

 <p>MATATAG EXAMINATION</p>	School:		Grade Level:	7
	Teacher:	DEPED CORNER DIGITALS	Learning Area:	
	Teaching Dates and Time:		Quarter:	1 ST QUARTER

Instructions

Answer all the questions. Write your answers on the provided answer sheet.

Part I: Multiple Choice (1-25)

Content: Mental Health and Adolescent Concerns

1. Which characteristic is commonly associated with mentally healthy adolescents?
 - A. Perfectionism
 - B. Social withdrawal
 - C. Resilience
 - D. Excessive self-criticism
2. Which of the following is NOT a common concern that affects the mental health of adolescents?
 - A. Academic pressure
 - B. Peer relationships
 - C. Body image
 - D. Financial stability
3. What emotional manifestation is commonly associated with poor mental health in adolescents?
 - A. Emotional intelligence
 - B. Stable mood
 - C. Persistent irritability
 - D. Empathy towards others
4. Which behavioral manifestation can impact mental health?

- o A. Assertiveness
 - o B. Emotional regulation
 - o C. Risk-taking behavior
 - o D. Open-mindedness
- 5. What is an effective way to prevent and manage body image issues in adolescents?
 - o A. Promoting unrealistic beauty standards
 - o B. Encouraging comparison with others
 - o C. Fostering a positive body image environment
 - o D. Criticizing physical appearances
- 6. Which of the following best describes mental health?
 - o A. The absence of mental disorders
 - o B. A state of well-being where individuals can cope with normal life stresses
 - o C. The ability to achieve all personal goals
 - o D. A fixed state without fluctuations
- 7. What common adolescent concern is linked to mental health issues?
 - o A. Academic success
 - o B. Body image concerns
 - o C. Family relationships
 - o D. All of the above
- 8. How can adolescents manage negative peer pressure?
 - o A. By isolating themselves
 - o B. By developing strong self-esteem and decision-making skills
 - o C. By always conforming to peer expectations
 - o D. By avoiding all social interactions
- 9. What is the role of family expectations in adolescent mental health?
 - o A. They always support and encourage personal growth
 - o B. They can sometimes create stress and pressure
 - o C. They have no impact on adolescents
 - o D. They only affect academic performance
- 10. What is a healthy way for adolescents to express their emotions?
 - o A. Suppressing feelings
 - o B. Sharing feelings with trusted individuals
 - o C. Avoiding emotional situations
 - o D. Reacting impulsively
- 11. What can excessive screen time lead to in adolescents?
 - o A. Improved mental health
 - o B. Reduced social interaction and increased stress
 - o C. Enhanced academic performance
 - o D. Better sleep patterns
- 12. How does regular physical activity benefit adolescent mental health?
 - o A. It increases stress levels
 - o B. It promotes a healthy lifestyle and reduces anxiety
 - o C. It leads to social isolation
 - o D. It has no effect on mental health

13. What is a common sign of poor mental health in adolescents?
 - o A. Consistent happiness
 - o B. Withdrawal from activities and social interactions
 - o C. High energy levels
 - o D. Constant motivation
14. How can schools support adolescent mental health?
 - o A. By providing mental health education and resources
 - o B. By focusing solely on academic achievement
 - o C. By ignoring student emotional needs
 - o D. By enforcing strict discipline without support
15. What is a key component of a positive mental health environment?
 - o A. Criticism and unrealistic expectations
 - o B. Open communication and support
 - o C. Isolation from peers
 - o D. Lack of guidance
16. What role does peer support play in adolescent mental health?
 - o A. It has no impact
 - o B. It can provide emotional support and a sense of belonging
 - o C. It always leads to negative outcomes
 - o D. It should be avoided
17. How can adolescents develop healthy coping mechanisms for stress?
 - o A. By avoiding problems
 - o B. By engaging in physical activities, hobbies, and seeking support
 - o C. By ignoring stressors
 - o D. By resorting to substance use
18. What is an important factor in maintaining adolescent mental health?
 - o A. Ignoring problems
 - o B. Maintaining a balanced lifestyle with time for relaxation and activities
 - o C. Focusing solely on academic success
 - o D. Avoiding all challenges
19. What does "kilos-loob" refer to?
 - o A. The power of reason
 - o B. The ability to make choices and take action
 - o C. The capacity to feel emotions
 - o D. The sensory perception of the environment
20. Which of the following is NOT a characteristic of mentally healthy adolescents?
 - o A. Rational decision-making
 - o B. Emotional instability
 - o C. Ability to manage stress
 - o D. Positive self-image
21. What is the primary goal of promoting mental health in adolescents?
 - o A. To ensure academic excellence
 - o B. To achieve overall well-being and a balanced life
 - o C. To avoid all challenges and difficulties
 - o D. To maintain social status
22. What is the effect of cyberbullying on adolescent mental health?

- o A. It has no significant impact
 - o B. It can lead to anxiety, depression, and low self-esteem
 - o C. It is easily ignored
 - o D. It always results in positive outcomes
 - 23. How can parents support their adolescent children's mental health?
 - o A. By setting strict rules without communication
 - o B. By providing emotional support and understanding
 - o C. By focusing solely on academic performance
 - o D. By avoiding discussions about emotions
 - 24. What is the significance of self-care in maintaining mental health?
 - o A. It is only for physical health
 - o B. It includes practices that enhance well-being and reduce stress
 - o C. It is not important for mental health
 - o D. It is a temporary solution
 - 25. How can community involvement benefit adolescent mental health?
 - o A. It increases stress and pressure
 - o B. It provides a sense of belonging and support
 - o C. It has no impact on mental health
 - o D. It is only beneficial for adults
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Part II: True or False (26-35)

Content: Mental Health and Adolescent Concerns

26. Mentally healthy adolescents often exhibit resilience.
- A. True
 - B. False
27. Financial stability is a common concern affecting adolescent mental health.
- A. True
 - B. False
28. Persistent irritability is a sign of good mental health in adolescents.
- A. True
 - B. False
29. Engaging in risky behaviors can impact adolescent mental health.
- A. True
 - B. False

30. Promoting a positive body image environment can help manage body image issues in adolescents.

- A. True
- B. False

31. Emotional regulation is a sign of poor mental health.

- A. True
- B. False

32. Adolescents with good mental health are capable of handling stress effectively.

- A. True
- B. False

33. Peer pressure never has a positive influence on adolescents.

- A. True
- B. False

34. Mentally healthy adolescents avoid all social interactions.

- A. True
- B. False

35. Self-care practices are essential for maintaining mental health.

- A. True
- B. False

Part III: Identification (36-40)

Content: Mental Health and Adolescent Concerns

36. What is the term for the ability to recover from setbacks and adapt to challenging situations?

○ _____

37. What term describes harmful behavior through electronic means, such as bullying via social media?

○ _____

38. What is the term for the internal process of managing and responding to emotions in a healthy way?

○ _____

39. What is the name for practices and activities that individuals engage in to maintain their physical and mental well-being?
o _____
40. What do you call the ability to make decisions and take action, often referred to as "kilos-loob" in Filipino culture?
o _____
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Part IV: Matching Type (41-45)

Content: Mental Health and Adolescent Concerns

Match the descriptions in Column A with their corresponding terms in Column B.

Column A: 41. The ability to handle stress and bounce back from adversity 42. Engaging in activities that promote well-being and reduce stress 43. Internal regulation of emotions 44. Harmful behavior via electronic communication 45. Cultural concept of making choices and actions

Column B: A. Self-care B. Emotional regulation C. Cyberbullying D. Resilience E. Kilos-loob

Part V: Short Answer (46-50)

Content: Mental Health and Adolescent Concerns

46. Explain the role of family support in adolescent mental health.
o _____
47. Discuss the impact of social media on the mental health of adolescents.
o _____
48. How can schools contribute to promoting mental health among students?
o _____
49. Describe effective strategies for adolescents to manage academic pressure.
o _____
50. What are some ways to foster a positive body image among adolescents?
o _____
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Answer Key

Part I: Multiple Choice

1. C
2. D
3. C
4. C
5. C
6. B
7. D
8. B
9. B
10. B
11. B
12. B
13. B
14. A
15. B
16. B
17. B
18. B
19. B
20. B
21. B
22. B
23. B
24. B
25. B

Part II: True or False 26. A

27. B
28. B
29. A
30. A
31. B
32. A
33. B
34. B
35. A

Part III: Identification 36. Resilience

37. Cyberbullying
38. Emotional regulation
39. Self-care
40. Kilos-loob

Part IV: Matching Type 41. D

42. A
43. B

44. C

45. E

Part V: Short Answer 46. Family support provides emotional and practical support, helping adolescents feel secure and understood. This support is crucial for their emotional and psychological development, helping them navigate challenges and develop healthy coping mechanisms.

47. Social media can have both positive and negative effects on adolescents. It provides opportunities for social connection and self-expression, but can also contribute to anxiety, depression, and issues with self-esteem, especially when exposure to unrealistic standards and cyberbullying occurs.
48. Schools can promote mental health by providing counseling services, creating a supportive environment, integrating mental health education into the curriculum, and fostering a culture of openness and understanding.
49. Effective strategies include time management, prioritizing tasks, seeking help from teachers or peers, and taking breaks to relax and recharge. These strategies help adolescents manage stress and maintain a healthy balance.
50. Encouraging self-acceptance, promoting diverse representations of beauty, providing education on media literacy, and fostering supportive peer and family relationships are key ways to foster a positive body image among adolescents.