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PSYCHOLOGY ATAR - YEAR 12 2024

Unit 4

Task 7: Sleep Validation

Syllabus points

Applications of psychology to health

Ethical guidelines and practices for psychological research

Formulating research

Methodology

Data collection

Drawing conclusionsEvaluation of research

Conditions

Reading time: 5 minutes Working time: 40 minutes

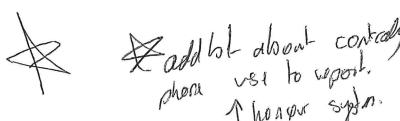
Task Weighting

• 7%

Structure of this paper

Section	Number of questions available	Number of questions to be attempted	Suggested working time (minutes)	Marks	Score
Section One: Short Answer	5	5	40	41	
			Total	41	

1.	Identify the following variables in your study.	(3 marks)
	It was whather or not porticipants used elect before bod. Dependent includual's These is contables Culumative hours slept, Sloep Qual and Cognitive functions on office.	
2.	Variables included age and data collection fime. The study you have conducted uses experimental design. On to	
	(a) Outline why it is considered experimental research.	(2 marks)
	It is considered experimental research became	ause Ne
	and changed. Thouse, because a relationship of	aip ulated
	analyed and dorvad between the independent a vocador into superimental.	nd dependat
	(b) (i) Identify one feature of experimental research that is missing from this s	study.(1 mark)
	The allocation of posticiponts to control and groups.	ux por imontal
	(ii) Explain why experimental research should have this feature.	(2 marks)
4	Experimental research should include allocation	because
	it allows for researches to divelop the similar	yours of
	porticipants, who's results can be compe	ored. This
	collected. In addition, it allows for research	lat can be
	he ellet of confounding making the consi ce	mores he

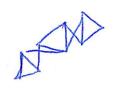


3. Formulate an evidence-based conclusion that explains your findings using psychological theories and concepts.

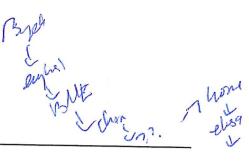
(6 marks)

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showed lat these was sleep quality out of 10 and countrie functors out of 10 participas moided use of electronic devices 30 minutes prior to slooping. These findings are they the result of production of melatonin. Electronic devices hypically type of light called blue light. Blue light Ne production of melatonin, a hormone lat promotes sloe Arough the disruption of the books natural Circadian shythous Circadian shythems ruleis to a bay's 24 hour slee rale cycle that among other they's controls leads of electioniz devices is a postire sloop hygiere predite due to i. e 20% increase in culumative hors sloop qually and cognitive functors, domonstrate it jestile benefits. Its such, the resilts support the hypotheses the prohibition of electronic devices will increase 16 to 18 year old's culumative hers dept, sleep quary and the country finetos as measured by Miself-assessment records questionaire. In condition, the prohibition of electronic devil usage before bed is a good sloop by give practice. promoting sleep qually, quantity and day to day cognitive functions.



4. The data was collected using a subjective quantitative measure.
(a) With reference to your study, outline a strength of this method of data collection. (2 marks)
A strongth of this method is that it allows for easier analysation
This is due to it's quantitative nature lending well to be
Creation of graphs in stadistically unalysis. Simply it can be unpriciply limited statistically owned and Got example in your for only (b) Suggest how qualitative data could be collected in a future study. Study (4 marks) for
in for melly (b) Suggest how qualitative data could be collected in a future study. If I makes in form of the future qualitative data could be collected 1 and 1 a
on too ? Through survey to some Specifically My addition of open the
n example of unded questions to the self-assessment records questionare 2 de la contra del contra de la contra del la contra d
estion is that is littly to greatly and this endeavour. This is because it allows for and
sleep last high ? Trouble he willised moley questions such as "Died you experience a (c) Explain how qualitative data addresses a limitation of quantitative data. 1(2 marks)
A limitation of quantities data is lat it is close - ended and
restricted to a simple source of numbers. Where as qualitative lata
allows for a greater range of typically more detalled data to be collocal
(d) Assess the reliability and validity of the subjective quantitative measure you created. (4 marks)
2m Reliability: It had srelatively high reliablity. This is because the
method of data collection was standardisact, allowing for
it to be easily repeated.
2m Validity: It hade a celatively low validity. This is because it relied
and social hime that was a strong mentine for northing
en self-report systems. As such due to demond characteristics, and social birs, their was a strong incontine to participant to manipulate their reported rosults so as to be soon more forowably this head increases the risk of conto uney can the.
con the hear in creeses we ask of conto uney



larger sample with the target population being high school students in Western Australia.

5. Imagine we were going to run this study again but with the feature identified in 2 (b) (i) and a (a) Assess which sampling technique would be most appropriate to get a representative sample of all students in Western Australia. compling is most surtable. characteristics Stratafiel sundy would be shost (b) You have already written a standardised procedure in a report that could be used in the future study. Explain the purpose of having these in the study. (3 marks) to ledic chay leve Ill some, validal as inc (c) Suggest how you would minimise the effects of extraneous and confounding variables other than having a standardised procedure. (3 marks) Mese effects anoles selution is controlled. In doing so vollables and minimised becausi been minimised. SCIODAL FOR CONSUDER

Appreciant Const

(d) Explain how you would address two ethical considerations. One: Mormad Consent & This refers to the participals of the potential rishs and bonds, within Vilagen and appelo on gon into . As ly semple studied includes maky Hem aware of the intent of the study assuring and gaing their consent, I will also go do the same posticipal right to private and secont. only collecting anonminged ANA Another method is by properly and rublishing In implemely Consent is 9 ained, 11 will lemply used or obtained.