

Research Proposal for Research Project Thesis

Does living arrangements impact upon
university students' emotional development in
the UK ?

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Contents:

• Chapter One	3
○ Title	3
○ Introduction	3
○ Key Concepts	3
■ Intelligence	3
■ Emotional Intelligence	3
■ Higher Education	3
■ Students' Living Arrangements	3
○ Justification of research	4
○ Scopes	4
○ Aim	4
○ Objectives	4
• Chapter Two	6
○ Systematic review	6
○ Methodology and Justification	6
○ Methods and Justification	6
○ Ethics	7
• Chapter Three	8
○ Gantt Chart	8
○ Deadlines	8
• Reference List	10
• Appendix	12
• Bibliography	14

Chapter One

Title

A comparative study of university students aged 18-22 living with their families and away from their families in the UK.

Introduction

Over the years the concept of intelligence has changed drastically and people have started realising that intelligence maybe one of the factors in shaping one's academic success but the real life success depends on emotional intelligence. (Cook, 1984)

Intelligence includes seven mental abilities; verbal comprehension, numbers, spatial relations, perceptual speed, word fluency, memory, inductive reasoning, or general reasoning. (Thurstone, 1938)

An adapted model of Salovey and Mayer of emotional intelligence includes five basic emotional and social competencies, such as self-awareness, self-regulation, motivation, empathy and social skills. (Goleman, 1998)

In near future there would be a need to educate young students to understand emotions. With Reducing personal interactions the emotional development of the individual is greatly affected.

Intelligence cannot be developed but emotional intelligence is a matter of training and the willpower to achieve emotional understanding of themselves and of others.

Key Concepts

Intelligence

The term Intelligence is derived from the latin verb intelligere, which means to comprehend or perceive. "A global concept that involves an individual's ability to act purposefully, think rationally, and deal effectively with the environment." (Wechsler, 1958)

Emotional intelligence

P. Salovey and J.D. Mayer (1990,185-211) coined the term Emotional Intelligence as 'a form of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and action'.

Higher education

Higher education refers to tertiary education system, where one prepares himself for the career he wants to pursue in. Usually these universities prepare their students not only academically but also emotionally and socially to get adapted to the real world challenges.

Students' living arrangements

The residence of the students while at university is classified as students living arrangements which can be further classified depending on the level of independence and dependence. (J. Lewis, A. West, J. Roberts, P. Noden, 2014)

Fully independent living-

When the student is living either alone or with friends in a flat or a student house; while following landlord's rules

Partially independent living-

When the student is living in university halls of residence, either alone or sharing the room with someone; while following university rules.

Partially dependant living-

When the student is living at university campus during term time. Also parents that hover around to micromanage and keep a check on their child's progress are termed as helicopter parents (Coburn, 2006).

Fully dependant living-

When students are living at home with their parents during term time.

Thus broadly classifying living arrangements into two types -

1. Living away from home, including on campus accommodation which can also be referred to as semi autonomous living (Goldscheider and Davanzo, 1985), or living at student residence.
2. Living at home, including living with parents.

Justification of research

Due to globalisation a large number of students all over the world are migrating from their home countries. University education is taken with the aim to achieve and expertise in the field which they see their careers in.

The students' families have major concerns about their psychological well-being as they are staying away from their loved ones, in present study this research would establish some eye openers and truths for those students and families.

Secondly all over the world number of countries that have individualistic culture where children grow up in one parent families and small nuclear families with very few social contacts, the number of divorces single parents are increasing with decreasing sensitivity. Marriages with unwanted and unsupported children all living under one roof where the parents are mentally or physically abusive to each other have also risen, for these situations, this study is going to be an indicator that mental health is a major issue that may come up in the near future.

Thirdly large number of youth are facing a lot of stress due to competition, isolation and environmental stressors, it is absolutely important to understand the immediate psychological needs and to develop some programs at grassroot levels to understand one's own emotions, how to express them, understand others' emotions and how to manage relationships. Students living in remote places do not usually have access to good facilities and education thus they have to move away from their families for better education by necessity. Thus this research will also look into the necessity of living at home or away for such students.

Scopes

This Research will take into account the current researches on university students aged 18-22, living at home, and living at student accommodation, covering the area of The United Kingdom in the past 15-20 years.

Aim

Comparing the impact of changing living environment within university students on their current and future emotional development.

Objectives

1. To provide a brief background on students' living arrangements, intelligence, emotional intelligence, critical thinking, higher education, etc and to describe the correlation between them.

2. To examine current academic research forming a link between living arrangements and current and future emotional development, personality development and academic success.
3. To answer the question in the title : 'Does the living arrangements impact upon university students' emotional development in the UK?'
4. To give recommendations for future research on the emotional development within university students.

Chapter Two

Systematic Review

A systematic review is usually done when there has been previous research done in the same or similar field directly or indirectly connecting to the research question in some way or the other, to stream down the most related article to the research question reviewer undertakes an assessment or a self evaluation of the data to decide whether it is important enough to include it in the research.

A systematic review is a reassessment of the data and research literature collected to self evaluate and summarise the findings. It includes an unbiased rigorous examination of the findings against a set criteria, to compare and to conclude it with an objective and subjective analysis. (Martyn, D., 2014)

Systematic review has been proven to be more beneficial than the traditional literature review as now there are guidelines and a clear criteria which in this research is needed, as Emotional Intelligence term has been coined in 1990 by Peter Salovey and John D. Mayer, the concept is in it's early stages and thus not much research has been done in this field, although it has great potential. Although not much secondary data is available in this area of research as evident from the papers reviewed further, it is a vast area still to be discovered and by systematic reviewing these papers it will closely monitor the data that have been collected.

Methodology and Justification

This is a secondary research thus the data is collected by others in the field of study. The pros of using secondary data are that the author does not need to collect primary data which cuts the costs, the time required to attain, evaluate and analyse the data. The Cons of using secondary data are that it might have ethical restrains mainly if it is qualitative. The data collected first hand might be superficial and might be lacking the intense or depth of knowledge if self evaluated.

The Secondary data will be self examined by the author on the basis of of Critical Appraisal Skills Programme (CASP). This checklist is is used to validate the literature available, according to the needs and focus and scopes of the author's research. It follows three steps; to check the validity; the outcomes; and the usefulness of the study.

CASP is a scientific and crisp method of evaluation, although it may have a subjective scope of bias towards the research.

Methods and Justification

There are 8 types of tools and checklists by which one can self evaluate the data, most of it is objective , although some of them are subjective in nature and thus any data reviewed can undergo variety of checklists. These include tools for Systematic Reviews, Randomised Controlled Trials, Cohort Studies, Case Control Studies, Economic Evaluations, Diagnostic Studies, Qualitative studies and Clinical Prediction Rule. include tools for Systematic Reviews, Randomised Controlled Trials, Cohort Studies, Case Control Studies, Economic Evaluations, Diagnostic Studies, Qualitative studies and Clinical Prediction Rule.

The author will undertake research literature review using Critical Appraisal Skills Programme (CASP) systematic review checklist and will summarise the main articles further. This type suits this research the best as, there have been very few studies conducted directly on the research question, but there are many studies relating on this health topic. Thus to streamline and to pick the closest studies, the author will use this particular checklist.

This research takes into consideration all the secondary data available in this field of research. Secondary data is the data collected by other researchers for the purpose of their papers and research, which is now used by the author in this research. Secondary data can lay a groundwork for further primary research to be done in the same field.

Although secondary data has some back falls including back dated and inaccurate data, but since emotional intelligence is a new concept all the data available is valid and can be objectively and subjectively accurate. (Hill A., Spittlehouse C., 2001.)

Ethics

The author of this research has taken all necessary steps to be within the ethical boundaries while taking into consideration secondary data and research. The author will maintain high professional standards while handling any data that might be used to form a part of this research and the impact it might cause on the society.

Chapter Three

Gantt Chart

Data Collection							
Research Proposal							
Research							
Thesis							
Editing							
Proofreading							
	October	November	December	January	February	March	April

Deadlines

15th November: Final draft of Research proposal

20th November : Submission of Research Proposal

24th November : RP Final Turnitin

7th December: Submission Chapter 1

11th December : CHP 1 Final Turnitin

11th January : Submission of Chapter 2

22nd January: CHP 2 Final Turnitin

12th February: Submission of Chapter 3

19th February: CHP 3 Final Turnitin

1st March : Submission of chapter 4

5th March : CHP 4 Final Turnitin

6th March : Final Draft Submission

10th March: Final Draft Submission 2

12th March : Final Draft Submission Turnitin

17th March: Final Submission

19th March : Final Submission Turnitin

26th March : Hard Copy submission

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Appendix

Emotional Intelligence components

According to D. Goleman (1998,317-318), an adapted model of Salovey and Mayer of emotional intelligence includes five basic emotional and social competencies, such as self-awareness, self-regulation, motivation, empathy and social skills.

Self awareness, a major factor affecting one's emotional intelligence, it is an understanding of one's own emotions and being aware of what the person is about to do.

Self regulation, being able to control own emotions and priorities. One must not praise himself until he has completed the task at hand.

Motivation, being able to reach a goal even though there might be innumerable hurdles on the way. The strive to get to the goal and to overcome setbacks of any level is motivation and self confidence. Anyone believing in themselves are definitely motivated to successfully reach the end.

Empathy, being able to put oneself in others shoes and to understand what they are going through is true empathy. It is also being able to perceive what others feel, to understand it and to attain a mutual trust between each other

Social skills, being able to communicate within the social environment in which social interaction is key to success. To persuade, to negotiate, to join hands and work as a unit, to be able to resolve problems, are the social skills that everyone must use to have smooth interactions and thus to gain success.

Students' living arrangements

Not all cities and towns within the United Kingdom have the privilege of having a university within them. Thus to receive top class university education the students might need to move to another town or to a different country altogether. The residence of the students while at university is classified as students living arrangements which can be further classified depending on the level of independence.

Fully independent living-

This includes when the student is living either alone or with his university friends in a flat or a student house. The student doesn't have any particular restrictions except the ones laid down by the landlord. This can also be termed as off campus accommodation.

Partially independent living-

This includes when the student is living in university halls of residence, either alone or sharing the room with someone. The student is living independently but has to follow the rules set by the university which may include restrictions on loud noises, smoking areas, timings to enter or leave the building in some cases or having to go through extra security while entering or exiting the campus. This can also be referred to as on campus accommodation.

Although considering the students that have their desired universities in their own cities or towns usually tend to depend on their family either financially, socially, emotionally or academically. These students can also be further classified based on the degree of dependence. (J. Lewis, A. West, J. Roberts, P. Noden, 2014)

Partially dependant living-

When the student is living at university campus during term time and has the possibility to go home during weekend or can't any other day due to it being in the same city. Also not only students but also parents that hover around to micromanage and keep a check on their child's progress are termed as helicopter parents (Coburn, 2006).

Fully dependant living-

When students are living at home with their parents during term time, they are termed as fully dependent children although living off campus.

CASP Systematic Review Checklist-

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