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Literature Review ,& Article Review

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February 17th 2021

Psychological Distress Among University Students.

1. **Formulation of Problem and Research Questions**

- a. State the issue or general problem being addressed :The problem stated in the article is the psychological distress in university students. Emotional intelligence, and spirituality.
- b. List the research question(s)- If researchers did not address it in the paper, you should create it. :what related factors can be associated with psychological distress among university students ? Are there relationships between psychological distress and emotional intelligent and spirituality?
- c. State the research hypotheses- If researchers did not address it, you should create it.: The hypothesis in the research paper is the transition of a new environment that impacted their mental health and difficulties of adaptation. Students undergo a lot of psychological distress which can also be a factor of the problem.

1. **Important Factors identified in the study.**

- a. Specify the independent and dependent variable(s) and the study population: dependent variable would be the psychological distress because that's the issue addressed in the paper anxiety and depression. Independent variables are all the factors with the information given including Emotional intelligence and spirituality.
- b. Is there sufficient support that the current study addresses a weakness or a gap in previous research? Why? I dont think there is a gap in the research paper because everything is acknowledged and well addressed.

c. **Research Design**

- a. Qualitative or quantitative?: The quantitative is the data that the researcher used to describe the qualities and the characteristics of the problem.

- b. Exploratory, descriptive, or explanatory? The exploratory research falls under the investigation of the psychological distress among students, the goal descriptive research is to define the topic given, explanatory address a particular fact.
- c. Cross-sectional or longitudinal?: Is the collective data from the students who undergo the psychological distress.
- d. Discuss whether this design is appropriate to address the research question (e.g. is this the best design for addressing the question? Or do you want to suggest a different design?) : The design is well represented because everything is symmetrical and in order.

e. **Sampling**

- a. Describe the target population, the study population, and sample size: The target represents the students who undergo psychological distress as well as spirituality.
- b. Sampling design: Probability or non-probability? Also, specify the type of sampling technique used in the study, if applicable (e.g. a probability sample using simple random sampling, a probability sample using two-stage random-digit-dial design or a non-probability convenience sample) : The sampling methods are used to represent the students attending different departments in the university
- c. Discuss eligibility and inclusion criteria if applicable: I don't think there is a disqualification prospective in the research. However age and gender are included

d. **Conceptualization and Measurements**

- a. List major variables in the study (e.g. independent, dependent, controlling, moderating, and mediating variables) : the major variables are the psychological distress that the students go through spirituality as well as age and gender.
- b. Describe the operational definitions of the major study variables (this is regarding how to measure the variables) in the measurement quantitative values can also be attributed because it would bring light and understanding of the characteristics of the issue. Emotional and intelligence
- c. Is there any evidence of reliability and validity of these measures in the paper? I think that therapy to help reinstate their psychological problems can be a great form if reliability.

- d. Discuss the major strengths and limitations of the measures;.The major strength is the ability to identify and understand the emotional mindset behind it.

e. **Data Collection**

- a. Discuss when, where, how, and by whom data were collected (e.g. face-to-face interviews, telephone interviews, mail survey, web based survey, self administered questionnaires, or case record reviews?) Data was collected in four parts , a sheet of sociodemographic and academic information, psychological distress, emotional intelligence, spirituality.
- b. Discuss the major strengths and limitations of the data collection plan : the strength that they have is preparing for their future and career.

c. **Findings and Discussion**

- a. Briefly summarize the main findings of the study: The article argues students who undergo psychological distress and anxiety that influenced their mental health.
- b. Did the results match the study hypotheses? : Absolutely because there is a lot of evidence in the findings.
- c. Are implications for practice and/or policy discussed? I think that they discussed the amount of students who are affected by emotional intelligence.