



**FINAL EXAMINATION**  
**MARCH 2024**

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<b>COURSE TITLE</b>	<b>RESEARCH METHOD IN PSYCHOLOGY</b>
<b>COURSE CODE</b>	<b>EREM2114</b>
<b>DATE/DAY</b>	<b>19 JUNE 2024 / WEDNESDAY</b>
<b>TIME/DURATION</b>	<b>02:00 PM - 04:00 PM / 02 Hour(s) 00 Minute(s)</b>

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**INSTRUCTIONS TO CANDIDATES :**

1. Please read the instruction under each section carefully.
2. Candidates are reminded not to bring into examination hall/room any form of written materials or electronic gadget except for stationery that is permitted by the Invigilator.
3. Students who are caught breaching the Examination Rules and Regulation will be charged with an academic dishonesty and if found guilty of the offence, the maximum penalty is expulsion from the University.

(This Question Paper consists of 4 Printed Pages including front page)

**\*\*\*DO NOT OPEN THE QUESTION PAPER UNTIL YOU ARE TOLD TO DO SO\*\*\***

There are **THREE (3)** questions in this exam paper. Answer **ALL** questions in the answer booklet provided. **[50 MARKS]**

**Terdapat TIGA (3) soalan di dalam kertas peperiksaan ini. Sila jawab SEMUA soalan dalam buku jawapan yang disediakan. [50 MARKAH]**

**QUESTION 1**

**(20 Marks)**

A team of researchers from the University XYZ is interested in studying secondary school student's learning experience during pandemics and their coping mechanisms.

Generally, the nature of questions asked in a research will lead to different research methods to gather and analyze the information. There are four types of non-experimental research which are historical, descriptive, correlational and qualitative.

- a) Propose the most suitable type of research for the researchers from University XYZ and justify your answer. **(4 marks)**
- b) Distinguish between **historical, descriptive, correlational** and **qualitative** research. Give an example for each type. **(16 marks)**

**SOALAN 1**

**(20 Markah)**

Satu pasukan penyelidik dari Universiti XYZ berminat untuk mengkaji pengalaman pembelajaran pelajar sekolah menengah semasa pandemik dan mekanisme mereka menangani masalah.

Secara amnya, sifat soalan yang ditanya dalam penyelidikan akan membawa kepada kaedah penyelidikan yang berbeza untuk mengumpul dan menganalisis maklumat. Terdapat empat jenis penyelidikan bukan eksperimen iaitu sejarah, deskriptif, korelasi dan kualitatif.

- a) Cadangkan jenis penyelidikan yang paling sesuai untuk penyelidik dari Universiti XYZ dan justifikasikan jawapan anda. **(4 markah)**
- b) Bezakan antara penyelidikan **sejarah, deskriptif, korelasi** dan **kualitatif**. Berikan contoh untuk setiap jenis penyelidikan ini. **(16 markah)**

**QUESTION 2**

**(15 Marks)**

This question is based on the abstract shown below, written by Ernst T. Bohlmeijer, Jannis T. Kraiss, Philip Watkins & Marijke Schotanus-Dijkstra published on 7 May 2020 in Journal of Happiness Studies Volume 22, pages 1011–1032. The title of the research paper is Promoting Gratitude as a Resource for Sustainable Mental Health: Results of a 3-Armed Randomized Controlled Trial up to 6 Months Follow-up.

**Abstract**

The aim of the current study was to evaluate the impact of a 6-week gratitude intervention for people with low to moderate well-being and moderate symptomatology of depression and anxiety up to 6 months follow-up. 217 Dutch adults were randomly assigned to one of three conditions: a 6-week gratitude intervention, a 6-week self-kindness intervention as an active control condition and a waitlist control condition. Participants completed online assessments on well-being, depression, anxiety and gratitude at baseline, post-test, 6 weeks and 6 months follow-up. Changes in outcome measures over time were examined using multilevel growth curve modeling in R to account for repeated measures nested within individuals. The gratitude intervention was more effective in improving mental well-being in comparison to the self-kindness intervention ( $d = .63$  at post-intervention and  $d = .40$  at 6 weeks follow-up) and waitlist control ( $d = .93$  at post-intervention and  $d = .66$  at 6 weeks follow-up). The data also demonstrated that the gratitude intervention was superior to waitlist control and practicing self-kindness on various measures of gratitude but not on distress. The results of this study suggest that a 6-week gratitude intervention is an effective, low-intensity intervention for enhancing mental well-being but not distress among people with low to moderate levels of well-being and moderate distress, at least in higher-educated women. The sustained effects on various measures of gratitude up to 6 months follow-up suggest that it is possible to promote a lasting appreciative perspective on life.

- a) Rewrite the reference in American Psychology Association (APA) style. (3 marks)
- b) Bring your attention to the time period in the study. Distinguish between cross-sectional and longitudinal research designs in psychology. (6 marks)
- c) Rewrite THREE (3) variables examined in this study. (6 marks)

**SOALAN 2**

**(15 Markah)**

Soalan ini berdasarkan abstrak di atas yang ditulis oleh Ernst T. Bohlmeijer, Jannis T. Kraiss, Philip Watkins & Marijke Schotanus-Dijkstra diterbitkan 07 Mei 2020 dalam Journal of Happiness Studies Jilid 22, halaman 1011–1032. Tajuk kertas penyelidikan ialah "Promoting Gratitude as a Resource for Sustainable Mental Health: Results of a 3-Armed Randomized Controlled Trial up to 6 Months Follow-up."

- a) Tulis semula rujukan dalam gaya Persatuan Psikologi Amerika (APA). (3 markah)
- b) Bawa perhatian anda kepada tempoh masa dalam kajian. Bezakan antara reka bentuk penyelidikan keratan rentas dan membujur dalam psikologi. (6 markah)
- c) Tulis semula **TIGA (3)** pembolehubah yang diselidiki dalam kajian ini. (6 markah)

**QUESTION 3**

**(15 Marks)**

This question is based on the table below:

**Table 1: List of Variables**

Variable #1	Variable #2
Coffee consumption Social media use Parenting style	Sleep Academic achievement Self-esteem

- a) Provide a short summary of Independent Variable (IV) and Dependent Variable (DV). (3 marks)
- b) Predict **TWO (2)** appropriate research questions from any of the listed variables. (6 marks)
- c) Give **TWO (2)** examples of testable hypotheses from any of the listed variables. (6 marks)

**SOALAN 3**

**(15 Markah)**

Soalan ini berdasarkan jadual di bawah:

**Jadual 1: Senarai Pembolehubah**

Pembolehubah #1	Pembolehubah #2
Pengambilan kopi Penggunaan media sosial Gaya keibubapaan	Tidur Pencapaian akademik Harga sendiri

- a) Sediakan ringkasan pendek **Pembolehubah Bebas (IV)** dan **Pembolehubah Bersandar (DV)**. (3 markah)
- b) Ramalkan **DUA (2)** persoalan kajian yang sesuai daripada mana-mana pembolehubah yang disenaraikan. (6 markah)
- c) Berikan **DUA (2)** contoh hipotesis yang boleh diuji daripada mana-mana pembolehubah yang disenaraikan. (6 markah)

**\*\*\* END OF QUESTION PAPER \*\*\***