

Candidate 1 evidence

ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN
1	
a) smartphones emit blue light from their screens, which disrupts production and release of melatonin.	
melatonin is a hormone released by the pineal gland that induces feelings of sleepiness/tiredness	
melatonin is heavily controlled by the SCN	
which is an endogenous pacemaker, affected by environmental factors like light levels. AS	
our surroundings get darker, more melatonin is	
produced. Evidence shows that being exposed to	
blue light disrupts our sleep cycles and shouldn't	
be used an hour prior to bed, so being on	
a smartphone goes against this. Research shows	
that USA students who are on blue light devices	
before bed have worse nights sleep and are more	
tired in the mornings.	
b) Oswald's restoration theory discusses REM and	
non-REM sleep. Oswald believed that during	
sleep is when our body & brain undergo	
restorative functions. He stated that the the	
purpose of REM sleep was to restore the brain	
in which neural connections were strengthened	
and neurotransmitters were replenished. The The	
purpose of non-REM was to restore the body	

ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN
1.b)	<p>In which minor injuries were healed and muscle tissues fibres could relax. A strength of this study was that there was lots of supporting evidence, in a study done on marathon runners it was found they experienced an additional hour of non-REM sleep after doing a marathon. A weakness of this study is that it doesn't account for dreaming and provides no explanation for why we dream. This theory can link to the reorganisational theory in which one of the points was that unwanted information was discarded during REM sleep, linking to the idea that REM sleep is the stage in which the brain performs restorative functions. Restoration theory also links to sleep to facilitate information processing in which it's suggested that during deep sleep our neural connections are strengthened, similar to how they are strengthened in REM according to Oswald. An implication of this theory is that students taking exams with poor night's sleep could not undergo restorative brain functions and perform worse in exams.</p>

ENTER NUMBER OF QUESTION		DO NOT WRITE IN THIS MARGIN
1.b)	Another implication would be that if	
	people aren't getting enough sleep, minor	
	injuries could take longer to heal and cause	
	additional distress or pain.	

ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN	
6.	<p>a) Discrimination is the behavioral component of prejudice, treating someone differently based on an aspect of their character. Indirect discrimination is when a rule or system is not set up to oppose a specific characteristic but excludes certain people accidentally. For example job applications in which you have to be fluent in English exclude people who don't speak it well or at all. Another example is turning someone away from a club because they're too old.</p>	
6.	<p>b) A stereotype is an unconscious judgement made against someone due to a specific characteristic they have. Stereotyping is when we generalise a group of people based on an interaction & assumption we've made because of one person we've met or what we've been told to believe. We create in-groups, groups we identify with and are a part of and out-groups, groups we are not a part of, seen as 'other'. stereotyping is the thought component of discrimination, it doesn't One example of how stereotyping can affect people is that a white individual may be more likely to judge a black</p>	

ENTER NUMBER OF QUESTION		DO NOT WRITE IN THIS MARGIN
6.b)	<p>individual as guilty in a court case because of negative stereotypes of black individuals in films or television programmes. Stereotypes can be challenged / changed with contact hypothesis, in which spending time with and talking to people in out-groups can make us reevaluate our prejudices and change stereotypes towards people. Media can challenge stereotypes with books like 'Boy in the Dress' and movies like 'Brave' changing young children's gender stereotypes.</p>	
6. c)	<p>The aim of Jane Elliot's 'Blue eyed, Brown eyed' study was to prevent children from forming prejudices and to demonstrate how prejudice can negatively impact people. Elliot had a class of children aged 8/9 and told them that rules had there developed, children with brown eyes were smarter, better and more successful. By the end of the day negative stereotypes were already created and blue eyed children sat back when answering questions in class. The next day she told them she had made a mistake and actually blue</p>	

ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN
<p>eyed people were better, smarter, etc. The same thing happened as the previous day and blue eyed kids gained confidence whilst brown eyed kids accepted negative stereotypes. The results were that when followed up with at age 18, the participants were found to be not only less prejudiced but more likely to speak up against prejudice. One strength of this study was it was easy to recreate for other teachers across the country who wanted to teach their students the negative effects of prejudice. One weakness was that the children were all under the age of 16 and so couldn't properly consent to participating in the study. Another weakness is that the study could have caused emotional or mental distress for the children when being told they are less than their peers. This study can be linked to using education to reduce prejudice as during school children learn social norms, so activities like this prevent negative socialisation from occurring later in life in wider society. An application of this study is to introduce programmes</p>	

ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN
6.c)	<p>school curriculums that focus on challenging and demonstrating prejudice so to better impact wider society. This study was recreated many times with great success, demonstrating how prejudice can quickly be re reduced.</p> <p>An implication of this study is that individuals who don't experience prejudice when young could grow up to become easily prejudiced or not speak out against prejudice. An application of this study could be to create encourage parents to educate their children on prejudice before they are older as young children are better at changing beliefs than adults.</p> <p>This study can be compared to the Jigsaw Method of reducing prejudice in which a subordinate goal has to be used to re reduce prejudice but in this no goal has been used to demonstrate prejudice. Elliot's study can also be linked to social identity theory in which it's believed that prejudice is a result of improving self-esteem through comparing oneself to out-groups, this is seen in the children creating negative stereotypes of each other when told they are better.</p>