19 on solid-organ transplant patients in Canada, I discuss what methodologies can be employed to foreground patient voices in the context of the pandemic, towards better health policies. I discuss narrative interviewing as a way to enable patients to structure their stories and contextualize the impacts of the pandemic within their broader experiences of health, illness and care. The ‘illness narratives’ produced from these interviews provide insight into how experiences of health and illness are linked to the social and structural contexts of patients, their communities and their care teams. Published in accessible spaces, these stories can foster advocacy, solidarity and support for patients, as well as providing valuable resources for service improvement and teaching. I conclude by considering how methodologies that enable story-telling in this manner offer possibilities to reaffirm patient agency and might drive patient involvement in health policies during, and beyond, the COVID-19 pandemic.

Shifting the Paradigm from Bio-Medical to Bio-Psycho-Social and Role of Medical Social Work

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Abstract

The health miseries emerged after the horrific incident of Second World War challenged the bio-medical model dominating the healthcare perceptions during the 19th century. The healthcare interventions in post war years have had to change toward a new idea, the social perspective of health. In 1977, Engel introduced a new approach “bio-psycho-social” (BPS) which emphasized that merely bio-medical intervention by ignoring the psycho-social determinants cannot be helpful in achieving absolute recovery. Although this paradigm shift in healthcare was widely acknowledged but the application of the approach is limited. In the context, the role of Medical Social Work, a profession focused on the reduction of the psycho-social and environmental determinants of health for absolute recovery, is significant. This study concludes that the interventions of Social work profession with its unique attributes such as breadth, holistic care and believe in absolute rehabilitation, can make the health system more responsive.

Corona Virus and its Prevention

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Abstract

The sources and effect of COVID 19 in Pakistan will be investigated in this paper. As Pakistan is developing country, facing a lot of challenges especially low health status and weak economy. In this report, the sources of corona virus, causes of rapid spread of COVID 19 and ways of prevention will be discussed. The town of Multan would be the universe of research. Firstly, to find out the sources of corona virus, secondly to analyze the medical basis of corona virus, thirdly, I want to see its social effects on society, and finally, I will explore ways to solve this crisis. This research will conduct by using qualitative research design and using a purposive sampling method, In-depth interviews will conduct with the 20 victims and 05 physicians. By using thematic analysis, the data will be analyzed and the results will be displayed by tabulation and graphs. I suggest that Pakistan's government amend laws strictly implementing all natives of Pakistan. I demand that awareness-raising initiatives be introduced to protect the lives of people. It is the necessity of time to control over this dangerous epidemic.

Psycho-social Predictors for Attitudes towards Menstruation and Premenstrual Syndrome in Young Adults

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Abstract

The research aimed to explore the predictive role of various psycho-social predictors for the development of premenstrual syndrome. These included role of attitudes towards menstruation, different aspects of mother-daughter relationship, preparedness before menarche, health satisfaction, quality of life and irregularity in menstrual cycle. Three hundred female students with an age range of 17 to 25 year's ($M = 21.69$, $SD = 2.055$) participated in the study. Premenstrual Syndrome Questionnaire (Rikki, 1994), Attitudes Towards Menstruation Scale (Aflaq, 2005) and Mother and Adult Daughter Questionnaire (Rastogi, 1995) were used to measure study variables. Findings revealed that premenstrual syndrome and menstrual discomfort negatively predicted attitudes towards menstruation while bonding with mother, quality of life, menstrual comfort and general health status positively predicted attitudes towards menstruation among participants. Regularity of menstrual cycle is positive predictor of attitudes towards menstruation while problems related to menstruation negatively predict attitudes towards menstruation. Health status and regularity of menstrual cycle negatively predicts premenstrual syndrome while age of first menstruation, menstrual problems and discomfort positively predicts premenstrual syndrome. The frequency of anxiety, irritability, nervous tension, fatigue, mood swings, dizziness or fainting, weakness or radiation down thighs, menstrual backache, menstrual cramps and abdominal bloating were reported high in the sample.

KNOWLEDGE, ATTITUDE AND PRACTICES REGARDING DENGUE PREVENTION: A RURAL-URBAN COMPARISON

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Abstract

Dengue fever is considered as one of the most common types of arboviral diseases in the world with 40 % of the world population at risk and producing around 390 million cases in a year (WHO, 2018). It is a serious public health issue in Pakistan with periodic surges leading to extensive illness that sometimes results in death. The best strategy to combat against dengue is the preventive measures and the knowledge, attitudes and practices (KAP) of the communities serve as the most critical factors for it. This study aimed to compare the knowledge, attitudes and practices of rural and urban communities regarding dengue prevention. Through stratified

sampling technique, 3 urban and 3 rural communities were selected from district Faisalabad and 30 males and females were selected randomly from each community making a sample of 180 respondents. The data was collected through a structured interview schedule and a 3 point Likert scale was used to get the responses from the participants of the study. The results of the study showed that urban people have more knowledge and have better preventive practices as compared to rural people. The results of the independent sample t-test showed significant results that urban people have more knowledge ($P=.000^*$), good attitudes ($P=.000^*$) and better preventive practices ($P=.002^*$). The television (96.7 %) and newspapers (71.7 %) are playing significant role in creating awareness among rural and urban communities, however, the role of radio and social media is non-significant. It is recommended that strong awareness campaigns must be launched by government for dengue prevention particularly in rural areas.

IOMSAC-2021-37

Relative Analysis of Health Inequality in Punjab, Pakistan

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Abstract:

Subsistence of health inequalities explained that every basic human right is not available to every person in the country. As everyone knows that health of newborn child is a reflection of any good economy. So this study is first attempt to measure health inequality with respect to EPI (expand program on immunization) vaccination status (among vaccinated child vs unvaccinated child) for developing country like Pakistan, Punjab. On the basis of different income group across Punjab from latest Human Development Index reports (HDI), data will be extracted from primary household survey through Multi-stage technique for one year from 1 January 2019 to 31 December 2019. Concentration index methodology (Waqstaf, 2002) will be utilized to calculate Health inequality. CI has value from -1 to +1. The negative value of CI signifies the fact that the inequality is higher in lower quintile of wealth for all regions in Punjab. Current study will be helpful for regional health policies and reforms can also play catalytic role in controlling the inequalities in EPI at macro level in Pakistan.

Keywords: Concentration Curve; Concentration Index; EPI; Health Inequality.

IOMSAC-2021-38

Political Economy of Hunger and Malnutrition in Pakistan

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Abstract

Maternal-child malnutrition is a collective outcome of basic and underlying causes. It is determined by macro-level political economic and micro-level cultural causes. The history and

social structure of Pakistan have shaped the national priorities and interests of the economy. The present study attempts to investigate the political-economic configuration of maternal child malnutrition in Pakistan. It uses qualitative research methods such as semi-structured in-depth interviews from relevant stakeholders and key informants along with the critical review of the literature. Findings reveal that colonial background of dependency, low industrial development, failure to introduce land reform, low investments in social development, political instability, neoliberal economy, poor food and water policies, weak inter-sectoral coordination among departments are the main politico-economic determinants on macro-level which paved the way for poor nutritional status at sub-national, societal and household levels. Micro-level socio-cultural determinants of malnutrition at the household or community level subsequently depend on these macro politico-economic factors. Hence, these factors need more concentration at the primary level. Identifying the gaps this study suggests that the success of interventions aimed to address immediate and underlying causes of malnutrition needs to incorporate political economy as the most critical issue.

Key Words: Politics, Economic, Social, Cultural, Hunger, Malnutrition, Pakistan
IOMSAC-2021-39

Parent-adolescents Conflict Mediating the Relationship between Parenting Styles and Emotional Intelligence

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Abstract

The present study is conducted to investigate the relationship between parenting style, parent adolescent conflict and emotional intelligence among adolescents. Sample comprised of 300 adolescents (adolescents girls= 151, adolescents boys= 149) taken from different school and colleges of Rawalpindi, Islamabad and Karak. Parenting styles were measured with the help of translated version of Parental Authority Questionnaire (PAQ- R; Babree, 1997). Parent-adolescents conflicts were measured with the help of Conflict Behavior Questionnaire Urdu Version (CBQ-UV; Khan, Malik & Kamal, 2015). Emotional Intelligence was measured with the help of Emotional Intelligence Scale (Wong & Law, 2002). Permissive parenting styles and authoritarian parenting styles were negatively correlated and authoritative parenting was positively correlated with emotional intelligence. Mediating effect of parent-adolescents conflict was seen between parenting style and emotional intelligence. Significant gender difference were noted between parent adolescents-conflict and emotional intelligence. It appeared the boys showed more conflict with their parents as compared to girls, whereas girls tend to score more on emotional intelligence as compared to boys. Group differences were also found out, revealing that adolescents from upper class perceive more permissive parenting styles as compared to adolescents from middle class family.

Coping With Covid-19 among Female Egyptians: A Qualitative Study

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ABSTRACT

The outbreak of the Coronavirus disease (Covid-19) in 2019, has witnessed a significant increase in the demand for mental health services due to unprecedented hazards caused by the pandemic. This research aims to uncover the coping mechanism during Covid-19 among females in Egypt. This research employs a qualitative approach which focuses on the personal experiences of six female Egyptians who were confirmed positive Covid-19 between April to September 2020. These women aged between 29-32 are single and live with their families. Participants were recruited using the purposive sampling technique. Semi-structured interview was employed to obtain relevant data. Data analysis was performed using Colaizzi's phenomenological method which focuses on the feelings and experiences of the participants in order to derive shared patterns in the research subject. This research found that the women's coping mechanisms adopted during the pandemic outbreak have greatly influenced by their social surroundings. Firstly, they have a shared belief with the community that Covid-19 is another form of illness like any other illnesses. Secondly, Covid-19 is defined as a heavy cold rather than a pandemic which operates as an unpremeditated coping mechanism. Lastly, religion is an essential element which helps them to accept and realize the significance of Covid-19 challenges. In short, coping mechanisms adopted during the pandemic outbreak is largely rely on the socio-cultural background of the individuals, the support they receive from family and friends as well as the community they live in.

Keywords: coping mechanism, Covid-19, Egypt, female patients, mental health

Belief in Spiritual Healing among Hemophiliacs and Their Parents

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Abstract

Hemophilia, a hemorrhagic diathesis of hereditary nature and disabling course, has aroused great interest as far as its coagulation defects and hereditary pattern of sex-linkages are concerned.

Faith and spirituality play a vital role in shaping the lives of families having a chronically ill child/person in the family. Spirituality gives hope, it gives strength to face and fight the illness courageously and optimistically. The Objective of the study was to explore believes of spiritual healing among hemophiliacs and their parents. The study was conducted in District Faisalabad. Quantitative method was used to collect and analyze the data. It was decided to select the sample size of 400 cases by using simple random sampling technique. The data was analyzed through Somer's d test by using SPSS version 20. The findings of the study showed that there was highly significant relation among education of mothers and believes in spiritual healing ($P=0.001$) while the relationship among fathers and patient's education to believes in spiritual healing was non-significant ($P= 0.43$ and $P=0.93$) respectively. The study depicted that mothers believe more in spiritual healing as compare to fathers and hemophiliacs.

Key Words: Hemophilia, Spiritual Healing, Education

IOMSAC-2021-42

Conceptual Understanding and Multi-Dimensional Implications of Social Distancing During COVID19 in Pakistan

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Abstract

Global health has become a center of discussion in medical sociology since the advent of COVID-19, lately. Social distancing known as 'physical distancing' that demands to keep a space between individual and group of people within a socio-cultural environment, in order to control the spread of COVID-19. Primarily, this study paper examines the covert facts of social distancing, its consequences, and implications in Pakistani society. Furthermore, it attempts to probe the historical perspective of social distancing, origin and the policy framework. It focuses on the conceptual understanding of social distancing, and its implications in Pakistan during the global pandemic. According to the World Health Organization (WHO), and the Centers for Disease Control and Prevention (CDCP, 2020) guidelines, social distancing is a deterrent and the only Non- Pharmaceutical Intervention (NIP) to combat the viral disease such as COVID-19. This is a review based study, primarily, secondary data analysis has been utilized while the virtual ethnographic tool such as internet is being employed to collect the secondary data. Study findings reveal that the emerging new norm of social distancing has brought both positive and negative consequences globally, particularly in Pakistan. It has been observed that the social distancing is the only way to prevent the spread of COVID-19. Also, it has generated a challenge to manage the existing stratification in terms of technological availability, social prejudices, and gender based issues in Pakistan. This review-based analysis has recommended the role of sociologists in highlighting and bringing up all these issues at forefront of the policy makers, for an adequate redressal.

Usage of Digital Technologies among Childbearing Age Women and Maternal Healthcare Utilization: Evidence from Pakistan

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Abstract

Aim: The aim of the study is to examine the effects of usage of digital technologies usage on maternal healthcare utilization among childbearing age women in Pakistan. **Method:** Study used data from the 2018 Pakistan Demographic Health Survey and Chi-square and the multivariate logistic regression were applied to examine the effects of the usage of digital technologies on maternal healthcare utilization among women in Pakistan. Four variables of maternal health-care utilization were used: antenatal care, skilled birth delivery, postnatal care, and contraceptive use. **Results:** The study results showed that the effects of the usage of digital technologies were both positive and significant. The women who used digital technologies (i.e. mobile phone, internet, watching television, and reading newspaper) were more likely to utilize maternal healthcare as compared to women who had not used them.

Conclusion: The results of the study concluded that usage of digital technologies had a significant effect on childbearing age women maternal healthcare utilization and demanded more health information. Therefore, it is a need to design such interventions and maternal health policies that promote the usage of digital technologies among women in Pakistan so that maternal healthcare utilization can be improved.

Keywords: Digital technologies, Maternal healthcare, Pakistan

Adaptation and Validation of the Pakistani Version of the Fear of Covid-19 Scale

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Abstract

Social scientists are investigating possible socio-psychological issues faced by the people after the outbreak of novel coronavirus (COVID-19) across the globe. The researchers reported the prevalence of fear among masses due to high transmission rate of COVID-19. In order to assess the fear of COVID-19 among the people, Ahorsu et al. (2020) have made an essential contribution by developing a unidimensional scale, FCV-19S, to measure fear of COVID-19 among people in the English language. To date, this scale has been validated in several languages (e.g. Italian; Soraci et al., 2020, Spanish; Martínez-Lorca et al., 2020, Turkish; Satici et al., 2020, Arabic; Alyami et al., 2020, Malay; Pang et al., 2020, Bangla; Sakib et al., 2020, Japanese; Masuyama et al., 2020, and Chinese; Chi et al., 2020). Mahmood and his colleagues (2020) have developed and validated Urdu version of FCV19S in Khyber Pakhtunkhwa. This study aims to assess the fear of COVID-19 in the general population of Pakistan. An online

survey was conducted across the country and 2005 respondents were participated in this study. Psychometric tests were performed to investigate the validity and reliability of the test, such as confirmatory factor analysis (CFA). Analysis of the data showed satisfactory internal consistency ($\alpha = 0.87$), and CFA (factor loads from 0.62 to 0.77) confirmed the unidimensional structure of the scale. The Pakistani version of FCV-19S is considered valid, reliable, and appropriate for application among the general Pakistani population and may contribute to the prevention, treatments, and mental health programs, resulting from the pandemic of COVID-19.

Keywords: COVID-19, Mental Health, Validation, FCV19S

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Managing Work, Covid-19 and Mental Health: The Experiences of Female IT Engineers

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Abstract

The condition of mental health during Covid-19 has a big influence on the emotion of many people around the world. Mental health condition is determined by multiple factors like a person's relationship with his/her spouse, economic constraints and pressure from the workplace. Mental pressure at the workplace has a huge impact on the psychological, emotional, social and economic well-being particularly to the females. This paper attempts to examine factors that contribute to mental health condition among women who works in the information technology (IT) sector. This is a qualitative study which employs unstructured interview and observation among females who work in the IT department. Six women were recruited via the snowball sampling technique. All women are single, aged between 23-35 and work as IT engineer for three years in several organizations. Data analysis was performed using the thematic approach. The study reveals that female engineers experienced numerous mental, emotional and physical consequences due to i) working long hours and shift works, ii) attending many ad hoc works which caused them fatigue and exhaustion and iii) miscommunication and lack cooperation from team members to complete some tasks have aggravated the situation even more. In short, workplace pressure contributes to the overall mental health condition among female engineers. Working in a male-dominated occupation demands them to be fit and active like the male engineers in order to fulfill the leadership and business expectations. All these have taken a huge toll to their personal well-being. **Keywords:** Covid-19, female engineers, mental health, well-being, workplace.

A Brief Grief: Understanding the Unspoken Malay Norms After Miscarriage

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Abstract

Coping with pregnancy loss due to miscarriage not only concern with the women's health physically, but also her emotional and social well-being. Adequate medical treatment is necessary. However, the unspoken norms are frequently concealed throughout the tragedy, beginning from the early symptoms of miscarriage until the end of the recovery period. This paper attempts to identify the unwritten socio-cultural norms among working females who experienced miscarriage. Qualitative approached has been employed. Semi-structured interviews were conducted with five Malay women who volunteered to share their miscarriage experiences. They were selected through the purposive sampling technique. All participants are working either in the government of private sectors. Their miscarriage experiences varies- either during their first trimester, second trimester or both. All data from the open-ended interviews were transcribed and analyzed using the thematic approach. This study found that women grief briefly because they need to return to work after medical leave. The grieving period is insufficient and all of them frequently applied for annual leave to continue grieving. Interestingly, most of the women consulted *bidan* (traditional midwives) to help them to gain strength and to avoid from *meroyan* (mood disorder). This is a critical aspect in order to rejuvenate women's well-being. Lastly, shifting work space is another way to cope with miscarriages particularly in the workplace. In a nutshell, pregnancy loss among women deserves public attention. It is a painful journey which needs every member of the society to understand more and help them to cope with grief.

Keywords: miscarriage, norms, pregnancy loss, social support, working women

Outcomes of Covid-19 on Mental Health of Students in Pakistan

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Abstract

Society is rapidly changing with the social, cultural and environmental changes. One of the global changes in this year is the pandemic of Covid-19 which has changed the scenario of life for almost everyone across the globe. Majority of the population see this as a global physical health crisis but a lot has failed to realize how this is impacting the mental health of all of us in so many ways. Current scenario of Covid-19 has shifted our social interactions towards a "Physical distance" which is creating a "Social Distance" by disconnecting us from so many

things. One particular institution which has been affected badly due to this pandemic is Education. The Covid-19 pandemic has led to the immediate closure of all the educational institutions across the globe. Pakistan Government has also imposed this closure to control the spread of this novel virus. But little did they took under consideration that how this will affect the psychological wellbeing and mental health of the student body. The present study explores that how Covid-19 has affected the mental health of students who have become so unsure of their future because of the short-sighted government policies which are only looking for solutions in the short run and ignoring the bigger picture of this pandemic which will leave a lifelong mark on the minds, future and health of so many young people. For said purpose 80 to 100 college and university students from both public and private sectors were selected through random sampling. A semi-structured questionnaire filled by those students revealed the fears, insecurities and challenges of learning, communication, knowledge and academic results. And these apprehensions are leading the majority of students into depression, anxiety, restlessness and psychological distress which is shattering satisfaction and peace in their personal life.

Key Words: Covid-19, College/University Students, Mental Health, Psychological Distress

IOMSAC-2021-48

Osteoporosis as Public Health Risk Factor in Pakistan: A Case Study of NIRM Hospital Islamabad

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Abstract

Osteoporosis is serious bone disorder that affects the bone density which leads to bone fracture and weakness. Osteoporosis is one of the lives threaten illness compromising the quality of life between aging population all over the world painful both sexes male and females. Lifestyles are the important factors in this way which are becoming the causes of osteoporosis among the old age patients. This research work was on Social epidemiological analysis of osteoporosis as public health risk factor in Pakistan. The main objective of current research was to find out the causes and consequences of osteoporosis within the social context. The study was conducted at National Institute of Rehabilitation and Medicine (NIRM) Hospital Islamabad. A sample size of 200 respondents was selected by using the Taro Yemni Formula for the known population. Stratified random sampling technique was used to draw the sample size. Statistical package for social sciences was used for data analysis. The results of study showed that Knowledge of disease, diet patterns and practices of patients are responsible for socio-psycho and physical consequences of osteoporosis. Attention of physicians towards the patients examine is one of very important factor which is affecting the patients due to lack of doctors at government hospitals in Pakistan. People can reduce the risk of osteoporosis to improve the quality of life and with the use of balance diet. Government should make the sound policy towards this issue and provide basic facilities to the osteoporosis patients at public sector hospitals in Pakistan.

Keywords: Osteoporosis, risk, factor, Social epidemiology, awareness

IOMSAC-2021-49

Social Factors Behind Tuberculosis Prevalence: Views From Patients And Medical Personnel

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Abstract

Objective: To identify the basic social factors involved in prevalence of tuberculosis (TB) in the rural areas of District Multan, Pakistan. **Methodology:** The qualitative data was collected from rural areas of district Multan. The In-depth Interviews (IDIs) were conducted using open-ended interview guide from 16 medical personnel including involving one doctor and one dispenser dealing TB patients from each RHC and 40 TB patients. Thematic analysis was carried out to analyze qualitative data gathered by jotting down. **Results:** Various social causes of TB prevalence in the sampled area were identified. The social factors involved illiteracy, lack of awareness along with poor knowledge about TB (its causes, prevention and treatment protocol), poor treatment adherence, positive family history, residing many people in single room, poor supervision, endogamy, unhygienic environment, most frequent interaction with the TB patient and animal husbandry etc. **Conclusions:** After the present empirical study it was concluded that there were certain social factors causing the growth of TB. It is necessary to control TB to address these factors on priority basis although it is time taking process. The major factor contributing was poor awareness level of people about TB. For now, policy makers should work for creating awareness among the common masses about the prevention of TB and focus on the existing mechanism of TB patient's identification, diagnosis and treatment.

Keywords: Tuberculosis (TB), Social, Awareness, Multan.

IOMSAC-2021-50

Prevalence of Anxiety and Depression among University Students: A Case of Abdul Wali Khan University, Mardan

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Abstract

The present study surveyed university students to assess the prevalence of anxiety and depression among them. A sample of 200 university students aged between 18 and 30 participated in study. After providing informed consent, the participants completed an online survey examining socio-demographic variables along with the GAD-7 scale and PHQ-9 scale. The prevalence rates of moderate to extremely severe levels of anxiety and depression were 58%, and 55% respectively. The prevalence of anxiety and depression levels among university students was high in the present study and appears to confirm the notion that university students are a vulnerable group for mental illnesses. The study calls for intervention programs, alongside adequate and appropriate supportive services for university students.

Keywords: Anxiety disorder, university students, Mardan

Socio-Economic Factors Affecting the Mental Health of Young Females of Punjab, Pakistan

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Abstract

Worldwide women are at higher risk of developing mental disorders than men. The available research from developing nations shows that women have more psychological and social vulnerabilities. Pakistan is a developing country with immense challenges for women like socio-economic disadvantages. There is a scarcity of research in Pakistan looking at the Socio-economic status (SES) of young females and its association with mental health issues. This research will be aimed to find out the association of SES with mental health problems among unmarried females of Punjab, Pakistan. The study will follow a cross-sectional descriptive design. The socioeconomic factors will be independent variables & poor mental health will be the dependent variable. General Health Questionnaire (GHQ) & a self-designed structured questionnaire will be used to assess psychological morbidity and capturing the data on the socioeconomic study population. Descriptive statistics will be used to calculate frequency & percentage while Chi-Square test will be applied to find out the association between variables. There would be limitation of educational background, profession and marital status. The study would be significant for the exposure of mental health risks, for young females, policy-makers and for NGOs particularly working for women empowerment.

Key Words: Mental health, Reflective behavior, Psychological morbidity, relationship, socioeconomic status, oriented behaviors

A Cross Sectional Survey on Physical Activity among Malaysians During the Movement Control Order

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Abstract

Physical activity has significant health benefits. However, with the recent global pandemic outbreak of Covid-19, undeniably there are variations in performing physical activities. This study aims to identify the characteristics and experiences of physical activities among Malaysian adults during the Movement Control Order (MCO) period. A cross sectional self- completed online questionnaire was designed to obtain the relevant data. There were 630 Malaysian adults who responded to this survey. The survey was administered using several social media applications namely WhatsApp, Facebook and email link. This study found that 81% performed their physical activities in their own homes during the MCO period. 38.1 % regularly exercise and 22.9% performed exercise at least twice a week. Most of the respondents spent between 15-30 minutes to engage in physical activities. The physical activities were conducted either in the living room (36.3%) or the bedroom (25.6%). Furthermore, 56. 8% of participants have exercise equipment at home. Among the types of equipment surveyed, bicycle (30%) was the most frequent type of exercise tool that respondents have at home. Interestingly, majority of the participants (79.2%) did not play traditional games during MCO. This study did not find any significant association between respondents experienced of physical activity and socio-demographic data. In general, Malaysian adults expressed high level of participation in physical activity during the MCO. Keywords: exercise, health, movement control order, pandemic, physical activity

The Interconnectedness of the Lessons Learnt from Polio Eradicating Programs and Policies and the Path to Combating Vaccine Inequality for Polio and COVID-19 in Pakistan

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Abstract

This paper discusses the interconnectivity between the lessons that Pakistan can learn from its present anti-polio programs and policies and the future healthcare path of the country towards

defeating the pandemic. The paper looks at the situation of the anti-polio and anti- COVID -19 vaccine inequality in Pakistan and it analyses the economic and religio-political dimensions of the issue. The paper argues that a major casualty of the pandemic is the quality of the polio vaccination programme in the country as healthcare resources have been diverted towards handling the corona virus and despite the restart of the anti-polio drive after a gap of a few months, the suspension has already multiplied the severity of the vaccination inequality the country is facing amid the rising cases of both the wild form of polio virus and the vaccination derived virus. The paper recommends the ways in which the lessons learnt from country's existing anti-polio drive could be used for future tackling of both the polio endemic and the pandemic.

IOMSAC-2021-54

Parental Overprotection, Social Anxiety among College Students

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Abstract

The purpose of current study was to investigate the relationship between parental overprotection and social anxiety among college students for private type colleges and government type colleges. The non-probability samples of 200 students were selected from different institutes. Demographic questionnaire, translated version of parental bonding instrument and social anxiety scale were administered to the students. Descriptive statistical analysis was conducted for demographic variables and for manifestation of basics information about data. Correlation analysis was carried out for assessing association among all above mentioned variables and independent sample t test was computed to differentiate between the participants of government type and private type colleges. Results of the study indicate that there is significant difference of mean parental over protection for fathers and parental over protection for mothers of the students of government colleges and private colleges. Analysis of mean reveals that students of private colleges are higher on parental over protection for fathers and parental over protection for mothers as compared to the students of government colleges. The hierarchal regression shows gender and Parental overprotection for fathers significantly predicts social anxiety. Parental overprotection for fathers remained the strongest predictor of social anxiety.

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Health in All Policies – A Promising Solution

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Abstract

Health cannot be created in isolation! People's health is impacted by physical, social, and economic environment in which they live, work and play, and by their social and health behaviors, and characteristics which are called Social Determinants of Health (SDoH). This paper describes that despite their significant contribution toward wellbeing, appropriation of funds still siloed by sectors in countries throughout the world and particularly in the developing

countries such as Pakistan. Constrains on limited resources and population explosion compel health strategists, policy makers, federal and local governments, non-profit organizations, grassroot community groups and communities to collaborate and identify innovative solutions to create health and improve quality of life for their populations. One of the framework which is showing promising results in many countries to address SDoH and create health equity is Health in All Policies (HiAP). This paper examines the framework which systematically takes into account potential role of different sectors which impact human life and support creating synergies to positively impact health, health equity and quality of life. The paper recommends evaluation and feasibility of framework for Pakistan. The evaluation can assist in identifying existing policies prompting HiAP framework, sectors which are recognizing the importance of incorporating policies which can impact population health and if any of the sectors is currently failed to acknowledge the importance then how to get them involved.

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Health Seeking Behaviour and Health Service Utilization: A Sociological Study Of Uttar Pradesh, India

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Abstract

The health seeking behaviour of a people determines how they use health services. Utilization of health services can be influenced by the cost of services, distance to health facilities, cultural beliefs, level of education and health facility inadequacies such as stock-out of drugs. This paper seeks a sociological exploration of the health seeking behaviour and Health service utilization in Uttar Pradesh. This is an analytical and descriptive paper primarily based on secondary sources. The data provided by NFHS-4 reveal that a higher proportion of household members seek healthcare in the private sector (67.8%) than in the public sector (19.9%) and 23.2% of women aged 15-49 had any contact with a health worker like auxiliary nurse midwife, lady health visitor, Anganwadi worker, or other community health worker in the past three months. On the other hand focusing on women and men of aged 15-49 visited a health facility or camp in the past three months that more Men (28.7%) had visited a health facility or camp than women (5.2%) in Uttar Pradesh. The paper concludes that in order to reduce the rising disparity due attention is needed to be given to health care system in Uttar Pradesh.

Socio-Cultural Barriers to Pakistani Nurses at Workplace: A Case Study of District Jhelum Punjab, Pakistan

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Abstract

Women are an important integral part of every human society. The progress of any nation and society depends deeply upon women participation in all field of life. The majority of women in Pakistan are facing a number of problems as result of old and out dated socio cultural norms within the household and society which restrict their access to gainful employment and other productive assets, and as a result their productive potential has remained untapped and unutilized. The present study highlights the socio-cultural barriers faced by nurses at workplace. The data was collected from seven female respondents by using the non-probability sampling method. Wherein which the purposive sampling procedure of data collection was applied. One public hospital selected randomly. The data was collected through interview method by incorporating an interview schedule as a tool. The finding of the study showed that gender discrimination is present at workplace. According to the findings of the study people don't respect to nurses. They have also exploited by the management. senior staff members and colleagues. So the females don't feel secure while working. The patriarchal system disfavor for females for females employment serves as barrier to women economic empowerment. It has been pointed out the undue religious injunctions and Purdah (veil) also served as barrier to women economic empowerment. The situation can be improved by making socio-cultural values conducive to women empowerment through education, employment opportunities, decision making power, removing undue misinterpretation of religion etc.

Keywords: Socio-Cultural, Barriers, Workplace, Untapped, Unutilized, Decision making, Misinterpretation, Workplace, Pakistan.

Motivational Factors Controlling Psychological Impact of COVID-19 among Frontline Medical Staff

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Abstract

Throughout Pakistan, during the recent outbreak of COVID-19, frontline medical doctors have been working consistently with patients infected with coronavirus disease under the stressful situation being at risk of infection to treat patients. The main objective of the present study was to examine the stressors towards COVID-19 perceived by frontline medical doctors and to

investigate the motivational factors that could minimize the psychological impact of COVID-19. This two-month cross-sectional study was conducted during March 25 and May 19, 2020, at Nishtar Hospital Multan where 137 frontline doctors completed a 42-items questionnaire measuring three subscales of perceived stressors, factors reducing stress, and motivational factors. The data were collected by sending questionnaire to the participants to fill out during their duty time. The responses provided by doctors on the questionnaire showed that doctors were found in greater stress for being exposed to diagnosed patients while treating them. Findings revealed the greater concern regarding the safety of their families and the safety of themselves showed by doctors. Findings pertaining to motivational factors for the medical doctors to continue working during any future COVID-19 or other epidemic outbreaks presented that adequate protective equipment provided by the hospitals was the most important motivational factor to encourage them for continuation of working in outbreaks. The proper guidelines, specialized equipment, high recovery ratio of patients, and acknowledgement of their services by public, hospital management and the government provided psychological benefit.

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Factors Affecting the Obesity among Women in District Faisalabad

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Abstract

There is a very communal and factual proverb that Health is Wealth. Now-a-days, a good health is just like a blessing of God. Due to tough routine, people are busy with their works and fail to maintain their healthy lifestyle. It is a fact that good health is genuine money of life and a fit and healthy person can keenly achieve his/her chores in appropriate manner. On the other hand as time changed, people transformed the ways of eating habits, daily life routine, and operational environments etc. The deviations also generated complications interconnected with fitness in which obesity is most alarming issue that is facing by people. This is an actual frightening matter. Secondly, chubbiness is global health anxiety which is touching all age group of people like children, grown-ups, youngsters, married and unmarried. People are suffering numerous illness due to fatness high blood pressure, heart attack, diabetes. The study aims at probing out the factors affecting the obesity among women. 180 respondents were randomly selected from Madinah Town in which Block X, Block Y, and Block Z were included. The data were collected with the help of questionnaire. Data were statistically analyzed by using (SPSS) statistical package for social sciences. Frequency distribution was applied to investigate the factors affecting the obesity among women. The analysis showed that 23.9% respondents belonged to the age group 35 to 40, whereas smaller 9.4% were belonged to the age group of 25 to 30. The 51.7% of the respondents were married and 18.3% were widow. 41.1% respondents were overweight while 30.0% respondents were obese. About 40% of the respondents thought that obesity is prevailing to great extent due to less physical activity. Approximately, 29.9% of the respondents said that they eat junk and fast food (15-20) times in a month and that is why 56.1% of the respondents were consider themselves to be obese. Study also suggested that some information should be given to the women about the dangerous consequences of obesity. Women should also give awareness that obesity can become cause of many diseases like heart problems,

high cholesterol and joint problems etc. Increasing trend of fast food should be decreased and women should give awareness about balanced diet.

IOMSAC-2021-60

A Sociological Study about the Causes and Consequences of Milk Adulteration: A Case Study of District Faisalabad

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Abstract

Extraordinary nourishing significance of milk as well as comparative lower price related to other diets containing protein made it a particular portion of dietetics amongst the inhabitants around the globe. Conversely, the amplified demand of milk globally made it disposed to gigantic intensities of deceitful actions. It is a highly risky product for falsified deeds for getting economic gains where culprits can intensify nutrition protection threats and reduce nutritious worth by deliberated contamination along with the deficiency of maintenance, negligence in deprived cleanliness circumstances, no refrigeration conveniences. Current study was directed to expose the causes, harmful consequences and solutions for the prevention of this menace. For this purpose, 60 respondents from supply chain conveniently and 150 respondents from consumer chain systematically were selected. Due to adulteration in milk, it became considerably low nutritious levels which also be lethal for community well-being exposed through current milk adulteration outrages which caused risky issues related to socio-economic conditions in addition to psychological and serious health concerns related to stomach, eye sight, cardiac, renal, and liver failure due to hazardous additives used as adulterants in milk. Approximately, 84.7% of the respondents considered as a huge majority from consumer chain while 96.7% respondents from supply chain gave response in favor of statement that water was used as an adulterant in milk. A bulk stream of the respondents from consumer chain (88%) and from supply chain (91.7%) gave their opinions that health problems related to stomach diseases were faced by users by using adulterated milk.

IOMSAC-2021-61

**Awareness Level and Preventive Practices about Dengue Disease among the Residents
(A Comparative Study of Peri-Urban & Rural Areas of Multan District)**

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Abstract

Pakistan has faced a chain of epidemics over the last two decades. Although Pakistan is included in low ranked healthcare countries yet managed to tackle this worldwide disease nicely. The purpose of the current study is to check the awareness level and preventive practices about dengue disease of the residents and further to find out the factors affecting knowledge, attitudes and practices. The quantitative approach is used to conduct the study and target population was residents of peri-urban and rural areas of Multan district. A sample of 200 residents was selected using the multi stage cluster sampling technique. The researcher got very important and valuable results. It is seen that citizens of peri-urban are more conscious about the preventive practices; moreover the research depicts that as the quality of education improves, the awareness and attitudes also gets improve. The researcher, on the basis of findings has given valuable suggestions to the policy makers and future researchers that would help in policy making.

IOMSAC-2021-62

**Parent's Perceived Burden, Societal Behavior, And Quality of Life of Patients with
Hemophilia: A Study of the Children's Hospital Multan**

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Abstract:

Hemophilia is an inherited bleeding disorder in which the blood does not clot properly. Hemophilia is a complex condition to manage, especially for parents of newly diagnosed children, and the illness affects the whole family. The main aim of study was to explore perceived socio-economic burden on parents of children with severe or moderate hemophilia and societal behavior towards patient and caregiver. Qualitative approach was utilized to narrate experiences of parenting a hemophilic child. To fulfil the said objective 14 parents were interviewed by utilizing sequential sampling with the help of interview guide. All the informants included in the study were taken from Children hospital, Multan. Researcher analyzed all emerging themes from text to disseminate information. Results reveled that majority of the parents were less educated and belonged to a middle class background. And having a child with Hemophilia (severe/moderate) is a life changing phenomena for parents. Lack of awareness regarding disease among mother care giver was also identified as an addition to parent's miseries. Mostly patients were suffered from Hemophilia A, with a poor health status. However, patient's caregivers were content with behavior of their family members, relatives, neighbors,

friends, doctors and other medical staff. On the bases of current findings researcher made a suggestion to promote patient-centered care for Hemophilic patients and acceptance of patient's illness and reconciliation with society.

Key words: Perceived parent's burden, Hemophilic child, quality of life, societal behavior, Children Hospital, Multan

IOMSAC-2021-63

Socio-cultural Factors Restricting Women's Access to Primary Health care Services in Rural Punjab, Pakistan.

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Abstract

Women are a central figure in society, and the health problems of this segment of society need to be taken very seriously in the developing world. High maternal mortality rates are a sign of denial of women's human rights. Women's inability to travel and hesitation to visit a male doctor are main hurdles to improving their health status. This current study was conducted to explore the socio-cultural factors limiting women's access to primary health services by checking women's knowledge of health concerns, accessibility and availability of primary health services in remote areas. A cross-sectional study was conducted in rural areas of district Faisalabad, Punjab, Pakistan. A random sample of 400 women was taken through probability sampling design. The result of the study shows that, 60% of women had restricted access to basic health facilities. A majority of women (70%) said that they were not allowed to go at village dispensary. Due to cultural restrictions, a large number of women (90.5%) said that they prefer to go to a female doctor for physical examination instead of a male physician. 59.7% of respondents said that, they did not have dispensary facility at their village. This study suggests that it is a dire need to facilitate that community with primary health facilities at their door-step.

IOMSAC-2021-64

Socio- Cultural perspective on the effects of Hepatitis C: A cross sectional study from twin cities of Pakistan

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Abstract

Since the appearance of diagnostic medical tests in Pakistan, hepatitis C (HCV), it is revealing to be a widespread and major public health problem. It is chronic sicknesses with mental and social impacts which can result in poor quality of life. Chronic hepatitis C is a severe problem in Pakistan. Hepatitis C (HCV) is a lasting disease that affects an individual's physical, financial,

social, and emotional well-being throughout the disease. The diagnosis of HCV involves a various range of issues for affected persons, introducing identity and lifestyle changes, which are commonly articulated through psychological and sociological concepts. In a cross-sectional study, 200 in-door patients and out- door patients from 4 hospitals in Islamabad and Rawalpindi. This research work used the quantitative research design for getting the required data. An interview schedule was used, and sample consisted of 200 total respondents; 100 from the Islamabad, and 100 from the Rawalpindi Hospitals. The study targeted the low to middle socioeconomic population. We argued that it is important to examine the broader social and cultural contexts that contribute to the experiences of persons affected by HCV. After data collection, the data was analysed through Statistical Package for Social Sciences (SPSS). It was observed that a sense of family and societal discrimination resulting in feelings of dissatisfaction and isolation. It is recommended that there is a need to educate general population regarding HCV infection and risks associated with inappropriate therapeutic injections.

Key Words: Pakistan, Hepatitis, Sociological, disease, Chronic

IOMSAC-2021-65

Assessment of Knowledge of Diabetic Patients about Their Disease and Its Management in Tehsil Sadiqabad

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Abstract

Diabetes Mellitus, commonly referred to as diabetes is a chronic group of metabolic disorders in which there is high blood sugar level FBS > 126 mg/dl and RBS 200 mg/dl over a long period of time. This study was designed to assess the knowledge and management and control practices of people who were suffering from diabetes. A sample size of 164 respondents was taken based upon non-probability convenient sampling technique. The data were collected through the semi-structured questionnaire from the respondents. The overall level of awareness in both male and female diabetics was found high and comparatively male patients have good awareness. But there is a big space for raising the educational awareness about diabetes through formal, well organized approaches by health care professionals in hospitals, clinics and community based health care centers. Because the American Diabetes Association, clearly defined, the critical role of diabetes education in quality diabetes care; diabetes self-management education is a critical element of care for all people with diabetes and is necessary in order to improve patient outcomes. It is recommended that health care professionals both collaboratively and individually develop programmers and projects to meet this objective.

Investigating Health Impact on Women Due to Domestic Cooking Fuels and Associated Social Issues in Rural Punjab

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Abstract

Biomass fuel, an economical organic renewable source of energy, is still intensively used for burning purpose in majority areas of rural Punjab. It mainly includes agricultural crop residues and animal dung which is easily available and found in abundance. But it's the dilemma of present times while on one side biomass fuel is facilitating the lives of residents of rural areas by providing them a low-cost solution to meet their energy requirements, at the same time it's posing a potential risk to health of rural women. These women are directly exposed to the health hazards of gases being released from burning of biomass fuel due to longer contact hours. Simultaneously, utilization of such biomass fuel is not easy task and have a painstaking process of preparation before using biomass material as domestic cooking fuel which is creating social and health issues for women, who are solely responsible for all the management and operation of it. This research was conducted with the purpose to investigate how domestic cooking fuel is affecting the health and lives of women directly or indirectly, furthermore, it was also worked out how use of different agricultural residues having different physico – chemical & thermal characteristics have a varied impact on women health. Three main districts in Punjab were selected as study area to thoroughly investigate the health and social impact on women in rural areas. In this regard, around 500 data collection samples were collected and it was attempted to find correlation between the consumption of various materials as energy source and its associated health and social impact among the women. The data obtained was statistically analyzed using different statistical tools like regression model to work out different variables in the study and their inter relationship. Baseline information and data was obtained by engaging them in discussions of how household air pollution from cooking affects their lives. The findings of this research exhibited significant variation of health impact on women for different sources of biomass fuel. There was a strong co relation between social and health issues of women observed as well. This research further leads to new research aspects to be explored which need to be studied in detail. This research is beneficial in providing health facilities and improving their quality of life by solving their social issues.

Key Words: Biomass Material, Domestic Cooking Fuel, Rural Women, Air Pollution Health Issues, Agricultural Crop Residue, Animal Dung, Cooking, Smoke, Women Health, Medical and Social Issues.

An Analytical Study of Socio-Economic Determinants and Risk Factors of Cardiovascular Disease in District Faisalabad

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ABSTRACT

Cardiovascular Disease (CVD) is more serious in low income countries as it is related to mortality rate in the developing countries in comparison of the developed markets or countries. The primary cause of CVD is low educational attainments of the country as well as limited health facilities. Pakistan being a middle income nation is same as other developing nations as CVD is drastically increasing in the country. In the light of the above-mentioned apprehensions, this study aims to explore the socioeconomic status (SES) of the respondents and to identify the determinants and risk factors of the CVD among patients; and to present a socioeconomic mediation agenda to confrontation CVD in Pakistan. The present study was conducted in the three hospitals of District Faisalabad. Further, the cardiac units of the hospitals were selected through purposive sampling technique. A sample of 160 respondents was selected through proportionate sampling technique. Data was collected with the help of a well-designed interview schedule. The results showed that male from low income families and labour class is more likely to be the patient of CVD in our data. Lack of nutritional food, obesity, and physical activities are the common risk factors among patients of CVD. Finally, the main result of our study was that the increase in both; income and education reduce the cardiovascular disease risk factor cardiovascular risk factors. The government should launch awareness campaigns to decrease the risk factors and the income of the individuals should rise. The government should make a compulsory or elective course in curriculum regarding basic health awareness.

Keywords: Cardiovascular Disease (CVD), socioeconomic status (SES), Risk Factors, Faisalabad