

No part of the candidate's evidence in this exemplar material may be presented in an external assessment for the purpose of gaining an NZQA qualification or award.

SUPERVISOR'S USE ONLY

2

91235



912350

Draw a cross through the box (X) if you have NOT written in this booklet

☐

+



Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 2 Health 2024

91235 Analyse an adolescent health issue

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.

Do not write in the margins (/////). This area will be cut off when the booklet is marked.

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

Achievement

TOTAL 03

QUESTION

Refer to the scenario on page 2 of the resource booklet, **Resources A to D**, and your own knowledge when completing all parts of the question.

- (a) Explain a personal, interpersonal, and societal influence that may be contributing to Ari's stress and anxiety.

- (i) Personal (Ari):

A personal influence contributing to Ari's stress and anxiety could be worrying about money and ~~how~~ his monthly phone bill, he may also be affected by the limited time he has to do school work due to him working after school and weekends, play in the first x1 hockey team and in the kapa haka group, this leads him to do school work at night, negatively impacting his sleep pattern.

- (ii) Interpersonal (others):

An interpersonal influence could be worrying about supporting his family financially and also "living up to everyone's expectations" by being the first in his family to go to university this would make his parents proud.

- (iii) Societal (school or New Zealand community):

Some societal influences could be Ari "being exposed to constant pressure" on social media this can affect him because social media can lead to teenagers feel like they are not good enough. Another influence could be his school assessments because he worries on how he can complete them in time.

- (b) Explain the impact that stress and anxiety may have on Ari's well-being. In your answer, consider both the possible short-term and long-term consequences.

(i) Short-term consequences:

Short term consequences for Ari could be difficulty sleeping at night, having trouble concentrating or paying attention, he may feel tense, have a faster heart rate and faster breathing, feel annoyed easily and irritated, he may also withdraw from friends and family.

(ii) Long-term consequences:

these longer short term consequences such as difficulty sleeping could lead to a worsened sleeping pattern, difficulty paying attention could lead to him struggling in school affecting his grades. in the long run could affect his chance at getting into university. Long term anxiety could also indicate anxiety disorder as talked about in the resource booklet

- (c) Explain how the consequences of stress and anxiety could impact the wider New Zealand community.

the consequences could affect New Zealand because it puts more pressure on therapists and counsellors however it opens up more job opportunities. it can also spread knowledge about anxiety leading to more people being properly diagnosed and treated

- (d) Recommend a personal, an interpersonal, and a societal health-enhancing strategy that could be put in place to reduce stress and anxiety for Ari, others in the scenario, and the school or New Zealand community.

Explain how each of your three chosen strategies will address the influences and enhance the consequences to improve well-being.

- (i) Personal strategy (Ari):

a personal strategy could be taking care of yourself, as mentioned in the resource booklet some ideas for looking after yourself could be, eating well and get enough sleep creating a self care planner/diary. looking after yourself gives you time to take a break from everything stress full and gives your body and mind a break. this can lead to reducing stress and anxiety.

- (ii) Interpersonal strategy (others):

~~an interpersonal strategy could be Ari talking to his family about his stress~~
an interpersonal strategy could be Ari's family asking for help financially from his siblings, this takes the pressure of Ari's back and makes it fair for him and his family

(iii) Societal strategy (school or New Zealand community):

a societal strategy for the New Zealand community could be trying support websites and apps such as youthline and healthpoint. Online support is ~~her~~ helpful because it is convenient because they are open 24/7 and you don't feel embarrassed talking to someone because you are anonymous. Online support is also free, having someone to talk to about your problems relieves stress and anxiety.

Achievement

Subject: Health

Standard: 91235

Total score: 03

Grade score	Marker commentary
A3	<p>The response explains personal and societal influences. The interpersonal influence needs further depth and clarification to ensure it is interpersonal, rather than explaining it from a personal perspective.</p> <p>Short-term and long-term consequences are explained with some reference to the scenario and the resource material provided. Further explanation is required to secure a higher grade. The response does not provide enough depth to show a clear understanding of the societal consequences. These should be focused on the negative impacts, rather than possible positive outcomes.</p> <p>Personal and societal strategies are explained; however, these require more detailed links to well-being to secure the grade. The interpersonal strategy may not be health-enhancing as there is not enough information provided within the scenario to ensure this would be a valid strategy (the siblings may be too young to work).</p>