

Answer critical
question about the
acute effects of
humor and exercise
on mood an...



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Design and Technology Question The justifies the need for the study through the identification that there is limited information pertaining humour in relation to the various interventions. The rationale for conducting this study is adding to the existing body of knowledge on how humour affects the human body compared to other interventions used in improving the mood among humans (Szabo, 2003). The limitations of previous studies is the number of participants used and the elements which are being studied which is state anxiety.

Question 2

The literature review identifies other studies which have been conducted and determines the various variables which were being reviewed within those studies. Based on this information, the author is able to develop new variables which to study based on the hypothesis which has been developed from previous studies.

Question 3

The study design is a quasi-experimental design. This is because there are experiments which are being performed upon the participants but there is not control group, which is normally the case in true experimental design. The interventions are being applied to assess the outcome.

Question 4

The sampling design was non-randomised as the participants were selected with certain specifications which the researcher desired. The specifics of the participants imply that non-random approaches were utilised in the sampling of the participants.

Question 5

The number of participants which was utilised within the context of this <https://assignbuster.com/answer-critical-question-about-the-acute-effects-of-humor-and-exercise-on-mood-and-anxiety/>

research appears sufficient to achieve the desired purpose of the research. This is mainly because previous studies which had been carried out consisted of relatively smaller number of participants and still yielded reliable results.

Question 6

Ecological validity is the capability for a study to be able to approximate the real world requirements in terms of materials, methods and setting. The author sought to maximise ecological validity through not informing the participants about their experiments to ensure that there is no bias as a result of perceptions and expectation

Question 7

1. Confounding - this could have resulted in the variable being tested which is the mood being affected by other factors which are not within the research
2. Repeated testing - subjecting same persons to the same experiment more than once. This would make the outcome to be biased since the participant will always react in the same manner.
3. Experimental bias - this could occur as a result of the research performing some actions which could affect the outcome.

Question 8

Situation - the condition under which the experiment was being undertaken might not be similar to the real world and the results could be different.
Pre-test effect - the existence of similar findings from elsewhere could cause the development of bias on the side of the researcher.

Question 9

Advantages

<https://assignbuster.com/answer-critical-question-about-the-acute-effects-of-humor-and-exercise-on-mood-and-anxiety/>

The design reduces the threat of external validity for the research

Various manipulations to the research can be introduced for better assessment

Disadvantage

It introduces new threats to internal validity.

It lacks randomness and might hence be weak.

Question 10

The author ensured there is treatment fidelity through ensuring the comfort of the participants by adherence to the required regulation the quantity and exposure of the participants to the treatment has also been limited for the safety of the participants

Question 11

Use of direct observation

This would involve observing the participants independently after exposing them to certain treatments, this would increase the possibility of generalisation of the findings of the research

Introduction of randomisation of participants

This would be critical at eliminating the bias which could result from participants understanding some of the treatments before they are undertaken.

References

Szabo, A. (2003). The acute effects of humor and exercise on mood and anxiety. *Journal of Leisure Research*, 35(2), 152-162.