





action depicted in the triangle disrupted the traditional association between response and stimuli by introducing the assistance of a tool. Vygotsky first discussed issues around activity in detail in his publication *Consciousness as a problem of psychology of behaviour*, although this concept had existed in his writings since 1896 (Kozulin, 1986).

**CHAT** has its roots far back as 18<sup>th</sup> Century. Central to CHAT is that consciousness arises from an externally practical activity and the unity of the “consciousness” and the “activity” (Leont'ev, 1977). As Kaptelinin (1996) describes, “consciousness is not the human mind as

# Doing Simple Secondary Data Research Projects

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All research will involve the collection of data. Much of this data will be collected directly through some form of interaction between the researcher and the people or organisation concerned, using methods such as interviews, focus groups, surveys, and participant observation. These methods are used in the collection of primary data, and herein lies the opportunity for the researcher to develop and demonstrate their research skill. Subsequently, primary data that are archived for future use can be utilized by other researchers for the purpose of their research. The already existing data is known as secondary data, which can be summarized and analysed by other researchers to increase the overall value of their research.

Secondary data, unlike primary data, is data that is collected by other researchers, like surveys and surveillance of a particular population, and they might make that data available to other researchers to use for their own studies (Jonston, 2017). So, anytime you obtain data that was collected for another study or perhaps a completely different purpose, that is referred to as secondary data.

Secondary data sources can include data that is collected by survey questionnaires administered by other researchers to answer their questions, but sometimes these data can also be used to answer other questions that were not directly analysed by the researchers who collected the data (Boslaugh, 2007). Hence, if you are able to obtain access to that data, it can be used to answer your own research question(s)

by analysing it.

There are many secondary data sources that can be used for research purposes. Archival data and record systems can be used as good secondary data sources for research. These data include birth, death, and medical records. Researchers are now more engaged in using archival data and record systems due to its availability in forms of electronic systems (Das, Jain, & Mishra, 2018; Nair, Hsu, & Celi, 2016). As the data from governmental bodies and agencies, private sectoral organizations, and other institutes are becoming more available on online platforms, the abundance of its availability has made it convenient for researchers to extract and analyse relevant data for their own research purposes.

In addition to archival data and record systems, billing and transaction records could also be used as a source of secondary data. One of the most common so ~





# Sampling, Sample Size, and Data Saturation in Qualitative Research

marital status, etc of the participants so that the total sample will have the same distribution, whom the researcher believes would be able to provide information relevant to the research questions.

Snowballing is known as chain referral sampling which is also a type of purposive sampling. In this method, researcher asks participants to use their contact and social networks to seek other potential participants. Snowballing is used with groups that are not accessible to the researcher through other sampling strategies.

Usually qualitative research consists of smaller samples when compared to samples in quantitative research (Onwuegbuzie & Leech, 2007) and involves selection of participants to obtain relevant and diverse information on an issue. It is a decision focusing on integrity, composition, and depth of data (Roy et al., 2015). In qualitative studies, the focus is on collecting extensive detail from few samples. The intention of qualitative research is not to generalize the information but to elucidate detailed specific particulars of the study of interest (Creswell & Poth, 2018). There is no rule of thumb on how many samples to select but rather a matter of saturation (Moser & Korstjens, 2018).

Table 1 illustrates recommended sample sizes for different approaches to qualitative research in Creswell and Poth (2018).

Data Saturation is a concept developed by Glaser and Strauss in 1967 for grounded theory approach

(Hennink & Kaiser, 2022). It is the most common guiding principle for assessing the quality and adequacy of purposive samples in qualitative research. According to Roy et al., (2015), saturation reflects the quality or depth of the data. Data saturation occurs when researchers obtain repeated information that they can anticipate (Moser & Korstjens, 2018; Roy et al., 2015) hence, any new information is not generated. Therefore, the view on data saturation centres around how much data is required to determine redundant data. Saunder et al., (2018) describe four different models of saturation that can occur.

1. *Theoretical saturation* – rooted in grounded theory,



theory (Dworkin, 2012; Mason, 2010). Therefore, the significant factor related to data saturation is the extent to which data is viewed as an event or a process.

Creswell, J. W., & Poth, C. N. (2018). *Qualitative inquiry and research design: Choosing among five approaches*. SAGE Publications Ltd.

Dworkin, S. L. (2012). Sample size policy for qualitative studies using in-depth interviews. *Archives of Sexual Behavior*, 41(6), 1319–1320. <https://doi.org/DOI 10.1007/s10508-012->

# Conquering the Fear of Publishing

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process and duration, structure and indexing along with others are of utmost significance in publishing. Finally, rejection is also part of the process, thus we need to re

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- Research question/hypothesis
- Methodology
- Expected findings and implications

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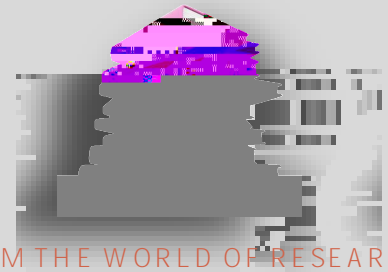
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FROM THE WORLD OF RESEARCH

The relationship between self-care, positive family environment, and human wellbeing

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### ABSTRACT

Self-care behaviors are fundamental for a healthy lifestyle. These behaviors can lead to improved physical and psychological health, which can in turn lead to individual and social wellbeing. The present paper proposes self-care as a set of behaviors that help sustain a positive environment (i.e., a sustainable behavior) wherein individuals who take care of themselves can aid in maintaining the positivity of the environment. Thus, taking care of oneself, others and the natural environment may result in wellbeing and environmental quality. This study aimed to investigate the role of self-care as part of a network of behaviors that help to maintain a positive family environment and wellbeing. A sample of Mexicans participated (n = 290). Results indicated that a positive family environment influences and is influenced by wellbeing and by sustainable behaviors that include self-care, caring for others and caring for the natural environment. These findings provide evidence of the inclusion of self-care as part of sustainable behaviors within a positive family environment.

Torres-Soto, N.Y., Corral-Verdugo, V. and Corral-Frías, N.S., 2022. The relationship between self-care, positive family environment, and human wellbeing. , p.100076.

Read on... <https://doi.org/10.1016/j.wss.2022.100076>