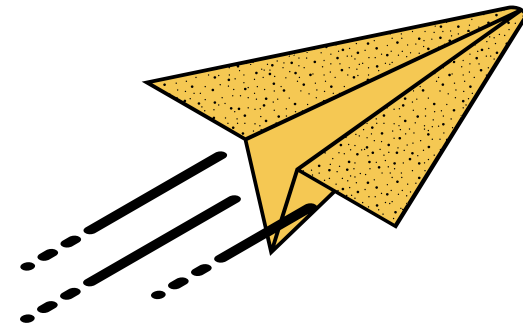
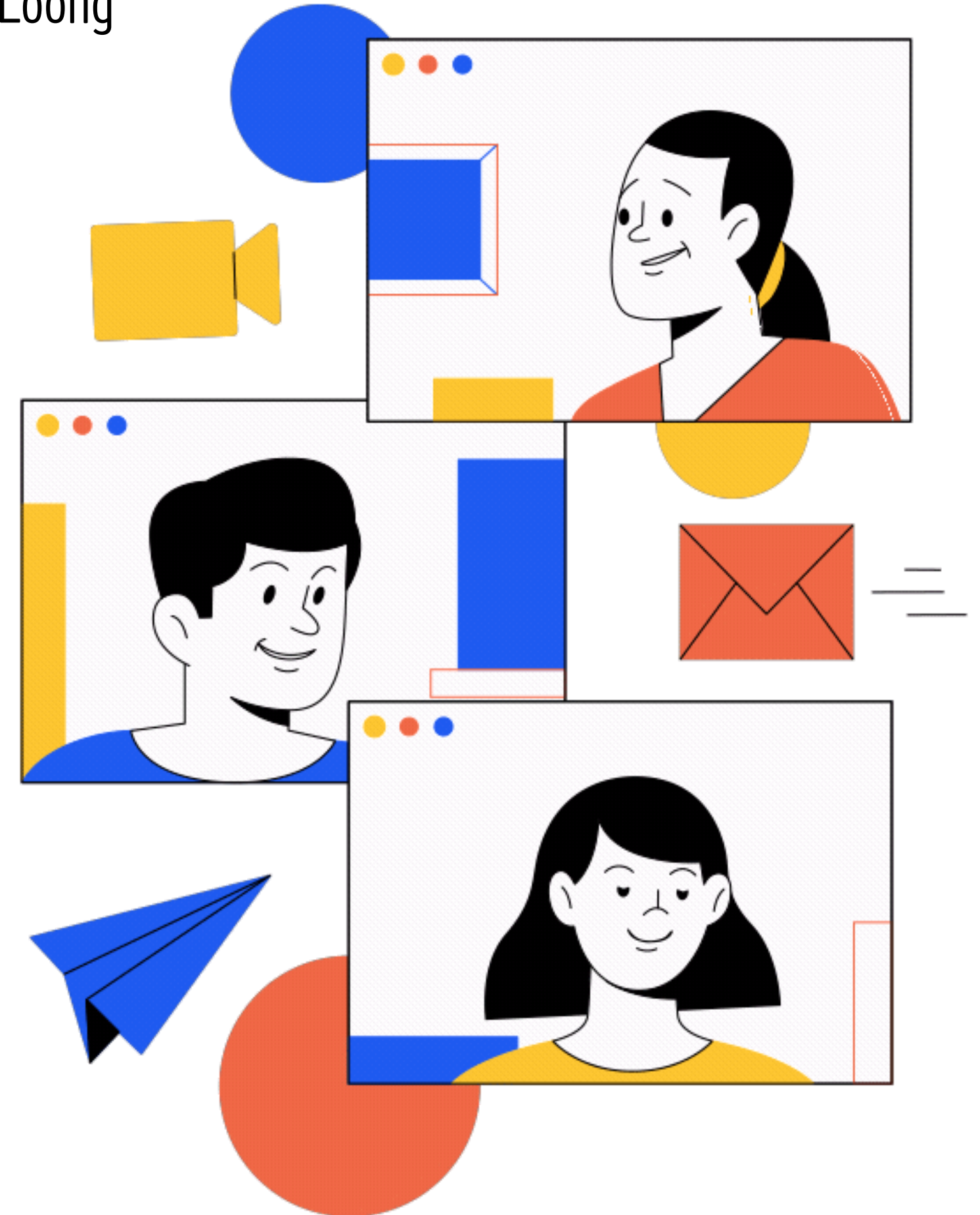


Presented by Maneysha Loong



RESEARCH IN ACTION



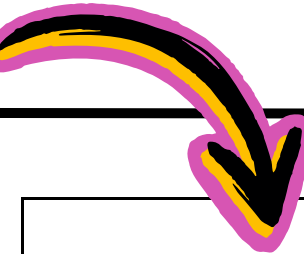
***SKILLS I
DEVELOPED AS A
RESEARCHER***



CRITICAL THINKING

Systematic Literature Search

- Ability to retrieve information
- Efficiently choose credible and reliable source



Search 4 (refined search)	
Database used	UWTSD Library
Key word(s) included	Social support network and adaptability, University student, <u>Social</u> adaptability, article
Year range	2019-2024
Search Results	254

Search 5 (refined search)	
Database used	UWTSD Library (peer-reviewed)
Key word(s) included	Social support network and adaptability, University student, <u>Social</u> adaptability, article
Key word(s) excluded	Pandemic Covid-19
Year range	2019-2024
Search Results	253

Search 6 (refined search)	
Database used	UWTSD Library (Peer-Reviewed)
Key word(s) included	Social support network and adaptability, University student, <u>Social</u> adaptability, article, female, male, social networks,



As I progressed to narrow down the search focused on the main topic "social support network and adaptability among UK students and International Students."

Search 7 (refined)	
Database used	UWTSD Library
Key word(s) included	Social support network and adaptability, University student, <u>Social</u> adaptability, article, female, male, social networks, social aspects, UK students, International students
Key word(s) excluded	Covid 19, Career
Year range	2019-2024
Language	English
Search Results	11

The final 11 search results were filtered and only 2 journals were chosen. As a group, we then compile searches and discussed the best Journals which fit study requirements.

Key Journals from this search:

Andrew J. Holliman, Daniel Waldeck, Bethany Jay, Summayah Murphy, Emily

Atkinson, Rebecca J. Collie, & Andrew Martin. (2021). Adaptability and Social Support Links With Psychological Wellbeing Among UK Students and Non-students. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.636520>

Andrew Holliman, Daniel Waldeck, Tjanne Yang, Cheuk Kwan, Manting Zeng, &

Nicola Abbott. (2022). Examining the Relationship Between Adaptability, Social Support and Psychological Wellbeing Among Chinese International Students at UK Universities. *Frontiers in Education (Lausanne)*, 7. <https://doi.org/10.3389/educ.2022.874326>

ETHICAL CONSIDERATIONS

- The importance of ethics in conducting research

Key Ethical considerations

*In this section you are required to briefly outline any specific ethical considerations for your project. All projects will be expected to adhere to the BPS code of human research ethics, and you will need to submit a full ethics form which will document your specific processes for informed consent, debriefing, and data protection. Here you need to **briefly note additional or specific key ethical considerations** for your particular project e.g. potential for distress or discomfort, any deception, research with vulnerable populations or sensitive topic areas, and briefly outline how you expect to manage these risks within your project.*

- Participants will be given questionnaires through Qualtrics, an online research platform. To protect participants anonymity and confidentiality, data obtained would solely be used by researchers only. Before answering the questions, participants will be given a brief consent, stating the purpose of the study and the benefits of participating. It is also stated in the consent that participants are given the right to withdraw from the study at any point of time without getting penalised. Participants who are done answering the questionnaire are given an option in the final page to either submit their answers or to withdraw from the study.



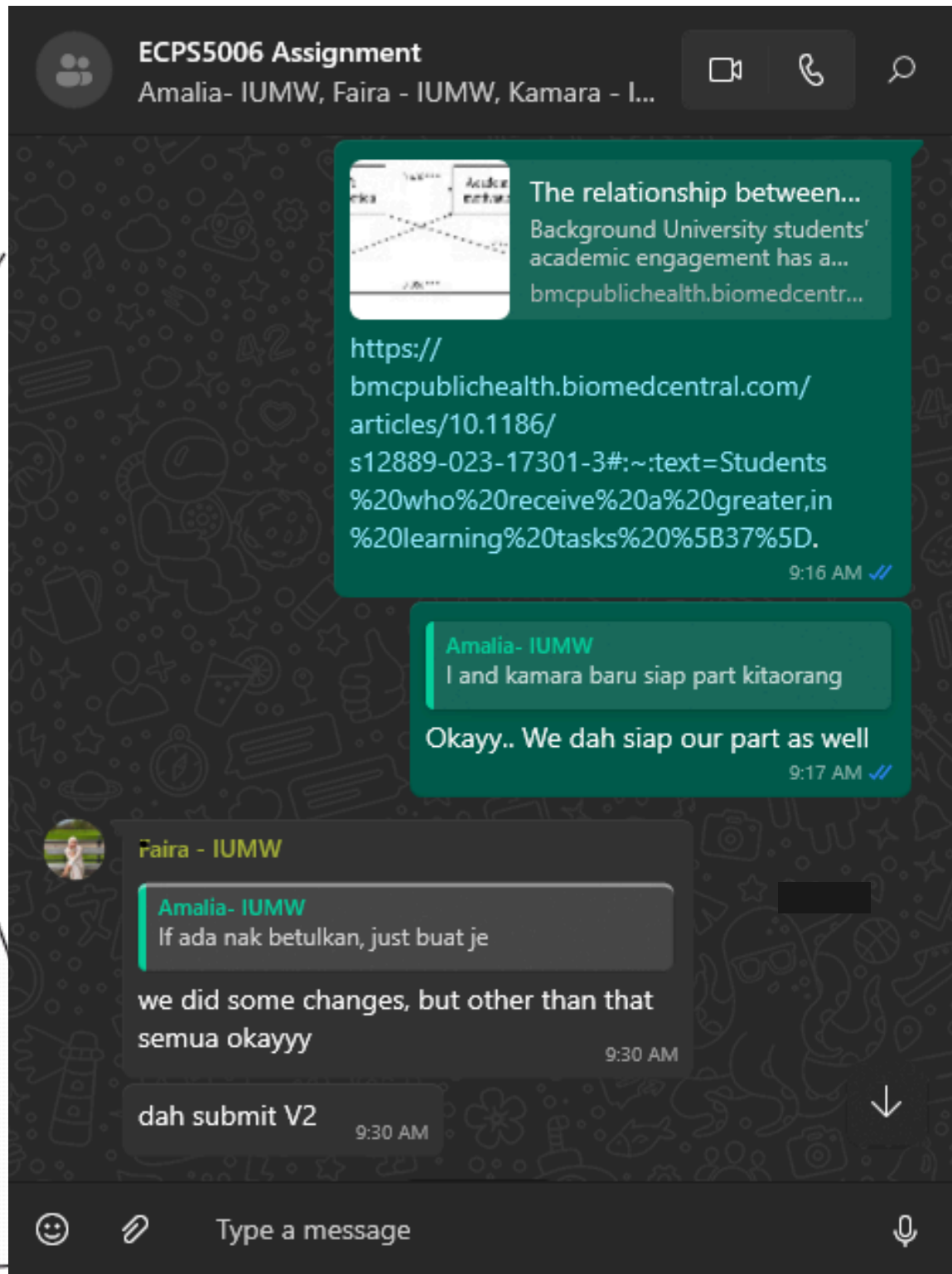
SECTION H: Anticipated Risks

Outline any anticipated risks that may adversely affect any of the participants, the researchers and/or the University, and the steps that will be taken to address them.		
If you have completed a full risk assessment (for example as required by a laboratory, or external research collaborator) you may append that to this form.		
1	Full risk assessment completed and appended?	Yes☐ No☒
2	Risks to participants For example: sector-specific health & safety, emotional distress, financial disclosure, physical harm, transfer of personal data, sensitive organisational information	
	Risk to participants: The risk to participants is low, however due to the nature of the study topic (Social support network & Adaptability), some emotion may arise, though this is very unlikely. However, this may be limited as the participant will be completing an email based quantitative survey within their own time. <i>(this box should expand as you type)</i>	How you will mitigate the risk to participants: 1. In accordance with BPS Code <u>Of</u> Human Ethics (2021), to ensure any unwanted emotions arise, information collected from participants will remain private and confidential. Moreover, researchers would provide a debrief section after completion of the questionnaire, which includes a brief purpose of the study and information on any form of risk that the participant should be aware of. The participants are also given an opportunity to ask any doubts regarding the study. 2. Prior to the study, participants would be provided with an Information sheet. which

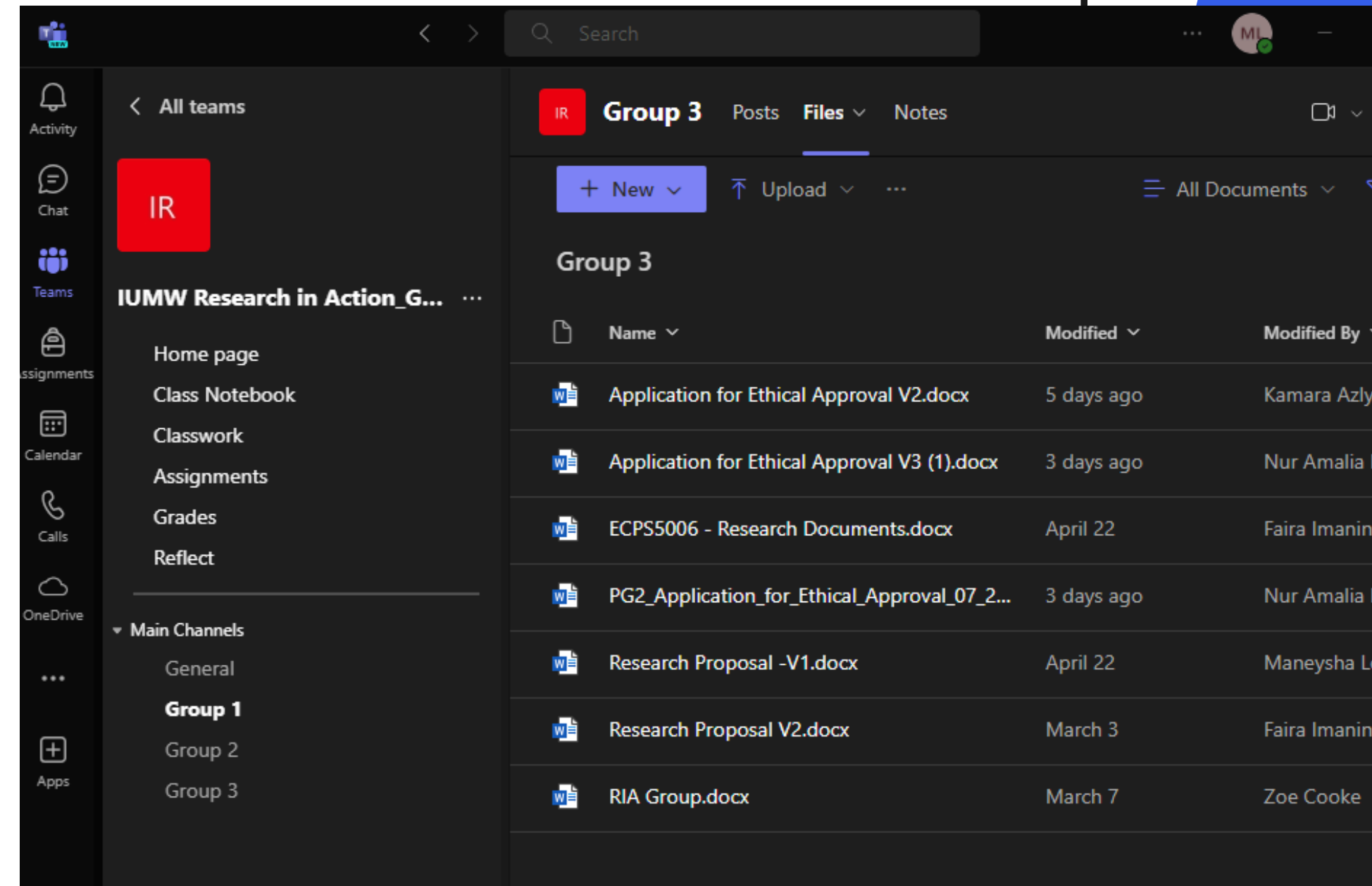
Some changes were made in this section, as it was brought to my attention that a debrief form is only provided after completion of the study.

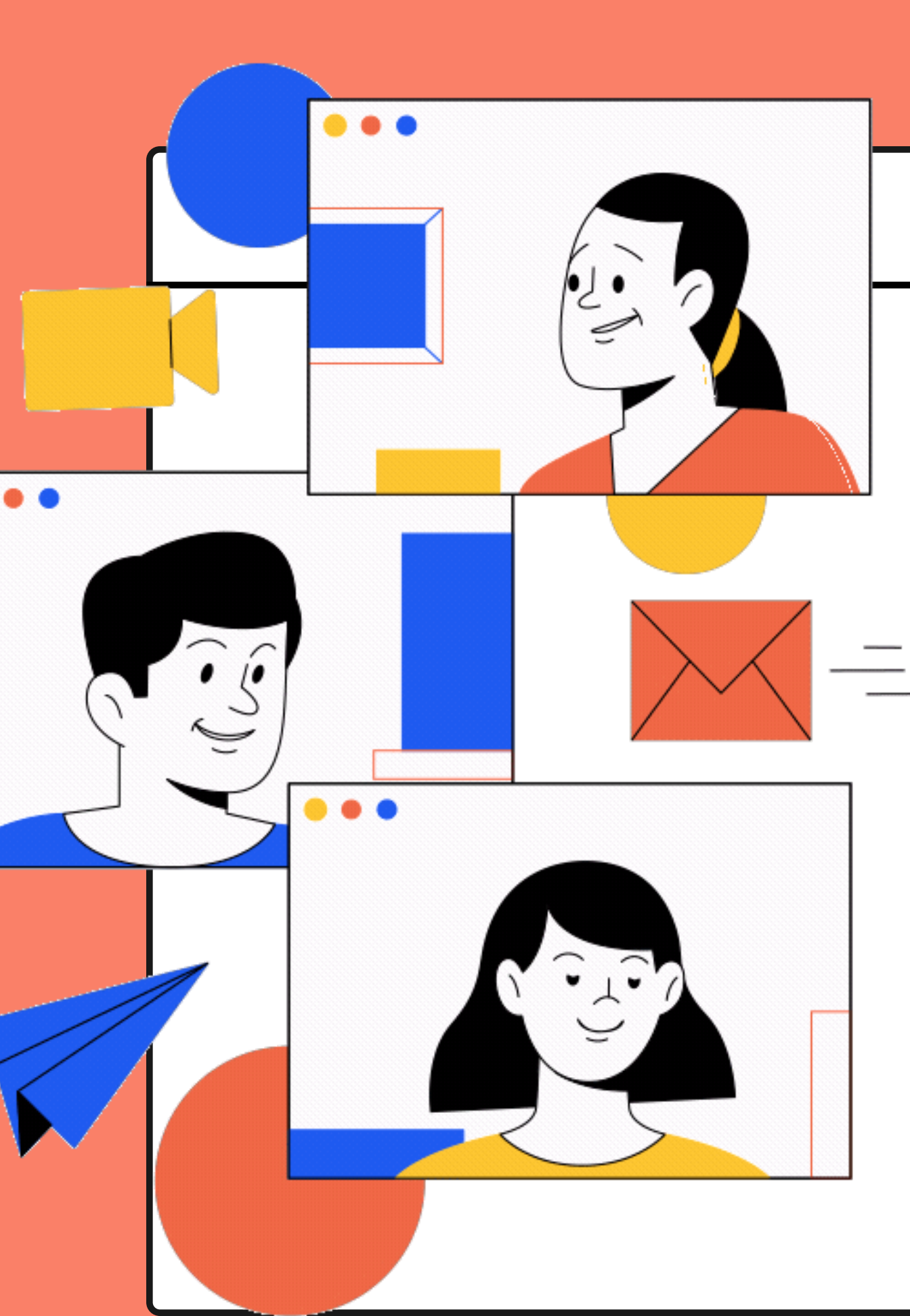
4	Risks to the investigator For example: personal health & safety, physical harm, emotional distress, risk of accusation of harm/impropriety, conflict of interest	
	Risk to the investigator: 1. As participation is provided with the researcher's email, there is potential that the researcher may receive negative responses which may cause emotional distress to the researcher. 2. There is a possibility that the researcher is being asked for information in regards to the study out of their ability as an undergraduate student. <i>(this box should expand as you type)</i>	How you will mitigate the risk to the investigator: Researchers will only provide their university email address and no other personal contacts will be given. In case of any unwelcome events that occur, it would be reported to the dissertation supervisor immediately. All researchers and participants should adhere to UWTSD's student code of conduct and to behave in a professional manner. <i>(this box should expand as you type)</i>
5	University/institutional risks For example: adverse publicity, financial loss, data protection	
	Risk to the University: 1. There is potential in data being exposed and leaked or used in a way that is unintended by the study <i>(this box should expand as you type)</i>	How you will mitigate the risk to the University: 1. The researcher will adhere to the BPS code of ethics and conduct (2018) and the UWTSD research and ethics and integrity code of practice through the study to minimise any potential harm from arising. 2. All data will be stored in accordance with UWTSD Research Data Management Policy. Data collected from participants will solely be used for the purpose of this study

COMMUNICATION



- Discuss the strengths and weaknesses of each member
- Minimizing errors made





TEAMWORK

Please state the main research question(s) or hypothesis

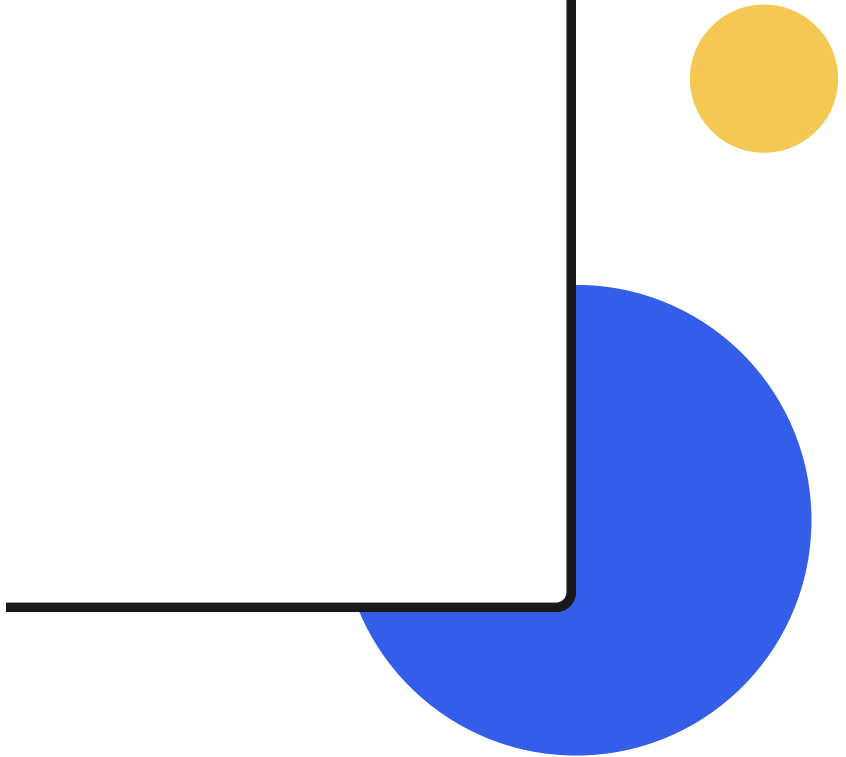
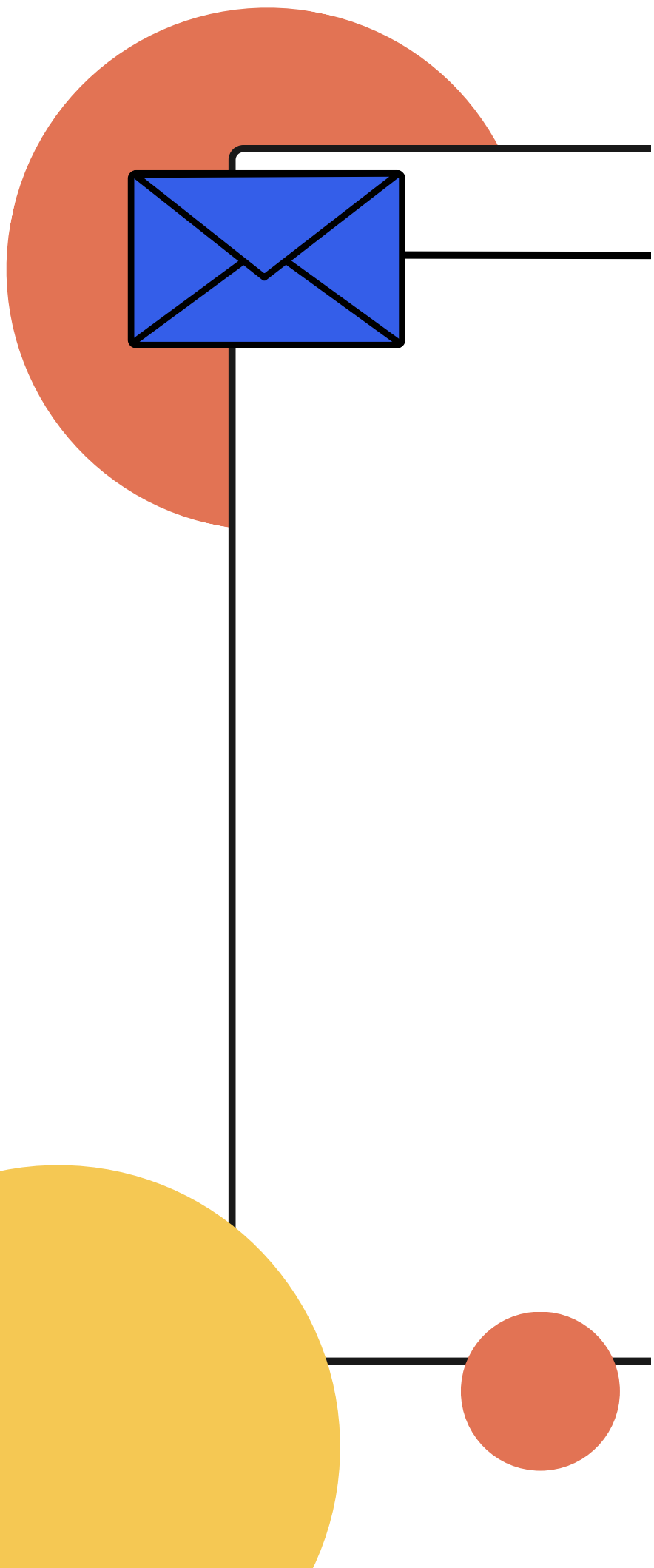
The research question and Hypotheses were done as a group. I assisted in providing suggestions which fit the aim of the study.

Research Question:

1. Is there a relationship between social support networks and adaptability among local and international students?
2. Is there a difference in adaptability between local and international students?
3. Is there a difference in social support network among local and international students?

Hypotheses:

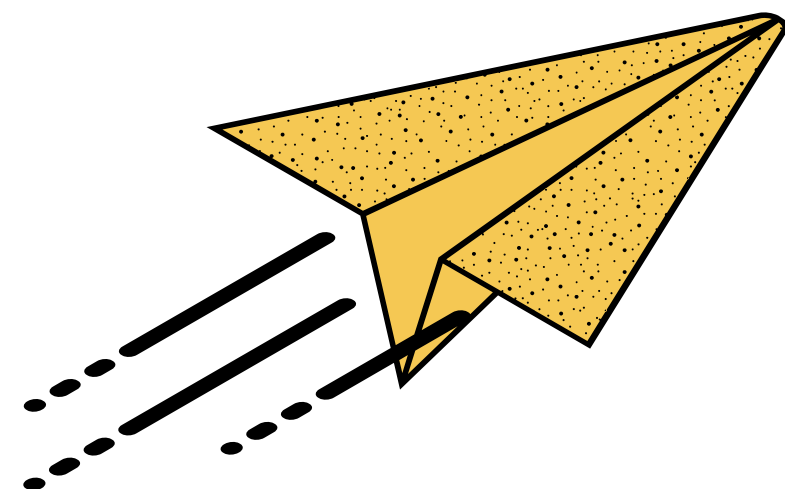
1. There is a relationship between social support networks and adaptability among local and international students.
2. There is a difference in adaptability between local and international students.
3. There is a difference in social support network among local and international students.



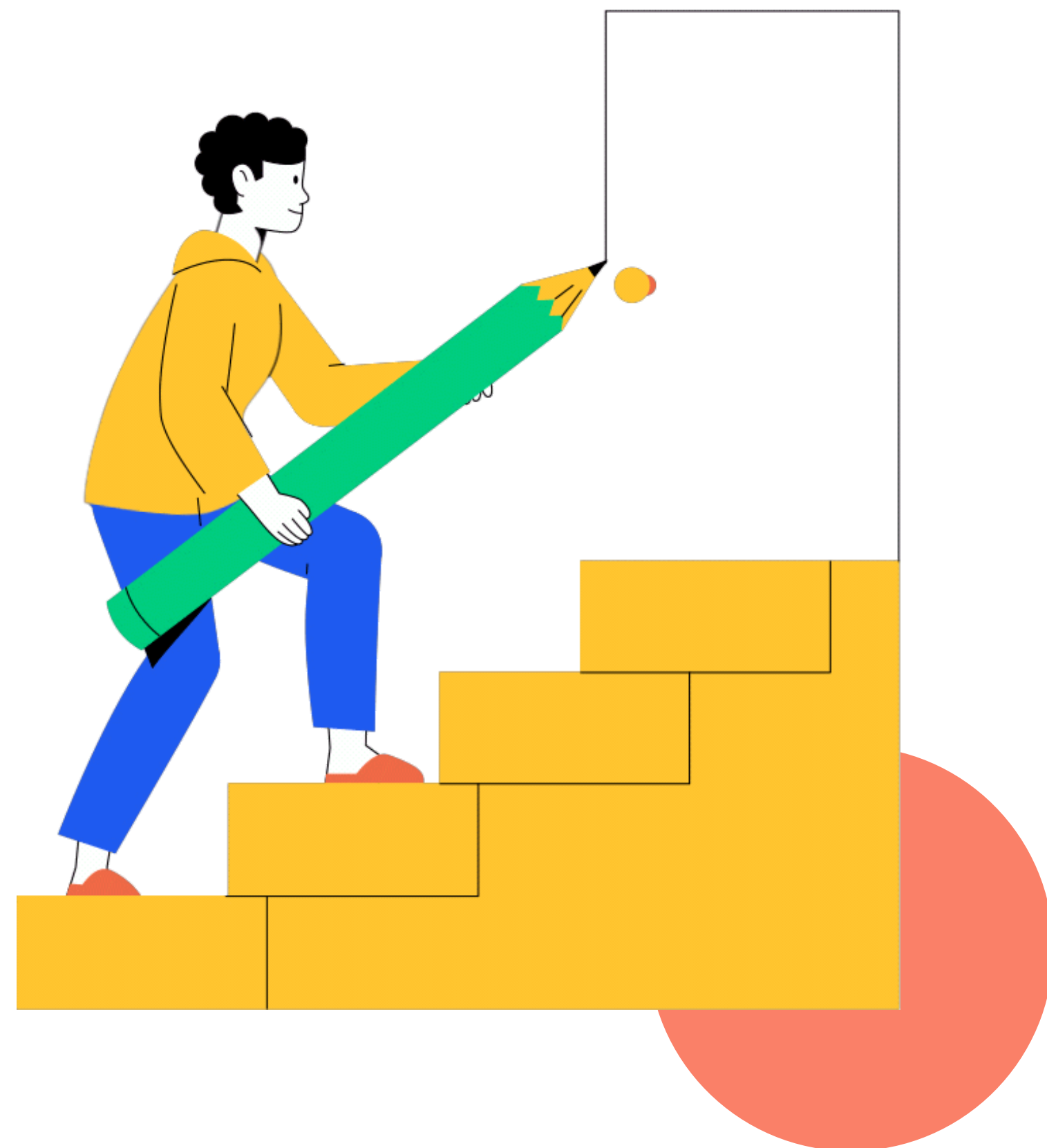
This section was initially done by [REDACTED] however, for the latest version I assisted in making some changes in adding the key findings.

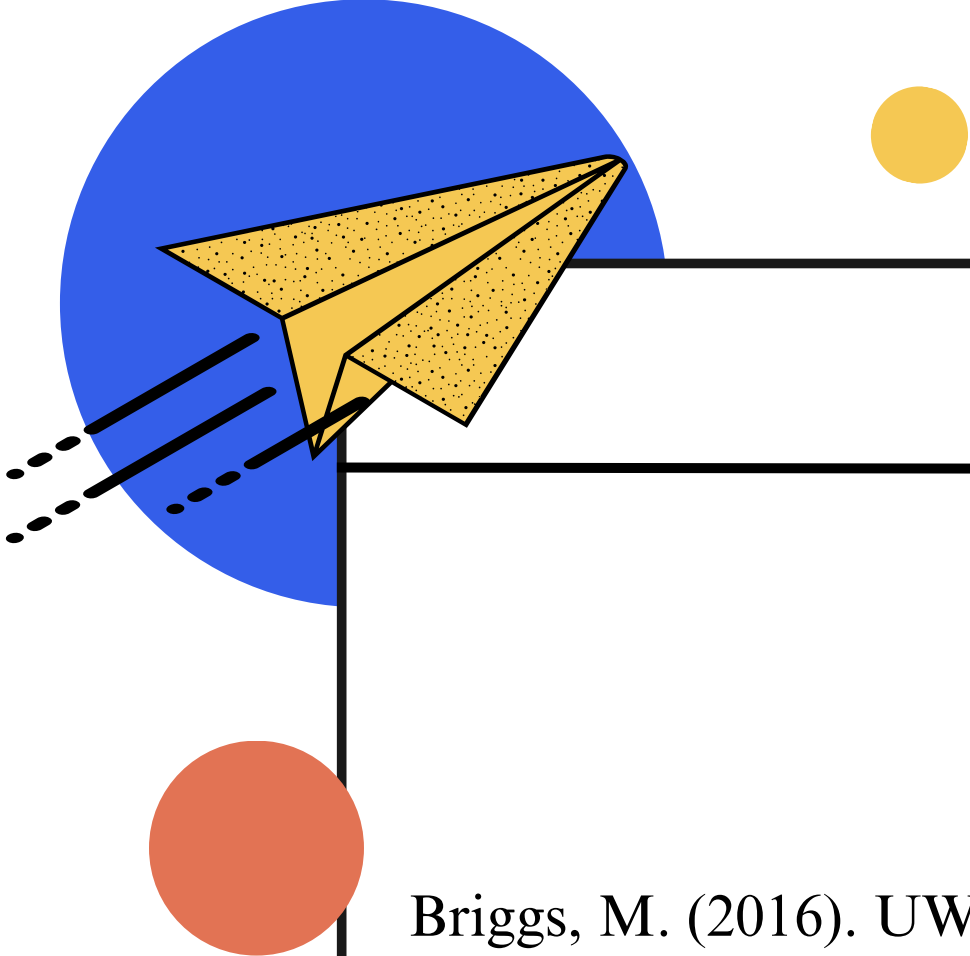
Background:

A study by Burns et al. (2018) has demonstrated a correlation between adaptation and social support. Moving abroad to pursue studies might be a difficult and stressful undertaking for some people. Students may find it challenging to form new social networks and get the social support they require during this critical period of adjustment due to possible differences in culture and environmental adaptation. Hence, a lot of international students may feel lonely at times during their time abroad (Wawera & McCamley, 2018). Findings showed that students are mostly surrounded by the support of their family members and educators, which has a major influence on their adaptability. Hou et al. (2019) mentioned that the term "social support" describes the emotional or material help that one gets from their social networks. Social support is the dynamic process in which an individual feels respected, appreciated, and loved (Tomás et al., 2020). The ability to adapt has been linked to a variety of outcomes that are connected with psychological well-being (Waldeck et al., 2021). Putwain et al. (2019) mentioned that adaptability refers to variations in how individuals react to changes in circumstances. An adaptable person can effectively manage their actions, feelings, and thoughts while encountering unfamiliar situations. According to attachment theory, individuals who had stronger attachment during childhood found it easier to connect with possible social support networks, which makes it easier for them to adapt (Sutton, 2018). Alavi et al. (2020) stated that the findings of a study that was carried out in Romania found married adults who were 30 years old on average and who had a greater level of adaptation and coherence in their family of origin were seen to have a lower likelihood of having unhealthy attachments. Attachment theory has demonstrated immense popularity due to its empirical and theoretical accuracies. The



**THANK
YOU!**





REFERENCES

Briggs, M. (2016). UWTSD Research Data Management Policy.

<http://www.uwtsd.ac.uk/about/strategies-and-policies/>

British Psychological Society (2018). Code of Ethics and Conduct.

<https://moodle.uwtsd.ac.uk/course/view.php?id=7148&ion=7>

British Psychological Society (2021). Code of Human Research Ethics.

<https://moodle.uwtsd.ac.uk/course/view.php?id=7148&ion=7>

