

OPEN SCHOOL BC

Interpersonal and Family Relationships Introduction Assignment

This assignment is intended to familiarize you with some of the basic concepts and skills related to *Interpersonal and Family Relationships*. This is the first meaningful assignment for *Interpersonal and Family Relationships*, so complete it with care.

Student Name _____

Student No. _____ Date _____

Address _____ Postal Code _____

Complete the following *Interpersonal and Family Relationships* Assignment independently and return it to your teacher based on the instructions provided by your school. No external resources are required to complete this assignment.

There are two parts to this assignment:

Part A: Critical Reading 10 marks

Part B: Written Response 12 marks

Contents:

6 pages

10 multiple choice questions

1 written response question

Assignment time:

2 hours

Before you start, read these important tips.

1. Read each question carefully before answering.
2. Answer all questions to the best of your ability.
3. Take your time. Check your work before handing in the test.
4. Write neatly and watch your spelling.

Part A: Critical Reading

Read the article on “Relationships and Your Health”; then answer the multiple-choice questions that follow. (10 marks)

Relationships and Your Health

Being socially connected and having strong relationships have many health benefits including lowered stress levels and increased life expectancy. However, not all relationships are created equal. Most people have someone in their lives that causes them stress, whether it is a challenging parent, difficult sibling, or a demanding friend or partner. But did you know that these taxing relationships could be bad for your health?

There is a close connection between the mind and the body. Our body has a physiological response every time we think, feel, and act. When we are anxious, angry, or upset, our bodies respond by increasing the heart rate and blood pressure and secreting adrenaline and other stress hormones. Prolonged exposure to this kind of emotional stress can lead to stomach ulcers, a compromised immune system, and high blood pressure—a precursor to heart disease.

A study of 9,011 British civil servants, published in 2007, found that people whose intimate relationships (including partners, close relatives, and friends) were hostile and angry had a 34 percent higher chance of heart attack, or other stress-related illnesses, than those people in good relationships. More than 64 percent listed their spouse as their primary relationship, while the unmarried respondents listed close personal friends.

The goal of the study was to evaluate the impact of social relationships on health. Over a period of 12.2 years, subjects completed questionnaires about the number and type of negative aspects in their close relationships. Even when factors such as smoking, alcohol consumption, obesity, and family history were left out of consideration, those in negative relationships still had a 25 percent higher risk of heart disease.

Past research suggests that marriage and social relationships are associated with better health and less cardiovascular disease. The thought was: the more friends the better. This study, however, focused the debate upon the quality of social relationships rather than the quantity.

Julianne Holt-Lunstad, a professor of psychology at Brigham Young University in Utah, has also studied the affects of social relationships on health. According to Holt-Lunstad, “The conventional wisdom is that stress is bad for our health, and that personal relationships are good because social support helps us deal with our stress. But some relationships can cause interpersonal stress, so we can’t just lump all our relationships together.”

INTRODUCTION ASSIGNMENT

MARKS

Based on what you read in the article, answer the following questions.

1. Studies have shown that strong relationships:
 - a. release stress hormones and increase blood pressure.
 - b. take a lot of work.
 - c. lower stress and increase life expectancy.
 - d. compromise the immune system. ()

2. Prolonged exposure to emotional stress:
 - a. affects our mind / body connection.
 - b. can lead to stomach ulcers, a compromised immune system, and high blood pressure.
 - c. increases adrenaline only.
 - d. doesn't directly affect health. ()

3. Which one of the following statements is true?
 - a. The study showed that 64 percent of participants were unhappy in their marriages.
 - b. The goal of the study was to examine dysfunctional relationships.
 - c. Relationships are bad for your health.
 - d. It is the quality of social relationships rather than the quantity that plays a role in physical health. ()

4. Which one of the following statements is false?
 - a. In the study, those who had hostile and angry relationships had a 34 percent higher chance of having a heart attack than those in good relationships.
 - b. The study found that there was no correlation between close relationships and health.
 - c. There is a close connection between the mind and body.
 - d. Negative relationships can cause physical stress. ()

MARKS

5. According to the article, past research on relationships and health suggests that:
- a. more relationships, rather than fewer, actually help us deal with our stress.
 - b. all stress is bad for health.
 - c. all social connections lower blood pressure.
 - d. our mind / body connection is more complex than we thought. ()
6. Based on the study of British civil servants:
- a. those who smoked, consumed alcohol, or were obese were 64 percent more likely to die of heart attack.
 - b. 12.2 years was not enough time to complete the research.
 - c. 25 percent had a higher risk of heart disease.
 - d. those people in negative relationships had a 34 percent higher chance of heart attack, or other stress related illness, than those in good relationships. ()
7. In the study, intimate relationships were defined as:
- a. marriage partners only.
 - b. marriage and common law partners.
 - c. partners, close relatives, and friends.
 - d. only close friends. ()
8. What conclusion can you draw from the information in this article?
- a. The quality of social relationships, not the quantity, helps us improve our health.
 - b. Obesity, alcohol consumption, and smoking increase the risk of heart disease.
 - c. On average, British civil servants have more relationship problems than the rest of the population.
 - d. The need for marriage counselling will be on the rise in Britain. ()

INTRODUCTION ASSIGNMENT

MARKS

9. Which word **best** describes the purpose of this article?
- a. amuse
 - b. inform
 - c. criticize
 - d. entertain ()
10. Which statement **best** describes the main idea in this article?
- a. Close relationships are not good for your health.
 - b. British civil servants have a high rate of heart disease.
 - c. Although healthy relationships lower stress and increase life expectancy, negative relationships may contribute to illnesses such as high blood pressure and heart disease.
 - d. Emotional stress leads to ill health. ()

Part B: Written Response—Writing an Expository Paragraph

In a well-developed paragraph of approximately 125 words, write on the following topic. (12 marks—Paragraph Scoring Guide × 2—see course overview)

What factors do you feel are most important to keep close relationships healthy and free of constant negativity, anger and hostility?

Organization and Planning

Use this space to plan your ideas before writing the response. This area will not be marked.

Tips for Writing:

- have a good topic sentence
- explain yourself clearly
- check your work

INTRODUCTION ASSIGNMENT

MARKS

/10 Part A: Critical Reading

/12 Part B: Written Response

Total