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91238



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Mana Tohu Mātauranga o Aotearoa  
New Zealand Qualifications Authority

## Level 2 Health 2025

### 91238 Analyse an interpersonal issue(s) that places personal safety at risk

Credits: Four

Achievement	Achievement with Merit	Achievement with Excellence
Analyse an interpersonal issue(s) that places personal safety at risk.	Analyse in depth, an interpersonal issue(s) that places personal safety at risk.	Analyse comprehensively, an interpersonal issue(s) that places personal safety at risk.

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 91238R 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.**

Merit

TOTAL 06

Make sure you have the paper **Resource Booklet 91238R**.

## INSTRUCTIONS

In this examination, you are required to analyse the issue of **power imbalance in relationships**.

Read **Resource Booklet 91238R** before answering the question. Refer to the resource material, as well as your own knowledge about the personal, interpersonal, and societal factors surrounding power imbalance, to support your analysis when answering all parts of the question.

Space for planning your answers is provided below.

## DEFINITION: Power imbalance

A power imbalance occurs when one person or group holds more influence and control over another in a relationship or a group dynamic.

## PLANNING

## QUESTION

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

(a) In the scenario, Hugo is demonstrating power over Sally.

What factors influence the power imbalance in Hugo and Sally's relationship? How do they create a power imbalance?

(i) Personal (Hugo):

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A personal influence that leads to Hugo having more power within the relationship is Hugo's insecurity. Hugo is feeling insecure within the relationship as seen with the last sentence of his text reading, "Are you cheating on me?" This is important as it showcases his insecurity and distrust within the relationship and how he uses it as a reason to control Sally. This can be seen when he tells Sally that she can't hang out with her friends and needs to spend more time with him. This leads to Sally's isolation and therefore, makes her easier for him to control. This is a personal influence to the power imbalance in Hugo and Sally's relationship as it is due to Hugo's personal insecurity that he is using it to manipulate Sally into only being around him, creating that imbalance in power as Sally likes him and doesn't want to make him mad.

(ii) Interpersonal (Hugo, Sally, and others):

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An interpersonal influence in the power dynamic within Hugo and Sally's relationship is the access Hugo is allowed to Sally's life. This can be seen with how he has her location and he was looking over her shoulder at her texts. When he does that it creates a power imbalance because it makes Sally feel as if she has to ask permission to hang out with people other than Hugo. By Hugo having this kind of access, he is able to have that level of control over Sally and this means that Sally becomes disconnected from her friends. This is a technique used by manipulators so as to make you easier to control as they become the only person in your life. In Hugo and Sally's case, this is also influenced by the amount of time they spend together. This allows Hugo to feel entitled to her time and manipulate her due to his power over her. This creates power imbalance by making Sally feel beholden to Hugo and Hugo feeling entitled to Sally due to his relationship with her.

(iii) Societal (community):

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A societal influence on the power dynamic between Hugo and Sally is the difference in power between males and females. In our society, we can observe a pattern where men hold more inherent power than women do. This can be seen everywhere, but especially in jobs and socially. We can see men getting higher paid, more important jobs, while women are held back at the lower level ones. Socially, women are taught from a young age to have our guard up and fear men walking down the street. We teach this because from day one, we know men hold more physical power than women do. Inherently men have more physical strength and it has meant as a society we teach them that they are strong. This harbors this belief that as they are strong, they have control. While this power dynamic is generally unintentionally passed down, it is shown everywhere in the world. We are modeled that men are the providers and women are here to serve them at home. While these models are less common, they are still perpetuated socially through these power dynamics as well as in corporate spaces. This has led to Hugo believing he inherently has more power than Sally has, leading to the power imbalance seen in this scenario. It is this harmful belief that has led to toxic relationship dynamics as seen in this scenario and many others according to the research in resource A claiming that "nine out of 10 people age 16 to 24 reported harmful behaviour in a relationship."

- (b) (i) If Hugo and Sally's power imbalance continues, explain how Sally's well-being could be impacted, directly and indirectly, in the **short term**.

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If Hugo and Sally's power imbalance continues then Sally's well being will be impacted directly and indirectly in the short-term. Sally's mental well being will be harmed in the short-term as she will be made to feel like a bad partner as Hugo keeps mistrusting her. This could lead to larger mental health issues like anxiety and depression which resource A and B both indicate are experienced often by those in controlling relationships. Her social well-being will also be impacted as she will lose her personal friendships very quickly as Hugo continues to restrict when she can spend time with them. This will worsen her relationships and leave her with no one but Hugo to talk to. This is bad as we need a range of support systems to help us through different problems and only having one will leave us with biased advice and feeling isolated. This could also influence her mental health negatively as she will not have anyone to go to about feeling alone as Hugo would likely take that personally, and we have established that he is an unreliable support system. This feeling will only worsen and this will increase her risk of depression and anxiety, as well as excessive drinking and drug use, as indicated in resource A. Lastly it could also impact her physical health as it is likely that these controlling behaviors could become physical. Physical health could also be impacted as her mental health declines as she may not feel up to exercising, creating health issues associated with lack of exercise.

- (ii) If Hugo and Sally's power imbalance continues, explain how Sally's well-being could be impacted, directly and indirectly, in the **long term**.

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Sally's well being could also be impacted in the long-term if the power imbalance continues within her relationship with Hugo. If her mental well being continues to be affected then in the long-term she could experience extreme depression and anxiety as well as excessive drinking and drug use. This could even lead to suicidal thoughts and it will ripple onto every aspect of her life, causing overall extreme unhappiness. Her social well being will also be affected as she will lose all support systems that aren't Hugo as he will stop letting her be around anyone other than him, and she will lose the ability to socialise due to this disconnection with other people. This will leave her feeling alone and scared because she has no one to talk to, making it even less likely she will break up with Hugo as she has no support system to run to. This perpetuates the toxic cycle that Hugo is trying to achieve by isolating her from everyone. As seen in resource B, this can lead to many outcomes such as, loss of self worth, anxiety and depression, headaches, body aches, trouble sleeping, short-term memory loss, ptsd, mood swings and isolation from friends and family. All of these impacts will affect her mentally, socially and physically, creating a sense of loneliness and disconnect to the point of extreme unhappiness with her life. It will also affect her physically because controlling behaviours like this are generally associated with patterns of abuse that will harm her physically. This will have lasting impacts such as memory loss and bodily disfunction. Over time this abuse will become worse and could even result in death.

- (c) (i) Recommend a **personal** OR **interpersonal** health-enhancing strategy that could promote the well-being of individuals who are directly and indirectly affected by the power imbalance in Hugo and Sally's relationship.

In your answer, you should explain:

- how overall well-being is enhanced
- how the strategies relate to the influences and consequences.

B I U     

An interpersonal strategy I would recommend is to talk to a trusted family member or friend about Hugo's behaviours. While this could be difficult, overall it's the only way that Sally will gain clarity on the situation and feel supported enough to leave him if that is what is deemed as the best solution. This would mean an open conversation about how she's been treated and what that means for her. This would enhance her well-being as she would create a safe space to talk to who isn't Hugo, preserving that relationship and creating further understanding for Sally. This would mean that she always has someone to fall back on if she needed to and it would preserve her social well-being by providing her with someone to talk to. This would prevent the consequences laid out before as she would have someone to talk to and therefore, not be isolated, and she would still have the strength to leave him as he wouldn't be the only one in her life. This would also combat the interpersonal influence as it would stop Hugo from isolating her and help her set boundaries with him. This would help her mental health as she would have a safe space to talk to so as to combat the issues such as anxiety and depression which could arise if this behaviour continues. This would help her physical health by keeping her active through uplifting her mental health and keeping Hugo accountable by being aware of his controlling behaviour so he could be reported with a witness or someone to corroborate Sally's story in the future if something physical were to occur. Overall Sally's health would be improved as she would preserve her power that she does have and hold onto her identity. This would prevent the worst from occurring.

- (ii) Recommend a **societal** health-enhancing strategy that could promote the well-being of individuals who are directly and indirectly affected by the power imbalance in Hugo and Sally's relationship.

In your answer, you should explain:

- how overall well-being is enhanced
- how the strategies relate to the influences and consequences.

B I U     

The societal strategy of the Loves-Me-Not initiative would help people being affected by the power imbalance in Hugo and Sally's relationship. Loves-Me-Not is an initiative which teaches kids about healthy and unhealthy relationships and strategies to help deal with both situations. This could mean education on what it means to be in an unhealthy relationship, as well as what you can do to make your relationships more healthy. This is because they would be taught about what a healthy relationship looks like and how not having a healthy relationship could affect everyone in the situation. This is important as it could help Sally's friends recognise the patterns going on in Sally's relationship and help her reach out and get help. This would mean the preservation of Sally's friendships which would enhance her social well-being as she would have a much larger support system which she may have lost otherwise, providing her with more strength and therefore, power within her relationship with Hugo. This would in turn also help Sally and her friends' mental well-being by providing those closer relationships where they feel understood and not alone, preventing worsening of mental health. It would also help Sally's physical well-being by protecting her from possible abusive behaviors from Hugo as all of her friends would be aware of it and therefore able to report him and help Sally out of that situation. This could also help Hugo as he could start to recognise his own behaviors and possibly confront them. This would help Hugo's mental and social health by making him a kinder and more considerate partner, improving his self-worth. This would in turn, improve Sally's overall health as she would be in a healthier, more considerate relationship where she feels considered and equal. This would combat all the consequences laid out before as it would prevent the cycle of abuse and control. It would also combat the influences as Hugo would take conscious steps to becoming a better partner.

## Merit

**Subject:** Health Studies

**Standard:** 91238

**Total score:** 06

Q	Grade score	Marker commentary
One	M6	<p>The candidate has identified and explained personal, interpersonal, and societal factors influencing the power imbalance in the interpersonal relationship. Their response has explained the short- and long-term consequences to the well-being of the victim in the relationship in depth. An interpersonal and a societal health enhancing strategy, which could be implemented to enhance the wellbeing of those in the relationship, has been explained in relation to the influences or consequences previously discussed. The use of the scenario and resources was evident.</p>