

# Home Economics | Sample answer

## 2015 Section C Q3

### **(a) (i) Discuss how changes in the availability of work have affected individuals and families in Ireland.**

Today there is an increase in the availability of work, although in order to cash a higher paid job today, you must be qualified. This may cause stress to those who dropped out of school early or never continued to third level education.

There has been a decrease in work in primary sectors which resulted in many of these workers losing their jobs. This can cause loss of purpose as well as feelings of inadequacy which can result in strained relationships in the family as well as feelings of guilt.

Today in many workplaces, there is the option to job share. This allows parents to have more time to spend with/take care of their children which can result in better family relationships. Technological developments have recently increased significantly, resulting in workers having to be supervisors rather than hands-on workers. This has reduced social interaction between colleagues as most of the jobs have been replaced with machinery. This can result in the individual to feel more isolated and lonely at work and feel a reduction in job satisfaction as all they must do is supervise the machinery.

### **(ii) Discuss, giving examples, how flexibility in working hours has impacted on work/life balance for many people.**

Job-sharing has impacted parents greatly as they now have the option to work less to be able to spend more time with their children creating a better balance between work and life.

Part-time work is very popular among college students as they don't have the time for a full-time job but need the money for rent, travel, food etc. This allows the students to continue their education as well as their social life while also earning an income.

Flexi-time can improve people's social life as they may choose to work earlier or longer at the start of the week in order to have longer time to socialize at the weekend. This results in a more equal balance between work and life.

Workers can take a career break in order to raise children or pursue interests e.g. travel for a period of time. This allows the worker to focus more on their life instead of working constantly.

Parents have the option of taking parental leave from a job for up to 18 weeks per job. This allows parents to care for their children without the interference of work for a period of time.

**(iii) Name and give details of one statutory initiative aimed at creating employment.**

SOLAS: The national further education and training authority. It funds, plans and coordinates training and further education programmes to increase people's employability. They provide work experience, employability-related skills e.g. ICT skills as well as apprenticeship programmes.

**(c) (i) Discuss, giving examples, the role of leisure activities in personal development. Refer to the following factors: physical, social and emotional.**

*Physical leisure* e.g. jogging improves people's fitness and muscle strength developing their physical well-being. This may make them feel more energetic and less tired on an ongoing basis.

*Group leisure activities* e.g. book clubs allow people to interact and socialize, encouraging positive new relationships between members. This can develop people's confidence but also their perspective as they may become friends with people of different backgrounds and different ages.

*Leisure activities* e.g. yoga can develop a person emotionally as it can help alleviate stress from work and from at home. It helps the person relax and unwind from everyday life, creating a healthier and clearer mind.

**(ii) Name and evaluate two leisure facilities popular with retired people.**

*Golf Club* – These are popular among retired people as it is a great way to socialize. As well as socializing, retired people are being physically active when golfing which benefits them both physically and mentally. However golf club memberships can be expensive.

*Community Bingo* – Bingo is very popular amongst the retired generation as it is a means of socialising. This is usually a prominent part of retired people's week which they look forward to as they get to meet many people for a chat which makes them content. This facility is inexpensive to play which is suitable for all retired people.