

91235



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2

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## 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.**

Not  
Achieved

TOTAL

2

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## 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.

positive influences which affect an adolescents ability to cope with stress are influences such as having a support network of friends and family who will help you get on top of the stress and help you do the things you will need to do to successfully deal to being stressed These could include //

(in Patrick's case) some of the friends / family looking after the kids for an afternoon, or some of relative cooking dinner. or things will help Patrick feel less stressed //

Negative influences of stress include school, work, NCEA exams, could be friends or family etc. These will negatively affect his ability to cope with stress because nobody else is there to take the stress ~~off~~ off his shoulders. Also having the role of being the "man of the house" is a big responsibility which will come along with high expectations from Mum to be like his father //

- A short list of -ve influences.
- No personal influences

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

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short term - short term health consequences could include a high blood pressure which physically is good and can cause a heart attack. Muscle tension or headaches could also occur as a result of stress ~~because~~ and would cause pain and discomfort physically which could result. Short term not much will happen regarding being physically uncomfortable however longterm it could cause for someone to develop obesity or diabetes due to eating disorders - could also cause anorexia - your sleeping pattern or could be changed and you could feel always tired due to fatigue. You could develop depression or anxiety issues - this would result in stress also getting worse //

- All personal consequences.
- Need interp & societal.
- No short-term examples.

- (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.

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

strategies - for short term consequence  
 Patrick could just try eat healthy  
 and ~~eat~~ eat good food and not  
 work too hard and get sleep. strategy  
 for influences would be as a  
 result of stress. Backache, headache  
 etc. longterm would be try eat  
 healthy, eat good food and not  
 work too hard and get sleep.  
 also to not allow yourself to  
 get obese/diabetic/chronic, eating  
 healthy is very important to maintain  
 a balanced diet //

- Only one main strategy listed which is a personal one.
- Needed an interpersonal & societal strategy too.

Part (c) continues on the following page





