

APPLIED SOCIAL SCIENCE
EXAM ASSIGNMENT

Date:	6 June 2025	Marks:	50
Examiner:	C Nyezi	Internal Moderator:	N Hattingh

INSTRUCTION TO THE STUDENT

1. INTRODUCTION

The relationship between self-concept, spirituality, and sexuality in nursing is complex and interconnected. Self-concept develops through personal experiences, societal influences, and developmental stages, with theories from Erikson, Bandura, Freud, Havighurst, Piaget, and Bowlby offering insights into identity formation and social interactions. Cultural, societal, and religious factors shape self-concept, sexual identity, and spirituality, while changes due to illness or life transitions can impact overall well-being. Nurses play a crucial role in assessing and supporting patients by providing holistic, patient-centred, and culturally sensitive care. Integrating sociology into nursing practice fosters a safe, inclusive environment, encouraging open discussions and improving health outcomes.

2. ASSESSMENT OUTCOMES

On completion of this assignment, the student should be able to:

- Use technology to compile an assignment by following instructions on assignment layout and technical presentation.
- Define concepts related to self-concept, explain the stages of psychosocial development according to Erikson, discuss the components of self, discuss factors influencing self-concept, and assess a patient for altered self-concept.
- Define related terms and concepts, discuss factors influencing growth and social development, discuss the theories developed by Freud, Erikson, Havighurst, Bowlby, Piaget and Bandura on different social developmental aspects and stages of life.
- Considering social development in nursing related scenario and demonstrated ability to integrate sociology in general nursing care.
- Define terms and concepts related to spirituality, discuss spiritual needs, disruption, health and lifespan development, assess a patient's spiritual needs, identify spiritual disruption, assist the patient or refer if needed.

- Discuss different religions considering practices, holy days, sacred symbols, prayer and meditation, viewpoints on health and illness and beliefs related to birth and death.
- Define sexuality and related terminology, components of sexual health will be identified and briefly described.
- Discuss sexuality with reference to sexual orientation, gender identity, sexual practices, factors, influencing sexuality, and factors altering the sexual function.
- Apply principles of Harvard referencing when citing in-text and creating a reference list.

3. INSTRUCTIONS TO THE STUDENT

This assignment is due on 06 June 2025 via Turnitin.

- This assignment is an individual assessment.
- You are allowed to ask guidance from the nurse educator, CTS and peers.
- Consider the scenario when you integrate the information into the different aspects of the assignment.
- You are allowed to use textbooks but is also expected to search for at least 5 articles relevant to the topics.
- You are not allowed to use ChatGPT or similar AI Language model to generate the answers. You are however allowed to use the aid of editing AI to ensure your spelling and grammar is correct.
- The Exam Assignment must be **submitted via Turnitin** to generate a similarity report.
 - To allow you time to address similarities and resubmit, you can submit the assignment during the time of preparation.
 - If a report of more than 30% similarity is generated, you will have to review your assignment to ensure you have referenced correctly and have not copied other people's work directly into your assignment.
 - You will be allowed to re-submit after you have made corrections by 6 June 2025 @ 16h00.
 - This will be your final submission. (ask your NED for guidance when you access your similarity report)
 - If you did not need to make corrections, you don't need to re-submit.

4. Presentation of the assignment:

4.1 *Technical layout*

- Typed document, use A4, unlined paper in Arial font size 11 with 1.5 spacing
- All pages must be numbered
- Check spelling and ensure professional, correct use of language
- Be creative.
- Add pictures and colours as you see appropriate.

- Length of assignment to be a (2500 words) 10 pages.

4.2 Cover page:

- Your Nurse Educator will provide you with a hard copy of the College Assignment Cover Page and Declaration.
- Complete the document by declaring all sources used to complete the assignment. If AI was used for editorial purposes, this must be declared. However, AI should not be used to answer the assignment questions. Sign the document once completed.
- Take a photo or scan the signed document to ensure it is available as an image on your device.
- Insert the image on the first page of your assignment document, making sure it is clear and large enough for your Nurse Educator to review.

4.2.1 Table of content:

- List each section and subsection on the left, together with corresponding page number listed on the right-hand side
- Use decimal numbers to number headings and subsections, not the letters of the alphabet
- The Table of Content must correlate with the headings and sub-sections of the assignment

5 Content of assignment:

Your assignment must include the following headings:

5.1 General introduction

An introduction is very important. It will set the scene for the rest of the work to follow and create an interest in the reader to continue reading. It needs to explain the topic and lead the reader to understand the connection between different aspects. Due to the importance of the introduction, you need to spend some time to get it right, but it must also be short and to the point.

You can include in your introduction the following aspects:

- *Provide an overview of the assignment topic.*
- *Explain the importance of sexuality, self-concept, and spirituality in nursing.*
- *State the purpose of integrating these elements into nursing care and their impact on holistic patient management.*
- The introduction should be about 250 - 300 words

5.2 Body of assignment

The body of the assignment serves a two-fold purpose. It shows that you understand the topic and it is an analysis of the information you gathered. To make it easy for the reader to follow, the content must be structured as indicated below:

You need to provide relevant headings in this section. "Body" is not a heading but rather described where the bulk of your assignment should be.

This Assignment is based on the below Case study. You need to answer the questions in relation to the context the case is presented. You will have to support your answers with evidence, either from a textbook or articles (pay attention to the guidance below with each section).

5.2.1 Consider the following:

- Resources on current practices should not be older than 5 years.
- You are welcome to be creative in different ways to communicate the information you found on the topics e.g. mind maps, timelines, pictures etc.
- Ensure alignment between the case study, discussion questions, and assessment outcomes
- Reference only sources used in-text.

5.3 Conclusion:

Conclude your assignment. No new information should be introduced in the conclusion. A conclusion should not exceed more than one paragraph.

5.4 Bibliography or list of references.

Insert completed list of references here. Note you need to reference only the references you mentioned in the text. You cannot insert references here that does not appear anywhere else in your assignment.

Make use of the Harvard referencing style.

- Remember to do in-text referencing and add the reference to the reference list at the end of the assignment. Only Harvard method of referencing should be used
- References should not be older than 5 years

6 Scenario:**Read the following scenario, then answer the questions that follow:**

Sarah, a 35-year-old woman, has been admitted to the hospital for a routine surgical procedure. During her stay, she confides in the nurse, Lisa, about her struggles with self-acceptance following a recent breast cancer diagnosis and mastectomy. Sarah shares that she feels disconnected from her body and is unsure how her partner perceives her post-surgery. She also expresses concerns about intimacy and her sense of femininity. Additionally, she mentions that she has always found strength in her faith, but recently, she has felt distant from her spiritual beliefs. Lisa wants to provide holistic and compassionate care while addressing Sarah's concerns about her sexuality, self-concept, and spirituality.

- 6.1** How would you explain the impact of Sarah's mastectomy on her self-concept using the components of self? (500 – 600 words)
- 6.2** Considering the theories of social development by Erikson and Bowlby, how can Lisa integrate these theories to support Sarah's social development and address her concerns about intimacy and self-acceptance? (500 – 600 words)
- 6.3** How can Lisa assess Sarah's spiritual needs and identify any spiritual disruption, considering Sarah's recent feelings of distance from her faith? (500 – 600 words)
- 6.4** How can the factors be influencing sexual health help in understanding Sarah's concerns about her sexuality and sense of femininity post-surgery? (500 – 600 words)

Good luck!