

9. Social Health

Question 1.

Fill in the blanks with appropriate word.

a. Laughter club is a remedy to drive away

- (a) stress
- (b) addictions
- (c) lethargy
- (d) epidemics

Answer:

- (a) stress

b. Alcohol consumption mainly affects system.

- (a) digestive
- (b) respiratory
- (c) nervous
- (d) excretory

Answer:

- (c) nervous

c. IT Act 2000 is to control the

- (a) housebreaking
- (b) cybercrimes
- (c) cheating
- (d) pickpocketing

Answer:

- (b) cybercrimes

Question 2.

Answer the following.

a. Which factors affect the social health?

Answer:

(1) In order to maintain the social health of any community there should be good amenities for the people. E.g. food, water, shelter, clothing, medicines and medical help, equal opportunities for education, cleanliness of the surroundings, transport facilities etc. should be properly provided.

(2) The social and political conditions of the surrounding should be such that there should not be any connections with world of criminals. The presence of such criminal ties can affect the social health to a great extent.

(3) The gardens, playgrounds, the empty plots for outdoor games, sports clubs, etc. are important criteria for overall development of the society. This results into personality development and make people happy and strong.

(4) Addictions, criminal tendencies, pervert behaviour and perverse thinking affects other people in the society and this reflects negatively on the social health.

(5) Having large number of friends and relatives, proper use of time when alone and when along the peer group, trust in others, respect and acceptance for others build stronger social health.

b. Which changes occur in persons continuously using the internet and mobile phones?

Answer:

Physical changes:

tiredness and headache

insomnia

forgetfulness

tinnitus and joint pain

problems in vision

weight gain

Mental and emotional changes:

the person becomes irritant

lack of patience

development of aggression

the person becomes introvert and self centered

c. Which problems does the common man face due to incidences of cybercrime?

Answer:

- The numbers of Aadhaar card, PAN card, credit or debit card are obtained by the cheaters. This is a cybercrime. The PIN number can be misused and the money can be withdrawn from the bank accounts. The looters withdraw cash from our accounts in this way.
- People can be cheated during online shopping.
- Fake account on Facebook is opened and false information is displayed on it. Through such accounts the girls are emotionally and financially exploited.

- Electronic media are misused for sending derogatory and vulgar messages, obscene pictures and provocative statements.
 - Through the internet, hackers can send virus to crash someone's computer or even mobile phones.
- In all such different ways, common people can be victimized by cybercrime.

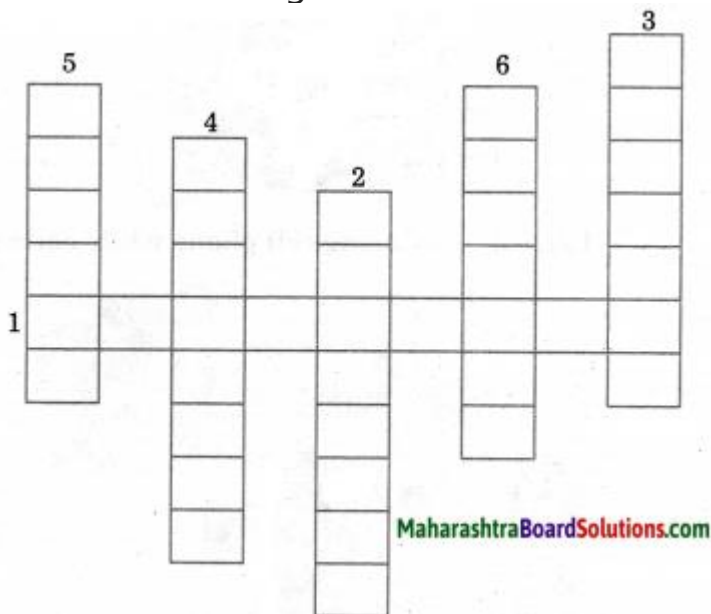
d. Explain the importance of good communication with others.

Answer:

- Nowadays, there is fierce competition, insecurity and criminal tendencies in the society.
- This kind of atmosphere is increasing mental and emotional stress.
- If the stress remains buried in the mind, persons are depressed or frustrated. This causes, mental disorders if not treated in time. Depression can lead to addictions. The suicidal thoughts hover in the mind. If at that phase we can open our heart by good communication, many problems can be solved.
- Help from counsellors can be taken to relieve the stress.
- By good communication with parents or family members harmonious relations can be re-established.

Question 3.

Solve the following crossword.



1. Continuous consumption of alcoholic and tobacco materials.

Answer:

Addiction

2. This app may cause the cybercrimes

Answer:

Facebook

3. A remedy to resolve stress.

Answer:

Singing

4. Requirement for stress free life.

Answer:

Goodfood

5. Various factors affect health.

Answer:

Social

6. Art of preparing food items.

Answer:

Cooking.

Question 4.

What are the various ways to minimize mental stress?

Answer:

Stress can be defined as the response of our body to a demand or threat and it can be both physical and mental. There are many ways of handling stress, out of which some are mentioned below:

1. Positive thinking
2. Indulging in favourite hobbies, such as singing, dancing, gardening, etc
3. Going for walks and practicing meditation
4. Playing favourite outdoor games
5. Talking to close family members and friends

Question 5.

Give three examples of each.

a. Hobbies to reduce stress.

Answer:

1. To listen to music
2. Bird watching and nature trails
3. Reading good books.

b. Diseases endangering the social health.

Answer:

1. AIDS
2. Tuberculosis
3. Leprosy.

c. Physical problems arising due to excessive use of mobile phones.

Answer:

1. Headache
2. Vision problems
3. Joint pains.

d. Activities under the jurisdiction of cybercrime laws.

Answer:

1. To do bank transactions by procuring PIN number of somebody.
2. Misuse of written material of someone or illegal sale of the same.
3. Hacking the information of government institutes and companies.

Question 6.

What will you do? Why?

a. You are spending more time in internet/mobile games, phone, etc.

Answer:

If I start spending more time on internet/mobile games, phone, etc. I would follow the below given steps:

- i. Designating activities during which the usage of internet or mobile phones should be strictly avoided. For example during meals, while studying, etc.
- ii. Talking to family members or friends when I feel lonely instead of using internet or mobile phones. This will reduce the habit of using mobile phones during idle time.
- iii. Develop hobbies like reading books, writing diary, collecting various materials, drawing, singing, listening to music, etc.

b. Child of your neighbour is addicted to tobacco chewing. (July 2019)

If I find that the child of my neighbour is addicted to tobacco chewing:

1. I will make him aware about the health problems associated with chewing tobacco like mouth cancer, tooth decay, gum diseases, etc. This will help him to make a decision about quitting tobacco.
2. I will advise him to reduce the use of tobacco every day till he finally quits it completely.
3. I will also make him talk to his family or friends regarding the issue, so as to help him get rid of the habit.

c. Your sister has become incommunicative. She prefers to remain alone. (July 2019)

If I find that my sister has become incommunicative and prefers to remain alone;

1. I will talk to her and try to find out the reason for her aloofness and the stress. I will discuss her problem and help her find a solution to her problem.
2. I will try to get her to speak with family members and participate in family discussions, family functions, etc. I would also encourage her to pursue her hobbies. This can help her divert her mind from the issues that are troubling her.
3. If required I will advise her to consult a professional counsellor and discuss her problems.

d. You have to use free space around your home for good purpose.

Answer:

If I have free space around my house, I would use that space for various purposes like-

- kitchen gardening
- playing outdoor games
- taking classes for underprivileged students
- making a creative corner
- planting ornamental and medicinal plants

e. Your friend has developed the hobby of snapping selfies. (July 2019)

Answer:

If I find that my friend has developed the hobby of snapping selfies:

1. I will warn him to be careful while clicking selfies and to be aware of the surroundings to avoid accidents.
2. I will try to persuade him to avoid clicking selfies on every occasion and to rather enjoy the moment with friends and/or family.

f. Your brother studying in XII has developed the stress.

Answer:

The syllabus for class XII is vast. If the studies are not taken seriously from the beginning of the academic year, then the stress develops due to the fear of examination and result. Therefore, instead of being stressed, he should practise time management and study schedule. He should think of only one subject at a time. The atmosphere in the house should be maintained happy and tension-free. Everybody in the house should interact with him so that he gets a feeling that he is not alone. He should be convinced, "study is for you and you are not for study".

Question 7.

What type of changes occur in a home having chronically ill old person? How will you help to maintain good atmosphere?

Answer:

If there is a chronically ill old person in the house, the entire atmosphere of the house changes. There is tension and grief in the house. Doctor's visits to the house become routine. The ill person's diet and medicines are strictly followed.

In such times, everybody in the family should contribute to the work of taking care of the patient. We can help in bringing medicines. We can sit beside the patient during night time. We should maintain pleasant atmosphere in the house. We should help the person who is burdened by the duties towards the sick patient by helping in whatever little ways that we can.