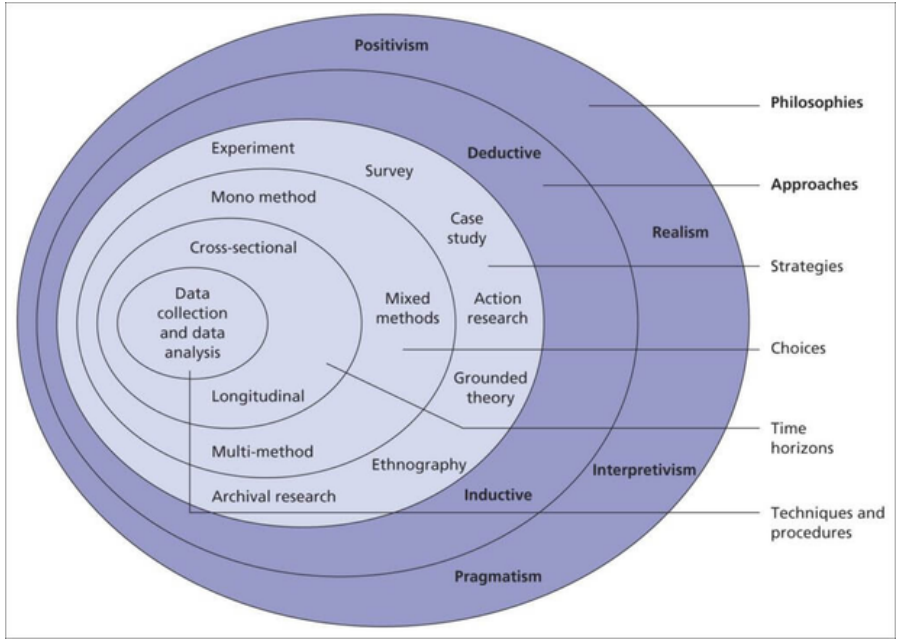


An Exploration of the Bidirectional Association between Insomnia and Mental Health in Early Adulthood (35 Years and Over)

Research methodology

INTRODUCTION

Research method refers to the technique, which has been used for gathering, analysing and interpreting the information in order to answer the particular research questions (Saharan et al., 2024). The following information will be providing information regarding the techniques used for collecting information.



RESEARCH PHILOSOPHY

This research has used interpretivism research philosophy because it focuses much more on the subject meaning behind the mental health and Insomnia experiences. Instead of depending on the numerical association it has helped in collecting qualitative information and critically analysed for interpreting an individual's perspectives and a social context (Assadpour, Ghalehnoee and Bahramian, 2023). This has also provided valuable information into how does the mental will be and the sleeping the students have an influence on each other

DATA ANALYSIS

Thematic analysis has been used in this research because it has helped in recognising the recurring patterns between insomnia and mental health outcomes. Data were also grouped and coded into different themes, such as anxiety, stress and lifestyle factors (Alturki, 2021). This kind of interpretive process has supported a deeper understanding regarding the psychological interconnection with the existing information.

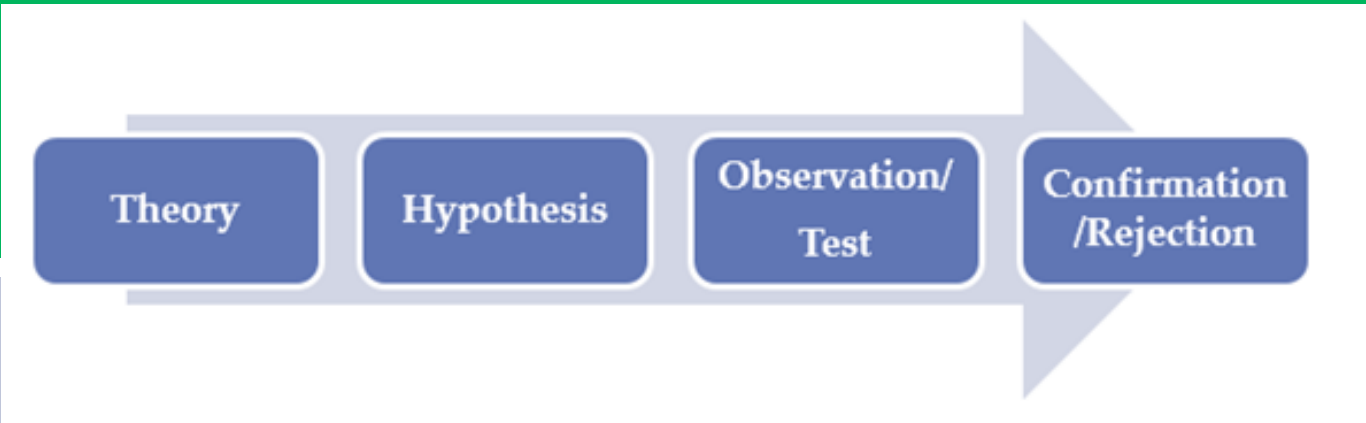
SAMPLING

Inclusion and exclusion criteria have been used as it has helped in setting the criteria for collecting information. Information related to mental health and insomnia among elderly people published after 2020 were included (Costal et al., 2021). On the other hand, exclusion criteria were used, such as information which are not related to research topics and information that are published before 2020 were not used.



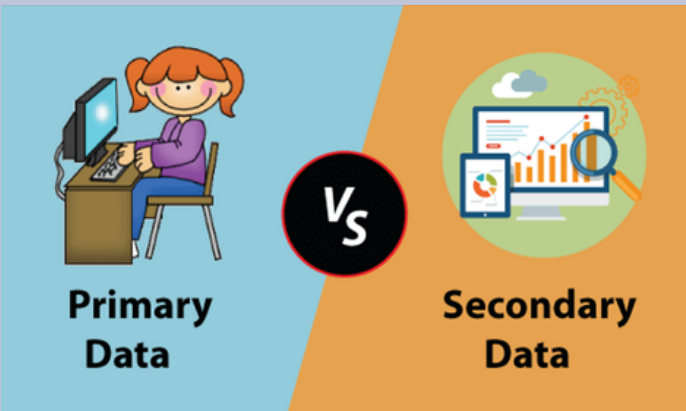
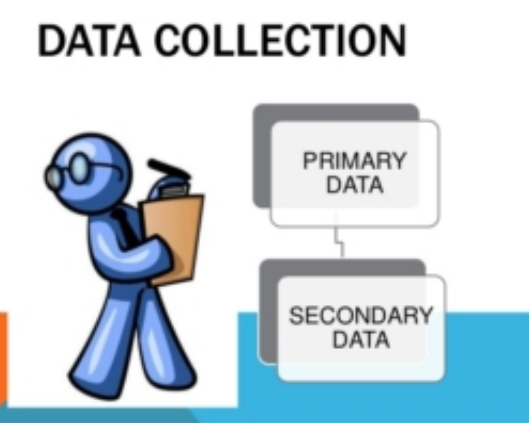
RESEARCH APPROACH

Deductive approach has been used in this research for deriving hypotheses from the existing medical and psychological theories linking to mental health and insomnia (Assadpour, Ghalehnoee and Bahramian, 2023). Informations collected from the existing sources were properly examined for testing the theoretical assumptions and allowing for the proper evaluation, whether the framework is authentic with an early adult hold population, which are above 35 years old.



DATA COLLECTION

Secondary Data Collection methods have been used because it was valuable as compared to the primary data collection method. This has allowed for collecting information within a short period of time directly from the highest scholarly sources. Further, it has also ensured access to the extensive and ethically sourced information while also minimising cost and time (Abdelhakim, 2021). This has also allowed for critically comparing definitions from different sources related to the mental health relationship across the different early adult people.



ETHICAL CONSIDERATION

Researchers have maintained proper ethical consideration following different frameworks, such as Data Protection 2018. This has helped in maintaining proper privacy and anonymity in the whole research. Further information gathered from different sources are properly cited (Nii Laryeafio and Ogbewe, 2023). Referencing has been done properly, which has helped in acknowledging the main source of information.



CONCLUSION

It has been found that a secondary data collection approach is one of the effective approaches for collecting information from the existing sources. Proper inclusion and exclusion criteria have ensured that the information collected are relevant and credible for the understanding association between Insomnia and Mental Health in Early Adulthood.

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