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Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 1 Health Studies RAS 2023

92010 Demonstrate understanding of
factors that influence hauora

EXEMPLAR

Achievement

TOTAL 03

Page 1

INSTRUCTIONS

The questions relate to two topics. Choose ONE question to answer.

- Question One: Mental health *OR*
- Question Two: Food and nutrition

The Resource Booklet includes resources relating to each question.

Read the resources before you begin.

Planning spaces are available for each question.

Select your chosen topic before continuing to the next page.

- Mental health
- Food and nutrition

Page 2

QUESTION ONE: Mental health

Use Resources A to E to answer this question.

PLANNING

Personal factors	Interpersonal factors	Societal factors
April's parents want april to go to university like her brothers, and get a steady job rather than going to presue dance with her friends.	April's friends all appear to be unphased by their assestments compared to April who is really struggling.	April's school pushes to make students go to university by having a lot of talks about other possible upper education after they graduate.

TASK

- (a) (i) Identify from the scenario in Resource C, ONE **personal factor** that could be affecting April's views about her future.

B I U

One personal factor that can affect April's mental Hauora is, the fact that she loves doing her dance and feels as though that she is good at it and had a good shot at making a career out of it. This can affect her mental health by being told by her parents that they would like her to go university like her siblings to get a nice job most likely with a steady paycheck. This can cause April to begin to feel as though she is not able to make a viable career out of dance and therefore she isn't good enough. April could also feel like she is letting her parents down because she is doing the oppsite of somthing that her brothers are doing while making their parents proud doing it.

- (ii) Explain how TWO dimensions of hauora could be influenced by the personal factor you have identified above.

Dimensions of hauora (1):

B I U

Aprils mental and emotional well being can be affected by all of these issues because when she feels as though she isn't good enough, she can begin to over think and doubt herself and her ability to do good at what she enjoys. If April begins to doubt herself she can then begin to feel depressed. Depression can also make April lose her love for a lot of thing that she really enjoys like dance, hanging out with her friends that she made through dance and even make her envy some of the friends of hers that are supported by thier parents to presue dance as a career.

Dimensions of hauora (2):

B I U

April's social well being with her family can be affected by April growing up and not liking dance anymore because she knows that her own parents didn't think she was good enough, which can lead to April hating her parents for ruining one of her favourite activities. If Aprils parents refused to allow April to dance she could later grow up realising the mistake she has made and by then it could already be to late for April to be good at dance as a career. That choice by Aprils parents could also affect April up until she has kids of her own and make her decide she knows whats best for them and refuse to let them do something they really enjoy, which can cause them to resent April as a resault.

(b) (i) Identify from the scenario, ONE **interpersonal factor** that could be affecting April's views about her future.

B I U [List Icon] [List Icon] [Undo] [Redo]

When all of April's friends talk about how easy they find the upcoming exams, it can make April feel as though she is not as smart as them, which can negatively affect her mental health. April appears to be surrounded by people who April thinks are way smarter than her. This can cause April to feel more stressed, as the fact that her older brothers are both doing really well at university her parents must be proud of them, but April knows her parents wouldn't be proud of her dance and she would be disappointing them by continuing to do it for the majority of her life. For April to feel this much stress she is going to have to learn to make a more balanced routine to help her stay focused and help her decide more about what she is going to do in the future. April could also be feeling the stress from her friends possibly making comments about how she is not as smart as them which can also negatively affect them.

(ii) Explain how TWO dimensions of hauora could be influenced by the interpersonal factor you have identified above.

Dimensions of hauora (1):

B I U [List Icon] [List Icon] [Undo] [Redo]

April's Spiritual Wellbeing can be negatively impacted by April constantly being reminded that she is disappointing her parents and even possibly her friends. This could be because of the fact that April surrounds herself with people who appear to be less worried about what they are going to do with their life as they already know they are going to go to university and get some sort of upper education, compared to April who has no idea what she is going to do. This could cause April to begin to lose her spark and slowly fall into issues with possibly depression and or anxiety.

Dimension of hauora (2):

B I U [List Icon] [List Icon] [Undo] [Redo]

April's Mental and Emotional wellbeing could be affected by her constantly feeling as though she is letting people down. April has the worry of making her parents disappointed as well as her friends and even possibly her school teachers. This can really make April really feel stressed and can also make her suffer from anxiety and start having the symptoms.





(c) (i) Identify from the scenario, ONE **societal factor** that could be affecting April's views about her future.

B I U [List Icon] [List Icon] [Undo] [Redo]

Due to April's school pushing hard for their students to take on upper education (ie university) April must be feeling rather stressed as the majority of her friends and school peers have at least a rough idea of what they are planning to do after school which can negatively impact her mental and emotional wellbeing as well as her spiritual. The way the school is pushing so hard for university they are almost unintentionally implying if you do not go to university, you are not very smart and therefore are going to not have a very good job, which is not the case at all. If April was to continue doing dance she would still have a good chance of making it a good job if she got the right contract, even though the school implies differently, but nobody tells April that which means she could be struggling with her identity as far as what she is going to do after she graduates.





(ii) Explain how TWO dimensions of hauora could be influenced by the societal factor you have identified above.

Dimension of hauora (1):

B I U    

April's spiritual well-being could be negatively impacted by her listening to all of the people the school brings into talk about how good university and upper education is, and also how you need uni to get into a good job. This can cause April to really feel the pressure of not knowing exactly what she wants to do by the time she graduates. All of these things can lead to April not knowing what to do and could make her jump into a job she is not happy in and doesn't enjoy just to make sure that she doesn't look stupid for not necessarily being a straight A student and just barely passing.





Dimension of hauora (2):

B I U    

April's Mental and Emotional well-being also has a high chance of being negatively affected by all of these issues because, if April was to start feeling down about herself as much as she could with all of the negativity surrounding her not only at home but also at school, she could begin to suffer from anxiety and or depression. This can also lead to her pushing away her hobbies she once loved such as dance and even pushing away her family and friends.





(d) Explain how a combination of two or more factors interact, or work together, to influence April's hauora. Give two examples.

Example where factors interact (1):

B I U    

Mental and emotional health can interact with your physical well-being by many different ways such as, if you are feeling down emotionally your physical body can take a big hit as well. When you are feeling down emotionally or you are suffering with anxiety and or depression small things that seem small when you are in a perfect mental state all of a sudden feel very big when you are struggling mentally ie, brushing your teeth and even showering are things you need to do to keep your physical health in a good state but they can be very hard to do when you are struggling. This means that as much as you know that you need to keep clean physically, it becomes something very low on your priority list as all you are really trying to do is keep happy. When you are struggling mentally you also tend to not want to get out of bed and that can mean not wanting to cook or even eat or drink anything, some of the only meals you want to eat is junk food that is not a balanced diet and what your brain needs, but it is all you can want to eat.

Example where factors interact (2):

B I U    

Your mental and emotional health are tied to your family and social well-being very close. This means that if you are feeling upset in one of them there is a high chance that you are feeling low in the other kind. If you have an argument with somebody from your family and or social life ie, parents, friends, partner etc there it is most likely going to affect your mental and emotional health. Humans are very social creatures and we need human contact to be happy no matter what, this means that if we do not get it, it can be really hard for us to deal with mentally. The same goes for if you are having a hard time mentally then you tend to not want to be around people you love, especially if you have depression and anxiety, which can be one of the biggest symptoms.

(e) When choosing a career pathway, which personal, interpersonal, and societal factors are likely to influence April's **hauora** more than others. Explain in detail.

B *I* U

Aprils Personal and Interpersonal factors are going to most likely be the ones to help influence Aprils final decision because those are the two that affect her more as a person. April need her parents support in what she decried to do but she also need her own personal support more than anything, and if she isn't happy in whatever job she ends up in then she is going to be forever un happy.



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Achievement

Subject: Health Studies

Standard: 92010

Total score: 03

Q	Grade score	Marker commentary
One	A3	<p>This candidate has clearly identified a relevant personal, interpersonal, and societal influence from the given scenario. They have explained how each influence could affect aspects of hauora.</p> <p>To move this response to a merit, the candidate would need to show how two or more factors (i.e. a personal and an interpersonal factor) influence each other. In this response, the candidate has compared aspects of hauora, not influences.</p>