

Examiners' Report  
June 2015

GCSE Health and Social 5HS01 01

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## Introduction

This unit entitled Personal Development and Relationships covers the lifespan of the individual. The specification includes the 6 life stages i.e. from infancy through to later adulthood. The unit covers the physical, social, emotional and intellectual development of the individual as well as examining concepts such as self concept, self esteem and self image.

The paper itself is very well established and the format of the paper has not changed and as such consists of 15 multiple choice questions followed by two stimulus response questions.

The paper has been carefully designed to assess candidate knowledge, understanding and application as well as their ability to evaluate through the longer questions at the end of each stimulus response section.

Examiners were impressed with candidates overall knowledge and understanding and reported that there existed no major gaps in candidate knowledge. Similarly in terms of areas for improvement, candidates should be encouraged to read the questions more carefully, avoid using the PIES on each question and not to apply stereotypes to each question particularly when it refers to later adulthood.

In general, the paper has discriminated well between candidates and the questions have stretched and challenged candidates effectively.

To further enhance candidate performance in the future centres should use the past papers and mark schemes as revision material but also use guest speakers, work experience opportunities and identify opportunities to transfer knowledge from the other units in this qualification to build and consolidate understanding of this unit.

### Question 16 (a)

This question was a straightforward recall question relating to physical changes which occur during adolescence.

In general the question was well answered by all candidates.

Straightforward recall question which the majority of candidates answered correctly.

(a) Fraser's next life stage is adolescence.

Identify **two** physical characteristics that boys are likely to experience during this life stage. (2)

1 Body hair grows more rapidly.

2 Testes develop.



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Examiner Comments

Well written response - 2 accurate responses.

Straightforward response required by candidates - general knowledge.

(a) Fraser's next life stage is adolescence.

Identify **two** physical characteristics that boys are likely to experience during this life stage. (2)

1 Voice deepens

2 Shoulders broaden.



**ResultsPlus**  
Examiner Comments

Two accurate responses provided

## Question 16 (b)

This question asked candidates to explain how school was shaping Fraser's behaviour. In general responses tended to be mixed; some candidates accurately identified how his friends were shaping his behaviour through being talkative and rowdy in class, how this was addressed by the teacher and how it created problems at home. Other candidate used the example of Fraser being good at maths but then mistakenly explained how this affected his self esteem rather than his behaviour e.g. more eager and motivated towards maths.

Difficult question for some candidates. Possibly the word 'shaping' has thrown many candidates.

(b) Using the case study, explain how school is shaping Fraser's behaviour.

(4)

As Fraser's good at maths the teachers may praise him which increases his self confidence as it makes him feel special therefore making him feel valuable. However, due to his peers and bestfriends, being around them he is negatively influenced since he may be trying to fit in to get a sense of belonging, that's why he mis-behaves by being talkative and rowdy. Therefore by telling him to be quiet its making him aware that he's disrupting so in a way the school disciplines him.



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Examiner Comments

In this response the candidate has given 3 creditable responses - sense of belonging, misbehaves as a result of his friends and the school disciplines him.

## Question 16 (c)

This question focused on the importance of friendships in childhood. In general candidates positively responded to this question and linked terms such as happiness, confidence, importance of a positive self concept on relationships and future relationships. The level of explanation varied between candidates but in the main candidates were scoring around 4-5 marks.

This was a question many candidates found easy to respond to and consequently the answers provided were well structured and coherent.

(c) Explain why it is important for Fraser to develop friendships during childhood.

(6)

Its very important to develop friends during childhood because you need someone to always be there for you and to stick up for you at all times. Also when your a child you need people to talk to you and play games and use your intellectual skills this will make Fraser have a higher self-concept. And it will enable him to use his gross motor skills by playing more 'grown up games' with his friends, he will enjoy his time at school because he knows he has friends who care for him and who make him laugh and smile. He will be able to hang around with all types of people with different cultures and beliefs. This will make him think and learn new things also. (using intellectual skills).



**ResultsPlus**

**Examiner Comments**

This was a model answer. Well structured, coherent and well linked. Content was accurate and appropriate.

As previously stated this was a question which many candidates were able to apply their knowledge and understanding.

(c) Explain why it is important for Fraser to develop friendships during childhood.

(6)

It is important for Fraser to develop friendships during childhood, because it helps him socialize and learn the norms of right and wrong. He will also start to find hanging with friends is fun and interesting and having friends at this stage is important for him. He may even talk to them more than his parents.



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**Examiner Comments**

In this example the response is slightly repetitive and vague in content. Very little knowledge demonstrated. Consequently only 1 mark was awarded.

## Question 16 (d)

This question asked candidates to discuss the importance of positive self concept in childhood and its bearing on later relationships. Once again, candidates responded well to this question. Once again candidates used terms such as self esteem, self image and were able to link work and personal relationships in later development to experience in childhood. The level of discussion varied between candidates with the majority of candidates responses being marked in mark band level 2, 5-6 marks.

Candidates find the term self concept and associated terms such as self esteem and self image straightforward and consequently this question was well answered.

(d) Fraser is a happy child and has a positive self-concept.

Discuss the importance of a positive self-concept in childhood for future relationships.

(8)

A positive self-concept in childhood will prepare the individual for future relationships as they will acknowledge how to approach people, make new friends, talk to others and behave appropriately as they will have the confidence and new skills to do so.

It will create empowerment and happiness to be willing to act as part of a group or independently which will make the individual learn to have respect for others and value those who you are close to.

In conclusion, a positive self-concept is important to learn the developmental norms, socially develop and adapt these skills for future relationships, such as friendships and intimate relationships.



**ResultsPlus**

**Examiner Comments**

In this response the candidate makes an excellent start, good use of vocational terminology and relevantly written but the points needed further expansion and discussion - level 2 - 6 marks

Candidates were able to achieve good marks in this question as they relevantly discussed how a positive self concept in childhood would then impact on their future relationships and work prospects.

(d) Fraser is a happy child and has a positive self-concept.

Discuss the importance of a positive self-concept in childhood for future relationships.

(8)

Because when Frazer becomes older he will meet new people and to have a positive self-concept it will help him make more friends and when he gets into the adolescence life stage he might start to meet a girl and by having a positive self-concept this would also help him. Also Frazer would start to get jobs and having a positive self-concept this will help his confidence when applying for a job or at an interview.



**ResultsPlus**

**Examiner Comments**

This was a much poorer example - very basic response and only 2 creditable marks available.

## Question 16 (e)

This question asked candidates to assess the importance of family relationships in the socialisation process. Whilst many candidates gave accurate definitions for primary and secondary socialisation, this was not rewardable so candidates lost valuable marks at the start. However some responses did talk about bonding, the importance of trust, learning right and wrong etc. This was a demanding question and consequently the majority of marks lay in mark band two, 4-6 marks.

This was a conceptually difficult question for candidates which examined their knowledge of the importance of family relationships and the socialisation process. Examiners were testing the candidate's ability to understand how relationships are formed within the family and how family relationships can also affect other types of relationships.

(e) Fraser's mother is concerned about his behaviour.

Assess the importance of family relationships in the socialisation process.

(8)

Family relationships are important because it plays a part in primary socialisation where children grow up learning values and beliefs. They have a strong attachment theory with their mother but lose this as they gradually move towards childhood but children still rely on their parents and <sup>turn</sup> come to them when they are upset. Family relationships prepare you for the outside world, they support you and comfort you. They teach you what is right and wrong and children learn through modelling. A person learns their manners through their parents and use it when they attend school. They are taught about their religion and which path to follow. It gives them an identity and children begin to learn who they actually are. Families have a responsibility of looking after you and loving you so you have a high self esteem and know that they are by your side. Children grow up within their family and learn their first words, it prepares you for going to school and communicating with different people.



Assess is the key word in this question - why is the family important? It is not essential and the candidate gives a positive/negative argument but they must demonstrate an understanding of the role of family and how it is vital for normal functioning. In this response the candidate gets off to a good start with a great example and a response which is well structured and coherent - clearly level 3 - 7 marks.

As stated this question focused on the role of the family in socialisation.

(e) Fraser's mother is concerned about his behaviour.

Assess the importance of family relationships in the socialisation process.

(8)

The importance of family relationships in the socialisation process is important as Fraser needs to be reminded and taught what's right and wrong and the polite way to treat other children such as sharing. Emotionally, Fraser's mother and family need to let him know if he has any problems, such as bullying to tell them so they can solve it. They also need to make sure from teachers if he's getting along with other children. Socially, his family could take him to after school clubs to help him socialise with other kids, to make sure he has friends to talk to. Physically, to help Fraser meet other children and teach him to form friendships. Physically, let him go swimming or play football with his friends to make sure he doesn't feel isolated or alone. Intellectually, teach Fraser certain things such as time tables to increase his confidence in school.

to make him feel bright and no different  
to other children. Fraser's family should always  
be there for him, so he won't feel lonely.  
Family relationships will help him for secondary  
relationships as he has learned how to bond.

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(Total for Question 16 = 28 marks)



**ResultsPlus**

**Examiner Comments**

This was a very different response to the previous one. It is less coherent and limited in content. 2 marks awarded

### Question 17 (a)

This question was straightforward and well answered. No issues.

- (a) Identify, in the correct order, the last **three** life stages which Lillie has already passed through.

(3)

- 1 Adolescence
- 2 Early adulthood
- 3 Middle adulthood



**ResultsPlus**  
Examiner Comments

3 clear marks for accuracy and correctness

## Question 17 (b)

This question asked candidates to explain how Lille's exercise and level of activity would affect her physically. This should have been a straightforward and simple question which candidates could have scored 5 -6 marks easily, however, many candidates lost marks by referring to self image and self esteem instead of referring to living longer, feeling healthy and motivated, reducing the likelihood of illness etc.

Many candidates responded well to this question providing relevant and accurate responses around how exercise would affect her physical health.

(b) Explain how leading an active life affects Lillie's physical health.

(6)

As Lillie is 83 years old her bones are not fully hard and strong. Lillie has weak bones and she is getting older as she does exercise such as swimming and golf she may break her bones as she may have stiff joints which are very fragile. However as she is participating in activities it improves her heart health, she will have an increase of mobility she will feel and be energetic she may also have a longer life span as she is looking after her health. Decrease risk of illness as she is looking after her body properly, she will have a positive self image and others may see her as an active old lady. Finally her active life makes her feel healthier.



**ResultsPlus**

**Examiner Comments**

In this response the candidate provides a relevant and appropriate response. 5 marks were awarded.

Some candidates did not respond well to the question and once again were using irrelevant terms and misinterpreting the question.

(b) Explain how leading an active life affects Lillie's physical health.

(6)

She would still be able to do the things she enjoys doing, meaning she would stay active. Also, she will be able to have a balanced diet, which would physically allow her to continue living an active life, which would improve her physical health throughout her life. Having a balanced diet would also mean that she would be less likely to become ill, which would affect her physical health.



**ResultsPlus**  
Examiner Comments

In this response the candidate spends a lot of time repeating the question stem and really didn't answer the question accurately. Only 1 mark awarded

## Question 17 (c)

This question asked candidates to discuss how Lillie's good health would affect her emotionally. Candidates responded very well to this question and accurately brought in terms such as self concept, self esteem etc. The level of discussion varied between candidates however the majority of candidates achieved 4-6 marks.

This question focused on the how physical health can impact positively on other aspects of development. In this question, candidates responded well to it and some of the responses marked were very coherent, logical and vocationally relevant.

(c) Discuss how Lillie's good physical health may affect her emotional development. (8)

*negate weight maintenance stress*  
*feelings self bonds with others*

Because Lillie's health would increase because of her very active life. She would look much more fitter than anyone her age who didn't lead the type of life she does. This would lead to an increase in her self-image and self-confidence. She would have much more respect for herself and higher self-esteem. She would feel happy and proud of herself because of what she's accomplished. When she goes out with her friends because she's in good health and nothing's going to happen to her. She has the sense of belonging and feels accepted amongst them. She would make new friends when she goes out making her feel comfortable that ~~she can~~ she can still make friends.



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Examiner Comments

This is a discuss question so you will expect some balance required in the argument, for example how her life would be affected if she was not as fit and mobile. This is quite a good response, some relevant points about respect, feeling happy and having a positive outlook. Level 2 - 4 marks

The following response is an excellent model answer.

(c) Discuss how Lillie's good physical health may affect her emotional development.

(8)

Lillie's good physical health ~~off~~ may affect her emotional development as she is able to focus and concentrate on having fun and being active, rather than the negative things in life. As Lillie's ~~more~~ moves around, her body would be giving off endorphins which would give her a more positive self-concept and empower her to carry on her healthy and active lifestyle. Lillie's good health would make her feel more positive towards her age as she is still able to go out and be active ~~like~~ like she was younger. Lillie may feel as if she has a sense of achievement as many her age suffer from several illnesses. Her good health would also give her confidence to go out as well as a positive self-confidence as she would feel good about being fit and well. Lillie may find that she does not get stressed easily as ~~so~~ there is nothing negative impacting her health. ~~so~~ Lillie may feel more able to help out with her grandson Fraser as her health is enabling her to meet the physical demands of a five year old.

In conclusion, ~~so~~ Lillie's good physical health may affect her emotional development in a more positive way as she is able to concentrate more on the things she loves, like being active, rather than stress of ill health.



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Examiner Comments

Overall a very good solid response by this candidate which is well structured, coherent, logical and uses good vocational terminology. Level 2 - 6 marks

## Question 17 (d)

This question asked candidates to assess why having few financial worries in later adulthood is important. Unfortunately the majority of candidates answered this incorrectly by focusing on the negative side rather than reading the question, linking to the case study and applying knowledge to create a good balanced argument. Once again the quality of responses did vary scoring 3-5 marks in general.

Responses to this question were poor. Many commenced with negative comments about difficulties in old age and how individuals might end up homeless etc.

(d) Lillie has few financial worries.

Assess why this is important in later adulthood.

(10)

In later adulthood, you experience when your child leaves home which makes you feel lonely which is known as empty-nest syndrome. As Willie has friends in Ibiza she regularly visits and travels to Ibiza which will charge her expenses. She spoils Fraser by buying him loads of presents, the amount of presents she buys for Fraser will have an effect on the cost as well. Sometime Willie may not be able to afford the gifts for her grandchild and she still has to pay the mortgage, bills and electricity and so on... the money is mostly spent on her house as she has to keep it in good shape. However Willie has no children other than her ~~except her~~ that's living with her now. In later adulthood, you will get more money to yourself as she/he has retired from work and the child has left home which will decrease your worries of paying and looking after them. As now Willie engages and goes shopping it may not be free and it may cost a lot for her plus she goes swimming as well which shows her money will be used for buying the clothing that is needed. Now that she has a few financial worries, she can now go out to clubbing or an activity centre and socialise with other people as she has no worries of needing

to look after or pay for her child needs, as she/he has left home. As the child leaves home they're few financial worries because you get to spend time travelling around the world and frequently with friends that live in different country. ~~you~~ In later-adulthood retirement occurs and so there to re you have more time to spend with your grand children and by buy them gifts and provide them with love care and affection. In later-adulthood the person may feel lonely as they may not have anything to do but they're are variety of advantages your bill will be low as you are the only person living in the house which gives you more money to yourself to spend and have catch with friends.



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Examiner Comments

In this response the candidate outlines how Lillie spends her money which is not relevant. It is not contextualised well and only awarded 2 marks.

This question was poorly responded to by all candidates. The question stem would appear to have been misinterpreted and many commenced their responses with negative comments rather than focusing on the positive. The ability to assess was poor.

(d) Lillie has few financial worries.

Assess why this is important in later adulthood.

(10)

It is important that Lillie has few financial worries at her age as she doesn't need to ~~worry~~ <sup>worry</sup> about paying high amounts of bills or even limiting the amount in which she spends when socialising with her family and friends. Instead she may have other worries on her mind which may include illnesses which she may have. It is good that she doesn't have too many financial worries as she can focus on herself on how to live her life where she is reflecting on herself and fulfilling her hobbies.

However, on the other hand if Lillie did have an increase in financial worries it would lead to her being stressed out all the time which can result in high blood pressure at her age. Lillie wouldn't be able to socialise with others how she is as she would always have the financial worry on her mind which would result in her isolating herself and wanting to be left alone. Having increased financial worries would also mean that Lillie wouldn't be able to treat her grandson which may affect their relationship as ~~he~~ <sup>frank</sup> may feel like his grandmother does not love him, due

to the lack of money in which Lilly has.

Lilly may also be limited to the activities in which she takes place in which would ~~not~~ be because she is not able to pay for them.

This may result in Lilly not having a good social life as she wouldn't be able to interact with other individuals. This may result in Lilly feeling lonely which would affect her self concept as she may feel devalued as her peers may be taking part in her activities where she is unable to do so.



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**Examiner Comments**

This response was a much better response and demonstrates good knowledge and understanding of the question stem. 6 marks awarded

## Paper Summary

Based on their performance on this paper, candidates are offered the following advice:

- Application of knowledge to the question stem was in general good; and candidates demonstrated very good recall ability in the multiple choice question
- Short answer questions were better performed on by candidates than the longer, extended questions; these should be practiced
- Knowledge of key concepts such as childhood socialisation, role of the family, later adulthood varied; it is important to know these
- Use of English, grammar, spelling and punctuation was good in general. This should be continued.
- Candidates tended not to read questions accurately particularly question 17(d)
- Candidates tended to over use the PIES in all questions - at times this was irrelevant e.g. question 17(b)
- Some candidates tend to make wide sweeping generalisations for example negative impression of old age still exists.
- In the longer questions the responses tended to be quite generic in content, hence candidates did not always maximise their marks in the way they could have

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