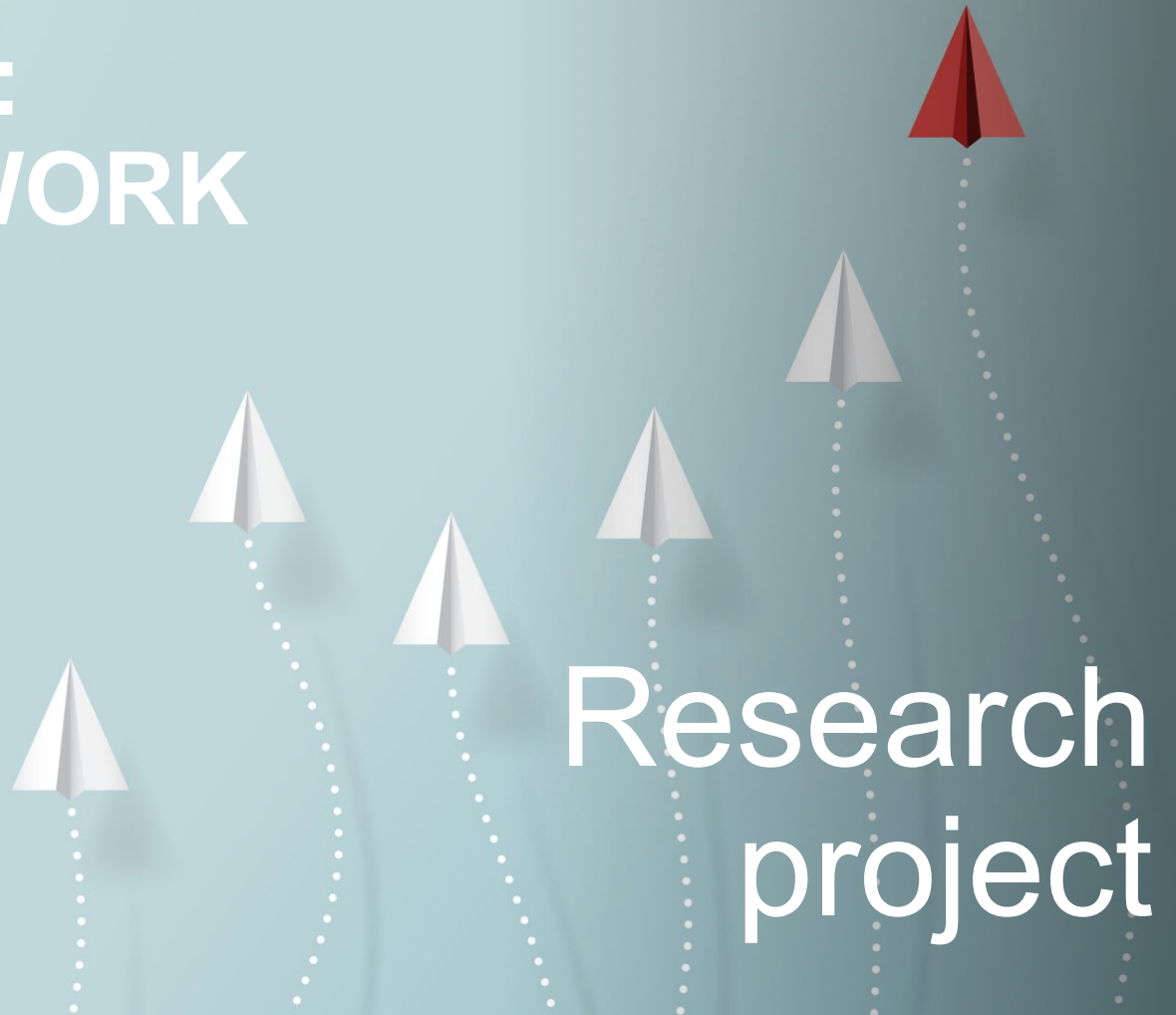


A LEVEL PSYCHOLOGY: TRANSITION WORK



Your task

- You will now be carrying out a mini- research project. You can pick from any of the following projects on the next slide. The whole project will take approx. 10 hours and can be completed over 2 weeks.
- You must try and aim to get at least 10 people to take part in your study, but the more you get the better.
- This needs to be done following social distancing guidelines- so this should be done over e-mail/ video call, or using members of your household.

Pick from one of the following research projects: These are topics that psychologists have studied in the past

1



Does owning a pet affect how stressed people are?

Psychological research has suggested that owning a pet helps to reduce stress levels. You are going to design a project to investigate whether this is true. You will use a questionnaire with different questions types to collect your information.

Example questionnaire below
(see appendix 1)

2



Does age affect how much people dream?

Some people say they dream every night, but others say they rarely dream. Students spend a lot of time learning new material so may dream more than older people. You are going to design a study to measure whether age affects the frequency of dreams. You will use a questionnaire to collect quantitative data on the frequency of dreams

Example questionnaire below
(see appendix 2)

3



Does the weather affect how happy people feel?

Research suggests that people feel happier when the sun shines, and they report feeling in a low mood when the weather is bad. You are going to design a study that investigates whether this is true. You will use a questionnaire with different question types to collect your data.

Example questionnaire below
(see appendix 3)

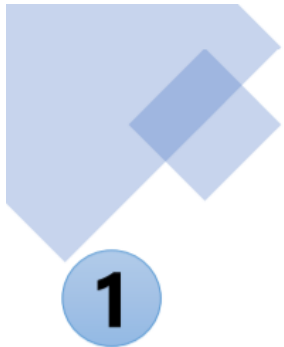
Questionnaire design

Each study has some suggested questions for you to use. Feel free to add any further questions to your questionnaire if you want to.

Before you start you need to research the different types of questions and types of data you could use in your study.

Look up and explain what each of the following mean:

- Open questions, closed questions, likert scale questions, quantitative data, qualitative data.



Please help us with our research into pet ownership

Are you

Male

Female

1. Do you have a pet?

YES

NO

2. Do you feel more cheerful when you are with your pet?

YES

NO

3. Is your pet a dog or a cat?

DOG

CAT

4. Why do you have a pet?

Please estimate

5. How stressed you feel on a 'normal' day

0 1 2 3 4 5 6 7 8 9 10

Not stressed

Stressed

6. Suggest one benefit of looking after your pet

.....
.....



2



Please help us with our research into sleep and dreaming

Male

Female

Circle your age range 16 – 25 26 – 35 36 – 45 46 – 55 56 +

1. On average how many hours do you sleep each night? -----

2. Do you usually dream at night?

YES NO

3. Do you usually remember what you dream about?

YES NO

4. On average how many dreams do you have each night? -----



3

Please help us with our research into weather and mood state



Are you

Male

Female

1. Do you think the weather has an effect on your mood?

YES

NO

2. Do you feel more cheerful when the sun shines?

YES

NO

3. Do you feel fed up if it is raining when you wake up?

YES

NO

4. Are you less likely to go shopping when it is raining?

YES

NO

5. Do you do less sporting activity when it is raining?

YES

NO

Please estimate

6. How happy you feel when the weather is warm and sunny?

0 1 2 3 4 5 6 7 8 9 10
Less happy More happy

7. How happy you feel when the weather is cold and rainy?

0 1 2 3 4 5 6 7 8 9 10
Less happy More happy

Collecting your information

You should aim to get a minimum of 10 respondents for your study. You will need to consider:

- A) who will fill it out (boys/ girls/ friends/ family/ young/ old)
- B) how will they fill it out (e-mail/ post/ survey website)
- C) when will you get them to fill it out (in their own time/ by a specific deadline)

Writing up your project

- Now you have collected your data you will need to write up your project, you can do this on PowerPoint or Word. You need to use the following sections:
 1. Introduction
 2. Method
 3. Results
 4. Discussion
- 5. Use the following slides to guide you on how to write each section.

1. Introduction

- Your introduction will need to include your **AIM** (this is what you are trying to do in your study).
- For example: The aim of the study was to investigate whether spending more time revising leads to improved grades for A level psychology students.
- Your introduction will also include your **HYPOTHESIS** (this is a statement that predicts what you think will happen in your study).
- For example: Students who spend more time revising will get better grades on A level psychology than those who spend less time revising

2. Method

The method section is an account of what you did to collect your data. It will include 3 sections:

- Participants- who took part- but remember, you don't include any names. For example: 10 participants were used for the study- 6 males and 4 females with an age range of 16- 42. All participants were residents of south east Essex.
- Procedure- how you collected the data. For example: Questionnaires were sent out via e-mail and were participants were instructed to complete and return their questionnaire within 48 hours. Participants were advised their data would be kept anonymous.
- Equipment- what you used to collect the data- in this case it is just the questionnaire. For example: Participants completed a questionnaire that included a range of open and closed questions.

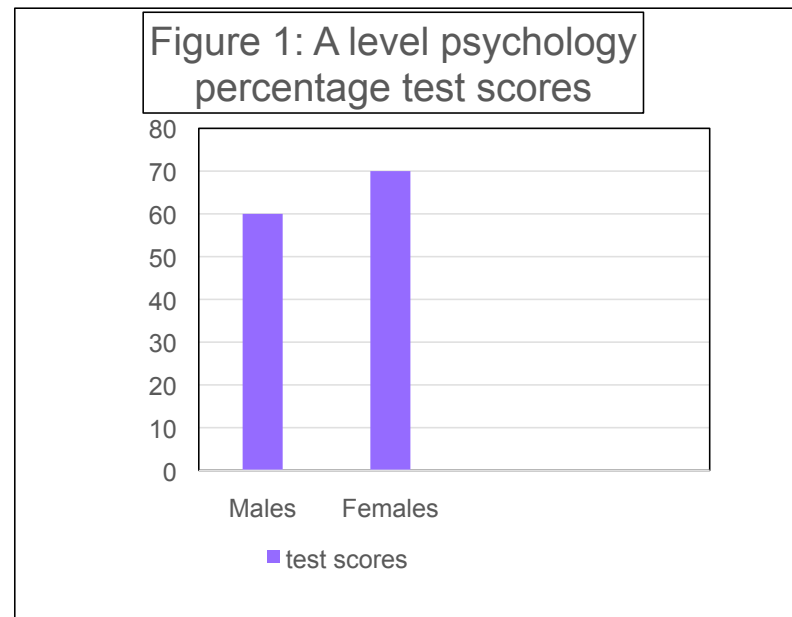
3. Results

This is where you display what you found. This is best done in graphs or tables. You can include as many graphs or tables as you feel you need to.

Under each graph/ table write a sentence to explain what the graph/ table is showing.

For example:

Figure 1: A chart showing a comparison of percentage test scores between male and female students on an A level psychology test.



4. Discussion

In this section researchers need to do the following:

1. Interpret their results and suggest reasons for their findings. **For example: Figure one shows that females did better on an A level psychology test than males. This could be due to the fact that females are more likely to complete more revision than males, leading to an improved performance in assessments.**
2. Discuss the practical applications of the research. **For example: The research suggests that one way to improve the performance of boys on A level Psychology is to increase the amount of time spent revising.**

Finished!

- Once you have collected your data and written up your report it can be sent back to Mr. Blainey.