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2

91235



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Level 2 Health, 2017

91235 Analyse an adolescent health issue

2.00 p.m. Friday 10 November 2017
Credits: Five

Achievement	Achievement with Merit	Achievement with Excellence
Analyse an adolescent health issue.	Analyse in depth, an adolescent health issue.	Analyse comprehensively, an adolescent health issue.

Check that the National Student Number (NSN) on your admission slip is the same as the number at the top of this page.

You should attempt ALL parts of the question in this booklet.

Pull out Resource Booklet 91235R from the centre of this booklet.

If you need more room for any answer, use the extra space provided at the back of this booklet.

Check that this booklet has pages 2–11 in the correct order and that none of these pages is blank.

YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.

High
Achievement

TOTAL

4

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INSTRUCTIONS

In this examination, you are required to analyse the adolescent health issue of **managing conflict in, maintaining, and enhancing relationships**.

Read **Resource Booklet 91235R** before answering the question in this booklet. Refer to the resource material and the information given in the scenario, as well as your own knowledge, to support your analysis when answering (a) to (c).

Space for planning your answers is provided on page 3.

Begin your answers on page 4.

West Coast College Scenario

Like any high school, West Coast College offers a number of friendship groups. Katie, Mitch, Mason, Lucy, and Ana are in Year 12, and have been good friends since Year 9.

Katie is a talented touch rugby player and is well-recognised around the school. For the past six months, she and Mason have been “going out”. At first, this seemed to make the group tighter, but since the touch season started a month ago, Katie and the others have noticed that Mason has become withdrawn, aggressive, and possessive of Katie, especially in text messages and online conversations. Katie has shown Lucy and Ana some of the messages from Mason, and they are all concerned about him.

Mason’s behaviour is out of character. Katie enjoys being in a romantic relationship with him and wants to sort things out, rather than end it with him, but he is unwilling to talk to her about how he is behaving. Katie feels as though she can trust Lucy and Ana, so it helps having them to talk to.

The situation is having an impact on the friendship group as a whole. Lucy and Ana tried to talk to Mason and ask him what’s wrong, but he didn’t want to talk to them, and stormed off. On the other hand, Mitch has said he wants to stay out of it, and feels that they should too, because it’s none of their business. Ana has also been to the guidance counsellor for some advice about how to deal with this friendship conflict, but she is not sure she has the skills to make things better.

The counsellor and deans have noticed an increase in students talking about issues in their relationships with their friends, family, boyfriends, and girlfriends, and the role of digital technology in their communications. As a team, they have encouraged teachers to think about how they can promote positive relationships in their classrooms and teaching topics, and have put a notice in the school newsletter encouraging parents to promote positive relationships at home, too.

PLANNING (OPTIONAL)

Personal, interpersonal, and societal influences on the relationships of the adolescents in the scenario:

An influence ~~that is~~ on relationships that may contribute to conflict could be. A P, IP, S influence on someones ability to manage that conflict could be.

Short-term and long-term consequences of relationship conflicts for the well-being of individuals in this friendship group, others they interact with, and the community:

Because of the ^{P, IP, S} influencing factor of —, it may lead to many consequences in a relationship for an adolescent.

Personal, interpersonal, and societal strategies to manage conflict in, maintain, and enhance the relationships of the adolescents in the scenario:

A strategy that someone may use to reduce the _{P, IP, S} influence may be. They do this by.

QUESTION

- (a) Explain, in detail, **personal, interpersonal, and societal influences** on the relationships of the adolescents in the scenario.

An influence on relationships that may contribute to conflict could be being aggressive. A personal influence on someones ability to manage that conflict could be feeling controlled. This would make it difficult to manage conflict as the person may feel stifled by their partner, and think that they do not have a voice that can be heard. In the west coast college scenario mason has become very controlling over Katie aswell as very aggressive. This has made Katie think that she has contributed to this conflict, meaning she is worried to talk to Mason about why he is being controlling. In resource A it states that having good communication skills help people to make and keep good relationships.

An influence on relationships that may contribute to conflict could be parental conflict. A interpersonal influence on someones ability to manage that conflict could be low confidence in talking to someone or partner trust issues. This would make it difficult to manage conflict as the person may feel like they are unable to trust their partner with what is going on in their life, so therefore makes it difficult to keep a healthy relationship. Having low confidence in talking to someone would also be difficult as you are unable to speak up about your problems. In the West Coast College scenario

Katie says that she is willing to speak to Mason about why he is acting and behaving like this but Mason is unwilling to do the same. This may make Katie think she is an untrustworthy partner. In resource A it says that those with a low self-esteem often find it hard to interact with others or form bonds with peers.

An influence on relationships that may contribute to conflict is social media. A societal influence on ~~someones~~ ~~Someones~~ ability to manage that conflict could be the role of digital technologies and their communications. This would make it difficult to manage conflict as people do not have control over what may be posted on social media. This person may feel abused by what has been said online. In the West coast college scenario Katie has said that Mason has become withdrawn, aggressive and possessive over her in text and online conversations. This has lead to the friend group being concerned for Kafes Well-being, and generally concerned about Mason and what is going through his head. In resource C it states that NetSafe is an organisation that aims to help New Zealand Internet users stay safe online and to offer a wide range of support to schools.

- (b) Explain, in detail, the **short-term and long-term consequences** of relationship conflicts for the well-being of **individuals** in this friendship group, **others** they interact with, and the **community**.

Because of the personal influencing factor of ~~her~~ feeling controlled, it may lead to many consequences in a relationship for an adolescent. In the short term it may lead to depression ~~and social~~ and embarrassment. In the West Coast College Scenario Katie may find that because she is feeling controlled she is becoming depressed as she can not speak what she thinks as Mason controls her. ~~to~~ This could lead to social exclusion meaning Katie excludes herself from social situations because she fears ~~what~~ that Mason might ~~to~~ become physical towards her. In resource B it states that some young people who struggle to interact with others can become aggressive and dominating.

Because of the interpersonal influencing factor of having low confidence in talking to someone, it may lead to many consequences in a relationship for an adolescent. In the short term it may lead to ~~arguments~~ physical and aggressive arguments. Meaning they end the relationship. In the West Coast College scenario Katie says she enjoys being in a romantic relationship with Mason, and that she wants to sort things out rather than end things. In the long term this could lead to impacting the friendship group as a whole because Mason is unable to speak to Katie about why he is acting like this. In resource B it states that close friendships

can help young people to cope with stress and build up social skills such as problem solving, as young people attempt to protect and mend the relationships that are of great value to them.

Because of the societal influencing factor of social media and not having control over what is said or posted online, it may lead to many consequences in a relationship for an adolescent. In the short term it may lead to becoming stressed and concerned about threats. In the West Coast college scenario Katie has said that Mason is becoming very controlling online which has led her to think that she is being threatened. This may lead to a low self-esteem and social exclusion because she is worried to be around Mason and her friends. It may also lead to the situation having a large impact on the wider friendship group as a whole. This would mean that there could potentially be arguments within the group, leading to more conflict. In resource A it states that having consideration for others, trustworthiness, compassion and generosity are some of the important personal qualities needed to establish and maintain a healthy and supportive friendship in adolescence.

- (c) Explain, in detail, **personal, interpersonal, and societal strategies** that could be used to manage conflict in, maintain, and enhance the relationships of the adolescents in the scenario.

Within your answer, justify why the strategies are health-enhancing, and consider the influences and consequences you have explained in (a) and (b).

A strategy that someone may use to reduce the personal influencing factor of being controlled could be to learn assertive skills. The individual would do this by researching about being assertive, or going to see someone to learn assertive skills. This would help minimise the conflict in the relationship for an adolescent as they would feel more confident about themselves. They would also feel like they can speak up and know that they will be heard. In the west coast college scenario, Katie can use her newly learnt assertive skills to tell Mason that she shouldn't be treated like this. Learning assertive skills will boost Katie's confidence and self esteem. In resource A it states that adolescents need to develop and practise skills to think critically, identify problems and seek solutions to make health-enhancing choices and resolve conflict that arises in relationships.

A strategy that someone may use to reduce the interpersonal influencing factor of having low confidence in talking to their partner and trust issues could be to seek help from a couples counsellor. The individual would need to research where a couples counsellor is and book an appointment where both you and your partner can be seen at the same

time. This would help minimise the conflict within the relationship for an adolescent as they would both be able to talk about their problems, by being seen by the same counsellor at the same time. This would build both of their trust issues and their low confidence when trying to talk to people. This would help the ~~healthy~~ build up the healthy relationship again. In the west coast college scenario Katie and Mason can wisely use this couples counsellor to enhance their trust issues within their relationship. In resource B it states that skills in communication and conflict resolution are important to maintain a healthy relationship.

A strategy that someone may use to reduce the societal influencing factor of the role of digital technologies and what is said within could be to encourage teachers to think about how they can promote positive relationships in their classrooms, and in school newsletters. They would do this by writing out a letter to put into the school newsletter that gets sent home for parents to read. This would help minimise the conflict within adolescent relationships as not only teachers will be aware but so will parents and caregivers. This means parent and caregivers are more likely to talk about healthy relationships and how to maintain them. Allowing ~~children~~ adolescence that are in relationships //

A4

P.T.O. →

Extra space if required.
Write the question part(s) if applicable.

QUESTION
PART

C to understand what is expected ~~to~~ in a healthy and enhancing relationship. In the West Coast College scenario it has said that deans, and counsellors have noticed the increase in students talking about issues in their relationships with friends, family, boyfriends, and girlfriends and the role of digital technology in their communications. In resource C it state that NetSafe has an extensive range of educational resources for use at secondary level including guidelines on responsible and appropriate behaviour as well as cyber safety //

Extra space if required.
Write the question part(s) if applicable.

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Annotated Exemplar

Achievement exemplar 2017

Subject:	Health	Standard:	91235	Total score:	04
Q	Grade score	Annotation			
1	A4	<p>The candidate provides an analysis of adolescent interpersonal relationships, using a complete range of influences and evidence from the resource booklet and scenario to support their answers.</p> <p>The candidate links the consequences back to each influencing factor, and links all three strategies back to how this could improve poor interpersonal skills in relationships.</p>			