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92011



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

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Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 1 Health Studies 2025

92011 Demonstrate understanding of strategies that enhance hauora

Credits: Five

Achievement	Achievement with Merit	Achievement with Excellence
Demonstrate understanding of strategies that enhance hauora.	Explain strategies that enhance hauora.	Evaluate strategies that enhance 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 92011R 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 2–7 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 92011R**.

INSTRUCTIONS

In this assessment, you will analyse Jamie's diary entry about the pressures faced during the day.

Read **Resource Booklet 92011R** before answering the question. Refer to the resources, as well as your own knowledge about strategies that enhance hauora, to respond to ALL parts of the question.

Planning space is provided below.

PLANNING

OK summary

Jamie is feeling conflicted with

- Interpersonal Stress: She is constantly comparing herself to her friends and everyone around her. She believes she is inferior and cannot succeed.
- She's stressed interpersonally- she has to choose between her job and her friends
- Constantly comparing herself to her friends which ruins her mentality and makes her avoid trying new things such as getting a license,
- Hockey - interpersonal stress she doesn't want to let everyone down because she is constantly comparing herself to others she keeps demeaning herself
- She is stressed personally about the future and how she will maintain herself She doesn't know what to do and the constant stress is piling up on her
- Personally her diet is very bad

She expects so much of herself but she can't seem to maintain that image

- (a) Recommend a strategy from each of the following categories (personal, interpersonal, and societal), and explain how each strategy could enhance Jamie's hauora.

Personal strategy (for Jamie):

B I U

A personal strategy that can enhance Jamie's hauora is taking the time for himself and focusing on fun solo activities such as journaling, leisure walks, or finding new hobbies. The amount of stress from the result of his conflicting priorities have been progressively piling on top of him, creating an unbearable negative headspace. By focusing on himself and doing activities he loves, Jamie doesn't have to compare himself to his friends, or follow the unrealistic expectations he sets for himself. For example, if Jamie decides to go on daily walks, he has time to think and reflect. Jamie can use the fresh environment as an outlet from his stress. The cardiovascular workout while actively reflecting will enhance his taha tinana (physical wellbeing) as well as his taha hinengaro (emotional wellbeing) and release the mental tension Jamie is experiencing. These walks can act as a distraction from his conflicting priorities and ultimately help him feel comfortable in his own skin. By focusing on himself and leaving no room for comparison among his peers, Jamie will learn valuable lessons such as selfworth, confidence, and learn how to reduce stress by doing things he loves. A short term consequence that can occur if Jamie decides to find hobbies would be the social drift between Jamie and his friends. Hobbies are time consuming, and it may feel stressful balancing Jamie's social life with his personal life. However, a long term consequence to this would be that Jamie finds the right outlet and progressively gains confidence over time. The overwhelming stress becomes manageable as Jamie has found a distraction and a way to regulate his emotions.

Interpersonal strategy (for Jamie's friends and whānau):

B I U

An interpersonal strategy Jamie can use to enhance his hauora would be gaining the confidence and opening up to his parental guardians or friends. Jamie's internal stress has impacted his wellbeing immensely, unintentionally closing himself away from the people who support him. If Jamie opens up to his friends or family about the overwhelming pressure he's been feeling about the expectations being set on him, the amount of tension piling up on him will be released. Jamie has been keeping his feelings hidden, and by talking to someone he trusts, he gets the opportunity to take a bit of weight off his chest. For his parents specifically, they will understand Jamie's growing concerns and may compromise with his eating times and give him healthy advice to improve his fixed mindset. Reassurance and support from a trusted adult will have a positive impact on Jamie because he will feel seen and acknowledged. If he decides to tell his friends instead, Jamie will be able to break the social barriers he's been creating and bring them closer together. With his friends by his side, he will know that it's harmful to compare herself to others and understand that he can still improve despite his self doubt. From this interpersonal strategy, Jamie's hauora will improve immensely, bringing himself closer to his loved ones and getting assistance for his problems. Initially, Jamie may feel awkward and scared of vulnerability - maybe because of gender stereotypes - but it is essential for him to reduce the stress he has been experiencing recently. By opening up to others, they can help Jamie find solutions and reassure him when he feels overwhelmed. If Jamie reaches out, it will strengthen his taha whanau (relationship with his friends and family) and improve his hauora by releasing the bottled up stress he has accumulated.

Societal strategy (for Jamie's school and wider community):

B I U

A societal strategy Jamie can consider is searching for Youth Help groups within his school, or through social media. With the increase of concern in youth mental health, Youth helplines are very common, allowing Jamie to find a community group he feels comfortable expressing his emotions in. Organisations such as volunteer work, counselling at school, or community youth groups will be beneficial to enhancing Jamie's hauora. One-on-one therapy sessions fosters connection, trust, and communication, a place where Jamie can reflect on his thoughts individually, and find positive opportunities to remove the stress through the advice of his guidance counsellor. However, if he feels uncomfortable or awkward expressing himself alone, Jamie can join youth groups that do volunteer work - to keep himself busy - or group therapy sessions found within the school. From these group sessions, Jamie doesn't have to always express his feelings out loud, he can relate to others which will make him feel understood. If Jamie decides to do this societal strategy, he will improve his confidence, and start the journey in finding his self worth, creating more lasting relationships with others. Before reaching out, Jamie may feel out of place and anxious on what to tell others because he has been invalidating himself recently. However, these doubts can be overridden by the strong bonds Jamie can form by being vulnerable and understanding towards others and himself.

- (b) Recommend a strategy for each of the following **conflicting pressures**. Explain how effective each strategy would be at enhancing Jamie's hauora.

- (i) Working at the pizza shop **and** doing well at school.

B I U

A personal strategy Jamie can do to combat the stress of maintaining his grades while keeping up with work could be journaling. According to Resource B, journaling will provide Jamie a chance to reflect, a place where he can express herself without feeling judged, and give him opportunities to make rational decisions regarding his stress. Jamie needs to acknowledge that his job may be impacting his school life, as in Resource A he states that his job is getting very draining. By personally reflecting through journaling, he can find a solution for effectively balancing his school life and his workload. For example, Jamie can list possible ways to maintain these aspects in his life by listing down different ideas such as: creating a schedule and study plan, moving his workdays, and creating new days to study. Through journaling, it will help Jamie combat his stress and give his brain time to think about himself rather than constantly putting herself down. If he follows through with this strategy, Jamie will learn how to reflect by himself, balance his worklife and study through planning, learn how to stay on track, and take initiative in order for him to improve.

- (ii) Driver licence test **and** Jamie's friend group.

B I U

Jamie can reach out to his friends about his driving test, expressing his stress and normalised overexcessive comparison he feels. He has set high standards for himself because of the flourishing environment he is surrounded in, ultimately making Jamie concluding that he will never be good enough. By reaching out to his friends and openly talking about his stress adding on, Jamie's friends will gladly give him advice for his license, showing that he does not have to go through this alone. Considering that his friends have already passed the test, they will reassure him that Jamie's worth isn't defined by how successful others are. This support Jamie gains from this positive confrontation will enable him to realise that failing is okay, and he doesn't need to set impossible standards to reach his friends level. Through this strategy, it will bring Jamie closer to his friends, as they finally understand his concerns and will always be there for her. Jamie can gain confidence through the reassurance, and learn a valuable lesson that being vulnerable tends to bring you closer to people you trust.

(iii) Working at the pizza shop **and** managing eating behaviours.

B I U     

An interpersonal factor that will combat the stress of working at a pizza shop while maintaining a healthy eating habit can be talking to Jamie's parents about his stress. Jamie has been experiencing exhaustion and laziness from the stress piling up at work, and has an unhealthy diet of cheap pizzas. If he expresses his concern in his diet, Jamie and his parents can communicate an efficient plan to give Jamie his nutrients. He doesn't have to experience this alone, he can find positives through his parents help. For example, they can offer him leftovers they made the previous night, or change the times they eat food to match Jamie's. This not only makes Jamie feel understood and cared for, but emphasizes the importance of a healthy diet. By adapting a healthy diet into his daily life, Jamie may feel more energised compared to when he religiously ate pizza. The nutrients in his body may help his body feel refreshed and reduce this stress overall. Communication and consideration is essential in healthy relationships, this strategy will also prevent the wastage of food. Even though a vulnerable conversation with his parents may be scary, it is necessary to form understanding and mutual acceptance.

- (c) How would a combination of strategies be effective at creating positive change for the hauora of Jamie, his friends and whānau, and the wider community? Give examples to support your answer.

B I U     

If Jamie combines his socio-ecological strategies and applies it to his daily life, it will positively impact himself, his loved ones, and the wider community. For example, self reflection and finding new hobbies gives Jamie a distraction and reasons to reflect his internal worries, effectively helping him improve the way he sees himself. This strategy will improve his confidence and strengthen his reasons to tell a trusted individual if it gets too overwhelming, affecting his taha hinengaro (mental and emotional wellbeing). Through his newly-found hobbies and reflection opportunities, it may give Jamie the initiative to talk to someone he trusts. This interpersonal strategy shows Jamie that he does not need to experience his burnout alone, he can always reach out to someone and feel acknowledged and seen, improving his taha whanau (social wellbeing). Jamie can gain strong trusting relationships rooted by vulnerability and respect, giving him the courage to reach out to a professional or a youth therapy group. By going through each personal, interpersonal, and societal strategy, Jamie can relieve the tension his conflicting priorities have given him. The concept of opening up to others and accepting himself for who he is will enhance his hauora because he is experiencing newly formed relationships, trust, and love for himself.

Jamie opening up to his friends and family will benefit them too, creating a new opening to rekindle their relationships. For example, Jamie has been returning home late, and isn't bothered to heat up the food his parents make. If he expresses his stress to them, they can make changes in his diet together, creating more opportunities to understand and get closer to him. Being Jamie's comfort place can be therapeutic for guardians, especially if they were closed off before. The situation may feel confronting, but in the long run, Jamie can maintain a healthy relationship with his parents without feeling the pressure of the expectations they set on him.

In the wider community, If Jamie contributes within the wider community, it will give more exposure to teenage mental health groups and act as openings for many other individuals who are experiencing similar overwhelming thoughts. Jamie's courage to try something new and participate within the community can motivate others who are feeling conflicted, reinforcing the idea that teenage mental health should be taken seriously. The more people see the positive effects societal helplines have on teenagers, the more accessible and relevant the topic of mental health will be. Today, mental health - especially for males - may be overlooked, but Jamie taking the courage to apply these strategies to his daily life represents the importance of human connection and vulnerability.

Merit

Subject: Health Studies

Standard: 92011

Total score: 06

Q	Grade score	Marker commentary
One	M6	The candidate has identified and described strategies throughout the response. They recommended a strategy for each of the conflicting pressures and discussed how strategies work together to enhance hauora with reference to a relevant underlying concept, using examples.