

Typing SG Paper 1

QUESTION 1

(60)

The timed accuracy test is to be typed in double line or 1½ line spacing, one side of the paper only. Use margins of 10 spaces. A minimum of 35 w.p.m. is expected and the limits are indicated by (. . .).

TIME: 10 MINUTES

Alcohol abuse can be just as dangerous as the abuse of other, more potent, drugs. The use of alcohol is not only legal in our society but at many events such as parties people are expected to use it.

Alcohol costs companies millions, because alcohol abuse has an influence on absenteeism, accidents at the workplace as well as on medical expenses related to alcohol abuse.

Since not all abuse of alcohol necessarily results in addiction, it is difficult to decide whether a person is an alcoholic. Dependency or addiction can be both physical and psychological.

Physically, the long-term use of alcohol can result in a person experiencing need or craving for alcohol. Abstinence can result in withdrawal symptoms, for example, hallucinations, acute fear, trembling, fever and a fast but weak heartbeat.

A psychological dependency on alcohol often develops before a physical dependence. This can occur when people use alcohol to escape depressive moods or to escape from ^{the} stresses of life and then they can only relax with the help of alcohol.

The lifespan of the average alcoholic is twelve years shorter than the lifespan of non-alcoholics. It is, therefore, undoubtedly true that long-term alcohol abuse is very detrimental to a person. All alcohol that is consumed must eventually be absorbed by the body. This absorption takes place through the liver. If a person continuously abuses alcohol, the liver is overexerted and this results in cirrhosis of the liver which is fatal in one in ten cases of serious drinkers.

Alcohol is a high calorie drug which means that people who drink a lot often skip meals. The nutritional value of alcohol, however, is low and the consumption of large quantities 35 w.p.m. of alcohol often inhibits the absorption of essential vitamins. The continued abuse often results in malnutrition. Continued abuse further results in chronic fatigue, excessive sensitivity and depression. Ironically, people often start 40 w.p.m. drinking in order to overcome depression.

Lastly, continued alcohol abuse can result in the collapse of the person's career and social life. People often lose their jobs and experience marital problems as well. Alcoholics often develop shaky 45 w.p.m. hands, a need to start the day with a drink, periods of memory loss, periods of uncontrolled drinking and loss of control of their liquor consumption.

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10 9 8 7 6
The single biggest problem in the treatment of an
5 4 3 2 1
alcoholic is probably obtaining the person's

..... 50 w.p.m.

24 23 22 21
cooperation. Alcoholics often deny that they have a
20 19 18 17 16 15
problem and refuse help. If the alcoholic really wants
14 13 12 11
to be helped, however, a cure is possible.

10 9 8 7 6
With the aid of medication in an institution or
5 4 3 2 1
hospital, the alcoholic's withdrawal symptoms

..... 55 w.p.m.

VRAAG 1

(60)

Die tydnoukeurigheidstoets moet in dubbel- of 1½ reëlaftand op een kant van die bladsy getik word. Gebruik kantruimtes van 10 spasies. 'n Minimum van 35 w.p.m. word verwag en die grense word deur (. . .) aangedui.

TYD: 10 MINUTE

Die misbruik van alkohol kan net so gevaarlik wees as die misbruik van ander, gevaarliker dwelmmiddels. Tog is die gebruik van alkohol nie net wettig in ons samelewing nie maar by baie geleenthede, soos partytjies, word dit van mense verwag om dit te gebruik.

Dit kos maatskappye miljoene deurdat dit veral 'n invloed het op werkafwesigheid, ongelukke in die werksituasie en mediese koste gekoppel aan alkoholisbruik.

Aangesien alle misbruik van alkohol nie noodwendig tot verslawing lei nie, is dit moeilik om te besluit wanneer 'n persoon 'n alkoholis is. Afhanklikheid of verslawing kan beide fisies en sielkundig wees.

Fisies kan die langdurige misbruik van alkohol daartoe lei dat 'n persoon 'n behoefte of sug na alkohol ervaar. Onthouding van alkohol kan tot onttrekkingsimptome lei, soos byvoorbeeld hallusinasie, akute vrees, bewerasies, stygende koors en 'n vinnige maar swak hartklop.

Sielkundige afhanklikheid van alkohol ontwikkel dikwels voordat fisiese afhanklikheid ontwikkel en kom voor as mense alkohol gebruik om uit depressiewe buie te kom, alkohol as

ontsnappingsmiddel van lewenstres gebruik en net met die hulp van alkohol kan ontspan.

Die lewensspan van die gemiddelde alkoholis is twaalf jaar korter as die lewensspan van mense oor die algemeen. Dat alkoholmisbruik oor die lang termyn baie nadelig is vir die mens, is dus nie te betwyfel nie. Alle alkohol wat ingeneem word moet uiteindelik deur die liggaam geabsorbeer word. Hierdie absorpsie geskied deur die lewer. Indien 'n persoon alkohol langdurig misbruik, word die lewer ooreis, en dit lei tot sklerose van die lewer, wat in een uit tien gevalle ernstige drinkers tot die dood kan lei.

Alkohol is 'n 35 w.p.m.
 hoë kalorie dwelmiddel, wat tot gevolg het dat mense wat baie drink dikwels etes oorslaan. Die voedingswaarde van alkohol is egter laag en die verbruik van 'n groot hoeveelheid alkohol voorkom dikwels die absorpsie van belangrike vitamiene. Die langdurige 40 w.p.m.
 misbruik lei dus dikwels tot wanvoeding. Dit lei verder ook tot kroniese moegheid, oormatige sensitiwiteit en depressie. Ironies genoeg begin mense dikwels drink juis om depressie te oorkom.

Laastens lei langdurige alkoholmisbruik 45 w.p.m.
 gewoonlik ook tot die ineenstorting van 'n persoon se beroeps- en sosiale lewe. Mense verloor dikwels hulle werk en ondervind dikwels ook huweliksprobleme. Alkoholiste

9 ontwikkel dikwels bewerige hande. 'n behoefte om die dag
3 met drank te begin, tyë 50 w.p.m.
24 23 22 21
20 19 18 17
van geheue verlies, tyë van ongekontroleerde drink en
verlies aan kontrole vir hulle drankgebruik.

16 Die grootste enkele probleem by die behandeling van
15 14 13 12 11
10 9 8 7 6 5
4 3 2 1
alcoholis is waarskynlik die verkryging van die persoon se
samerwerking. Alkoholiste ontken dikwels 55 w.p.m.