

<b>Title</b>	<b>Demonstrate knowledge of tikanga used for stress management in a hauora context</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>4</b>

<b>Purpose</b>	People credited with this unit standard are able to: explain tikanga used to manage stress for Māori; explain organisational policy, process and practices for stress management and explain tikanga to modify policies, procedures and practices to manage stress.
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<b>Classification</b>	Te Ara Hou ki te Ora > Hauora
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<b>Available grade</b>	Achieved
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### Guidance Information

- Definitions of Māori words will be those relevant and in common usage in a hauora context and/or local iwi or hapū.
- For the purpose of this unit standard, hauora practices are determined by service providers or entities that operate within a hauora context.
- Definitions

*Hauora* refers to appropriate practices associated with the holistic wellbeing of an individual as a member of a whānau, hapū, and iwi.

*Hauora context* refers to hauora service provision for Māori.

*Tikanga* refers to Māori values, processes and practices exercised by Māori in their daily lives. These reflect the concepts upon which they are based and provide guidelines for appropriate behaviour and conduct in Māori society. They also prescribe consequences for any breaches or when tikanga is not followed. They can be particular to rohe, iwi, hapū, whānau, marae or hapori.
- Workplace practices and procedures refer to the documented procedures of the hauora service provider and must comply with current industry standards and relevant legislation.
- Legislation and conventions relevant to this unit standard may include but is not limited to: the Health and Safety at Work Act 2015; *Standards for Traditional Māori Healing* (Wellington: Ministry of Health, 1999); and the Health and Disability Commissioner (Code of Health and Disability Services Consumers' Rights) Regulations 1996, Privacy Act 1993, and any amendments.
- Descriptions and explanations can be presented in a number of ways that may include but is no limited to; oral presentation, visual presentation, written presentation, whakaari, waiata, and haka.

7 All sources of information must be referenced.

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## Outcomes and performance criteria

### Outcome 1

Explain tikanga used to manage stress for Māori.

Range evidence of three tikanga is required.

### Performance criteria

1.1 Tikanga used in stress management are explained.

Range may include but is not limited to – wai Māori, mirimiri, karakia, waiata, kōrero, whakapapa, tūrangawaewae, kapa haka; evidence of three is required.

1.2 Tikanga for managing stress are explained in relation to the roles of the people involved.

Range roles may include but are not limited to – tuakana, teina, kuia, kaumatua, kaiako, kaitiaki, tohunga; evidence of one role is required.

### Outcome 2

Explain the organisational policy, process, and practices for managing stress.

Range may include but is not limited to – human resources policy, health and safety policy, leave policy, supervision; evidence of two policies, processes and practice is required.

### Performance criteria

2.1 Organisational policy, process and practices for stress management are identified and explained.

2.2 The advantages and disadvantages of the policy in relation to stress management is identified.

### Outcome 3

Explain tikanga to modify policies, procedures, and practices to manage stress in a hauora context.

Range the three tikanga used in Outcome 1.

**Performance criteria**

3.1 Tikanga is used to modify organisational policy, process, and practice.

<b>Planned review date</b>	31 December 2027
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	23 October 1998	31 December 2012
Review	2	18 December 2002	31 December 2012
Review	3	20 August 2010	31 December 2017
Review	4	10 December 2015	31 December 2024
Revision	5	28 September 2017	31 December 2024
Rollover and Revision	6	23 April 2020	31 December 2024
Review	7	2 March 2023	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0165
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

**Comments on this unit standard**

Please contact the NZQA Māori Qualifications Services [mqs@nzqa.govt.nz](mailto:mqs@nzqa.govt.nz) if you wish to suggest changes to the content of this unit standard.