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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.**

Excellence

TOTAL 07

## 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 that may be contributing to Ari's stress and anxiety is his aspirations to achieve University Entrance. This is because he might be worried that his grades are not good enough to achieve University Entrance which could cause him stress as he worries whether he is good enough or not.

- (ii) Interpersonal (others):

An Interpersonal influence that may be contributing to Ari's stress and anxiety is his parents' reliance on him to help pay bills. This could cause him stress and anxiety because he has to work more, giving him less time to relax while also having to worry whether or not he's made enough money to pay the bills.

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

A Societal influence that ~~is~~<sup>may</sup> be contributing to Ari's stress and anxiety is the constant pressures that teenagers face in relation to social media. The idealistic lifestyles and perfect bodies seen on social media may cause him to worry that his body isn't good enough or that he isn't making enough money and living in a mansion.



- (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:

A short-term consequence stress and anxiety may have on Ari's well-being is his heart racing, breathing quickly and sweating or feeling dizzy. These are some common immediate physical reactions to stress or anxiety as mentioned in Resource A. Stress and anxiety may also affect his mental/emotional well-being by causing him to have trouble concentrating and paying attention. This example <sup>alongside</sup> ~~being~~ ~~worrying~~ ~~about things a lot of the time~~ and being unable to control the worries are examples from Resource A of a change in thoughts that can <sup>impact Ari's</sup> ~~happen~~ ~~immediately~~ <sup>being</sup> mental well-being after or during experiencing stress and anxiety.

(ii) Long-term consequences:

Long term <sup>consequences</sup> ~~are~~ stress and anxiety may have on Ari's well-being are worrying ~~the~~ about things a lot of the time. This could impact his mental/emotional well-being by causing him to worry about every little hurdle in his life and cause him to be pessimistic as he's always worried things will go bad. This could also mean he loses friends as they don't want to be around someone who is always worried about things and looking at them from a negative point of view. Which would negatively affect his social well-being.

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

The consequences of stress and anxiety could impact the wider New Zealand community by costing the government and taxpayer more money in order to fund more mental health services and initiatives like online support tools and counselors. This is because the more people that are experiencing stress and anxiety will mean more people will need to access help such as online services and helpline as shown in Resource C ~~and~~ of community and school counselors. However for the most part these services are funded through government initiatives and donations through the community. So since more people will need help from these services either new services will need to be made or they will have to expand to deal with the influx of more people needing help. This affects the NZ community because the cost to create new services or expand on old ones will ultimately fall on communities whether it be through tax dollars or donations.



- (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 Ari could use to reduce stress and anxiety is one mentioned in resource B which is creating a self-care planner/diary. This strategy would address the influences of Ari not making <sup>any</sup> time for himself to relax, by having a set time to relax each day and holding him accountable so that he actually looks after himself. This would enhance the consequence of him worrying about everything in life by giving him a chance each day to relax and take his mind off the things stressing him out.

- (ii) Interpersonal strategy (others):

A interpersonal strategy that could reduce Ari's stress and anxiety is his <sup>family</sup> ~~parents~~ talking things through with him and offering their support. This strategy would address the influences of Ari worrying if he's making enough money for the bills, because his parents could let him know that it's not just his responsibility and that they are grateful for whatever he can give. This would enhance the consequences of his heart racing or feeling dizzy or sick as his parents can reassure him when those feelings come over him when worrying about bills that it's not his job to pay them or worry about them and that he can relax.

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

A Societal strategy the school could use to reduce stress and anxiety, is to promote mental health services like the 'Groove' and ~~the~~ 'HABITS messenger' apps as mentioned in Resource D, so that students are ~~be~~ able to get help quickly and know where to go for help. This strategy would address the influence of the constant pressures teenagers face on social media by <sup>promoting</sup> ~~giving them~~ something where they can get quick 'on the go' help so they can deal with their stress and anxiety before it becomes a bigger issue. This would enhance the consequence of costing the NZ community more money as these apps are relatively inexpensive to develop and provide to youth when compared to other options like counsellors and helplines.

## Excellence

**Subject:** Health

**Standard:** 91235

**Total score:** 07

Grade score	Marker commentary
E7	<p>The response contains in-depth explanations of the personal, interpersonal and societal influences on stress and anxiety. These have been utilised from the scenario and are explained from the correct perspective.</p> <p>A clear explanation of the short-term and long-term consequences has been provided; however, these could be further developed to secure a higher grade. The societal consequences show comprehensive understanding of how societal agencies such as the government and mental health services will be impacted.</p> <p>Personal, interpersonal, and societal health-enhancing strategies have been explained. The strategies are explicitly linked to the previously discussed influencing factors, and links are also provided to the consequences, along with how these strategies are health-enhancing.</p>