**Student Worksheet: Analyzing a Journal Article**

**Please read the journal article that you found and answer the following questions. Please make sure to use proper APA citations throughout.**

**Your name:**

**Sarah Rexrode**

**Journal Article Citation in APA format:**

**Majeno, A., Tsai, K. M., Huynh, V. W., McCreath, H., & Fuligni, A. J. (2018). Discrimination and sleep difficulties during adolescence: The mediating roles of loneliness and perceived stress.*Journal of Youth and Adolescence, 47*(1), 135-147. doi:http://dx.doi.org.proxy.longwood.edu/10.1007/s10964-017-0755-8**

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| **Step 1. What is the purpose/hypothesis/objective of the study** |
| 1. **Write down the exact statement in which the author describes what they were testing. (Hint: This information may be provided in the article as a purpose statement or as a hypothesis). Include quotation marks around the exact wording, and indicate the page number using APA citation style.**

 | “In the current study, we examined the association between ethnic and non-ethnic discrimination and various indices of adolescent sleep. Additionally, we explored the mediating role of loneliness and perceived stress in the association between dis- crimination and sleep,” (Majeno, A., Tsai, K. M., Huynh, V. W., McCreath, H., & Fuligni, A. J. 2018) |
| 1. **Describe the purpose of the study (as you understand it) in your own words.**
 | Examine the association between discrimination and various indices of sleep. In addition, look at how loneliness and stress affect this association. |
| 1. **What is the “gap” in the research that the authors were trying to fill by doing their study?**
 | Little research has been done on other types of discrimination. This study can bring attention to potential mediating factors. |

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| **Step 2. What is the major finding(s) of the study?**  |
| 1. **Make some notes about the authors’ major conclusions or findings as written in the article. Include quotation marks whenever you use their exact wording, and indicate page number.**
 | They found that non-ethnic discrimination was only associated with worse sleep quality and not the duration or variability of the sleep. They also found that loneliness and stress did not mediate the relation between the two types of discrimination and sleep efficiency. |
| 1. **Write those conclusions (as you understand them) in your own words.**
 | Emotional security and safety are important for optimal sleep. Both types of discrimination were found to be social stressors that would affect one’s sense of security and belonging. The discrimination heightened the feelings of loneliness and stress and therefore disrupted the quality of sleep of the adolescent.  |

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| **Step 3. How did the authors test their hypothesis/What methods were used to draw conclusions?**  |
| 1. **Briefly summarize the main steps or measurements that the authors used in their methods. Try to use your own words as much as possible. Make sure to mention if the methodology was qualitative or quantitative.**
 | Adolescents wore a sleep actigraph watch for eight nights to measure sleep duration and variability. Sleep quality was measured using the Pittsburgh Sleep Quality Index. Discrimination was measured using the Expanded Everyday Discrimination Scale. Loneliness was measured using the UCLA Loneliness scale. Perceived Stress was measured using the 10-item Perceived Stress Scale. |
| 1. **Do the authors suggest any problems or limitations with their methodology? Do you see any problems or limitations with their methodology?**
 | A problem I see is the same problem I saw in the last study. A lot of the variables like loneliness and stress are looked at in a quantitative way. To me, they seem like they should be looked at in a qualitative way. |
| 1. **How did the authors analyze their data? What test/s did they use? What techniques?**
 | The authors conducted multiple series of ANOVAs in order to examine the ethnic differences among the variables. |
| **Step 4. How reliable or valid are the results?**  |
| 1. **Do the authors suggest any problems with the study that could lead to unreliable results? Explain.**
 | There was one outlying result. It was the significant association between ethnic discrimination and shorter sleep duration. |
| 1. **Do the conclusions made by the authors make sense to you? Are the conclusions too broad or too narrow based on what was actually done in the study?**
 | The conclusion makes sense to me. In order to go to sleep, you have to be calm and comfortable. You can’t be that way if you’re emotionally unstable. |
| 1. **Based on the accuracy of the methodology and the reliability of the results as described in Steps 3 and 4, do you think the conclusions can be believed?**
 | I do think that the conclusions can be believed based on Steps 3 and 4. |

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| **Step 5. What is the importance of this scientific work?**  |
| 1. **Write (in your own words) the significant contributions of the article as reported by the authors. Include a sentence or two on why you think this is a strong or weak example of sociological research.**
 | The significant contribution of this article is that it shows how discrimination and loneliness can affect someone’s quality of sleep that will in turn affect someone’s life. It’s a pretty good example of sociological research because it shows how one’s social status can affect their quality of sleep. |