

## VRAAG 1

### SELFONTWIKKELING IN DIE SAMELEWING: stres, konflik, werkloosheid

Lees die onderstaande gedeelte aandagtig en beantwoord dan die vrae.

#### Gevallestudie

Pieter was in graad 11 'n bo-gemiddelde presteerder en alhoewel graad 12 unieke uitdagings bevat, was hy baie positief oor sy finale skooljaar. Sy lewensideaal van verdere studie was binne bereik. Hy was 'n goeie krieketspeler en het 'n goeie verhouding met sy vriende gehad. Almal wou verder studeer.

'n Gesprek tussen sy ouers (wat hy toevallig gehoor het) tydens die skoolvakansie het al sy drome aan skerwe laat spat.

Die gesin se finansiële situasie het drasties verander nadat sy pa oortollig verklaar is by die maatskappy waar hy werkzaam was. Hulle sou ook die huis waarin hy grootgeword het, moes verkoop. Die hele vakansie was gevul met konflik. Sy ouers het mekaar verwyt oor die gebrek aan behoorlike voorsiening vir verdere studie, verliese en geheimhouding oor die ware situasie. Pieter was self hewig ontsteld en moedeloos nog voordat sy graad 12-jaar begin het.

Pieter het graad 12 begin met die gevoel dat hy eintlik geen toekoms het nie. Hy was ongemotiveerd, wou nie meer krieket speel nie en het sy vriende vermy. Sy punte het deur die eerste kwartaal drasties gedaal en hy was dikwels in die moeilikheid. Gedurende naweke het hy verdwyn saam met nuwe "vriende" na plekke waar alkohol vryelik gevloei het.

Pieter het voortdurende hoof- en maagpyn ontwikkel. Hy was ongeduldig met sy ou vriende en het baie geslaap.

- 1.1 Gee 'n definisie van stres. (2)
- 1.2 Dui TWEE stressors aan wat Pieter se gedragsverandering veroorsaak het. (2)
- 1.3 Pieter het hoof- en maagpyn ervaar. Noem nog enige TWEE fisiese simptome van stres. (2)
- 1.4 Daar was konflik in hierdie gesin. Verduidelik elkeen van die volgende soorte konflik EN gee 'n voorbeeld van elkeen soos Pieter dit beleef het.
  - 1.4.1 interpersoonlike konflik (2)
  - 1.4.2 intrapersoonlike konflik (2)

# Lewensorientering Taak Graad 125

**Lingjun Ying**



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