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PSL 7030 Unit 5 Assignment 1

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The research I choose the author strives to prove the more off work activities employees did the more energy they had the next day at work.

The research designs the author used were emphasizenumerical data collected through questionnaires.

1. Describe the sampling strategy used and provide a rationale for selection. (Refer to Table 7.1 Types of Sampling Strategies Found in Quantitative Research in your course text.)

The sampling strategy for this article is random sampling. The sample group was extracted from 68 employees. The final sample was determined by the amount of questions completed on the questionnaire.

1. Evaluate the quality of the research instruments and their reliability and validity.

The article quality is good, it has measurement of outcome, the author uses the questionnaire which was given through a code to complete online. This instrument was secure and the author secure the codes so that the information can be tracked.

1. Based on your readings, what instruments were used for data collection? Are they of high quality? Was information about reliability and validity provided?

The instrument that was used for data collection was a questionnaire and a survey. The information reliability and validitywere provided in the citation of the document.The information was somewhat reliable. The author stated that some questions should have been asked in the morning the capture a more reliable response.

1. Evaluate how ethical recruitment and data collection were ensured.

The recruitment was done through accessing schools where teachers worked. The author asked permission to recruit. The author also explained to the participants of the research that was being conducted.This was ethical.

1. Assess credibility and the quality of the study. Will you retain it for your literature review?

The article is new and the first to research this topic, which the author explains that the article may have recall bias and common method bias, because of the way the question were formulated on the questionnaires. I do not think I should use it for my literature review. No I will not use this research article.

References:

Breevaart, K., Bakker, A. B., Derks, D., & van Vuuren, T. C. V. (2020). Engagement during demanding workdays: A diary study on energy gained from off-job activities. *International Journal of Stress Management*, *27*(1), 45–52. https://doi-org.library.capella.edu/10.1037/str0000127