



THE OPEN UNIVERSITY OF SRI LANKA
DEPARTMENT OF SOCIAL STUDIES
BA IN YOUTH AND COMMUNITY DEVELOPMENT – LEVEL 5
FINAL EXAMINATION – SEMESTER II -2024/2025
DSU5469 – YOUTH, HEALTH, SAFETY AND WELL-BEING
DURATION: THREE (03) HOURS ONLY

Date : 10/08 /2025

Time : 9.30 a.m – 12.30 p.m

Instructions:

- Answer only FIVE (05) questions out of NINE (09).
- Each question is worth Twenty (20) marks.
- Please write clearly.

01.

- I. Discuss why a youth worker should be aware of and intervene in matters concerning the health of youth in Sri Lanka. (10 marks)
- II. Citing the World Health Organization's (WHO) definition of health, explain three selected prerequisites for health. (10 marks)

02

- I. Explain the significance of health promotion in addressing the prerequisites for health. (10 marks)
- II. Using one theory or perspective, explain the circumstances and social conditions explored in social epidemiology. (10 marks)

03

- I. Briefly discuss the phases of the Transtheoretical Model of Behaviour Change. (10 marks)
- II. Explain the application of one selected community organizing model in promoting health and well-being within communities. (10 marks)

04

- I. Differentiate between advocacy and lobbying. (10 marks)
- II. Briefly discuss the principles of health advocacy. (10 marks)

05

- I. Briefly explain three causes of health inequity in Sri Lanka. (10 marks)
- II. As a youth worker, how would you promote health equity through the application of the empowerment approach? (10 marks)

06

- I. How does the radical practice approach in health promotion enable a youth worker to challenge existing inequalities and discrimination? (10 marks)
- II. Citing WHO (2021), discuss the importance of knowledge and awareness about mental health and interventions for youth workers. (10 marks)

07

- I. Do you consider there to be a gender gap in mental illness, especially in depression? If yes, what factors contribute to this difference? (10 marks)
- II. Briefly discuss the causes of depression. (10 marks)

08

- I. Identify two occupational hazards encountered by youth in different work settings. (10 marks)
- II. Discuss the importance of prevention strategies in minimizing occupational hazards to ensure the safety and well-being of workers. (10 marks)

09

- I. How does a youth worker become more effective by understanding herself/himself when engage with young people? (10 marks)
- II. Why is self-care important in youth work? Discuss with examples of dos and don'ts in field settings. (10 marks)