

Research proposal example psychology flashcard



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- Research paper for psychology

Stress research paper

TAQ 1:

Concepts and Theories

Research proposal entails an experiment to test whether psychological aspects of stress are dependent on personality test in individuals. It thus investigates the relationship between anxiety and biological basis for the stress response. The theory of Type A and type B personality was created by Meyer Friedman and RH Rosenman in the 1950s. Notably, (Munnke, 2013, p. 3) defines stress as a natural emotion and reaction that occurs when there are changes that threaten life. Further, in addressing the relationship between stress and anxiety, the author describes anxiety as a feeling of tension when there is no real danger expected. Accordingly, anxiety prepares a person for an action once a risk strikes.

Consequently, the tension becomes harmful when it lasts than anticipated to prejudice quality of life thus leading to stress. Mental health professionals suppose personality plays a major role in how we perceive stress. Studies suggest these traits, if not properly managed, can create stress-related illnesses. Type B personalities are able to view things more adaptively, put things into perspective, and think through how they are going to deal with situations. Therefore they tend to be less stress-prone. Scientists concur that in-born temperament, genetic personal chemistry and influences from environment contribute to development of personality type. Several scholars

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argue that Type A behavior is not a good analyst of stress. According to a research from Duke University done by Williams Redford, the antipathy component of Type A personality is the only major risk factor unlike Type B which comprises many problems during agitation.

Word count: 257

Psychology reaction paper

TAQ 2:

Rationale

The aim is to identify the difference in stress causes among Type A and B individuals. The rationale of this study is based on the assertion that personality determines stress response all the time while trying to identify pathophysiological system where the emotional character consisting of Type A behaviour show high levels of anger and hostility as Type B personality is less hostile (Byrne, 1996, p. 228-236).

Word count: 67

The main objective is to distinguish individual personality and assist people to reduce stress. Thus, a non- experimental observation may find that people may need arousal properties that feeling stressed provides to perform an optimum level. Another may indicate a person suffering from psychosomatic disorders produced by the processes such as the psychological stress of the mind that may include allergic conditions, hypertension or digestive problems when exposed to the same levels of stress or physiological problem (Byrne, 1996, p. 228-236).

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Word count: 82

Research papers on stress

TAQ 3:

PRACTICAL INVESTIGATION RESEARCH PROPOSAL

PROPOSED TITLE, TOPIC AND AIMS

Assessment criteria
 [Table for you to complete]

1. 2	What is your title?	Planning a Practical Investigation in Biology
1. 1	What is the topic area you are investigating?	The relationship between psychological stress and personality
1. 3	What is your aim?	To identify causes of stress and distinguish individual personality in helping people to

reduce stress

DESIGN

Assessment criteria [Table for you to complete]

2. 1, 2. 2, Will you use The research
 2. 3 an will use a non-
 experimental experimental
 or non- method as it is
 experimental highly
 research systematic. It
 method? shall entail
 Which method studies that
 will you use focus on a few
 (e. g. individuals, ask
 experiment / questions on
 observation / their
 survey etc.)? psychological
 Why (justify stress aspects
 your answer)? and response.
 Stress
 elements and
 anxiety
 identified
 through

naturalistic observation methods. A correlation analysis will identify reasons why one person reacts very differently to another when faced with stressful events(Oxington, 2009, p. 15).

2. 1, 2. 2, What will be your research design, and why? (E. g. independent groups, repeated measure. matched pairs). This study will use non-experimental, Quantitative research design. The independent group design is used group different

individuals in
each condition
of the study.
Participants
with Type A
and Type B
personality,
will be
randomly
assigned to
their
respective
groups of 10.

2. 1, 2. 2, What is the
2. 3 IV?

Personality of
individuals
(Type A and
Type B) is
independent
variable. In this
case the
independent
variable is the
tendency of
the
participants to

experience
 high stress
 levels
 Psychological
 of a stress
 response is the
 dependent
 variable. The
 actual level of
 stress reaction
 achieved due
 to a given
 stressor is
 measured and
 recorded as an
 independent
 variable

What is the DV?
 What is your alternate / experimental hypothesis?
 The alternate/experimental hypothesis is that all type A personality exhibit increased

psychological
aspects of
stress because
of their
personality
while Type B
does not.

The null
hypothesis
denoted by
H1: Type A

What is your
null
hypothesis
personality
have biological
basis for
increased
psychological
stress
response

Is your
hypothesis
directional /
non-
directional?
(Justify your
answer.)
The hypothesis
is directional
because
research
indicates that
stress for Type
A personality

is caused by
internal factors
which
individuals are
in control of in
addition to
social
stressors,
unlike Type B
people.

There are no
order effects.

Are there any
EVs to take
into
consideration?
However,
limitations
reported from
lack of control
of participant's
variables.

Confounding
variables and
limitations: do
you think
there may be
any limitations
within your
The
outstanding
limitation is
the personal
and subjective
bias. The
remedy to this

is the random
distributions of
participants to
conditions that
will see every
participant
research have an equal
investigation opportunity to
which you be in either
cannot control condition. For
for? example, Type
A being in
Type A group
than in Type B
group.

;

What ethical Ethical
issues will you competencies
need to to observe
consider and with human
why? participants
include;
integrity to be
accurate and
honest,

responsible
 regarding
 protecting the
 participants
 from harms
 and debriefing
 them. Lastly,
 respect for the
 privacy of
 participants,
 getting
 informed
 consent and
 advising them
 on right of
 withdrawal

;

PARTICIPANTS

[Table for you to complete]

How will you select your sample?	Sampling will be done randomly through event sampling and time sampling. It will record the
----------------------------------	---

(Opportunitindependent groups and

later video viewing to look back at the information in detail. The event sampling will have some researchers tick boxes every time Type A individual (male/female) conducting an activity (faster and against time to complete) while Type B is doing an activity or waiting for Type A to finish (slowly and composed). The time sampling will determine the time of the action equally among participants.

How many There will be 20 participants
participant in the age of 15 years to the
s will be age of 25 comprising of ten
required to female and ten male.

gain a
sufficient
amount of
data?-That
means in
order to

What you
need to do

The researchers will
need to prepare reports
on the personality of
participants and the
; correlation between
personality and stress.
Questionnaire will be
used to group the
participants.

What do you
need to help
you collect
the data? (E.
g.
questionnair
e record
sheet etc.) ;

Questionnaires and
structured interviews to
gather both qualitative
and quantitative data
as they can easily be
uniform and distributed
quickly. An impossible
puzzle will be used to
provide the stressor
; element that causes a
mild stress among
participants.

Are they
reliable and
valid tools?

;

How can
you
establish

; Questionnaires are
reliable tools for they
have predetermined

questions that require honest answers from the participants. However, they can be unreliable as interviews use a lot of time while participants may misinterpret the questions and give incorrect answers (Coolican, 2014, p. 33).

;

;

PROCEDURE

[Table for you to complete]

What you need to do ; The researcher will need to have a one-on-one session with the participants for purposes of conducting the interviews and distributing the questionnaires. During

	the one-on-one session, the researcher will measure the pulse rate of respondents in order to assess the level of stress experienced
How will you approach potential participants ?	Participants to be engaged conversations to create trust including ; use of open-ended questions. For Example, what are you view on stress?
Where will the practical research take place?	The research will take place on an online ; platform, hence there will be no physical venue for the research
How will you brief participants ?	; The participants will be briefed using email. All the details of the research will be sent alongside the consent forms to ensure

voluntary participation

The standardized instructions will be time-based to complete an activity. Data will be recorded by video and systematic recording in reports (Coolican, 2014, p. 33).

How will you debrief your participants afterwards?

Afterwards the participants will be briefed through email as well

How will you collect and record the data?

The participants will be asked to email their responses to the researcher, who will record data in his personal computer that is password protected in order to enhance confidentiality of the

data
;

RESULTS

[Table for you to complete]

The research results presentation will be made in charts and graphs to indicate percentages of data ; collected in ratios of Type A to Type B personality stress causes, anxiety correlation and response.

What you need to do

How will you analyse the descriptive data (mean, ; median, mode, SD and range?)

The descriptive data will be analysed using all the standard deviation measures

<p>How will you present your data? Will you use any of the following: tables? graphs / bar charts?</p>	<p>Use of pie charts, bar graphs and other ; diagrammatic representations of descriptive data</p>
<p>What will be the level of data collected and why? (Nominal, ordinal, interval or ratio).</p>	<p>The data will take the ratio level as it focusses on proportions and correlations of variables</p>
<p>Which statistical test would you intend to use and why?</p>	<p>The Chi-squared test could be used because ; the hypothesis has an association to show the correlation between anxiety and</p>

stress in Type A and
(Chi- Type B personality
Squared, T- (Coolican, 2014, p. 35-
test etc.) 37).
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Word count (total word count for TAQ 3): 104 words

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[Remember to use the Harvard
Referencing System]

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TAQ 4:

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; New aim:

To establish the relationship between stress and individual lifestyle

; New research question:

; How does individual lifestyle affect the psychological stress of a person?

;

TAQ 5:

; Timeframe Log ;(proposed if the study were to be carried out)

The study would take a total of four weeks as follows;

Write up of the study; s background-3 days

Preparation of data collection tools such as special purpose questionnaire documents, one on one interview-4days

Observation study-1 day

Movements from ; place to place to meet target population-6 days

sampling and recording-6 days

Analysis of the data collected in terms

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of personality and stress response- 8
days.

Word count: 62

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