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92010



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Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 1 Health Studies 2025

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 factors that influence hauora.	Evaluate 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 question in this booklet.

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 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

(a) Describe personal, interpersonal, and societal factors that negatively influence Sara's hauora in the scenario.

Personal factors:

B I U

A personal factor that negatively influences Sara's hauora in this scenario is her anxiety around her food allergy. Because she is anxious about her allergy affecting her, she is frustrated and ends up forgetting her epipen at home, which could save her life during an allergic reaction. It also negatively impacts her hauora as it causes her to be easily embarrassed about her allergy and easily pressured to do unsafe things.

Interpersonal factors:

B I U

An interpersonal factor that negatively influences Sara's hauora is the girls from her school who tease her about eating her own packed food, and pressure her into eating something that causes a reaction. This negatively affects Sara as she feels embarrassed about something she can't control, and ends up being pressured into eating something that ends up causing an allergic reaction whilst she doesn't have an epipen with her, potentially causing serious harm or death.

Societal factors:

B I U

A societal factor that negatively influences Sara's hauora is the fact that there is so much food advertising around the school and the shops being right by the gate. If there wasn't so much advertising or shops around the school area, the students who were distracting the teachers by shopping wouldn't have been there, and the teachers would have been able to pay more attention to Sara and her epipen being missing. This could have saved her or helped her avoid anaphylaxis.

(b) How could Sara's hauora be influenced by any variety of factors working together?

In your response, consider:

- Sara's hauora in the short term
- Sara's hauora in the long term.

B I U

Sara's hauora could be influenced both positive and negatively by a range of factors, and by a mix of personal, interpersonal and societal factors. The personal factor of Sara feeling pressured and anxious about going to the camp negatively impacts her hauora, but the personal factor of her friend Mae being around to help her eases some of the anxiety, positively affecting her hauora. When her friend Mae ends up not being there, it has a major negative impact on Sara and spikes her anxiety. The societal factor of the camp being one of the school's important traditions also impacts Sara's hauora as it adds to the pressure she feels to go to the camp and be a part of it. Short term, these factors working together could negatively impact her hauora as it makes her feel stressed, makes her doubt herself and causes her to be hurt by her allergy and feel abandoned by her friend. In the long term, these factors working together could have major impacts on Sara's hauora. Because she experiences such a wide range of emotions and experiences all kinds of pressure, it could cause her to spiral into a bad mental area, even as far as developing illnesses like depression. It could also worsen her anxiety around her allergy as she is harmed by it due to the influences around her. Finally, it could impact her relationship with her friend Mae, as she ditched Sara and her not being there caused Sara to fall victim to the peer pressure from her schoolmates.

- (c) Several factors in the scenario have influenced Sara and her family's decision for her to attend school camp. These factors resulted in some unintended consequences.

Explain how these unintended consequences have impacted the well-being of Sara and her family.

Unintended consequences include outcomes that were unexpected or unpredicted by Sara and her family.

B *I* U ☰ ▼ ☷ ▼ ↶ ↷ ?

The unintended consequences of the decision to make Sara attend school camp have drastically impacted both Sara's wellbeing and her family's wellbeing. When Sara has her allergic reaction, she ends up being harmed and going without her epipen, and the lack of an epipen could have caused more damage. Her being hurt could impact the family negatively as she is in pain and potentially needs medical treatment, which can be expensive considering her father is newly unemployed, and these expenses can cause fights or arguments between her parents or her and them. Her being sent to the camp could also cause tension within the family as Sara didn't want to go but she was pressured into going, potentially causing Sara to be upset with her parents or feeling betrayed by them as they forced her to do something she wasn't sure about.

- (d) Some factors in the scenario may have raised concerns among Sara, her peers, her family, and the school community, about the future of school trips.

Evaluate two significant factors that impact hauora in ways that could influence students' willingness to participate in future school trips.

B *I* U ☰ ▼ ☷ ▼ ↶ ↷ ?

A significant factor around the school trip that impacts hauora is the large fee you have to pay to be able to attend. This fee could influence willingness to participate as it strains families from poorer backgrounds and excludes those who can't afford it. This leads to hauora being negatively impacted, and can have major effects on families and students who come from poorer families, potentially causing shame or disturbances within the community.

A second significant factor around the school trip is the fact it is technology free. This can influence students' willingness to participate as many rely on their devices to stay connected to family and important people. Without this access, things can go wrong and families may not hear about it until later on after an incident has happened or won't be able to be contacted if there are missing supplies, like epipens. This happened in Sara's case where she couldn't contact her friend Mae which led to her being injured, and she couldn't contact her parents to ask about her epipen. This can impact students' willingness to go as they may not feel comfortable being away from their family with no contact for a week, and students with medical conditions may not receive the supplies they need.

Merit

Subject: Health Studies

Standard: 92010

Total score: 06

Q	Grade score	Marker commentary
One	M6	<p>This response has clearly identified and described factors that negatively influence Sara's Hauora. The explanation of the interrelationship to influence hauora is clear and relates to short- and long-term hauora. The unintended consequence has been identified and there is a short explanation of the factors that lead to this affecting well-being. The significance of factors has been explained in relation to future participation. A more thorough evaluation of the factors and the implications of these on hauora, for both Sara and her family, would have strengthened the response.</p> <p>a) There is clear and concise identification and description of factors that influence Sara's hauora.</p> <p>b) The interrelationship between factors is clear, however further explanation on short-term and long-term hauora was needed for Excellence.</p> <p>c) An unintended consequence in relation to factors has been explained, however further evaluation of the implication of factors leading to the unintended consequence was needed for Excellence.</p> <p>d) Factors have been briefly explained in relation to students' hauora and future participation. Further evaluation of the significance of factors was needed for Excellence.</p>