

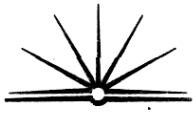


23A/ Young people can use numerous coping skills to attain better health. Seeing problems in perspective is the method of looking at a situation and being able to realistically + rationally justify it in one's mind. For example, ~~the~~ if a young girl loses her mobile phone and is particularly traumatised by it, the technique of seeing problems in perspective ~~would~~ ~~and~~ by comparing the loss of a mobile phone to the loss of a family member, would help her cope with the issue. This would help her to not get depressed by the issue and in effect, rationalise the loss as a minor event and hence,



reduce the impact on her happiness.

Positive thought habits is a technique of seeing problems ~~as~~ as opportunities ~~and attempting~~ not complications and attempting to look on the positive side of things. Constant pessimism or negative thought patterns can result in mental health issues such as depression, where young people are unable to see the worth of life. For example, a person suffering from the death of a parent should grieve the loss, but also look ~~at the~~ at the other positive aspects in their life as a reason to keep living eg. good marks at school, good family life, friends, teachers, boy/girl friend. This coping skill can help a young



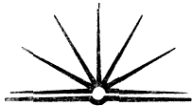
persa ~~has~~ from falling into the trend of negativity and hence, depression or suicide.

Distancing & disengaging, as the technique of stepping back from a problem to look at it rationally or seeking help from outside people, is particularly important in helping youth attain better health. ~~By looking at~~ for example, by looking at the problem of constant fighting with friends from a different perspective or with the help of a teacher who's not involved, one might be able to gain greater insight into how to deal with the fighting, why they might be fighting and the best way to solve it.



This, once again, helps with mental health issues, ~~that~~ where things like fighting with friends can fester into depression and even suicide as a means of coping with it.

Developing a sense of purpose in one's life will help one to focus on what's important to them + give them direction for the future. For example, setting goals in school, ~~or~~ spent or with friends will help young people cope with difficulties in their life and then become more focused on the end result, rather than caught up in the situation. No purpose in one's life can lead to depression and ~~to~~ risk



behaviour such as drink driving and drug + alcohol abuse which leads to numerous complications such as motor vehicle accidents and cancer.

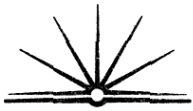
Lastly, recognising + rewarding personal achievement is important to help young people recognise their value + worth in the world. ~~By~~ Eg. setting the reward of a new jumper if you get an "A" in an assessment can give ~~young~~ young people direction and the opportunity to get rid of the burden of being a "failure" in life. By setting achievable goals in ~~health~~ life, young people remove the risk of suffering from depression and



related conditions, caused by feelings of hopelessness and despondency.

23B Social factors ~~have~~ the such as socioeconomic status (SES), employment, education, geographical location, gender, Aboriginality, ethnicity, peer influence and sexual orientation have significant and marked influences on the health status of young people. These factors also show the propensity to be largely interrelated with each other.

SES is perhaps the most important indicator of the health status of young

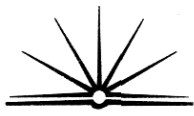


people as low SES can limit the opportunities of young people to access health services and information regarding good health practices. For young people, 11% live in poverty meaning that they haven't got the necessities of life that allow them to achieve good health. Low income, which is often a problem for young people who have left school early (they are not qualified for jobs) means that they are less likely to leave home early, putting a burden on the family to continue supporting them into the future. Low income will also mean choices (eg. of food) will be poorer and they then experience greater

~~the~~ risk of lifestyle related diseases.  
(eg. CVD, cancer).

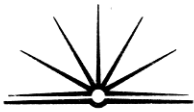
Employment is also a significant social factor, linked primarily to low SES - For young people, there is a trend to stay at school longer, but for those who don't, the opportunities of securing well-paying jobs are reduced. There is a ~~trend~~ trend of the move away from ~~no~~ full-time employees to more part-time/casual positions, as well as multiskilling meaning that young people must ~~work~~ work harder to keep their jobs and to ~~be~~ get the necessary qualifications. Such factors may push many young people into   
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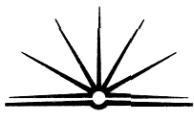
poorer paying jobs which means not only less money, ~~but~~ (and the associated impact a health status) but higher risk jobs eg. blue collar jobs like working with machinery. Hence the risk of injury is higher and limited employment choices can result in depression + feelings of dependency.

Education is also linked to the above 2 factors in terms of the fact that those with better education are more likely to have better health, due to higher income, more employment choices and greater awareness of their own health. In



generally, the poorer a person's educational ~~access~~, the less likely they are to engage in health enhancing behaviours (eg. healthy diet, not smoking) and hence, the more likely they are to suffer from degenerative diseases linked to the cumulative effect of exposure to risk factors in youth (eg. CVD from high fat diet, no physical activity, + smoking)

Geographical location plays an important role in the health status of young people in terms of access. Those living in geographically remote areas have ~~greater~~ reduced access to health services + health promotion campaigns, meaning they are less



likely to take preventative health actions (eg. quitting smoking). Rural & remote young people will also have jobs, in general, that are of a higher risk to them, resulting in injury (eg. severed leg due to falling off a tractor in agriculture).

Aboriginality, indeed to having a background as an Aboriginal or Torres Strait Islander is also significant in its impact on health status - A young person from this culture is more likely to have reduced income, poorer education & employment, live in rural & remote areas

which limits access to health services + is more likely to engage in health ~~cost~~ risky behaviours such as drug and alcohol abuse or smoking. These culminate to produce poor health status due to an exposure to risk factors for many diseases in late life eg. CVD, cancer + diabetes. Also, this group has higher suicide rates linked to depression, as a common feature of their often "hopeless" lives.

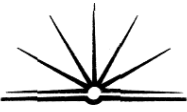
Ethnicity can prove to be a significant factor in terms of language

barriers. This means young people do not have the opportunity of accessing health services as they are not in their language.

There may also be issues that ~~make~~ mean that health services are not culturally sensitive.

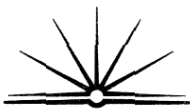
~~and~~ Non-English speaking migrants are also more likely to suffer the effects of chronic symptoms like nausea linked to persistent bullying because they're "different".

Peer Influence can have both a positive and negative effect on health - Positively, a year's peer group can give them



help, friendship and motivation resulting in good mental health, a ~~the~~ negatively with exposure to risk factors such as drink driving + smoking. These increased risks increase their chances of injury, mental health issues & degenerative diseases in late life.

Lastly, sexual orientation has ~~the~~ a significant effect ~~of~~ on mental health, where homosexual ~~pe~~ youths can be ostracised and made to feel like failures because they fail to meet expectations eg. a young "gay"



male who's ~~to~~ parents  
thought he would be ~~a~~  
heterosexual and now  
pressure him to hide his  
homosexuality. This can  
cause depression and other  
poor mental health problems,  
decreasing a person's  
self confidence + <sup>motivation</sup> ~~reason~~ to  
live.

In short, there is interrelatedness  
between all social factors  
and their influence on  
the health status of  
young people -