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Here are some Needs vs. Desires:

**Needs**:

-Physiological

-Safety

-Social

-Esteem

-Self-Actualization

**Desires**:

-Material

-Social

-Emotional

-Aspirational

In this hierarchy, needs are essential for survival and psychological well-being, and their fulfillment is prioritized. Desires, while still important for enrichment and satisfaction, are secondary in importance and often comes from personal preferences, societal influences, or emotional fulfillment.

**Observation:**

noticing people having social connections tend to levels of happiness

**Hypothesis:**

"People with a more social life have higher levels of happiness"

**Experiment:**

giving a random group of people a survey about their social connections and happiness levels.

**Data Collection:**

collecting survey responses and coding them for analysis.

**Analysis:**

doing a statistical test to see if there is a relationship between social connections and happiness.

**Conclusion:**

"The results support the hypothesis that higher social connections are associated with greater happiness."

**Variables:**

**-**Independent: the factor that is manipulated to test its effect.

\*Ex\* number of social connections a person has.

-Dependent: the factor that is measured and affected by changes in the independent variable.

\*Ex\* level of happiness reported by the person conducting the study.

-Control: variables that are kept constant to make sure any changes in the dependent variable are due to manipulation of the independent variable.

\*Ex\* age, gender, or socioeconomic status.

**Correlation:**

Positive- when two variables move in the same direction

\*Ex\* study time increases, exam scores tend to increase.

Negative- when two variables move in opposite directions.

\*Ex\* stress levels increase, quality of sleep tends to decrease.

Zero- no relationship between the variables

\*Ex\* there may be no correlation between shoe size and intelligence.

**Primary Sources:**

-Empirical Research Article: original research articles published that present methodology, data collection, analysis and conclusion.

\*Ex\* "A study published in '*Journal of Personality and Social Psychology'* reporting the results of a social experiment.

-Dissertations/Theses: research projects that contribute original findings to a field of study

\*Ex\* a dissertation on the effects of mindfulness training on reducing anxiety.

-Conference Proceedings: presentations of a new research often before they are formally published in journals.

\*Ex\* a psychology presentation on the latest findings in cognitive therapy for depression.