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92010



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Mana Tohu Mātauranga o Aotearoa  
New Zealand Qualifications Authority

## Level 1 Health Studies 2024

### 92010 Demonstrate understanding of factors that influence hauora

Credits: Five

Achievement	Achievement with Merit	Achievement with Excellence
Demonstrate understanding of factors that influence hauora.	Explain understanding of factors that influence hauora.	Evaluate understanding of factors that influence hauora.

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 task.**

Pull out Resource Booklet 92010R 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 includes pages 2–11 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

## Page 1

Make sure you have the paper Resource Booklet 92010R.

### INSTRUCTIONS

When responding to the parts of the task in this assessment, consider the dimensions of hauora (well-being).

You may use the planning section below.

This assessment consists of parts (a), (b), (c), (d), and (e).

### PLANNING

Personal factors	Interpersonal factors	Societal factors
/	/	/

Read the scenario in resource booklet 92010R, THEN answer the following questions:

(a) (i) What factors might positively influence Anjali's hauora?

B I U

A societal factor for Anjali that positively influences her hauora is that her and her family had recently moved to New Zealand in order to take up better job opportunities and also giving her children Jai and Skye better schooling opportunities. An example of this can be seen in the first paragraph when it is stated that, "Anjali and her husband Zach have recently moved to New Zealand in the hope of making the most of better job opportunities and better educational opportunities for their two teenage children, Skye and Jai." This directly influences Anjali's Taha wairua as it influences her beliefs of being able to gain a good job while being able to give her kids a good education along with it.

(ii) What factors might negatively influence Anjali's hauora?

B I U

A personal factor for Anjali that could negatively influence Anjali's hauora is the fact that she's working five days a week while also taking an hour each way in traffic driving to and from work. An example of why this negatively impacts Anjali's mental and emotional well-being can be seen within the second paragraph where it states, "she finds this frustrating because this time could be spent at home with family." This therefore shows how taha hinengaro is negatively influenced by having to waste time driving to and from work which takes an hour each way while working five out of six days a week where she could be spending that time with her whanau.

An interpersonal factor that negatively influences Anjali's hauora is the fact that she finds it quite hard to spend time with her son Jai as he's always either studying to get the best grades possible in school so he can follow in Anjali's footsteps or he's gaming. This interpersonal factor negatively impacts her taha whanau as it also negatively impacts her relationship with Jai as she feels that since Jai is a teenager he should be "socializing more and playing more sport" although Jai doesn't feel as if he needs to socialize more or play more sports. An example of this can be seen on page two of the text where it says, "Jai says, he's happy and doesn't need to be play any sports, as his main focus is schoolwork and doing well academically."



(iii) Considering the factors you identified in (a)(i) and (a)(ii), how do a range of different factors interrelate to influence Anjali's overall hauora?

B I U

My three personal, interpersonal and societal factors all work together to influence Anjali's overall hauora. Firstly, my societal factor which consists of The family moving overseas strictly for making the most of, "better job opportunities" and "better educational opportunities" then directly interrelates to my personal factor of Anjali being negatively influenced by her new job in New Zealand as she feels she doesn't have enough time for family. An example of this can be seen in the text when it states, "Anjali works five days a week at the hospital in the city" while also spending "an hour each way in traffic to and from work" at her new job causing her to become frustrated since she could be spending such time with her family. My personal and interpersonal factors then directly interrelate and work together to support my last factor which then consists of Anjali being worried that Jai, her oldest son spends too much time studying and gaming and not enough time socializing with people and playing sports-like his sister. My social factor then seamlessly interrelates to my personal and interpersonal factor as Anjali feels that she's flown here with her family in order to gain a fresh start with jobs and school yet she's now unable to spend any time with her family and when she is after working five days a week Jai seems to be engrossed in studying and gaming therefore leaving Anjali frustrated as she can't seem to spend time with him or get him outside and socializing.

(b) (i) What factors might positively influence Zach's hauora?

B I U

A societal factor for Zach which positively influences his hauora is the fact that as the family moved to New Zealand in hopes for better job opportunities and educational opportunities Zach was able to pick up a job at the kids school. This positively influences Zach's overall hauora as he's able to balance work life at the local school and family life without having to be stressed about working too much. An example of this can be seen on the first page in paragraph three where it states that, "Zach works at the local school and his hours allow him a better work / life / family balance."

(ii) What factors might negatively influence Zach's hauora?

B I U

A personal factor for Zach that negatively influences his hauora is the fact that he's worried about his relationship with his wife Anjali. This negatively influences Zach's taha whanau as he feels as if his wife is always working and that he's unable to socialize with her or spend any time with her making him feel more isolated and distant from their marriage. An example of this can be seen on page two of the text within paragraph five where it's stated that, "Anjali is so busy with work that Zach never gets to spend quality time with her".

An interpersonal factor for Zach that negatively influences his hauora consists of the fact that Zach and his son Jai seem to get into arguments with Jai quite often. This then causes a negative influence of Zach's taha hinengaro as Jai and Zach tend to argue a lot over dinners as Jai doesn't seem to like vegetables as he states that they're "tasteless" and "boring". Such often fights can lead to a decline in Zach's mental and emotional well-being as he's always having the same argument over and over again with his son in which the fights seem to lead to nowhere. An example of Zach becoming more stressed after these fights can be seen in the text where it states, "This causes Zach some stress as he knows that to be healthy, a balanced diet with a variety of fresh produce and vegetables is needed."

(iii) Considering the factors you identified in (b)(i) and (b)(ii), how do a range of different factors interrelate to influence Zach's overall hauora?

B I U

My personal, interpersonal and societal factors all work together and interrelate with each other in order to influence Zach's overall hauora. My societal factor which consists of the family moving to New Zealand for job and educational opportunities which Zach had been able to find at their local school where both him and his children attended/ worked at. By working at said school Zach is able to balance his social life, work life and family life therefore enabling him to be there for his kids while being able to work decent hours. This then interrelates with my personal factor which consists of Zach feeling lonely and distant from his wife as she works five days a week and most days not having time to spend together. An example of this is seen when it states, "Zach worries about his relationship with Anjali as she is so busy with work that he never seems to spend quality time with her." These two work together as Zach had been able to find a job which balances his normal and work life while he feels lonely and distant from his wife as she works most days and never has time. These two factors then directly interrelate to my next factor which consists of Zach also feeling isolated and distant from his son Jai as they seem to fight quite often about dinner since Jai hates vegetables while Zach believes that vegetables are good for a balanced diet. An example of this can be seen in the text when it says, "This causes Zach some stress as he knows that to be healthy, a balanced diet with a variety of fresh produce and vegetables is needed." These two work together as it makes Zach feel somewhat distant from his family as his son's always mad at him and his wife is always working. These three factors all work together and interrelate since although Zach has found a somewhat balanced job, he is unable to spend time with his family during the day as his wife is always working and there seems to always be tension between him and his son.



(c) (i) For both Skye and Jai, what factors influence their hauora?

B I U

A personal factor for both Skye and Jai is the fact that Jai focuses on his grades in order to get the best grades possible. An example of this is when the text states, "Jai is working hard to get the best grades possible a she would like to follow in his mothers footsteps." while his sister Skye, wants to focus on sports and basketball. An example of this can be seen in the text, "Skye is very keen on sports and plays basketball twice a week." this affects both the siblings positively as their able to focus on whats most important to them therefore positively influencing their taha hinengaro as Jai aims to focus on academics while Skye is able to positively increase her taha tinana as shes able to practice twice a week.

An interpersonal factor for Jai is the fact that his mother tries to push him to be more social and do more sports like his sister, this can be seen on page two when the mother states, "she finds it difficult to drag him away from his computer". This can negatively affect his taha hinengaro as his mother keeps pressuring him to start socializing more. While for Skye an interpersonal factor for her is the fact that after sports practise, Skye will grab some takeaway food with a friend or two so they can relax. This negatively influences her taha tinana as shes not getting the healthy neutriants she needs in order to keep up with all the cardio she does throughout the week. this can be seen on the last paragraph when it says, "Skye will grab takeaways with her friends"

A societal factor for Jai and Skye consist of their saif life style choices whr nit comes to their turn making dinner. Jai hates vegetables and prefers to make pasta dishes as it states their, "easy to make, and doesn't take long to cook", while for Skye she just seems to consume takeaways, for example, "she prefers pizza and chips". whether it be after practice with her team and friends or during the weekends with jai and the rest of her family along with family friends. These meal choices can negatively impact both Jai and Skye's taha tinana as its, "convenient and fills Skye up quickly" Although it doesn't give the necessary produce that greens and vegetables provide.

(ii) How are Skye and Jai affected by a combination of these factors?

B I U

Skye and Jai can be both positivly and negitvly affected by these factors. for example, my societal factor which consists of them eating too much takeaway whether its with friends, family or with dinner affctcs the two in a negative way as their not getting enough neutriants or greens and let alone proteins in the food they consume. This has a huge affect on the two as they both are growing teenagers who need the fresh produce and neutriants in order to stay heathy. Although, my personal factor for the two are then able to both positivly influence them as they both are able to focus on what they love whether that be pracisiting sports throught the week or being like Jai whos able to focus on his grades and acheieve well in academics. This affects them positivly as their able to focus and expand their knowledge on what they want to without havign to hold back. My interpersonal factor which consists of Jai feeling pressured by his mother to go socialise and do more sports like his sister and Skye being influnced by her friend to go and have takeaways after each practise both then cause a negative influnce on the teenagers as Jai is feeling pressured to go out and socialise more while Skye is being enabled by her friends to go and eat fast food instead of eating healthy food with ough protien to help her improve with her basketball.

(d) Which factors affect the family's hauora the most? Explain **how** and **why**.

B I U

The three factors which affect the family's hauora the most consists of anjali's personal factor, Zach's personal factor and Jai's interpersonal factor. Anjali's personal factor consisted of her being frustrated about working five days week and the time it took to commute to and from work as the text states, "she finds this frustrating because the time could be spent with family." This then goes on to connect to Zach's personal factor which consist of him feeling isolated and distant from his wife. This can be seen when zach states, "she is so busy with work that ge never seems to spend quality time with her." which leaves him to feel lonely and frustrated. My last factor which affects the family's hauora the ost cnstists of Jai's interpersonal factor as its mentioned that his mum finds it difficult "to drag him away from his computer, wheres he's either studying or gaming." As she believes he should spend time socializing with family or others.

(e) How might the family be affected by your identified factors in the long term?

B I U     

In the long term Zach's personal factor will have significant consequences within the long term as the more distant he may grow with his wife as shes always busy. The more distant he may feel with his marriage and if something like this isn't brought up it can quickly spiral into one sided resentment as he may feel as if she doesn't care enough for him which in the long term can cause significant issues between the two and could even lead to divorce in some events which can then have a huge negative affect on the children. Jai's interpersonal factor which consisted of his mother pressuring him into getting off the games and the studying may cause him to also build up resentment within the two during the long term as he may start to grow tired of the constant nagging. This may then out a strain on Jai and Anjali's relationship and cause him to act out more often the longer it goes on. Lastly, Anjali's personal factor of feelings frustrated of the hour long comute back anf fourth from the hospital may cause her to grow more tired and irritated on the way to and from the hospital. Not only can this start to have an affect on her work life but also an affect on her at home life. If everything continues to escalate with Zach distancing himself from Anjali and her continual pressure on Jai may cause the two to feel more resentment towards Anjali which wont help if shes irritated from the long drive to and from the hospital. All these three long term affects combined may begin to cause a high tension environment where the children may not feel safe communicating to their parents about their feelings and emotions.

## Excellence

**Subject:** Health Studies

**Standard:** 92010

**Total score:** 07

Grade score	Marker commentary
E7	The response has identified and explained the influences from the scenario that impact the family's hauora and includes an insightful discussion as to how the influences interrelate with one another. While the response has addressed the influential factors, more justification was needed to strengthen the analysis. The response has evaluated how the identified factors might impact the family's hauora in the future, showing an understanding of the potential long-term effects.