

Research Proposal



Ashford University

RES7400: Research Design & Methods Quantitative (QAB2044A)

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### Research Proposal: Step One

Research topic: Relationship between the time of exposure to television and the risk of obesity among children.

#### Rationale

Cases of obesity among children have increased in the recent past. Obesity is a complex **eup in**. Some of the behaviors that have been attributed to obesity in children include the lack of social activity and spending a lot of time on-screen devices like television (CDC, 2020). Research has supported some of negative effects of television on children and one of those research results suggests that television inhibits physical activity in children (Stiglic & Viner, 2019). Despite this, the use of television among children has continued to increase as research shows that 50% to 70% of children have television sets in their bedrooms (Assathiany et. al, 2018).

Past researchers have proposed that television viewing among children contributes to obesity. This is because it facilitates behavior that leads to obesity such as lack of physical exercise and low energy expenditure (Jackson & Cunningham, 2017). Siegel et. al, (2018) suggests, while past researches have linked childhood obesity to television viewing, there is a **gap in establishing if there is a direct correlation between child obesity and television viewing**.

Therefore, this research aims to bridge the gap by assessing whether there is a direct correlation between the use of television and child obesity. In theory, the conducted research will determine if the length of exposure to television has a direct relationship with the risk of obesity. Upon successful completion of the research, there will be **a plan** to reduce the prevalence of obesity among children. According to *Clinical Pediatrics* (2018), aside from health problems, this issue also leads the child to develop problems with self-esteem which causes social

alienation. It's important to understand both the direct and indirect causes of the problem. This research will differentiate between the pros and cons that important in the field of psychology as it involves the study of behavior among children.

### Research Questions

The main concepts in this research are exposure to television viewing and the risk of child obesity. Child obesity is the condition of a child being above the normal weight for their height and age.

The research questions that this research will seek to answer is:

1. Is there a correlation between the length of television exposure and childhood obesity?
2. Are children exposed to television for long hours at greater risks of obesity than those who are not?

### Hypotheses

The dependent variable in this research will be television exposure among children. The independent variable on the other hand will be obesity. This research seeks to test various hypotheses which include:

H01: There is a direct correlation between the length of television exposure and child obesity.

HA1: There is no direct correlation between the length of television exposure and child obesity.

H02: There is substantial evidence that children who are exposed to long hours of television viewing are at a higher risk of obesity.

HA2: There is no substantial evidence that children who are exposed to long hours of television viewing are at a higher risk of obesity.

## References

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