

Surname	Centre Number	Candidate Number
First name(s)		2



GCE A LEVEL

1570U50-1



TUESDAY, 23 MAY 2023 – MORNING

HEALTH AND SOCIAL CARE, AND CHILDCARE Unit 5 – Theoretical perspectives of adult behaviour

2 hours 30 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
Section A	1.	20
	2.	20
Section B	3.	18
	4.	24
	5.	18
Total		100

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen or correction fluid.

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions.

Write your answers in the spaces provided in this booklet. If you run out of space, use the additional page(s) at the back of the booklet, taking care to number the question(s) correctly.

INFORMATION FOR CANDIDATES

Section A questions relate to the pre-released material.

The number of marks is given in brackets at the end of each question or part question. You are advised to divide your time accordingly.

The total number of marks available is 100.

You are reminded of the need for good English and orderly, clear presentation in your answers.

The quality of your written communication, including appropriate use of punctuation and grammar, will be assessed in your answer to question 5.



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Case study for use with questions 1 and 2 in Section A

Gloria is 74 years old. After migrating from Jamaica with her parents and younger sister in the 1950s, Gloria and her family settled in Cardiff. During this time, Cardiff was a centre for many migrant groups with one of the oldest multi-ethnic communities in Britain.

Gloria likes to tell others about her experiences, she often talks about how hard life was then for her family. Her father worked long hours in the docks, and her mother worked as a domestic cleaner in a hospital. As a child, Gloria always wanted to be a nurse and her parents encouraged her to work hard at school to achieve her ambition. She qualified as a nurse and worked in her local community for 35 years before retiring. She says that, during the early part of her career, she was sometimes subject to racism and, “back then you just got on with the job without any fuss”.

Gloria has always loved to sing and, until recently, sang with her local church choir. She was also a member of her local Afro-Caribbean Society, a group of individuals of African-Caribbean heritage that met weekly to celebrate their shared culture and heritage.

Gloria has always lived alone. She never married or had children and, since retiring, has relied on additional care and support from her niece, Rita, who is married and has a young family.

About 6 months ago Rita noticed a change in Gloria. She was becoming forgetful, appeared confused and was reluctant to go out and follow her usual routine. Rita persuaded Gloria to visit her GP who referred her for further tests. Gloria was diagnosed with the onset of dementia.

Initially, with the daily help of care workers, Rita managed to balance caring for Gloria, her job and the responsibilities of her young family at home. When Rita was promoted at work, the family had to relocate two hours away from Cardiff. Rita became stressed. She felt guilty about not having the time to look after Gloria properly and it caused arguments and tension between her and her husband, who felt that she was taking on too much.

Rita arranged a meeting with Gloria and her social worker. They discussed all the options open to Gloria, who decided that she would like to move into residential care. The social worker recommended a care home that uses the Butterfly Scheme to provide care and support to their residents.

Within two months, Gloria moved into the care home and settled quickly. Rita visits when she can and is pleased to see that Gloria seems happy and has made friends with other residents, some of whom are also of Afro-Caribbean heritage.



SECTION A

Answer **all** questions.

1. Read the case study on Gloria and answer the questions below.

(a) Outline **three** factors that may have promoted Gloria's resilience.

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(b) Describe the final stage of Erikson's psychosocial theory of development.

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(c) Explain how the 'Butterfly Scheme' could help to provide care and support for Gloria. [8]

[Dotted lines for writing answer]



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2. Gloria’s niece, Rita, is feeling stressed by trying to balance her commitments. She visits her GP and is referred to a counsellor who favours the cognitive approach. The counsellor suggests that Rita tries yoga or meditation to help manage her stress.

(a) Describe how yoga or meditation may help Rita to manage her stress. [6]

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(b) Analyse how the cognitive approach could help Rita manage her feelings.

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SECTION B

Answer **all** questions.

3. Rebecca has learning difficulties and has been living in supported accommodation for the last two years. Rebecca formed a close friendship with Sally, and they enjoyed doing many activities together. Six months ago, Sally moved to different accommodation. Rebecca's behaviour has since deteriorated.

(a) Outline **two** factors that may have caused the recent deterioration in Rebecca's behaviour.

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- (b) The manager has received complaints from other residents that Rebecca has become aggressive and is also playing loud music late at night which is disturbing their sleep.

Explain how using a 'Restorative Approach' might help the manager resolve the situation between Rebecca and the other residents.

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4. Ahmed is 61 years old. He has high blood pressure and diabetes. His GP has advised him that he should stop smoking to improve his life expectancy. Ahmed said he started smoking as a teenager as it was considered fashionable. He feels that smoking helps him cope with anxiety and says that his father smoked heavily and lived to an old age.

(a) Outline **two** factors that may have influenced Ahmed's decision to smoke. [4]

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(b) Ahmed's GP gave him a 'Help Me Quit' leaflet which contained information about self-help groups in his area.

Describe how a self-help group can support an individual to stop smoking. [6]

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(c) Explain, using behavioural theory, how early childhood experiences can influence behaviour in later life.

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(d) Resilience can support individuals to cope with challenges.

Analyse how developing resilience could help Ahmed to give up smoking.

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5. Rhys has recently started university and is worried that he has chosen the wrong course. He feels anxious about telling his parents as they are very proud of his achievements and he is afraid of letting them down. The university offers a counselling service and Rhys has made an appointment to consult a counsellor who favours the humanistic approach.

Describe the key features of the humanistic approach and assess its use in supporting positive behaviour. [18]

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