

# LIFE ORIENTATION



**TOPIC :** Human Factors that causes ill-health, accidents, crisis, and disasters

**GRADE 12**

**TERM 3: WEEK 1 – 3**

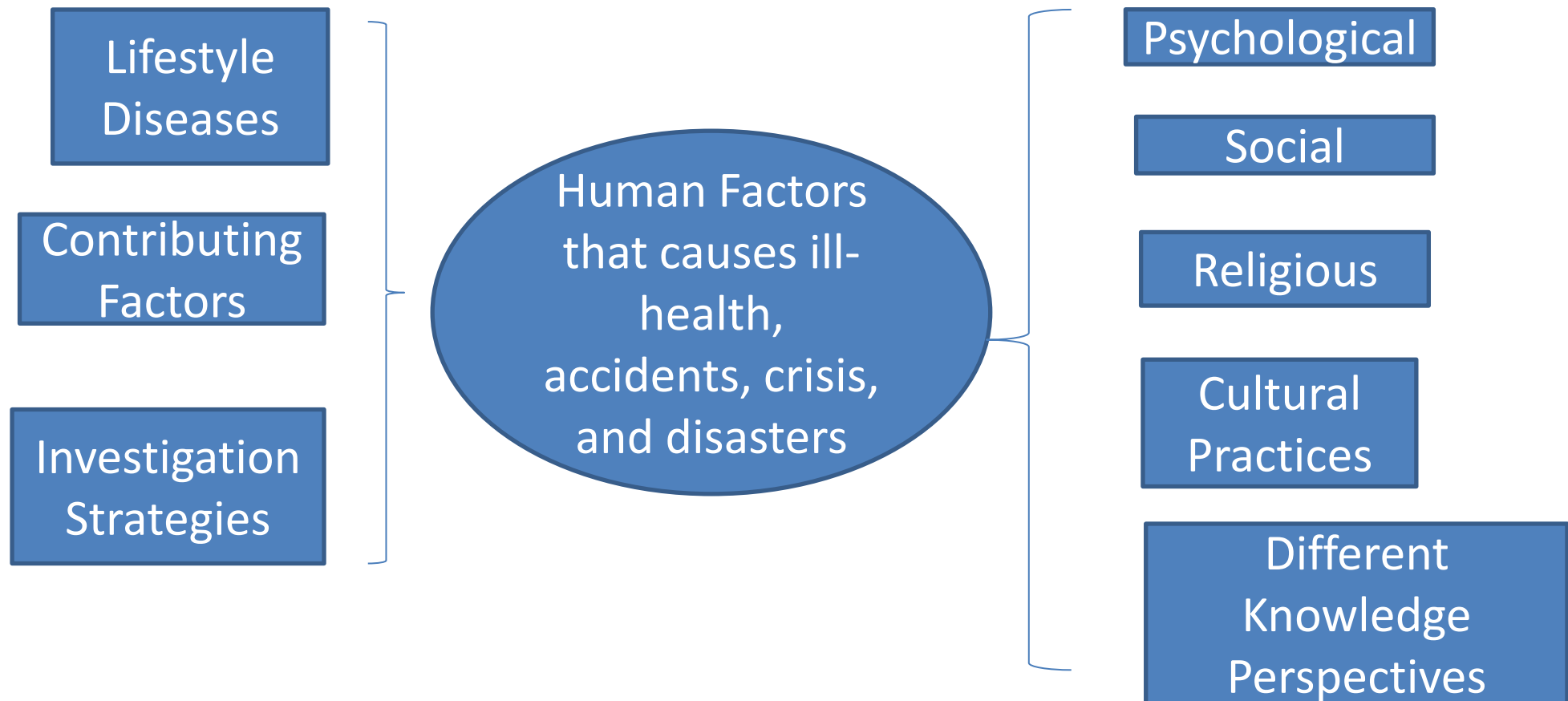


**GAUTENG**  
PROVINCIAL GOVERNMENT  
REPUBLIC OF SOUTH AFRICA

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**Growing Gauteng Together**

# DEVELOPMENT OF SELF IN SOCIETY



<b>CONCEPT</b>	<b>DEFINITION / CLARIFICATION</b>
Human Factors	How humans behave to physical and psychological relationship to the environment
Ill-health	Health problems or unhealthiest
Accidents	Mishaps or misfortunes
Crises	Emergencies
Disasters	Natural catastrophies
Psychological	Affecting the mind
Social	Relating to the society



<b>CONCEPT</b>	<b>DEFINITION / CLARIFICATION</b>
Religious	Relating to or believing in a religion
Cultural practices	Manifestation of culture
Knowledge perspectives	Symbolic knowledge construction
Lifestyle Diseases	A medical disorder associated with the way in which a person lives
Poverty	State of being extremely poor
Gender Imbalances	Disparity between males and females in a population
Cancer	Disease caused by uncontrolled or abnormal cells in the body

<b>CONCEPT</b>	<b>DEFINITION / CLARIFICATION</b>
Hypertension	Abnormal high blood pressure
Circulatory system	System that circulates blood within the body
Tuberculosis	Infectious bacterial disease that affect the lungs
Sexually transmitted infections	An infection transmitted through sexual contact
HIV/AIDS	Virus that interferes with body to fight infections
Eating Habits	Way or preferred food or eating either bad or good tendencies
Substance Abuse	Excessive use of drugs

CONCEPT	DEFINITION/ CLARIFICATIONS
Unsafe sexual behaviour	Risky sexual behaviour involving multiple sex partners with unprotected sex
Intervention Strategies	Programme designed to produce behaviour change
Action Plan	Proposed strategy
Mental effects	Wide conditions that affect the mind
Value- Added benefit	Additional unexpected value that you receive from participation in PE
Recreational Activity	Activities done for enjoyment
Lifestyle	The way in which a person lives

ILL - HEALTH	ACCIDENTS
Sick and bad lifestyle choices	Driving at high speed
Having unprotected sex Abusing alcohol and tobacco	Driving under the influence of alcohol
	Paraffin or gas stove burning unattended





# Unhealthy life-style





CRISES	DISASTERS
Parents leaving their children without food	People using rivers for ablutions
Disruption of service delivery due to corruption and fraud	Factories dispose their toxic waste in rivers
	During wars , people bomb cities and most are left homeless



## Service delivery protests



## Human factors

**Human factors play a role in multiple things, these factors may be:**

- Psychological – low self-esteem
- Social – how people behave
- Religious – belief system
- Cultural – helpful and healing
- Different knowledge perspectives  
Your outlook on a particular disease

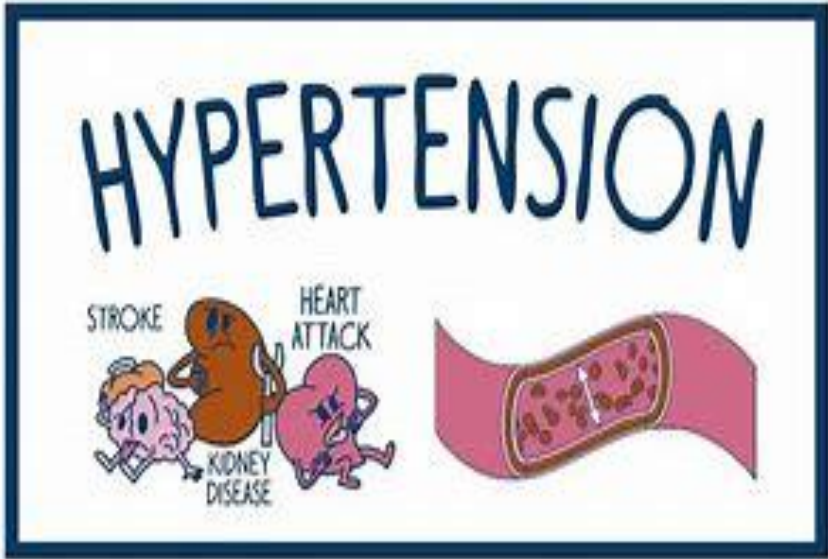
## Lifestyle diseases as a result of poverty and gender imbalances

These are diseases which are caused by the **way we live** e.g. the type and amount of **food** we eat, the amount of **exercise** we do and whether we **consume alcohol, smoke or do drugs**.

There are many lifestyle diseases, such as **hypertension, heart disease, diabetes, STDs**. One's lifestyle may also be involved in illnesses such as **cancer**.

# LIFESTYLE DISEASES

CANCER	HYPERTENSION
Cervical cancer in women – caused by human papillomavirus infection	Blood pressure in the arteries is constantly high
Lung cancer – people are vulnerable to the effects of smoking	
Prostate cancer for men – effects of prostate gland which carries urine from the body	





## Tuberculosis

The infectious disease caused by the mycobacterium tuberculosis bacterium



## Sexually transmitted infections including HIV/Aids

STIs are spread by the transfer of infected organisms from person to person during sexual contact



### Diseases of the heart

Cardio-vascular diseases- the blood vessels are narrowed, reducing the supply of oxygen and nutrients to the heart

### Circulatory system

Abnormalities of the heart and vessels systems





- Poor eating habits
- Lack of physical exercises
- Use of tobacco products
- The abuse of the illegal drugs, over the counter medicines and prescribed drugs
- Risky sexual behaviour



# Abuse of medication



## DEALING WITH ILL-HEALTH, ACCIDENTS AND DISASTERS

Some people have the ability to cope with disasters and crises, whilst others need a lot of help and support.



# INTERVENTION STRATEGIES





# INTERVENTION STRATEGIES

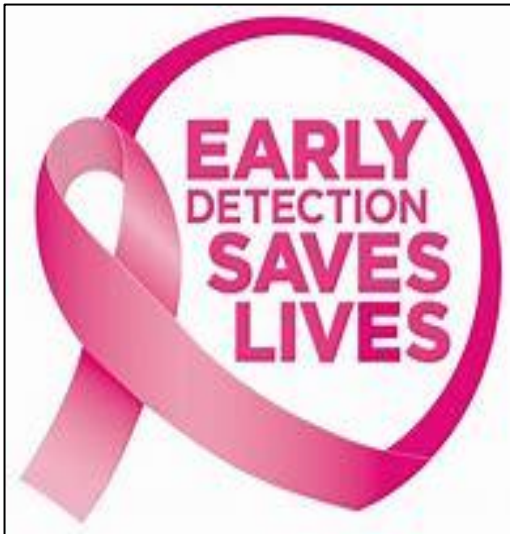
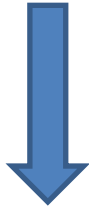
## APPLY THE FOLLOWING PRECAUTIONS

- EARLY DETECTION – after noticing, get treatment
- TREATMENT – receive medical care
- CARE – at spices – care for sick people
- SUPPORT – join support groups where you share common experience



# Intervention Strategies

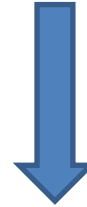
Early detection



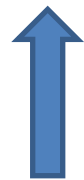
Treatment



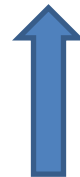
Care



# Support



**Support group**



**Individual Counselling**



**Group Counselling**



## INTERVENTION STRATEGIES

- Change of behaviour
- Early detection and screening for that particular disease
- Adhering to the regulations like related to the recent COVID – 19
- Treatment and medication
- Women empowerment
- Support people in hospices and hospitals



## Social distancing to prevent the spread of the COVID 19 virus



## 1.) Responses to traumatic situations

After a traumatic incident it is normal for people to be **affected emotionally**, whether or not they were directly involved.

Common emotional responses are:

- Shock and disbelief
- Confusion
- Guilt
- Fear and anxiety about the future
- Anger and blame



## 2.) What you can do to help someone in a traumatic situation

You can help someone who has experienced something traumatic in the following ways:

- Encourage the person **to talk to you** about it
- Reassure them that there are **people who care** about them and want to help them
- Help the person **with everyday tasks**
- Encourage them to **maintain a normal routine**
- Ask what you can do to help
- Try to accept their negative responses
- Acknowledge **that people react differently to different situations**
- Encourage the person to **do something positive**
- Encourage the **person to ask for help** if they can't cope
- **Don't be critical**



# How to help someone in a traumatic situation



## 3.) A disaster plan

One should always have a disaster plan, as no one can foresee the future. What you can do, should something happen:

**Educate** yourself

- Find out about the **natural types of disasters** in your region
- Identify which technological disasters or disasters caused by man can affect your region
- Find out whether your community has a **warning system**
- Learn about your workplace and school **emergency plans**



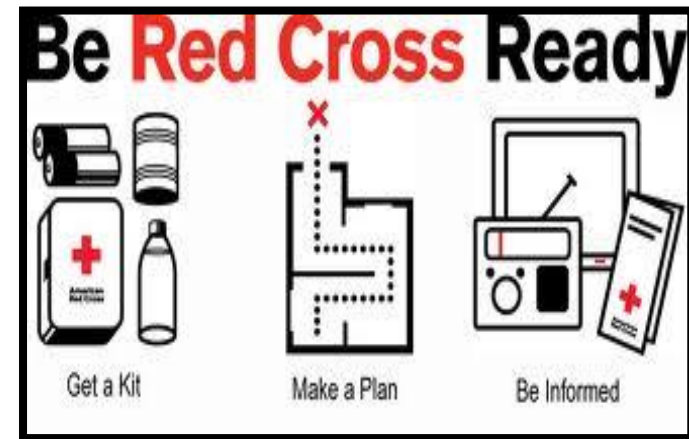
## Develop a household plan

- Keep it simple with very few details
- Identify escape routes
- Identify meeting places
- Choose two meeting places
- Ask a relative or a friend in another area to serve as a family contact





- Educate your household
  - Keep emergency telephone numbers
  - Teach children how and when to call the police, ambulance and fire department
  - Have a fire extinguisher and know how to use it
  - Teach household members how to turn off water, electricity and gas supplies
  - Take a first aid and CPR class.



- Make copies of important **documents**, one should have at least two copies of the following documents; one should be kept in a safe on the premises and another with a friend or relative.

- ID documents
- Birth and marriage certificates
- Tax and financial records
- Wills and trusts



## 1.) What is the government doing?

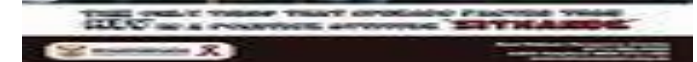
It is the government's responsibility to make communities a **safe and healthy place** to live.

They do this by providing services such as:

- Housing
- Water and sanitation
- Fire, traffic, police and ambulance services
- Clinics and hospitals

The SA government has programmes like **Khomanani** and **LoveLife** in place to address the problem of HIV and AIDS.

They are also making communities safe by **improving infrastructure and preventing crime**.



## ASSESSMENT TASK

1. Define the following term: Lifestyle diseases ( 2 )
2. Define the term psychological factor and give FOUR example of physical ill-nesses that may be caused by such factors.  $2 + 4 = 6$
3. Discuss FOUR positive strategies on how to deal with negative thoughts as a way of preventing ill-health.  $4 \times 2 = 8$

Total : 16

## MEMORANDUM

1. Define the following term: **Lifestyle diseases**

– medical disorder regarded as being associated with the way in which a person lives. (2)

2. Define the term : **Psychological factor**

– factors that help people from being in the right frame of the mind/  
Mental/emotional aspects of being human

## MEMORANDUM

2.2. **FOUR** example of physical ill-nesses that may be caused by such factors.

2 + 4 = 6

- Stomaches
- Tiredness
- Fever
- Diarrhoea
- Muscle pain
- headaches

### 3. **FOUR** positive strategies to deal with ill-ness

- Surround yourself with positive people
- Develop personal mission statement
- Avoid assuming that you are to blame for every wrong doing
- Stop thinking that people owe you
- Refrain from choosing negative sides
- Stop comparing yourself to others
- Focus on your strengths
- Seek professional support ( 4 x 2 = 8 - **TOTAL : 16**)