

L026 Dual burden and emotion work - Workbook

AQA A Level Sociology 7192 • Families & Households • Couples • 90 minutes

Connect & check

Define the core concept and identify one relevant perspective before the new teaching begins.

Focus	Detailed notes
Key terms	dual burden, triple shift, emotion work, mental load, care responsibility, invisible labour, gender norms
Theory reminder	Feminism: inequality continues when paid work is added to unpaid care and emotional responsibility.; Marxist/socialist feminism: domestic labour supports capitalism by reproducing labour power without pay.; Personal Life perspective: responsibilities are lived through relationships, obligations and care narratives, not only through task lists.
Study focus	Duncombe & Marsden; Hochschild; Feminist research on care; Policy context

Study organiser

Duncombe & Marsden: Emotion work and the “triple shift”: some women undertake paid work, domestic labour and emotional care. Evaluation: Important for showing why time-use data can understate inequality.

Hochschild: Second shift: paid work may be followed by a second unpaid shift at home. Evaluation: Useful conceptually, but learners should apply it to specific evidence rather than name-drop.

Feminist research on care: Caring includes planning, noticing, anticipating and smoothing relationships. Evaluation: Helps distinguish task completion from responsibility.

Policy context: Childcare, parental leave and work conditions shape what couples can realistically negotiate. Evaluation: Avoids blaming individual couples for structural constraints.

Apply

Choose ACCESS, SCAFFOLD, CORE or STRETCH. Use the fictional case and write a developed paragraph. Include one concept, one named study and one evaluative sentence.

ACCESS: _____

SCAFFOLD: _____

CORE: _____

STRETCH: _____

Exam practice

Applying material from Item A, analyse two ways emotion work or mental load may affect equality in couples. [10 marks]

Plan: point 1 / point 2 / evidence / evaluation.

Evaluate the view that domestic labour statistics understate gender inequality in couples. [30 marks]

30-mark judgement plan: argument, counter-argument, evidence, conclusion.

Sources: AQA specification:

<https://www.aqa.org.uk/subjects/sociology/a-level/sociology-7192/specification/subject-content/topics-in-sociology>; ONS Time Use in the UK 2023:

<https://www.ons.gov.uk/peoplepopulationandcommunity/personalandhouseholdfinances/incomeandwealth/bulletins/timeuseintheuk/23septemberto1october2023>; ONS Families and the Labour Market:

<https://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/employmentandemployeetypes/articles/familiesandthelabourmarketengland/2021>; British Social Attitudes gender roles:

<https://natcen.ac.uk/publications/british-social-attitudes-40-gender-roles>; AQA assessment materials:

<https://www.aqa.org.uk/subjects/sociology/a-level/sociology-7192/assessment-resources>