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|------------------|-----------------------------------------------------|-------|-----|
| FACULTY          | FACULTY OF EDUCATION AND HUMAN SCIENCES             |       |     |
| DEPARTMENT       | DEPARTMENT OF INTERMEDIATE AND VOCATIONAL EDUCATION |       |     |
| SUBJECT          | HOME ECOLOGY 2A                                     |       |     |
| SUBJECT CODE     | E3621IH                                             |       |     |
| EXAMINATION DATE | JUNE/JULY 2026                                      |       |     |
| DURATION         | 3 HOURS                                             | MARKS | 100 |

#### **SUPPLEMENTAL EXAMINATION PAPER**

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Moderator: Ms. MAIJA T. AMUNYELA

This memorandum paper consists of 6 pages, including this front page.

#### **Instructions**

1. The paper is divided into three sections: A, B and C
2. Answer all questions.
3. Read the questions carefully.
4. Write neatly and legibly.
5. Answer according to the marks allocated

## **SECTION A**

### **Question 1**

State whether the following statements are True/False

- i) Stress can only be caused by negative life events (1)
- ii) Stress is always harmful to an individual. (1)
- iii) Good stress, also known as eustress, can motivate and improve performance. (1)
- iv) Practising mindfulness is an effective way to manage stress. (1)
- v) Physical symptoms of stress can include headaches and fatigue. (1)

### **Question 2**

2.1 Define the following:

- i) Values (2)
- ii) Goals (2)

2.2 Different families have different goals. Identify and discuss any two of your family goals. (2x2=4)

2.3 No single person is born with values. Discuss any three points, how values are acquired (3x2=6)

**[19]**

## SECTION B

### Question 3

The Kilo family recently transitioned from the "preschool children" stage to the "school-age children" stage. They are now dealing with new challenges, such as helping their children with homework and managing their social lives. The Mark family is transitioning from the "empty nest" stage to the "ageing" stage, adjusting to life without children at home and planning for their future.

3.1 Define the following:

- i) Family life cycle. (2)
- ii) Developmental tasks. (2)

3.2 With examples, describe the following developmental stages in the family life cycle

- i) Family with preschool children (2)
- ii) Family with school-going children (2)

3.3 What are the key differences in developmental tasks between the "preschool children" and "school-going children" family stages? (2)

3.4 Sometimes these stages are used interchangeably; clearly distinguish between the empty nest and the ageing stage. (2x2=4)

3.5 Discuss any two developmental tasks the Mark family might experience as they enter the "ageing" stage. (2x2=4)

#### **Question 4**

The Shinu family, Aini and John, have been married for 12 years. They live with John's parents, Oupa Tim and Ouma Moya, in a suburban neighbourhood, in a four-bedroom house. Oupa Tim bought the house while working for the City of Windhoek. The house is well-maintained, decorated and fully furnished. Although Aini and John are employed, they still live with their elderly parents. Aini has a daughter, Noa, from her previous relationship, and John has two sons with Maria, his first wife, Timo and Tama. Both children are in the Senior Primary. The family prioritise family ties, communication and health-conscious living.

- 4.1 Define Family (2)
- 4.2 Identify the type of family described in the case study. (2)
- 4.3 Identify any four (4) statuses Aini has in her family. (4)
- 4.4 We buy houses and convert them into memorable homes. Identify any 5 items that can make a house a home. (5)
- 4.5 Strong family ties do not happen automatically; they are developed through intentional actions, shared experiences, and consistent communication. Advise the Shimu family on how they can strengthen and maintain their family ties. (5x2=10)

4.6 Using examples, analyse how the home meets the social, emotional, economic, cultural, and developmental needs of individuals and families. (3x3=9)

- i. Physical needs (3)
- ii. Emotional needs (3)
- iii. Social needs (3)

### Question 5

5.1 With suitable examples, distinguish between good stress and bad stress, and explain how each type affects an individual's functioning and overall well-being. (2x2=4)

5.2 Identify four (4) different signs and symptoms of stress and give two examples of each. (4x3=12)

[66]

## SECTION C

### Question 6

6.1 Write a short essay to justify why communication within the family is very important.

Your essay must consist of the following: (15)

i. Introduction (2)

ii. Body (11)

iii. Conclusion (2)

**[15]**

**TOTAL MARKS**

**[100]**