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91235



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

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Mana Tohu Mātauranga o Aotearoa  
New Zealand Qualifications Authority

## Level 2 Health 2025

### 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 the questions 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 2–11 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**

**INSTRUCTIONS**

In this assessment, you are required to analyse the issue of **excessive screen time**.

To support your analysis when answering all parts of the question, refer to the resource material in **Resource Booklet 91235R**, as well as your own knowledge about the personal, interpersonal, and societal factors surrounding health issues for teenagers in New Zealand.

Space for planning your answers is provided below.

**PLANNING** *address* **INTER-RELATE!!!**  
*influence → consequence = strategy*

**Influences ↓**  
 Personal → lack of motivation, bad self control, ~~add~~ *minimise*  
 Interpersonal → communicating w/ friends  
 Societal → normalisation, social media

**Consequences ↓**  
 Personal → Addiction  
 Interpersonal → loss of real connections  
 Societal →

**Physical** → constant fatigue, low energy  
**Mental** → poor academics = sadness, fear of future  
*↑* heightened emotions (irritable)  
*social* cbb going out → loses friends, poor academics, distances from family

**Social** → sleep during day → not see friends or family  
*spiritual*

**Consequences on wider NZ community in the long term ↓**  
 Lower mental health rates = more government funding  
 A national shift in body clock / work hours = 9-5 → 11-7 (less use of morning)  
 Less social connections = divided society

**Strategies ↓**  
 Personal → screen time limits, find alternative hobby  
 Interpersonal →

**QUESTION**

Refer to **Resources A to F**, when completing all parts of the question.

- (a) Explain how teenagers are influenced to prioritise screen time over sleep. Include one personal, one interpersonal, and one societal influence.

- (i) Personal:

A personal influence that can cause teenagers to prioritise screen-time over sleep is bad self-control. Screens can be very addicting and therefore many teenagers can struggle with putting their device down ~~to~~ when it's late to go to sleep, even if they know it's bad.

- (ii) Interpersonal (others):

An interpersonal influence that can cause teenagers to prioritise screen-time over sleep is it being their way of communicating with their friends. As shown in resource A, teenagers often have groupchats with their friends that can be active late at night; Teenagers can fear missing out of talking with their friends and therefore be influenced to stay on their device rather than sleep.

- (iii) Societal (New Zealand community):

A societal influence that can cause teenagers to prioritise screen-time over sleep is social media. The various social media platforms that majority of teenagers have can be very addicting and are constantly active with new posts, therefore the teenagers can be stuck scrolling through hundreds of posts online and disregard sleep.

(b) Prolonged use of screens at night has been shown to negatively impact sleep duration and quality.

(i) Explain how prioritising screen time over sleep impacts a teenager's well-being in the **short term**. In your answer, you may consider physical, mental, or social impacts.

A teenagers well-being can be affected in many ways by prioritising ~~sleep~~ screen time over sleep. One of these ways is if the teen begins to severely lack sleep, their physical well-being will decline as they are not allowing their body enough time to reset, they therefore will become very low energy and constantly fatigued. This impact on the teens physical well-being can continue on to negatively impact their social well-being as by being constantly fatigued (or having bad sleeping habits eg sleeping during the day) they can then struggle with getting themselves out of the house, eg. to see friends, participate in extra-curricular etc. Constant fatigue can also cause the individual to

\*continued on extra paper\*

(ii) Explain how prioritising screen time over sleep can negatively impact the wider New Zealand community in the **long term**.

The wider New Zealand community can be negatively impacted ~~by~~ in the long term by screen time being prioritised over sleep. One way the NZ community can be negatively impacted is ~~screen~~ (as discussed in (i)) screen time can negatively impact individuals mental well-being, as for NZ community this can cause lower mental health rates. This can then result in more government funding used for resources, or to cover the higher usage of 'mental health days'. Another negative impact ~~is~~ on the NZ community is less real life social connections. As screen usage increases, sleeping hours are decreasing; this results in low energy, unmotivated New Zealanders who do not

\* continued on extra paper \*

- (c) (i) Recommend a **personal strategy** that teenagers could take to reduce their screen time and improve the quality of their sleep. Explain how this could enhance their overall well-being.

In your answer, consider the relevant influences and consequences related to the issue.

\* as mentioned in resource of  
 A personal strategy that teenagers could use to reduce their screen time and improve their quality of sleep is using screen time limits and finding a healthy hobby. Teens could place certain limits on different apps to help control their phone/device usage and instead of using devices they can pick up a healthy hobby/activity. This strategy addresses the personal influence of bad self-control as it helps the individuals to learn how to take control over their screen usage and find a distraction to avoid falling backwards. This strategy minimises the short-term consequences as a healthy, brain calming activity and screentime limits can help the teens to be influenced into falling asleep easier and earlier, therefore they won't be as fatigued, if at all. This then means the teenagers will be more motivated to socialise with their friends, participate in extra curriculums, and perform well in school. This personal strategy can improve the individuals well-being by them spending more time in touch with themselves, therefore connecting and understanding their feelings more which improves both their mental and spiritual well-being. The individuals physical well-being is also improved as they have more energy and less fatigue, likely resulting in them partaking in more physical activity and/or taking better  
 \* cont. on extra paper

- (ii) Recommend an **interpersonal strategy** that the parents of the teenagers in Resource A, on page 2 of the resource booklet, could take to reduce screen time and improve quality of sleep. Explain how this could enhance their child's overall well-being.

In your answer, consider the relevant influences and consequences related to the issue.

An interpersonal strategy that the parents of the teenagers in resource A could take to reduce screen-time and improve quality of sleep is collective device restrictions. The parents of each of the teenagers could come together to discuss a reasonable device restriction for their kids that would mean they are spending less time on their screens (especially late at night) and more time sleeping. An example of this could be the teenagers must leave their phones in the lounge at 10:30pm and go to bed. This strategy would ~~minimise~~<sup>address</sup> the influence of communicating with friends as the teenagers know their friends are in the same position and they are not missing out on any conversations. This strategy minimises the short-term consequences as the teenagers are growing a night-time / sleep 'routine' which can help improve their quality of sleep as their body is learning consistency. This means their sleeping habits would positively develop and they would experience less fatigue / low energy. This interpersonal strategy can improve the teenagers overall well-being as they are developing good sleep & screentime management which will help the teens to feel more energised (improved physical well-being), bond over shared routines (improved social well-being), higher energy = ~~the~~ better emotions (improved mental well-being), and allowing their time to be more valuably spent.

- (iii) Recommend a **societal strategy** that a school could implement to support its students to reduce screen time and improve quality of sleep. Explain how this could enhance the overall well-being of students in the school.

In your answer consider, the relevant influences and consequences related to the issue.

A societal strategy that a school could implement to support its students to reduce screen time and improve quality of sleep is educating their students on the harms of high screen time and bad sleeping habits. This strategy could include discussions at school assemblies about the value of good sleep and the damage that excessive screen usage can cause. This addresses the influence of social media addiction as students will be informed of the real damage social media can cause, its toxicity, and ways to avoid addiction. These open and honest discussions would hopefully lead to the students making informed and educated decisions on their social media usage. This can then mean the strategy minimises the consequences of screen time causing lower mental health rates and less social connections as students understand how these consequences arise and ways to avoid them. This strategy would enhance the overall well-being of students in the school as they are educated on this topic and can therefore take it into their own hands to find techniques that work best for them to reduce screen time and improve quality of sleep. With the helpful education being provided, the

Extra space if required.  
Write the question number(s) if applicable.

QUESTION  
NUMBER

- at mentioned in resource C
- b<sup>(i)</sup> struggle with studying or motivation to perform well academically. This can take a toll on the teens mental and spiritual well-being as they may fall behind in school and feel defeated and lost.
- b<sup>(ii)</sup> value social connections. Socialising will become a mostly online thing and real life socialising will severely decrease, causing a divided society. A final way the wider NZ community could be negatively impacted is by more unmotivated, low energy civilians, there can be an increase in the amount of people who rely on the benefit as their source of income. This takes from the government funding and in the extended long-term, cause effects in the NZ economy.
- c<sup>(i)</sup> physical care of themselves (eg, hygiene, eating habits). Lastly, the individuals social well-being will also be improved as they spend more time socialising in real life and growing real connections rather than digital ones.
- c<sup>(iii)</sup> students can understand how to have good sleep and reduce fatigue (physical well-being), keep their social connections (social well-being), maintain good mental health (mental well-being), and keep their priorities and goals straight and focused (spiritual well-being).

## Excellence

**Subject:** Health Studies

**Standard:** 91235

**Total score:** 07

Q	Grade score	Marker commentary
One	E7	<p>a) The personal, interpersonal and societal influences are all clearly explained.</p> <p>b) The short-term personal impacts are explained with links between the discussed dimensions of well-being. Long-term impacts to the wider New Zealand community are well explained, with links made to the increased mental healthcare services and associated costs to the New Zealand government.</p> <p>c) The personal, interpersonal, and societal strategies are all explained with explicit links to the influencing factors previously discussed. There is also an explanation of how the strategies will enhance well-being in relation to excessive screen time.</p>