

Modified Enlarged 36pt
OXFORD CAMBRIDGE AND RSA EXAMINATIONS

Monday 20 May 2019 – Morning

AS Level Sociology

**H180/02 Researching and understanding
social inequalities**

Source Booklet

**Time allowed: 1 hour 30 minutes
plus your additional time allowance**



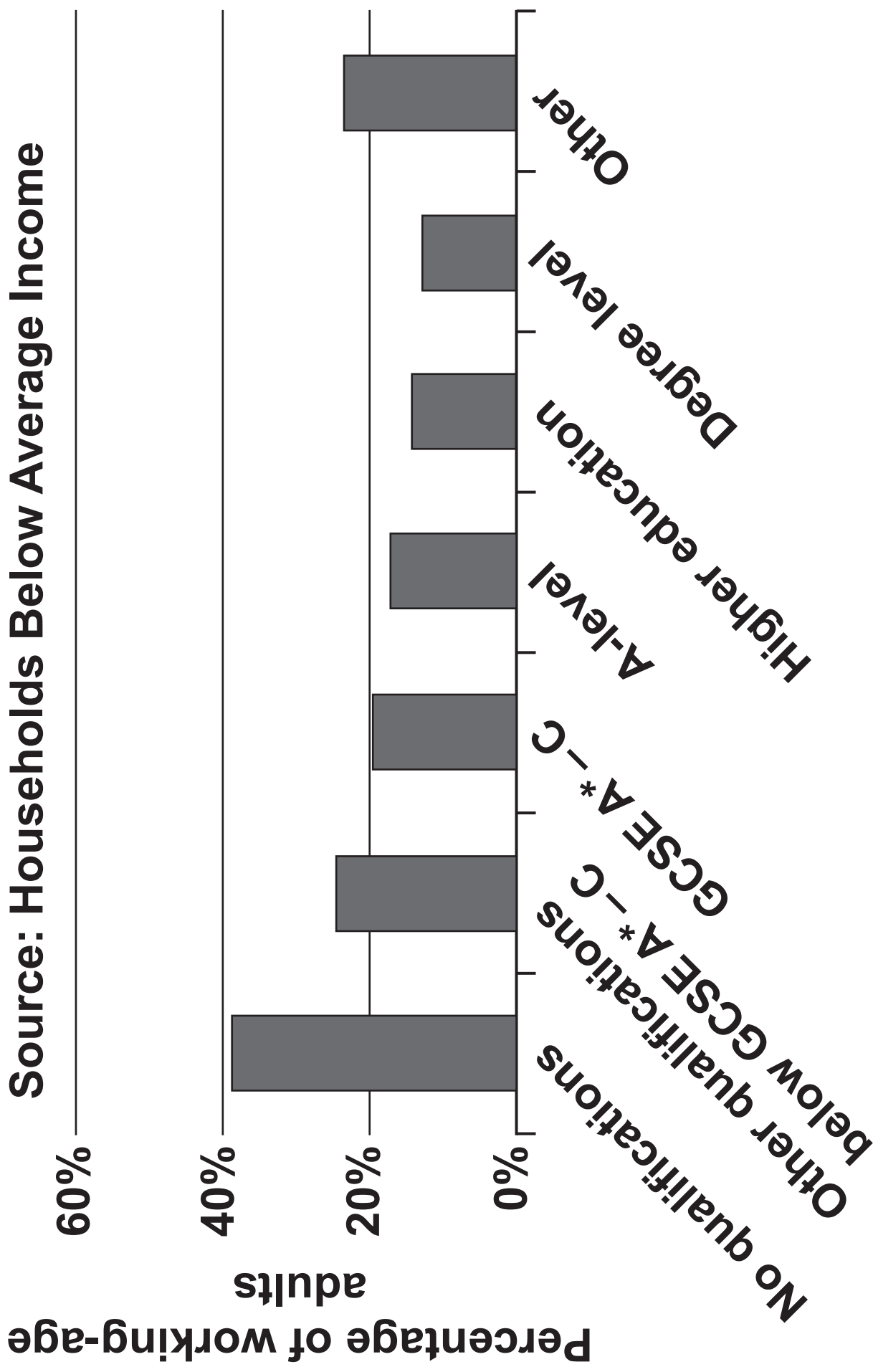
SOURCE A

The graph opposite is based on official statistics about Households Below Average Income in the UK. Households defined as in poverty are those which receive less than 60% of the average income for all households.

Adapted from The Joseph Rowntree Foundation www.jrf.org.uk

Poverty by highest qualification among working-age population, 2016/17

Source: Households Below Average Income



SOURCE B

A survey on the impact of women's roles and relationships on their sleep patterns

Sara Arber, Jenny Hislop, Marcos Bote and Robert Meadows carried out the UK Women's Sleep Survey in 2003, based on self-completion questionnaires from a national sample of women aged over 40. The study aimed to analyse the impact of women's roles and relationships on their sleep.

Most studies of sleep take a medical or biological approach but this one attempted to link older women's sleep problems to the roles they play in families and society more generally. The researchers examined the relative importance of different aspects of women's gender roles. They found that poor sleep quality is a problem for many midlife and older women and investigated a range of possible factors causing this. After analysing their results statistically, they suggested the most important factors were their partner's snoring,

night-time worries and concerns, poor health status (especially experiencing pain at night), disadvantaged socio-economic status (especially having lower educational qualifications) and for women with children, their children coming home late at night.

Two of the researchers had already undertaken qualitative research, based on focus groups, in-depth interviews, and audio sleep diaries. This was used to help construct a 12 page self-completion questionnaire designed to collect quantitative data on the range of factors identified as influencing women's sleep in mid- and later life.

The researchers aimed to obtain a representative UK sample of women over age 40. The original sample of 5142 was of women over 35 and was drawn from a database prepared by a market research organisation, Business Lists UK. After the initial questionnaire mail out and two follow-up reminders, a total of 1830 completed questionnaires were returned (plus 15 recorded as died), representing

a response rate of 36%. The researchers then decided to focus only on women over 40 so women aged 35–39 were removed from the sample reducing the sample size to 1445. The representativeness of the UK Women's Sleep Survey 2003 was assessed by comparisons with population data on women aged 40+ from the 2001 census and the 1999 British Household Panel Survey (BHPS) for the variables of age, marital status, education and social class. The sample matches the UK population of women over 40 fairly closely in terms of age, apart from a slight over-representation of women in the 50s and under-representation over age 70. There is also some under-representation of widows and those with poor educational backgrounds.

Women in the survey reported substantial night-time disturbance on four key aspects indicating quality of sleep. On three or more nights a week, half of women reported that they woke up several times during the night, a third reported disturbed or restless sleep, a

quarter reported waking up too early in the morning and being unable to get back to sleep, and over a fifth had difficulty falling asleep. These findings therefore illustrate the high levels of sleep problems reported by midlife and older women in the UK.

**Adapted from Sara Arber, Jenny Hislop, Marcos Bote and Robert Meadows (2007)
'Gender Roles and Women's Sleep in Mid and Later Life: a Quantitative Approach'
Sociological Research Online**



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