



Prifysgol Cymru

Y Drindod Dewi Sant

University of Wales

Trinity Saint David

Student name: Krisztina Szegvari

Student number: 1908223

Lecture: Dr. Muhammed Afolabi

Moodle name and code: Practice - Based Research (LCHS7001_LON)

Assignment Title: Individual Presentation - Research Proposal

Submission Date: 18.07.2023

Introduction and Background.

Topic:

Prevalence of cycling activity among undergraduate students at the University of Edinburgh.



- Bicycling was started in the United Kingdom more than 140 years ago(Hazael, 2013).
- In the 19th century, Coventry was the biggest producer of bicycles in the world(Hazael, 2013).
- In 2017 the government made for cycling and walking strategy which will help the local cycling and walking infrastructure plan(Hazael, 2013).
- University is working with different organizations to ensure that cycling is attractive and safe, and lot of options for many journeys to the university(The University of Edinburgh, 2023).
- The University of Edinburgh students travel by bike to the university or to work is 12% of the students(The University of Edinburgh, 2023).
- Encouraged the students to have more activities with giving discount in the local bike shops, they can get from each other second hand bikes and staff members can apply for the interest free bike loan(The University of Edinburgh, 2023).



THE UNIVERSITY
of EDINBURGH

(The University of Edinburgh, 2023).

The rationale of the proposal and aim and objective



- **Aim of the study:**

Determination of the prevalence of cycling among the students.

- **Objectives:**

Determinant of proposition and socio-demographic profile of students who engaged with cycling.

What are the factors that influence the students?

- **The rationale of the research questions of the proposal:**

Why are the students started to cycling?

Find out what is the prevalence of bicycling activity among the students.

The different risk factors of socio-demographic status among students.

- **Research question:** What is the prevalence of cycling activity among undergraduate students at the University of Edinburgh?



(Cycling. UK, 2023).

Research Methodology

- The cross-sectional study methods will use to analyze the "present" data about cycling students at the university(Capili, 2021).
- The method that will be used is quantitative research which collects numerical data(Albers, 2017).
- That mini-project proposal will be the secondary data collection(Trinh, 2018).
- SPSS statistical analysis software will be use to analyze the collected data(SPSS, 2023).
- Keywords will be used, physical activities, undergraduate students, University of Edinburgh and prevalence of cycling.

Research Design

- The descriptive research design will be used to collect the data about the study and describe what happened(Aggarwal & Ranganathan, 2019).
- Criteria will use to focus on the undergraduate students who are riding a cycle and will use systematic sampling to select the relevant articles(Watson, 2015).
- Descriptive research methods include surveys with large numbers of data that can be analyzed for averages and patterns(Watson, 2015).
- Observations will use to collect the data with behavior and engagement without relay on honest or accurate responses from the participant(Aggarwal & Ranganathan, 2019).
- The case study will be used to describe the specific subject such as the group of students, organizations the university(Watson, 2015).

Prevalence of cycling activity among undergraduate students at the University of Edinburgh.

- At the University of Edinburgh, most of the students are engaged with riding a bike when they are going to school such as short or long term in the semester (Acton et al., 2015)
- They try to encourage them to do more physical activities which helps with their health and mental health well-being and builds their confidence (Ed. Ac. UK, 2021).
- Socio-demography status affects them because if their place of residence has poor road quality is very difficult for them to access the school (Acton et al., 2015).
- The main concerns are usually the financial problem to service their bicycle and the insurance for that (Acton et al., 2015).
- The cycling group they have made a community in the university by supporting each other by changing their bike and helping with different equipment (Sfc. Ac. UK, 2018).
- The university workers such as lecturers and assistants are using bicycles as well to reach the school (The University of Edinburgh, 2023).
- They make programs and events together to plan a trip by bicycle together with the other students (Cycling .UK ,2023).



(Getty Images, 2023).

Ethical considerations

(Gupta, 2020).



- The research mini-project proposal will be submitted to the Research Ethics Committees of the University(Koepsell et al., 2014).
- Before the study will make sure the participant are voluntary, they will be informed and will be safe for the participants to not cause harm(Gupta, 2020).
- Will ensure the data will be used is anonymity not collecting any personal identity information(Basil, 2021).
- Confidentially all the participants have the right to privacy and to protect their personal data until they are using it(Gupta, 2020).
- Respect for other participants' rights of everyone needs to recognize as dignity as well(Koepsell et al., 2014).
- Integrity and open-mindedness research need to be truthful and open and accuracy needs to avoid dishonesty, misrepresentation, and recklessness(Basil, 2021).

Implications of the research

- **Socio-demographic status can be a risk factor for cycling among undergraduate students at the University of Edinburgh.**
- Including age, gender, location, marital status, education level, postgraduate or undergraduate students(Pogačar et al., 2020).

- **There is no possibility of safety options and storage.**

Low numbers of locking storage options to keep the cycle safe and store it or even parking(Ed. Ac. UK, 2023).

- **Poor communication with the university and different organizations.**

Edinburgh Council needs to provide safe access to the road and bicycle lane. Too busy roads and poor lights on the street are not safe for the students(City of Edinburgh Council, 2023).

- **A number of bicycle accidents:**

Recommend having extra gear and high visibility and trying to keep a distance from the car, looking around before changing the side, and provide taking some education safety training(Edinburgh. GOV. UK, 2023).

- **Gaps:**

Infrastructure. The biggest issue is the weather and storage and lockers to keep the bike safe(Acton et al., 2015).

Poor road and lights conditions and lot of theft and is a really big risk in buying a bike(Acton et al., 2015).

Plan of work and time schedule (Gantt Chart)

Weeks	1	2	3	4	5	6	7	8	9	10
Introduction and background.										
Rationale of the proposal and aim and objective.										
Research methodology. Research Design.										
Prevalence of cycling activity among undergraduate students at the University of Edinburgh.										
Ethical considerations. Implications of the research.										
Plan of work and time schedule.										
Conclusion.										
References List.										

Conclusion

- That project proposal was quantitative research which was secondary data collected.
- Bicycling was started in the United Kingdom more than 140 years ago.
- At the University of Edinburgh students travel by bike to the university or to work is 12% of the students.
- Socio-demographic status can be a risk factor for cycling among undergraduate students at the University of Edinburgh.
- A plan of work and time schedule (Gantt Chart) was used.
- There is no possibility of safety options and storage.
- A number of bicycle accidents.
- Poor communication with the university and different organizations.
- The main gaps were infrastructure, poor road conditions and lights, education, storage, and no safety, a number of cycling accidents, and poor communications with different organizations.



(ClipArtMag, 2023).

References List

Acton, J., Ashe, A. and Barriga, P. (2015) *The University of Edinburgh | The University of Edinburgh, How do we get students cycling more at universities and colleges in Edinburgh?* Available at: https://www.ed.ac.uk/files/atoms/files/ppp_cycling_report_march_2015_0.pdf

Aggarwal, R. and Ranganathan, P. (2019) 'Study designs: Part 2 – descriptive studies', *Perspectives in Clinical Research*, 10(1), p. 34. doi:10.4103/picr.picr_154_18.

Albers, M.J. (2017) 'Quantitative Data Analysis—in the graduate curriculum', *Journal of Technical Writing and Communication*, 47(2), pp. 215–233. doi:10.1177/0047281617692067.

Basil, V. (2020) *Principles of clinical ethics and their application to practice, Medical principles and practice : international journal of the Kuwait University, Health Science Centre*. Available at: <https://pubmed.ncbi.nlm.nih.gov/32498071/>

Capili, B. (2021) Cross-sectional studies, *The American journal of nursing*. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9536510/>

ClipArtMag (2023) *Thank you very much, Thank You Very Much | Free download on ClipArtMag*. Available at: <https://clipartmag.com/thank-you-very-much>

Council, C. of Edinburgh. (2023) *Home, The City of Edinburgh Council*. Available at: <https://www.edinburgh.gov.uk/>

Cycling UK (2023) *Edinburgh Festival of Cycling, Edinburgh Festival of Cycling | Cycling UK*. Available at: <https://www.cyclinguk.org/event/edinburgh-festival-cycling-0>

Ed.Ac.UK (2021) *Student Mental Health Strategy, The University of Edinburgh*. Available at: <https://www.ed.ac.uk/staff/supporting-students/student-mental-health/student-mental-health-strategy>

Edinburgh.GOV.UK (2023) *Walking and cycling statistics, The City of Edinburgh Council*. Available at: <https://www.edinburgh.gov.uk/cycling-walking/statistics-cycling-edinburgh?documentId=12666&categoryId=20087>

Getty Images (2023) *Royalty free stock photos, illustrations, Vector Art, and video clips, Getty Images*. Available at: <https://www.gettyimages.com/>

Gupta, H. (2020) *Ethical consideration when collecting data, What After College*. Available at: <https://whataftercollege.com/data-science/ethical-consideration-collecting-data/>

Hazael, V. (2013) *Cycling UK history timeline, Cycling UK history timeline | Cycling UK*. <https://www.cyclinguk.org/about/history/ctc-history-timeline>

Koepsell, D., Brinkman, W.-P. and Pont, S. (2014) 'Human research ethics committees in technical universities', *Journal of Empirical Research on Human Research Ethics*, 9(3), pp. 67–73. doi:10.1177/1556264614540596.

Reference List

PlanDay (2023) Employee scheduling software: Free 30 day trial, Planday. Available at:
https://www.planday.com/uk/features/scheduling/?hsa_acc=3638428520&hsa_cam=15999823906&hsa_grp=1196269406875910&hsa_ad=&hsa_src=o&hsa_tgt=kwd-71469018835015%3Aloc-188&hsa_kw=employee+scheduling+software&hsa_mt=b&hsa_net=adwords&hsa_ver=3&msclkid=b7962bd4d42b10d333ed4f7a3c97e000&utm_source=bing&utm_medium=cpc&utm_campaign=UK+-+Prospecting+-+Search+-+Generic+-+Staff+Scheduling+-+Highl+NEW&utm_term=employee+scheduling+software&utm_content=Schedulin

Pogačar, K. *et al.* (2020) ‘Determinants of bicycle use among student population: Exploratory research of social and infrastructure factors’, *Applied System Innovation*, 3(1), p. 6. doi:10.3390/asi3010006.

SFC. AC.UK (2018) *University of Edinburgh Outcome Agreement 2018-19, The University of Edinburgh Outcome Agreement 2018-19*. Available at:
https://www.sfc.ac.uk/web/FILES/outcome-agreements-1819/University_of_Edinburgh_Outcome_Agreement_2018-19_FINAL.pdf

SPSS (2023) IBM SPSS statistics, IBM. Available at: <https://www.ibm.com/products/spss-statistics> (Accessed: 12 July 2023).

Trinh, Q.-D. (2018) ‘Understanding the impact and challenges of secondary data analysis’, *Urologic Oncology: Seminars and Original Investigations*, 36(4), pp. 163–164. doi:10.1016/j.urolonc.2017.11.003.

Watson, R. (2015) ‘Quantitative research’, *Nursing Standard*, 29(31), pp. 44–48. doi:10.7748/ns.29.31.44.e8681.