E - portfolio

Component 1 – Study skills

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AI Acknowledgement

I confirm that I have not used and AI tools in the research and creation of this assignment. I can confirm that I have not presented any AI generated materials as my own work. I confirm I have copies of my drafts, notes, and other resources which I may be asked to provide in evidence.

Task 1 – Summary of Article

Title of chosen journal article: How does music make you feel?

APA Reference of the journal article you have summarised

This articles by Nendick (2022) focuses on the effect music has on humans' emotions. According to the article, music plays a role in a large proportion of the population's day to day life. The article attempts to answer varying questions around the use of music in society. Most emotional reactions that arise because of music are related to a certain event or period in someone's life (Belfi et al., 2016). It is also proven that there are areas of the brain associated with positive responses when listening to music. Activity in the amygdala and the medial prefrontal cortex (Blood & Zatorre, 2001) are all linked with how music makes us feel. Many theories have evolved from the idea that music and feelings are attached, and all have slightly different things. Meyer's book 'emotion and meaning in music (1956) suggests that people react to the harmonic progressions in a song. Having built on this work (Juslin, 2011) believes that most psychologists did not understand the reasoning behind the emotional response evoked by music. There has since been a developing framework "BRECVEMA" that attempts to explain the connection. According to Egermann et al. (2011) there are external factors such as the conditions and environment that people are listening in that affect the connection built. Internal factor must also be considered such as emotional state that must be factored (Eerola & Vuoskoski, 2013). Music can also be applied in a variety of ways. One use that has come to light recently is memory recall for Alzheimer's patients (Fraile et al., 2019). Music is also used in the consumer business, with things like advertisements using popular music to entice customers to purchase products. Despite this, music does not evoke a response in everyone. Around 5% of the population are labelled to have music anhedonia.

Task 2 - Infographic

REFERENCING GUIDE

Here is some information on the importance of referencing

Giving credit to others

One of the reasons it is important to reference is to give credit to other authors whose work has been drawn upon to support ones own ideas, concepts or discussions (Pears and Shields, 2022).

When writing academically, it is key to show that ideas are backed up by credible sources, and referencing helps us do this (University of Leeds, 2024).

Avoiding Plagiarism

Plagiarism is when an individual claims the work of another as their own without consent or acknowledgment (University of Oxford, 2024). By referencing effectively and meticulously, plagiarism can be avoided (Fazilatfar et al., 2018). Failure to reference and committing plagiarism can lead to academic misconduct, which can carry heavy penalties such as expulsion/dismissal (Dhammi and Ul Haq, 2016).

Where to reference?

Referencing is essential throughout one's academic work. These are what are known as in-text citations. and can be used when paraphrasing or using direct quotes. Paraphrasing is to rewrite the work of another in ones own words(Cottrell, 2024, p. 258).
It is important to include a reference list at the end of your work, which highlights every article/book that you have referenced.

Different referencing conventions

There are several different recognised conventions for referencing, these include APA, Harvard, IEEE and MLA (University of Cambridge, 2024). Ensure that the correct referencing convention is used for the relevant institution or programme as this may differ.
As Psychology students, the expectations that the APA (American psychological association) is used.

When to reference?

Every piece of information/idea/concept belonging to someone else, that has been used to produce a piece of work must be referenced (University of Cincinnati). A variety of information may be utilised in one's work, including data and statistics, concepts and ideas, diagrams and images, videos and music and more (Boston university, 2021). This information can be gathered from a wide range of sources including books, journals, websites, reports and more (University of Birmingham, 2024).

Example of referencing

In text (APA Style)
According to Maslow "If you deliberately plan on being less than you are capable of being, then I
warn you that you'll be unhappy for the rest of your life." (no date, as cited in Thompson, 2024)
In reference list (APA Style)
Thompson, G. (2024). *30 Inspiring Abraham Maslow Quotes to Power-Up Your Perspective.* https://achology.com/psychology/30-abraham-maslow-quotes/

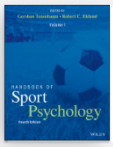
Task 3: Essay Plan

Below is a template of the structure that would be effective in planning an essay with the following title. According to the University of Sheffield (2024), using an essay plan to structure an essay can result it in being more effective.

Describe and discuss the psychological, social and physical benefits of engaging in a sporting activity.

Introduction: Introduce the topic – This essay will describe and discuss the psychological, social and physical benefits of sporting activity. It will also outline how individuals can get the best from their sporting activity. Within this section defining concepts that will be discussed is key to demonstrating a clear understanding. Therefore, the following terms will be defined in the introduction, sporting activity, psychological benefit, social benefit and physical benefit. The introduction will also highlight that more people are aware of the physical benefits of physical exercise than they are of the psychological and social benefits, this will be supported by an evidence base. There will be an attempt to explain why this might be.
Point 1 – The psychological benefit Explore the misconception that there are no benefits other than the physical benefits to sporting activity (would need to find supporting evidence here). Improved mental health (reduction of depression/anxiety/ stress) – Physical activity releases endorphins, which are known as the “feel good neurotransmitters” which results in a reduction in stress, depression and anxiety. Improved mood – increase in endorphins leads to feeling of heightened mood. Increase in self-esteem – By taking part in physical activity, one can feel better about themselves. Sense of achievement – there is a link between the level of exertion an individual puts into their exercise and the level of achievement they feel from the physical activity they partake in. The following book could be used to support some of this discussion;

2



BOOK

Handbook of sport psychology

edited by Gershon Tenenbaum and Robert C. Eklund.

4th ed.; 2020; Wiley

COURSE

Online access

Further sources would be needed to synthesise the information. According to Wyborn et al., (2018) synthesizing a range of information will better demonstrate a depth of understanding.

Point 2 – Social Benefits

Building confidence – Exercising releases natural mood boosters ‘endorphins’ to improve confidence.

Better communication skills – Exercise allows an individual to have more energy to contribute and communicate comfortably.

Improved teamworking – Many physical activities involve working in teams and collaborating with others and gives people a chance to further their skills.

Decreased feelings of loneliness and isolation – Physical activity often leads to group activity and/or socialising with others, which often leads to new friendships and therefore decreases the feeling of loneliness.

The following book could be used to support some of the discussions.

Again though, further sources would be needed to support discussions.

Point 3 – Physical benefits

Reduced risk of disease – regular exercise ensures that your cholesterol level and triglyceride levels, which is associated with heart disease as kept at appropriate levels.

Improved physical function – Aerobic exercise is used to improve endurance which improves day to day activity and helps maintain muscle mass.

Improved sleep – doing exercise helps increase melatonin and reduce stress which aids healthy sleeping habits.

Improved cognitive function – Exercise can boost memory and increase blood flow.

The following book could be used to support discussions

Further sources required to show more depth.

Point 4 – Could better education on all of the benefits of sporting activity increase the number of people partaking in it.

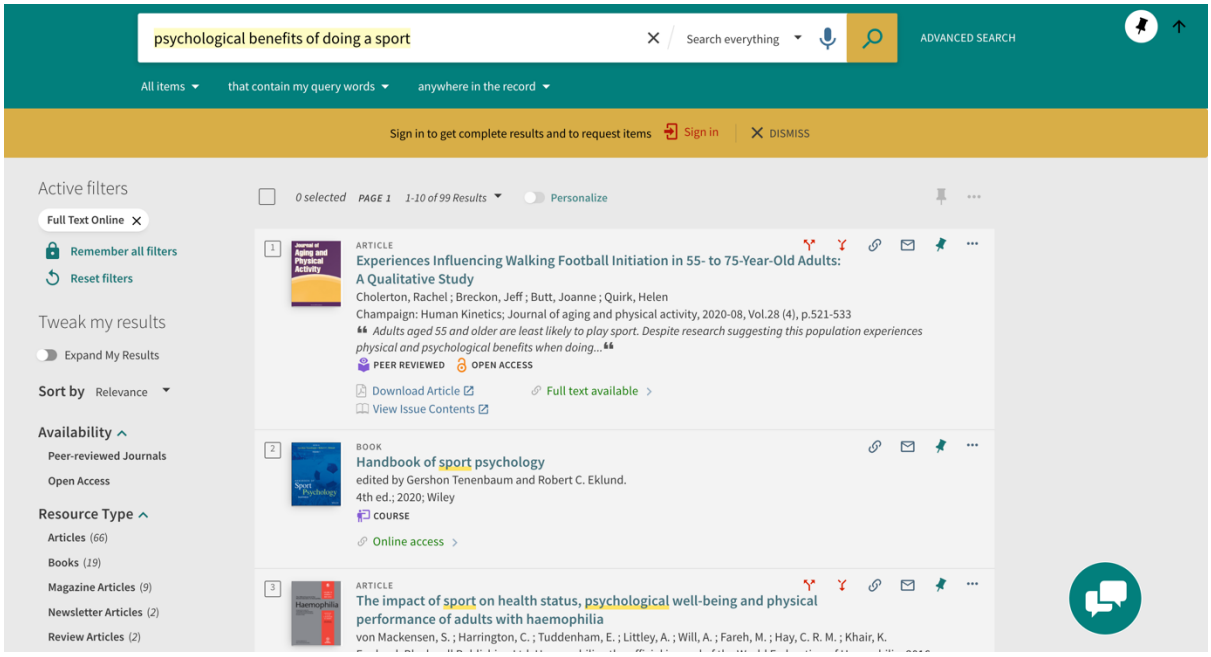
Find some evidence that supports or dispels this argument. Walden University (2024) states that using opposing views can help build an effective argument.

Conclusion

Draw together all of the evidence to provide an effective and accurate conclusion. An effective conclusion is defined by the University of Edinburgh as a reiteration of the main points made in the essay. This ensures that the reader is on the same page and everything in the essay is clearly covered (University of Edinburgh, 2024).

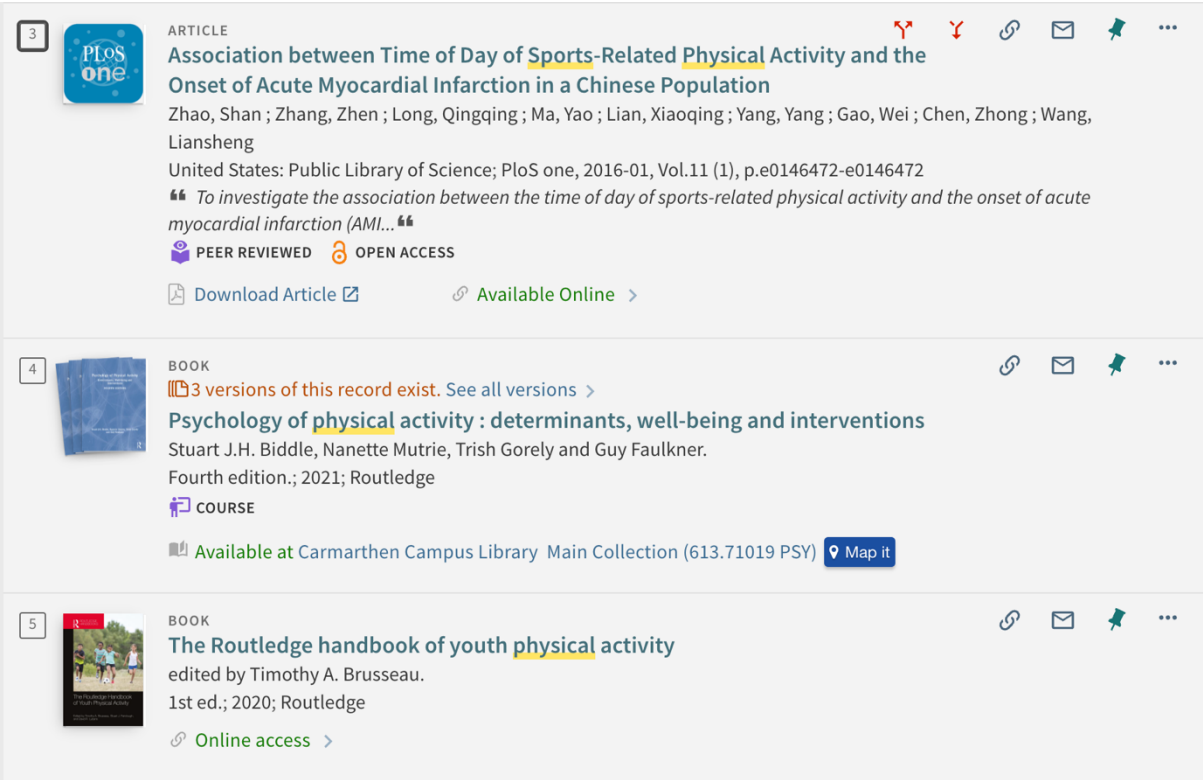
Terms used for search were kept quite broad to begin with and included following;

1. ‘Psychological benefits of doing a sport’ – the results can be seen below.



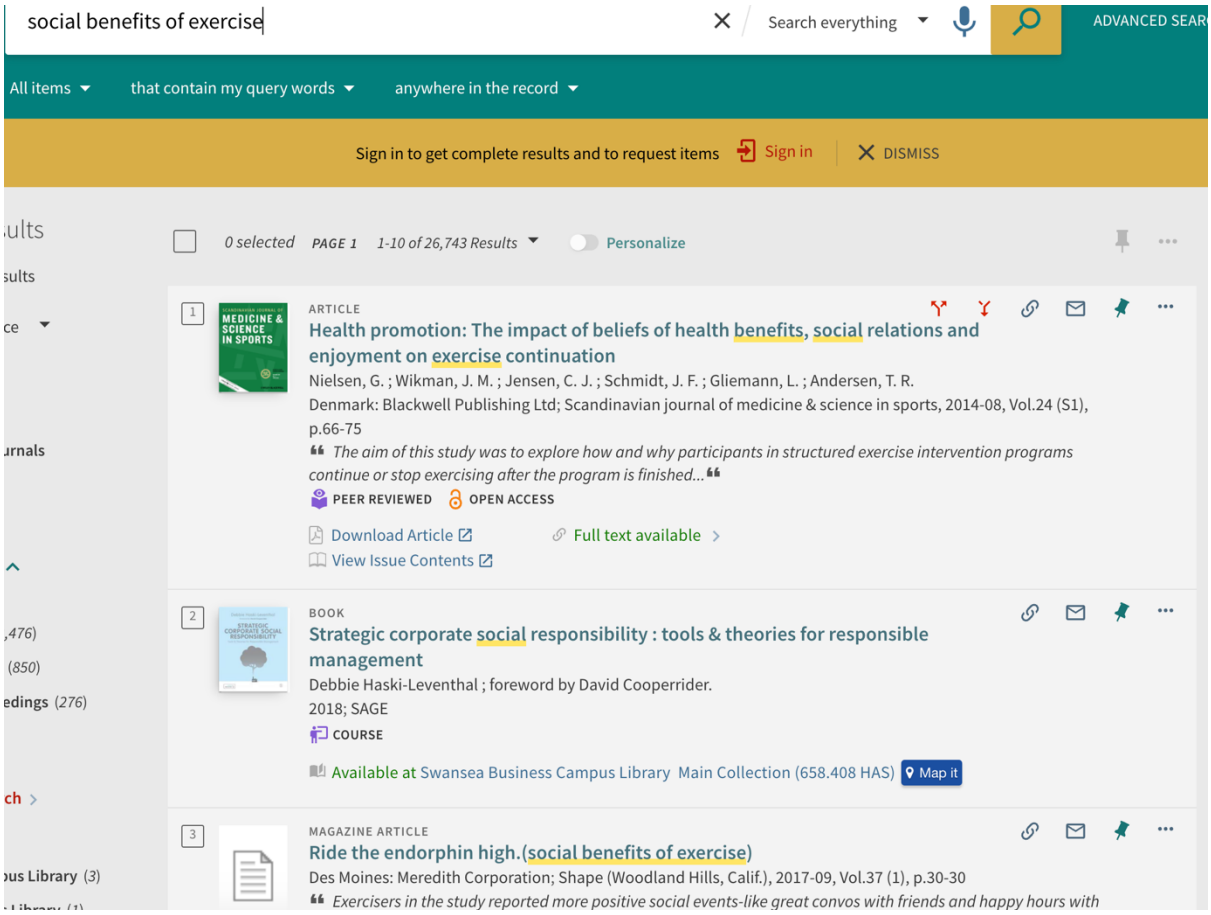
The first option shown is an article that focuses on the influence of walking football on 55–75-year-old adults. I decided to avoid using this article as it focuses on a specific physical activity and it explores a precise demographic, that would not be relevant to the research question. The third option on the above image is a similar scenario whereby the article focuses on individuals who suffer with haemophilia, and while this article may provide some good information it, again, is not relevant to the research question. Therefore, one appropriate piece of literature that could be used in this essay is the book ‘Handbook of sport Psychology’ as it covers the topic being discussed in a broader context and could therefore be useful. Taherdoost (2022) states that assessing sources for their credibility makes work more relevant, applicable and useful.

2. ‘Physical benefits of doing a sport’



As above, only search number four would be directly relevant for this research question and the others are too focused on irrelevant topics.

3. ‘Social benefits of exercise’



When using the same search format as the previous searches, the results were poorly matched and could not be applied to the research question. This led to a change in the search term (‘social benefits of exercise’) to ensure only relevant information is used. Above are three different sources that could all be used to answer the research question. The third option is a magazine article, which is normally considered to be slightly less academic than a book or a journal article, but it does not mean there is no useful information that can contribute to the essay.

Assessing the evidence

Some of the main considerations when assessing the usefulness of the literature available are the date; is it current? Is it relevant? Does it still apply? Who the authors are should also be considered; are they specialists in the respective field or is it an opinion piece? Is the literature peer reviewed? Where was the research undertaken? The CRAAP (Current, Relevant, Authority, Accuracy, Purpose) test

could be applied to assess these forms of literature (Manchester Metropolitan University, 2024).

More advanced searches

Advanced searches or better use of the filters could provide a better range of literature to support the work, this is supported by University of Bath (2024). In particular, for exploring why people are more aware of the physical benefits of sports activity than the psychological or social benefits and also could better education on the psychological and social benefits increase the amount of people partaking in sports activities.

References (All references for each task)

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Infographic

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