

# Candidate 2 evidence

Word count: 738

## Instructions for candidates

This assignment is worth a maximum of 30 marks. Your report should be between 800 and 1,200 words long, excluding references, footnotes, and appendices. You must provide the word count of your completed report, excluding references, footnotes, and appendices. Your report is marked by SQA. If the word count exceeds the maximum by 10%, a penalty will be applied.

Please note that you are not permitted to use the two sociological studies which are a mandatory part of the National 5 Sociology course: – Rosenthal R. and Jacobson L. 1968. *Pygmalion in the classroom*. New York: Holt, Rinehart and Winston – Kingdon G. and Cassen R. 2007. *Understanding low achievement in English schools*. London School of Economics.

A Choosing and describing a topic that is of interest to sociologists – maximum of 2 marks available.

The issue for this assignment is to explore the reasons why people are obese. This is an important issue because it has an impact on national economies as it decreases productivity, life span and increases disability and health care costs. It is of interest to Sociologists because obesity is normally considered to be a physical characteristic like deafness or blindness. However, unlike other physical disabilities, obese individuals are blamed for their own condition and are told it's their fault. But this might not always be the case since other external factors may impact the individual condition.

B Describing basic differences between sociological and common-sense explanations of human social behaviour – maximum of 6 marks available.

A common-sense view on why people are obese would suggest that the reason why people are obese is because they do not exercise frequently enough and let their health deteriorate. The public may believe they are too lazy to complete general physical tasks done by most other people and that obese individuals are solely responsible for their condition due to their bad habits regarding food consumption (overeating too much food or eating unhealthily).

An example of this view is an article from New York Post, called "I gained 43 pounds to prove obese people are lazy". This article goes on to show the view of an individual who believes the obese are truly responsible for their condition and it's as easy to lose weight as it is to gain weight. The article then states "I know how tough it is, but I feel like I have proved if you make a determined effort, you can beat it and you can really make a difference to your life." This shows that they believe obesity is a condition that can be solved with effort and that the only limiting factor is the individual person themselves.

A second example of this view is from a post on reddit, titled "You're fat and it's (probably) your fault". The author of this post goes on to disagree with fat acceptance posts, stating that these posts make healthy eating seem unfeasible to obese people and that it's wrong to question the dietary choices of others even if it's with the intention of helping or advising another individual. The author believes that "You can't just ignore facts. You're fat because you eat more than you need to" which shows how they believe the sole cause of obesity is only overeating too much food or eating unhealthily in general and that if they're not willing to eat less or more healthily, then it's completely the individual's fault and there are no other excuses.

C Using investigation skills to find appropriate sources of information — maximum of 2 marks available.

My first source of information is by L.Hedwig, Scholars Strategy Network (2012):  
<https://scholars.org/contribution/why-poverty-leads-obesity-and-life-long-problems>

My second source of information is an article on Verywellmind, 'How stress can cause weight gain': <https://www.verywellmind.com/how-stress-can-cause-weight-gain-3145088>

D Organising and interpreting information in sociology – maximum of 10 marks available.

My first finding from Source 1 is that Families with lower incomes do not have as much variety and choices of food and often run out of money by the end of the month. These types of families normally go for food which is high in fat with lots of energy (sugars, cereals, potatoes, and processed meat foods) as these types of food are normally more affordable and last longer than fruit and vegetables. Some families can also be insecure about their economy as they struggle to pay bills and rent which leads to coping by eating fatty and sugary foods.

My second finding is that Some families also live in small towns where healthy food is hard to get your hands on. They normally do not have massive grocery stores but normally have many fast-food stores or tiny food stores which have cheap fatty foods in them.

Families may not be able to pay for their children's out of school sports clubs which means they might not get enough exercise compared to kids whose parents can afford to do things like that. In poorer areas the schools may not have the funds to start sports clubs compared to more advanced schools. Poor parents (especially single parents) may have tricky work schedules, lack transportation, or do not have funds for childcare, may find it difficult to provide the funds for out of school clubs so all they can afford to do is leave their kid/s in front of a TV screen. In disadvantaged towns or neighborhoods, a lot of parks, trails and free gyms may not be available or safe as there could be lots of crime in the neighborhood or no parks/trails that are close to home.

E Communicating sociologically informed views – maximum of 10 marks available.

Bibliography

<https://nypost.com/2015/01/16/i-gained-43-pounds-to-prove-obese-people-are-lazy/>

<https://www.worldbank.org/en/topic/nutrition/publication/obesity-health-and-economic-consequences-of-an-impending-global-challenge#:~:text=Obesity%20has%20a%20major%20impact,%2D%20or%20middle%2Dincome%20countries>

[https://www.reddit.com/r/rant/comments/963qe1/youre\\_fat\\_and\\_its\\_probably\\_your\\_fault/](https://www.reddit.com/r/rant/comments/963qe1/youre_fat_and_its_probably_your_fault/)

<https://www.verywellmind.com/how-stress-can-cause-weight-gain-3145088>

<https://scholars.org/contribution/why-poverty-leads-obesity-and-life-long-problems>

**Conclusions :**

Overall I support the sociological explanation of the topic not the commonsense explanation. These findings suggests that the reason for social class continues to go through out education is sociological because it looks into the education system of poor and rich kids and how it affects education to them.

The Scottish Government should provide many resources such as ipads, call meetings such as teams and have private services for whose struggling during the pandemic.

**Source 1:**

<https://news.sky.com/story/education-gap-between-rich-and-poor-stops-closing-and-is-likely-to-grow-again-12056761>

**Source 2:**

<https://www.theguardian.com/education/2020/sep/01/disadvantaged-and-bame-pupils-lost-more-learning-study-finds>

**Extra sources used =**

<https://www.independent.co.uk/news/education/higher/from-poor-postcode-to-lecture-hall-why-more-students-from-deprived-areas-are-reaching-university-1802532.html>