2

91235

912350

SUPERVISOR'S USE ONLY

NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

QUALIFY FOR THE FUTURE WORLD
KIA NOHO TAKATŪ KI TŌ ĀMUA AO!

# Level 2 Health, 2015

## 91235 Analyse an adolescent health issue

2.00 p.m. Monday 30 November 2015
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 2–8 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.**

**TOTAL**

ASSESSOR'S USE ONLY

© New Zealand Qualifications Authority, 2015. All rights reserved.
No part of this publication may be reproduced by any means without the prior permission of the New Zealand Qualifications Authority.

ASSESSOR'S USE ONLY

## INSTRUCTIONS

In this examination, you are required to analyse the adolescent health issue of **stress management**.

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

*Note: You should include personal, interpersonal, and societal perspectives in each of your responses.*

## QUESTION

**Patrick's Scenario**

Ms Campbell is a Biology teacher at a local high school. She has been working at the school for 10 years and knows many of her students very well. Lately, she has noticed a large number of students in her Year 13 class are under a lot of pressure to perform in several areas of their school and home life. She is concerned about their levels of stress in the lead up to NCEA exams in November. All Ms Campbell's students live in a close, 'tight-knit' community, where they feel safe and secure, and have many friends and neighbours.

Patrick is one of the Year 13 students in Ms Campbell's Biology class. His dad recently passed away, so his mum is now a single parent to him and his two younger siblings. Patrick feels the need to help support his family, and step up and be 'the man' of the household. He really wants to do well in his schooling so he can go to university to study electrical engineering next year, but his part-time job at the local supermarket, and the times he has to look after his younger siblings while his mum works, are affecting the time he can spend studying. He often has to miss days at school to look after his siblings and has missed some of Ms Campbell's classes lately. He has been getting headaches most days and is finding it hard to sleep at night. His friends have noticed he has been quite withdrawn lately and that he is absent from school a lot.

(a) Explain, in detail, the positive and negative influences that are likely to affect an adolescent's ability to cope with stress.

ASSESSOR'S USE ONLY

(b) Explain, in detail, the short-term and long-term health consequences of stress on an adolescent's overall well-being.

ASSESSOR'S USE ONLY

ASSESSOR'S USE ONLY

(c) Explain, in detail, a range of **health-enhancing** strategies that Patrick, his family and friends, and the school community could use to reduce his stress and promote overall well-being.

Within your answer, consider the influences and consequences you have explained in (a) and (b).

**Part (c) continues on the following page**

ASSESSOR'S USE ONLY

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

QUESTION NUMBER

ASSESSOR'S USE ONLY

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

QUESTION NUMBER

ASSESSOR'S USE ONLY

91235