

## Abstract

The purpose of this study was to investigate the effects of mindfulness meditation on perceived stress levels in college students. A randomized controlled trial was conducted with 100 participants divided into a mindfulness meditation group and a control group. The mindfulness meditation group participated in guided meditation sessions thrice a week for four weeks. Stress levels were measured using the Perceived Stress Scale (PSS) at the beginning and end of the study. Results showed that participants in the mindfulness meditation group reported significantly lower stress levels compared to the control group ( $p < .01$ ). These findings suggest that mindfulness meditation may be an effective intervention for reducing perceived stress in college students. Further research is needed to examine the long-term effects of mindfulness meditation on stress reduction.

# Apa 6th Edition Example Abstract

**Dennis Howitt, Duncan Cramer**



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Data Analysis and Methods of Qualitative Research: Emerging Research and Opportunities Madondo, Silas Memory, 2021-04-15 An intellectual property discussion is central to qualitative research projects and ethical guidelines are essential to the safe accomplishment of research projects Undertaking research studies without adhering to ethics may be dangerous to researchers and research subjects Therefore it is important to understand and develop practical techniques for handling ethics with a specific focus on qualitative projects so that researchers conducting this type of research may continue to use ethical practices at every step of the project Data Analysis and Methods of Qualitative Research Emerging Research and Opportunities discusses in detail the methods related to the social constructionist paradigm that is popular with qualitative research projects These methods help researchers undertake ideal qualitative projects that are free from quantitative research techniques concepts all while acquiring practical skills in handling ethics and ethical issues in qualitative projects The chapters each contain case studies learning outcomes question and answer sections and discuss critical research philosophies in detail along with topics such as ethics research design data gathering and sampling methods research outputs data analysis and report writing Featuring a wide range of topics such as epistemology probability sampling and big data this book is ideal for researchers practitioners computer scientists academicians analysts coders and students looking to become competent qualitative research specialists

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**Introduction to Research Methods in Psychology** Dennis Howitt,Duncan Cramer,2011 Comprehensive straightforward and clear Introduction to Research Methods in Psychology 3rd edition is the essential student guide to understanding and undertaking quantitative and qualitative research in psychology Updated throughout to include new topics such as the latest developments in online support for conducting research and data management this new edition continues to provide a thorough accessible and up to date coverage of the field The book is supported by a companion website featuring a range of resources to help students check and further their understanding of the subject Visit [www.pearsoned.co.uk/howitt](http://www.pearsoned.co.uk/howitt) to find out more Howitt and Cramer s Introduction to Research Methods Third Edition offers the clearest and most comprehensive coverage of research methods for first year psychology students on the market Indeed it is a priceless source of advice and information on research design for students throughout their undergraduate career and even into postgraduate study Ronnie Wilson University of Ulster

**Experimental Methodology** Larry B. Christensen,2004 This text presents a reader friendly introduction to the basic principles of experimental and non experimental psychological research Experimental Methodology is organized so that each

chapter focuses on a specific step in the research process This text provides an instruction in the experimental research and an introduction to non experimental approaches such as ex post facto research correlational research and survey research New Chapter 7 Validity in Experimental Research combines coverage of external and internal validity Combines Chapter 7 Control in Experimentation and Chapter 14 External Validity from last edition Incorporates the new APA code of ethics as it pertains to research Chapter opening Learning Objectives have been replaced with Visual Overviews to give students a visual overview of the upcoming material New end of chapter mini quizzes help students review material Online study questions written by author Incorporates both quantitative and qualitative research to give students a balanced perspective Chapter opening vignettes focus on current events to demonstrate the real life relevance of psychological research Study question

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