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**ARHOLIAD AELODAETH TESTUN – CYFLAWN**

**9 Hydref 2021**

**PAPUR 1**

**Cyfieithu o’r Saesneg i’r Gymraeg**

**Hyd yr arholiad: 2 awr a 5 munud\***

***Ydych chi wedi cael y papur cywir?***

**\* Cewch 5 munud ar ddechrau’r arholiad i ddarllen y papur. Ni chewch ddechrau teipio’ch cyfieithiad yn ystod y cyfnod hwn.**

**Ffynonellau’r darnau:**

Darn 1 – addasiad o erthygl yn *Nature*

Darn 2 – addasiad o erthygl ar wefan UNHCR – Asiantaeth Ffoaduriaid y Cenhedloedd Unedig

**Rhaid dilyn unrhyw gyfarwyddiadau sydd ar y papur.**

**Mae 5 tudalen i’r papur hwn gan gynnwys y dudalen hon.**

Carai’r Bwrdd Arholi bwysleisio bod croeso i ymgeiswyr ychwanegu troednodiadau at eu gwaith, boed hynny i dynnu sylw at dermau y byddent fel arfer yn eu gwirio ar y we, neu i amlygu unrhyw elfen arall lle teimlir y byddai eglurhad ar y cyfieithiad a ddefnyddiwyd yn fuddiol. Yn naturiol, gan fod amser yn brin, disgwylir i unrhyw droednodiadau a ychwanegir fod yn gryno ac yn bwrpasol.

**PAPUR 1 CYFLAWN – CYFIEITHU O’R SAESNEG I’R GYMRAEG**

## Darn 1

As the COVID-19 pandemic enters its second year, new fast-spreading variants have caused a surge in infections in many countries, and renewed lockdowns. The devastation of the pandemic – millions of deaths, economic strife and unprecedented curbs on social interaction – has already had a marked effect on people’s mental health. Researchers worldwide are investigating the causes and impacts of this stress, and some fear that the deterioration in mental health could linger long after the pandemic has subsided. Ultimately, scientists hope that they can use the mountains of data being collected in studies about mental health to link the impact of particular control measures to changes in people’s well-being, and to inform the management of future pandemics.

Data from surveys across the world suggest a substantial increase in symptoms of anxiety or depression, with distress probably stemming from people’s limited social interactions, tensions among families in lockdown together and fear of illness. Studies and surveys conducted so far in the pandemic consistently show that young people, rather than older people, are most vulnerable to increased psychological distress, perhaps because their need for social interaction is stronger. Data also suggest that young women are more vulnerable than young men, and people with young children, or a previously diagnosed psychiatric disorder, are at particularly high risk for mental health problems.

Scientists running large, detailed international studies say that they might eventually be able to show how particular COVID-control measures – such as lockdowns or restrictions on social interaction – reduce or exacerbate mental health stress, and whether some populations, such as minority ethnic groups, are disproportionately affected by certain policies. That could help to inform the response in this pandemic and future ones, say researchers, and they see this as a real opportunity to assess the impact of policies in different countries on people’s mental health.

**PAPUR 1 CYFLAWN – CYFIEITHU O’R SAESNEG I’R GYMRAEG**

**Darn 2**

**Climate change is the defining crisis of our time and disaster displacement one of its most devastating consequences. Entire populations are already suffering the impacts, but vulnerable people living in some of the most fragile and conflict-affected countries are often disproportionately affected.** The domino effect of disaster upon disaster triggered by climate change battering already impoverished communities, leaves them no time to recover.

The impacts of climate change are numerous and may both trigger displacement and worsen living conditions or hamper return for those who have already been displaced. Limited natural resources, such as drinking water, are becoming even scarcer in many parts of the world that host refugees. Crops and livestock struggle to survive where conditions become too hot and dry, or too cold and wet, threatening livelihoods. In such conditions, climate change can act as a threat multiplier, exacerbating existing tensions and adding to the potential for conflicts.

Hazards resulting from the increasing intensity and frequency of extreme weather events, such as abnormally heavy rainfall, prolonged droughts, desertification, environmental degradation, or sea-level rise and cyclones are already causing an average of more than 20 million people to leave their homes and move to other areas in their countries each year.

People already displaced for reasons other than disasters linked to hazards – including refugees, stateless people, and the internally displaced – often reside in climate change “hotspots” where they may be exposed to secondary displacement and reduced chances of being able to return home.

This is the case in the Sahel region, which is facing one of the fastest growing displacement crises in the world. In this region, intense and largely indiscriminate violence perpetrated by armed actors has forced almost 3 million people to flee both within countries and across borders. This growing humanitarian and protection emergency is exacerbating pre-existing challenges faced by the region, including climate change and environmental degradation.