

**COURSE CODE:** *BIO 304*  
**COURSE TITLE:** *Research Methods*  
**NUMBER OF UNITS:** *2 Units*  
**COURSE DURATION:** *2 Hours per week*

### **COURSE DETAILS:**

**Course Coordinator:** Dr Uwem Ekpo, *B.Sc., M.Sc., Ph.D.*  
**Email:**  
**Office Location:** A107, COLNAS Building  
**Other Lecturer:** Dr. Mrs. I.A. Kehinde

### **COURSE CONTENT:**

Research needs, Methodology and Result analysis. Preparation of reports

### **COURSE REQUIREMENTS:**

This course is compulsory for all 300 level students of Biological Sciences department. Students are expected to participate in all the course activities and have minimum of 70% attendance to be able to write final examination

### **READING LIST:**

1. Stapleton, P., Youdeowei, A., Mukanxange, J. and vanHoufer, H. *Scientific Writing for Agricultural Research Scientists(A Training reference manual)*. West Africa Rice Development Association (WARDA) and CTA.
2. Day, R.A. *How to Write and Publish a Scientific Paper*. Cambridge University Press. 1994.
3. Preece, R. *Starting Research; An Introduction to Academic Research and Dissertation Writing*. Pinter Publishers. USA and Canada. 1994.

### **LECTURE NOTES:**

#### **Introduction**

#### **The Scientific Approach**

Information about Biology comes to us from many sources: Observations, books, movies, stories and anecdotes, and from our own experience. The question becomes who do we believe?

And what do we believe?

What is true?

What is important?

The argument in biology, as in all research-based disciplines, is that our beliefs about what is true should be based on evidence that has been accumulated by rigorous application of scientific principles. The underlying assumption is that in the long run we are more likely to be right if we base our beliefs on testable theories and factual evidence. Obviously, to accomplish this, we need research.

#### **Why do we conduct research?**

#### **To Understand Biology.**

Your understanding of the discipline of Biology will be very limited if you don't understand the methods by which the knowledge base is established, and the assumptions that are made when using those methods.

#### **So You Can Read Research.**

As a student of Biology, and perhaps later as an actual Botanist/Zoologist/Microbiologist, you will want to be able to understand and apply the findings of previous research, as well as new research as it becomes available. To do so, you need to be able to make sense of scientific reports of that research. Without an understanding of **methods and statistics**, you won't be able to do so.

### **So You Can Evaluate Research.**

Just because a research paper has been published, that doesn't mean that the research is good. The research journals where research findings are published differ widely in terms of the screening processes they use to filter the good from the bad. There are even some journals that will publish almost any research regardless of its quality, so long as you pay for it! (also known as One Man Journal). You need to understand research methodology in order to evaluate the existing literature and distinguish the good from the bad.

### **To Improve Your Thinking.**

The process of reading, conducting, and evaluating research is very much like exercising your brain.

### **Because Authority is Fallible.**

Up until very recently, and perhaps even now, you have probably relied on authority for much of your knowledge.

Therefore we all need specific guides on how to collect, processes and used information for our benefit and benefit of the society. Because information that have acquired improperly may in the long run be disastrous. Rigorous application for research methods helps to minimize erroneous information

## **Assumptions and philosophies of Biological science**

Researchers usually make a number of philosophical assumptions when they approach their discipline, and each discipline has its own set of philosophies and assumptions, including Biology. An awareness of these philosophical assumptions is important because it will help you to understand how the biologist approaches his or her work.

### **Empiricism.**

Biologists belong to a school of thought called "empiricism." This assumption or philosophy states that our conclusions must be based on observation that is systematic and objective. We reject as evidence such things as rumours, or other "data" that can't be publicly observed and verified. Furthermore, our observations must be collected using a systematic procedure or set of procedures that can be replicated by others. Note that this does not mean that what we study must be directly observable. For example, we can't directly observe how much "anxiety" a person feels, but we can observe how that person behaves, including how that person responds to a set of questions related to how anxious he or she feels.

### **Measurability.**

Related to the assumption of empiricism, Biologists believe that to study something, we must be able to measure it. That is, we must be able to **quantify** what we are studying.

### **Parsimony.**

The assumption of parsimony states merely that "simpler is better." Given two explanations for the same phenomenon, the one that explains it more simply (while of course still being accurate) is to be preferred. We should not invoke explanations for a phenomenon that is more complex than necessary to adequately describe and predict it.

### **The Inexistence of Proof.**

It is common to hear people without a strong background in the research process talking about; for example, a study that "proved" such and such, or how proof has been demonstrated for some explanation for behaviour. But in reality, proof doesn't exist in the game of science. The progress of science is cumulative. Each study tells a small piece of a big story, while building on previous research that has been conducted. Together, the cumulative research may provide **support for** a particular explanation more than some other explanation, or may **suggest** that the explanation is accurate. Usually there are alternative explanations for a single research finding. No single study can

prove anything, and even a whole set of studies can only provide **support for** an explanation or theory. Furthermore, the same data may support more than one explanation. Sometimes the evidence supporting a particular explanation becomes so numerous and compelling that the use of the word "proof" is justified (such as when the corpus of scientific evidence converges on a single conclusion about the relationship between smoking and lung cancer: smoking *causes* lung cancer). But it is always possible that the explanation or theory is wrong and that, given more data or more research, the data will support an alternative explanation, or one that hasn't even yet been offered because no one has thought of it yet. Our knowledge is always evolving and changing. What is "true" now may not be true later.

## The Research Process

The "impossibility of proof" philosophy that underlies biological research illustrates how research is a process rather than a linear event with a clear beginning and end. One study feeds into the literature that is used to spark further inquiry into the phenomenon. As more and more studies accumulate, we gain a deeper understanding of the phenomenon under investigation. But as our knowledge deepens, so do the questions and ambiguities. Eventually, we appreciate that each single study is a small piece of information in a large and complex puzzle.

Even within a single research project, there is only a rough linear sequence of events in the research process. While we can probably delineate a clear beginning and end to the process, the various steps within it are interconnected. Below is a possible model (Figure 1) for how the research process unfolds within a single research project. In this diagram, the starting points in the process are indicated in large **bold** text. The linkages in the process are depicted with arrows, with double headed arrows meaning that process "flows" in both directions. There are also two "feedback" loops in this diagram, depicted as dashed lines that indicate that earlier parts of the process may be revisited temporarily at later stages.

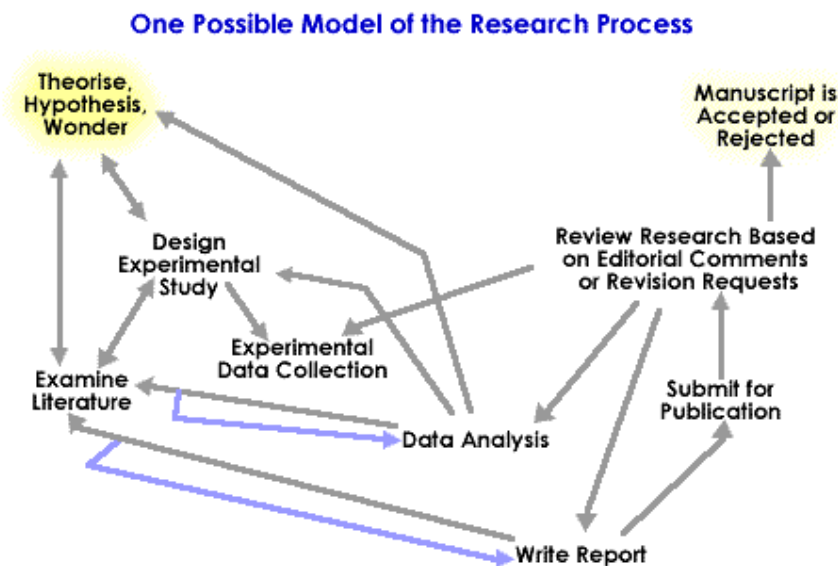


Figure 1. One possible model of the research process.

Research is based on the empirical testing of ideas. These ideas might come from any number of sources. They might start with a theory about some phenomenon. That theory might rely on the literature in the field and together the theory and the literature are used to devise a study. Or a researcher might notice in the literature that a series of findings are conceptually related. From these observations the scientist might devise a theory to explain the findings. Or, more simply, the researcher might just be curious. Perhaps you have seen a plant turning brown or grow in a particular circumstance and wonders why. To answer this

question, the researcher thinks about the problem, looks at relevant studies in the literature, and tests her explanation by conducting a study. The researcher needs to focus the question(s) of interest into specific **testable research hypotheses**.

**Basically Research methods consist of 3 steps: (1) Study Design, (2) Data analysis and (3) Report writing.**

### **Study design**

Study design is a major part of the whole process. Unless the data are gathered in a systematic and unbiased way, no amount of statistical conjuring can retrieve the situation (i.e., you need to start with **quality** information). There are many ways of designing studies but the main aim is to answer as clearly and unequivocally as possible the particular research hypotheses that have been pose. What is the best way of gathering the best data possible given the constraints of economics and time? We will be looking at many major design features.

### **Data Analysis**

After the data are collected, data analysis proceeds. The data analysis would first focus on

- the specific research hypotheses, to see if the hypotheses or predictions are supported by the data.
- explore the data to see if anything unexpected or unanticipated emerges.

### **Report Writing**

After the data analysis is complete, the results are written up in report form and submitted for publication

# **Study Design**

## **Variables**

**A variable is a construct that can vary or have more than one value.** Some variables can be quite concrete such as gender, birth order, weight, or shoe size. Others can be considerably more abstract, vague, and squishy. For example, colour, self-esteem, strength of belief in religion. Basically, variables are the ingredients of research processes.

There are two basic kinds of variables that we most often talk about in research.

These two kinds what we call the **independent variable (IV)**, and the **dependent variable (DV)**.

### **Independent variables (IV)**

The independent variable is defined as the "**variable that the experimenter manipulates.**" While this is true in experiments, not all studies are experiments. Often, we don't manipulate anything in a study. Instead, we merely collect data and observe how variables are related to each other. The above definition of "independent variable" could imply that there is no independent variable in correlational studies.

### **Dependent variable (DV)**

Similarly, the dependent variable is a variable necessarily “**caused by**” the independent variable. But this is not necessarily true.

What is the IV and what is the DV changes with the questions being asked. In one sense every variable is a DV until otherwise lined up to be the IV for a particular research question. The independent variable is what we are studying with respect to how it is **related to or influences** the dependent variable. If the independent variable is related to or influences the dependent variable, it can be used to **predict** the dependent variable. It is therefore sometimes called the *predictor variable*, or the explanatory variable. The independent variable may be manipulated or it may just be measured. In contrast, the dependent variable is what we are studying, with respect to how it is related to or influenced **by** the independent variable or how it can be explained or predicted **by** the independent variable. It is sometimes called the *response variable* or the *criterion variable*. It is **never** manipulated as a part of the study. DVs are the things we measure about people.

Example.

Suppose two investigators are studying the relationship between antibiotic and bacterial growth to determine its effects on growth inhibition. The two investigators may have the same data. This data includes: (1) types of antibiotic, concentration, etc.). One investigator might be examining which level of antibiotic concentration gives the highest inhibition. The independent variable is the level of antibiotic concentration and the dependent variable is degree of inhibition (high or low). But another investigator might be asking a different question. What types of antibiotics and effect on bacterial growth? In this case, the level of bacterial inhibition is the IV and the type of antibiotic is the dependent variable. From this example, it should be clear that the distinction between the independent and dependent variable is based not on manipulation but on the questions one is asking of the data.

A useful hint for determining which variable is which in a study is to ask whether you are trying to either influence or predict one variable from some other variable or variables. If so, that variable is probably the dependent variable. The variable that you are using to make the predictions or to determine if it influences (rather than is influenced by) some other variable in the study is typically the independent variable. For this reason, the independent variable is sometimes called the “*explanatory*” variable while the dependent variable is sometimes called the “*response*” variable. You try to “explain” variation in responses on the dependent variable with the independent or “explanatory” variable(s).

### Confounds Variables

Confounds are special types of variables that we would rather not know about! They are nuisance variables that interfere with our attempts to explain a relationship between our variables of interest. A confounding variable is one that provides an alternative explanation for the thing we are trying to explain with our independent variable. A simple example, which we deal with later in more detail, is a study in which we want to find the effect of fertilizer treatment on crop yield. We applied two concentrations of fertilizer to a cropping field. Behold we find that one concentration is better than the other. And conclude that we should use that concentration! But what if we carried the experiment on a several soil types. Might not the yield be due to rich or poor soil type? Soil type here is a confounding variable. It competes with our IV of interest in trying to explain the differences we found with the DV.

### The Logic of Cause and Effect

In the previous little study, if everything went according to plan we were interested in being able to claim that the fertilizer treatment **caused** an improvement in crop yield. Why else would we go to so much trouble? If we did find evidence that a particular fertilizer concentration caused the best crop yield then we would adopt that into our cropping programme expecting that the next time we apply this concentration of fertilizer we would again see an improvement.

So, if we assume that the identification of cause and effect relationships is the fundamental aim of science, we need to establish the conditions under which this is most likely to be inferred. Three conditions need to be established for a cause and effect relationship between A and B to be established.

- A must occur before B
- Variations in A must covary with variations in B
- All confounding variables must be controlled

For example, if you hypothesised that it the dusty environment that is making you sneeze, you would need to:

- notice that you sneezed **after** you are near a dusty environment (occurrence)
- notice that you sneezed after you are near a dusty environment **and** that you did not sneeze when you are not near a dusty environment (covary)
- notice that you did not sneeze after you had been near other environment (cofound)

To be really convinced that it was the dusty environment, the above little experiment would need to be repeated a number of times. If the three conditions is maintained each time repeated the experiment you would have isolated the real cause of your sneezing from.

## Research Hypotheses and Prediction

Research hypotheses are the specific testable predictions made about the independent and dependent variables in the study. Usually the literature review has given background material that justifies the particular hypotheses that are to be tested. Hypotheses are couched in terms of the particular independent and dependent variables that are going to be used in the study.

An example would be

***"Crops that are exposed to fertilizer treatment will give better yield than crops without fertilizer treatment"***

Notice the IV is specified (fertilizer treatment compared to non-fertilizer treatment) and the DV is specified (Crop yield what will be measured). Notice also that this research hypothesis specifies a direction in that it predicts that the fertilizer treatment will give more yield than non-fertilizer treatment. This is not always the case. Research hypotheses can also specify a difference without saying which group will be better than the other. In general, it is considered a better hypothesis if you can specify a direction.

Finally, note the deductive reasoning principle of the scientific method when we test hypotheses. If our theories and ideas are the truths we can devise controlled experiments and find evidence to support them. This gives considerable credence to our theories. If we work the other way, and gather data first and then try to work out what happened (inductive reasoning) we could be faced with a large number of competing theories all of which could be true or not true. This is sometimes called post-hoc theorising and is a common way in which people explain events in their world. But we have no way of knowing which one is correct, we

have no way of ruling out the competing reasons and we usually end up with choosing the one that fits best with our existing biases.

Inductive reasoning does have a role in exploratory research in order to develop initial ideas and hypotheses, but in the end the hypotheses have to be tested before they can have scientific credence.

## Experimental and non-experimental designs

Research can be classified into one of two broad categories. Each has advantages and disadvantages.

### Non-experimental designs

Perhaps the simplest design is the **co relational design** or **quasi-experimental design**. A study qualifies as co relational if the data lend themselves only to interpretations about the degree to which certain things tend to co-occur or are related to each other. For example, a social scientist might be interested in the degree of local beliefs on the causes of malaria to the use of Insecticide Treated Nets (ITNs) for malaria prevention. To conduct this study, A set of people are interviewed and their perceptions of the causes of malaria and use of ITNs for malaria prevention. At the end of the data collection, the research would have recorded for each person local beliefs on causes of malaria and ITN uses. The researcher will then use these data to correlate beliefs with use of ITN.

The **major advantage** of correlational designs is that they are typically fairly easy to conduct. The **major disadvantage** of correlational designs is that they leave the actual reason for the associations found quite unclear. Suppose, for example, that there was a negative correlation between local beliefs on the causes of malaria to use of ITN. You might be tempted to conclude that local belief on the causes of malaria decreases with the use of ITN for malaria prevention. But such a conclusion is completely unwarranted. Rarely does a correlational study allow inferences about cause and effect. In this case, there are many other possible explanations for the relationship. For example, perhaps some persons are not comfortable sleeping under ITN irrespective of their beliefs, or some persons cannot afford ITNs. In such a case, the obtained association between local beliefs and ITN usage may be spurious. That is, a third variable Cost, and Comfort cause also effect ITN usage.

In spite of these problems, co relational studies are quite common and popular. This is probably because the discovery of association suggests the **possibility of cause**.

### Experimental designs

An alternative to the co relational design is the **experimental design**, or **true experiment**. The **major advantage** of an experimental design is that, if properly conducted, it can demonstrate causality. For example, we may be interested in effect of chloroquine drug on malaria parasites. First, we could actually **manipulate** Chloroquine. Some person in the experiment could be given chloroquine (the **experimental group**), while others may not be given (the **control group**). So, one feature that distinguishes an experimental study from a co relational study is the degree to which the researcher **manipulates** exposure to the **independent variable** (malaria parasites). Second, to eliminate the possibility that persons with chloroquine may differ in some way from those without (age, sex, malaria infection), we would **randomly assign** person to each of the two conditions in the experiment (exposure or no exposure). If person with chloroquine are cured, and all other **confounding variables** were eliminated as possible explanations for this difference, then we could indeed say that chloroquine is effective against malaria parasite.

These two features, manipulation of the independent variable and random assignment of participants to the conditions or levels of the independent variable, are what distinguish true experiments from co relational studies. In the absence of these two features, the study is not a true experiment.

While experiments are quite useful for demonstrating cause and effect relationships, they suffer from some **major disadvantages**.

1. First, good experiments are difficult to conduct. They require a lot of human energy and resources.
2. Second, it takes a lot of ingenuity, cleverness, and experience to design experiments well.
3. Third, experiments often take the behaviour we are interested in out of context. This sometimes produces considerable artificiality and some question how readily we can generalise any findings to other contexts.
4. Finally, in some contexts, there are questions as to how *ethical* it is to manipulate people's exposure to the things being studied. For example, if we really believed chloroquine can cure malaria are we justified in deliberately exposing person to non treatment group?

## **Internal and external validity**

When we conduct experiments, our goal is to demonstrate cause and effect relationships between the independent and dependent variables. We often try to do it in a way that enables us to make statements. How well we can do this is referred to as study's *generalisability*. A study that readily allows its findings to generalise to the population at large has high **external validity**. To the degree that we are successful in eliminating confounding variables within the study itself is referred to as **internal validity**.

### **Threats to internal validity**

There are many different ways that the internal validity of a study can be threatened or jeopardised. A list and brief comment of some of the more important ones are given below.

#### **1. Selection bias**

Occurs when more of one type of person gets into one group for a study. For example, the people who return your questionnaire may be different, in some important way, to the people who did not return your questionnaire. The students who volunteer for your project might be different to the ones who do not volunteer (for example, more achievement oriented, more intelligent). Do these variables have an effect on the thing you are trying to measure? We usually do not know.

#### **2. Drop-out**

More of one type of person may drop out of one of the groups. For example, those less committed, impatient. For example in a study of malaria in pregnancy, 500 pregnant women were enrolled into the study design to follow them up for a period of 12 months. At the end of the study about 100 women have drop-out due to various reasons as lack of interest, unwillingness to submit sample, miscarriage and even maternal death.

#### **3. History**

Events that happen to participants during the research which affect results but are not linked to the IV. For example in a study to compare cocaine drug usage and relaxation occurrence, Participants were put into two groups. One group was given cocaine, while the other group was not. Among the control group were persons who secretly took the drug unknown to the research to make them relax.

#### **4. Reliability of measures and procedures**

Unreliable variables or inconsistency in variables can invalidate the study.

#### **5. Using a design of low power**

In particular, a small sample size may have insufficient power to detect a real effect even if it is there. As a result, the researcher claims the manipulation had no effect when in fact it does (Type 1 error); he just couldn't pick it up. As well, different statistical tests have varying sensitivity to detect differences.

#### **6. Order effects**



If we measure something over a series of trials, we might find that a change occurs because we are becoming bored, tired, disinterested, and fatigued, than at the beginning of the series. "Counterbalancing" is a way of overcoming this problem in repeated measures designs.

### **7. Multiple tests of significance**

The more significance tests you conduct on the one set of data, the more likely you are to claim that you made a significant finding when you should not have. You will be capitalising on chance fluctuations.

### **Threats to external validity**

Two types of external validity follow.

#### **1. Population validity**

To what population can you generalise the results of the study? This will depend on the makeup of the people in your sample and how they were chosen. If you have used young, middle class, above average intelligence, different students as your subjects, can you really say your results apply to all people?

#### **2. Ecological validity**

Laboratory studies are necessarily artificial. Many variables are controlled and the situation is contrived. A study has higher ecological validity if it generalises beyond the laboratory to more realistic field settings.

## **Ethical issues in Research**

Ethical issues are very important in research these days. Universities are required by law to have Human (and Animal) Ethics Committees which vet and oversee all research that is conducted under the University's name. Their main responsibility is to check for issues in the study that might interfere with a participant's right to not participate, or with possible harm, deception, or embarrassment to participants.

A major issue is that potential participants are clearly informed about what they are agreeing to participate in. Also, even if a participant agrees to participate they have the right to withdraw their participation at any time without prejudice. These two issues need to be spelt out on the Consent form.

Consider the earlier example in which we deliberately withhold treatment to participants so as to test a drug for success. This has **ethical implications** as to whether withhold treatment to participants may result in more injuries. For the study to be approved by a Research Ethics committee, you would have to brief the participants afterwards. You would also have to nominate a source of counselling or assistance if a participant was adversely affected. It might be unlikely, but consider what might happen if only one person is dies. Ethics committees need to see a very good reason for deception before they will allow it. They will on occasions but the benefit of the information obtained needs to clearly outweigh the risks associated with deception and considerable care has to be taken to prepare for problems that might occur.

Most often we conduct research without bothering about ethics. Ethic implies that you take considerable and deliberate steps to ensure that subjects are not exposed to undue harms. For instances if you are investigating the prevalence of infectious diseases, it is important that positive cases are treated or referred to hospital for treatment. It is unethical not to do this.

## **Collection of data**

## Sources of Data

Having settled on a design and an operationalisation of your construct or constructs, the next step is actual data collection. But where do you get the data? And from whom should the data be collected?

In experimental design, our data comes from measurements and observations that we will be taking. In non-experimental design, your data should come from the participants that are both available to you and relevant to the question you are studying.

Supposing we were interested in nematode parasites of plants, we would randomly pick plants from the population (garden) to be in the study. By randomly picking plants, you know that there is no way any of the results could be attributed to the biases in your selection. Of course, this is next to impossible, even if your population was quite small.

Having established sources of the data, the next question is how to get the data. You could have plant squashed and nematode extracted from it. It all depends on what you are studying. How you conduct your study is entirely up to you, so long as you do it convincingly, and within ethical considerations.

## Samples and populations

The following is an adapted extract from Tabachnick and Fidell (1989):

Samples are measured in order to make generalisations about populations. Ideally, samples are selected, usually by some random process, so that they represent the population of interest. In real life, however, populations are frequently best defined in terms of samples, rather than vice versa; **the population is the group from which you were able to randomly sample.**

Sampling has somewhat different connotations in non-experimental and experimental research. In non-experimental research, you investigate relationships among variables in some predefined population. Typically you take elaborate precautions to ensure that you have achieved a representative sample of that population; you define your population, and then do your best to randomly sample from it.

In experimental research, you attempt to create different populations by treating subgroups from an originally homogeneous group differently. The sampling objective here is to assure that all subjects come from the same population before you treat them differently. Random sampling consists of randomly assigning subjects to treatment groups (levels of the IV) to ensure that, before differential treatment, all samples come from the same population. Statistical tests provide evidence as to whether, after treatment, all samples still come from the same population. Generalisations about treatment effectiveness are made to the type of subjects who participated in the experiment.

## Sampling methods

In non-experimental research there several different types of sampling methods: random sampling, stratified sampling, quota, cluster, and systematic sampling.

### Sample size

Finally you need to consider how many people you need for your survey. The number of people you target depends on the trade off between costs and benefits. You need enough people to answer the questions you are asking in a valid and reliable way, so, in general, the more the merrier. But the more you recruit the more it is going to cost you in terms of money and time. So you need to be able to determine some minimum number.

Sample size determination

General formula for calculating sample size

$$Z^2 (p)(1-p)DEFF/d^2$$

Where Z = 95% confident interval usually 1.96

Where p = estimate prevalence from previous studies or 50% if there is no study

Where DEFF = Design effect, usually assumed to be between 1-5 depending on the type of sampling methods (1=random sample) (2-systematic sampling)

Where d = desired precision

## Quantitative and qualitative approaches

Most of the research you will encounter is of the quantitative type and that is what we will be dealing with in this unit. In such research, we rely on measuring variables and comparing groups on those variables, or examining the strength of the relationship between two or more variables. The belief here is that objectivity in the data collection process is paramount. Whoever was repeating this study or using the same instruments and methods would get approximately the same numbers.

However, another branch of research uses more qualitative approaches. These approaches employ more subjective approaches and frequently use interviews, focus groups, or single case designs that lack objective measurement or have restricted generalisability. However, these methods are becoming more widely used these days as analysis methods improve and people search for better ways of gathering data about a problem. Focus groups recruit six to eight participants into a group in which the researcher has a structured set of questions which direct the discussion in the group to the research question. Usually, the whole discussion has to be tape-recorded or video-recorded and all interactions transcribed. The researchers then have to go back over the transcripts and extract the information they need. This can be a quite subjective, laborious, and costly process, but with a standardised set of guidelines, specific training, and greater familiarity with the technique, the considerable richness of these methods has been able to be tapped.

## Questionnaire design

A widely used aspect of research in the social sciences is the **self-report questionnaire**. Personality traits, disorders, illnesses, abilities, recollections, and all sorts of other mental states are often assessed by self-report. As such these questionnaires constitute important research tools. They are in fact *measuring tools* for quantifying the amount of some psychological substance. We want to be able to say that someone has more of this substance (or construct) than someone else (a between comparison) or we want to be able to say that one particular person has more of this substance (construct) at one time than they do at some other time (a repeated measures comparison).

Measuring tools therefore need to be valid (i.e., measure what they are intended to measure) and reliable (i.e., get the same answer each time you are measuring the same thing). If our measuring tool is inaccurate than we cannot make precise claims about the psychological construct we are interested in because we cannot be confident that we know exactly how much of the construct is actually there. Once a measuring instrument has been tested and improved and tested again in terms of reliability and validity it is considered *standardised*. A standardised test can then be used in a research project confident about the reliability and validity of the test as a measuring tool.

The development and evaluation of a new survey instrument can be a long and involved process. But essentially, the construct to be measured needs to be clearly defined and the questions or items chosen to measure the construct need to be carefully chosen and tried on a few people for clarity and ambiguity

wording. Next, the trial questionnaire needs to be given to a moderately sized sample and all the responses examined for how well they satisfy various criteria such as internal consistency called **pre-testing**.

### Types of questions

The construction of a new survey needs to consider how certain information is to be gathered. **Attitudinal Scale:** Measure the degree of variable of interest (Strongly Agree, Agree, Disagree, Strongly Disagree). Scales are used in social studies to measure variable that are non-quantitative. Scales are capable of converting non-quantitative variable such as colour, taste to quantitative variables.

**Yes/No:** Allows for one option

You have to decide whether to use **closed** and **open-ended** questions. There are also other types such as the semantic differential.

Finally the survey needs to be set out clearly and unambiguously. Respondents need to know what is being asked of them. You need to take into account the amount of time you are asking people to spend on your survey.

### Response rate

Another important consideration is response rate. If you give out 300 surveys and only get 50 back, you have a poor response rate (16.7%). You then have the major problem of how representative of the population of interest is your 50 returned questionnaires? Are the characteristics of the 50 who returned the survey somehow different to the 250 who did not return the survey?

You need to maximise response rate. There is a whole literature out there about enhancing response rate. But the most important principle is to maximise the rewards or benefits for the person responding while minimising the costs for the person. So, things like including stamped addressed envelopes for the return of the survey and making the survey short and interesting, with clear instructions need to be considered. Also, the survey should not look formidable, with small print, many arrows and boxes, and verbose instructions. Many researchers include small tokens or payments for completing the survey such as pencils or pens, tea bags, face washers, money (some of the ones I have received!).

### Coding of data

The final phase in the data collection process is to convert the observations and measurements you have made about a variable (construct) suitable for computer software (eg SPSS) to understand. This is referred to as **coding**.

In SPSS (but not necessarily so in other analysis packages) each row in the database represents a different example or case of the thing being measured. In the Social Sciences these objects are usually people, but they might also be rats. The columns in the database represent the variables that have been measured about each object. For each person we might measure their gender, their birth order, their age. Each of these things is a variable and until some particular analysis is undertaken they are all dependent variables.

For some variables such as age, or attitudinal scale response, we can simply enter the number we measured. For gender or ethnicity or religious affiliation we have to invent a coding system. Such a system is therefore completely arbitrary. For gender we might use a 0 for female and a 1 for male, or we could use a 2 for female and a 1 for male. The main thing to remember is that we need to enter numbers. SPSS will allow you to enter "male" and "female" (by changing the Type of variable from Numerical to a String), but you are very limited in the sorts of analyses you can then conduct. For religious affiliation we might decide to use a 1 for Catholic, 2 for Anglican, 3 for United, 4 for other, and 5 for No religious affiliation.

### **Missing values**

A common problem with research and particularly survey research is that some people do not answer every question. Some questionnaires have over 500 items and quite often somebody will miss answering a question. What do you do with such data? Do you throw it out or do you find a way to use what you have?

The general answer is to code the missing values in a particular way and then tell SPSS that any occurrences of that code are to be treated as missing values. I tend to use a "-1" because this usually stands out clearly from the other data and you can get a sense for how random or non-random the missing values are by glancing over a printout of the data base. Other authors will suggest a 9 or 99, as long as the code you use cannot be a real number. To code a particular number as missing you need to look under the Define Variables procedures and then under Type. The large data base for Assignment II has one missing value.

### **Open ended questions**

Coding closed-ended questions is relatively easy. But a problem occurs when you try to code open-ended questions. An open-ended question might ask, "What is your occupation?" and you want to be able to use this information in your analyses. First you could code every different occupation with a different number. This would work but you would only be able to carry out very limited analyses. A better approach would be to group occupations according to some dimension. It might be socioeconomic status (SES) for example. So we might have three levels of SES: low, middle, high (and therefore use the numbers 1, 2, and 3 respectively). Then when you come across "truck driver" you decide to put this in "Low" and give it a 1. A response of "doctor" might be put into "High" and be given a 3. You can see that this is very arbitrary and open to quite different results depending upon who is doing the coding. So obviously you need to find standardised ways or unambiguous ways of doing the coding. A good option is to get two people to do the coding and see how well they agree (inter-rater or inter-coder reliability). If the coding system you have is clear and consistent you will get a high correlation and if it is poor you will get a low correlation.

## Data Analysis

**Descriptive statistics** describe patterns and general trends in a data set. In most cases, descriptive statistics are used to examine or explore one variable at a time. However, the relationship between two variables can also be described as with correlation and regression. **Inferential statistics test hypotheses** about differences or relationships in populations on the basis of measurements made on samples. Inferential statistics can help us decide us if a difference or relationship can be considered **real** or just a chance fluctuation.

Statistics can be viewed as a means of finding order and meaning in apparent chaos. At the end of the data collection phase of a research project, really all we've got is a bunch of numbers with no apparent order or meaning. The first phase of data analysis involves the placing of some order on that chaos. Typically the data are **reduced** down to one or two descriptive summaries like the **mean** and **standard deviation** or **correlation**, or by **visualisation** of the data through various graphical procedures like histograms, frequency distributions, and scatterplots.

As an example, we will be using a hypothetical data set. The study was concerned with the phoning habits of university students. The data come from a questionnaire where respondents were asked how many calls they make on a particular day. The variable we will examine is the number of calls respondent reported making in a day. 177 people have provided data on this variable.

**Question:** "How many calls did you make today?"

**Respondents:** UNAAB students

**Data:** 1, 0, 2, 4, 5, 1, 1, 1, 2, 1, 1, 4, 1, 1, 10, 2, 6, 1, 1, 1, 1, 1, 1, 2, 5, 2, 1, 1, 6, 2, 4, 2, 1, 4, 1, 0, 1, 5, 0, 1, 0, 1, 1, 4, 2, 1, 1, 0, 1, 3, 1, 1, 3, 1, 4, 1, 0, 1, 1, 1, 0, 1, 8, 1, 15, 1, 1, 1, 2, 3, 1, 4, 3, 3, 1, 1, 2, 1, 1, 1, 1, 1, 4, 3, 2, 1, 0, 0, 1, 2, 1, 2, 3, 1, 7, 1, 2, 2, 1, 1, 1, 1, 0, 2, 0, 2, 1, 3, 0, 0, 2, 1, 1, 0, 1, 2, 1, 1, 2, 2, 1, 1, 1, 0, 0, 0, 0, 1, 1, 0, 1, 0, 2, 0, 1, 7, 1, 0, 1, 2, 2, 7, 2, 8, 0, 1, 3, 14, 1, 1, 0, 1, 3, 3, 1, 1, 4, 1, 1, 2, 1, 1, 0, 1, 1, 3, 3, 1, 0, 0, 1, 2, 5, 0, 6, 2, 2

### Frequency Distributions

From the data, a large number of questions can be answered. For example, how many students had only 1 call on that day? What was the maximum number of calls? Did more students abstain from making calls than who did not? What percent of students who responded had fewer than 5 calls that day?

Some of these questions can be answered easily and others with more difficulty. For example, to answer the first question, you'd have to count up all the ones. To answer the second question, you would search through the data to find the maximum. How easy this is depends on how distinctive the maximum is and how many numbers you have to search through. The answer to the third question would require first counting up how many students responded with zero and how many responded with other numbers. The last question would require knowing how many 0s, 1s, 2s, 3s, and 4s there are in the data compared to higher numbers.

**Frequency distributions** are a way of displaying this chaos of numbers in an organised manner so such questions can be answered easily. A frequency distribution is simply a table that, at minimum, displays how many times in a data set each response or "score" occurs. A good frequency distribution will display more information than this although with just this minimum information, many other bits of information can be computed.

Frequency distributions usually display information from top to bottom; with the scores in either ascending or descending order (SPSS displays the data in ascending order unless you tell it otherwise). In Output 4.1,

the variable has been named "phonecall" and the range of possible values for this variable is displayed in the left-hand column. The number of times that score occurred in the data set is displayed under "Frequency." So 83 of the 177 respondents made only one phone call that day, which is the answer to the first question. This is derived from the "83" in the "1.00" row. You can see that the most frequent response was "1" with "0" and "2" occurring next most frequently and about equally often. Interestingly, 3 people had 10 or more calls that day. This is derived by noting that there is only 1 "10" response, 1 "14" response, and 1 "15" response, which sums to 3 responses greater than or equal to 10.

In general, it would be more useful to answer these questions with proportions or percentages. It is quite easy to convert these absolute frequencies into proportions or percentages. A **proportion**, sometimes called **relative frequency**, is simply the number of times the score occurs in the data, divided by the total number of responses. So the relative frequency for the "3" response is  $13/177$  or about .073. Notice that the relative frequency, while not displayed in this frequency distribution, is simply the percent divided by 100. So the relative frequency for "0" is 0.158. Relative frequencies, like proportions, must be between 0 and 1 inclusive.

A more meaningful way of expressing a relative frequency is as a **percentage**. This is displayed in SPSS under the "Percent" column (Ignore the column labelled "Valid Percent"). As can be seen, 15.8 percent (from  $100 \times 28/177$ ) of the students who responded didn't make a phone call that day. Because the percentages have to add up to 100, we know then that  $100\% - 15.8\%$  or  $84.2\%$  of students who responded reporting having made **at least one** phone call that day. Thus, the answer to the third question is "No." Based on the responses we received, more students made phone calls that day than not making call at all.

Note the difference between reporting absolute values and reporting percentages. If we simply report that "3 people had made more than 10 phone calls for that day" we are very limited in drawing **generalisations** from this. We don't know if "3" is a small number or a large number. We can't draw any inferences about the general population from this information. It all depends on the total number in our sample. If the total was 177 as here, then we can conclude that about 1.7% of the student population has made more than 10 phone calls that day. If the total was 30, then we would have a completely different story! Whenever we conduct research we always interested in **drawing inferences from our sample to the population** at large.

#### Output 4.1 Summarize Frequencies

| phonecall |       |           |         |               |                    |
|-----------|-------|-----------|---------|---------------|--------------------|
|           |       | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid     | 0     | 28        | 15.8    | 15.8          | 15.8               |
|           | 1     | 83        | 46.9    | 46.9          | 62.7               |
|           | 2     | 29        | 16.4    | 16.4          | 79.1               |
|           | 3     | 13        | 7.3     | 7.3           | 86.4               |
|           | 4     | 9         | 5.1     | 5.1           | 91.5               |
|           | 5     | 4         | 2.3     | 2.3           | 93.8               |
|           | 6     | 3         | 1.7     | 1.7           | 95.5               |
|           | 7     | 3         | 1.7     | 1.7           | 97.2               |
|           | 8     | 2         | 1.1     | 1.1           | 98.3               |
|           | 10    | 1         | .6      | .6            | 98.9               |
|           | 14    | 1         | .6      | .6            | 99.4               |
|           | 15    | 1         | .6      | .6            | 100.0              |
|           | Total | 177       | 100.0   | 100.0         |                    |

Output 4.1 The result of using SPSS Summarise Frequencies on the "number of calls" variable.

Another useful statistic, which can be derived from a frequency distribution, is the **"cumulative percent"**. The cumulative percent for a given score or data value corresponds to the percent of people who responded

with that score or less than that score. So 79.1 percent of the respondents had made **no more than 2** phone calls. If you defined a "frequent caller" person as someone who had more than 5 calls per day, then you would claim that, from these data, 6.2 percent of UNAABITES students could be called frequent callers (notice the generalisation). This comes from the fact that the cumulative percent for 5 is 93.8%. That is, 93.8% of students had 5 or fewer sexual partners last year. So 100.0% - 93.8% or 6.2% of students had more than 5 sexual partners.

### Histograms and bar charts

A **histogram** is a graphical way of presenting a frequency distribution. It is constructed by first selecting a number of "intervals" to be used. The choice is between reducing the information sufficiently while still providing enough variability to picture the shape of the distribution. Most computer programs that construct histograms will allow you to select the number of intervals, as well as their width. If you don't tell the computer how many intervals to use, it will make the decision based on the data it has. In Figure 4.2 you will find a histogram produced by SPSS of the phone calls data in Figure 4.1.

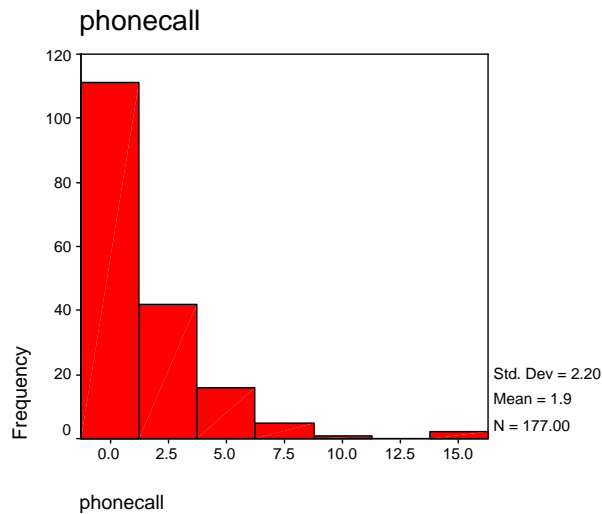


Figure 4.2 A histogram produced by SPSS for the "number of phone calls per day" variable.

First of all, notice that in this histogram, there are 7 intervals. The numbers on the X axis (also called the "abscissa") correspond to the midpoints of the interval. Halfway between adjacent intervals are the **real limits** of the interval, which determine where a particular data point gets "counted" in the histogram. For example, notice the third bar in this histogram. The midpoint is 5. The lower real limit is half way between 2.5 and 5, or 3.75. The upper real limit is between 5 and 7.5, or 6.25. So by convention, any score in the data set equal to or greater than 3.75 and LESS THAN 6.25 gets assigned to the "5" bar. The "Y" axis (also called the "ordinate") displays the **frequency** or number of times a particular piece of data in the data set falls into that interval. So, for example, you can see that 16 respondents in the data set reported having between 3.75 and 6.25 phone calls that day (i.e., 4, 5, or 6). Now, this might seem somewhat silly given that number of phone calls must be an integer (i.e., a discrete variable). For this reason, histograms are best used with data where non-integers are actually possible. Regardless, this histogram does summarise the information in Figure 4.1 quite well. From the frequency distribution (Output 4.1) we know that most people reported having either no phone call or one phone calls that day. The histogram does reflect this (the numbers 0 and 1 occurred 111 times). We also know from the frequency distribution that increasingly fewer people reported having many phone calls. The histogram also reflects this.



Sometimes histograms are constructed with relative frequencies or percentages or proportions on the Y-axis. Because of the close relationship between counts or raw frequencies and relative frequencies and percentages, the interpretation of the frequency distribution remains the same.

**Bar Charts.** A graph very similar to a histogram is the **bar chart**. Bar charts are often used for qualitative or categorical data, although they can be used quite effectively with quantitative data if the number of unique scores in the data set is not large. A bar chart plots the number of times a particular value or category occurs in a data set, with the height of the bar representing the number of observations with that score or in that category. The Y-axis could represent any measurement unit: relative frequency, raw count, percent, or whatever else is appropriate for the situation. For example, the bar chart in Figure 4.3 plots the number of people making calls.

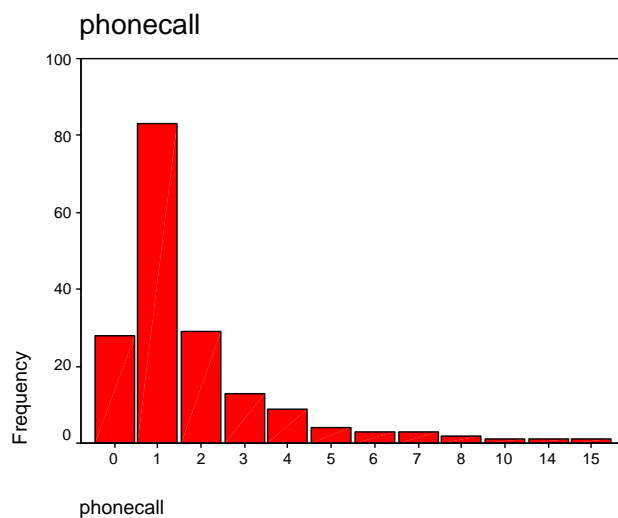


Figure 4.4 A bar chart of the "number of calls per day" variable.

Most computer programs that generate bar charts will treat each quantitative score as a category. What this means is that the bar chart may not space out the scores appropriately on the X axis of the chart. As you can see in Figure 4.4, SPSS ignores the fact that there are no 9s and no observations with values between 11 and 13. As a result, it places "8" and "10" right next to each other, and then places "14" next to "10." It simply treats these scores with no observations as impossible. As a result, looking at a bar chart can give a misrepresentation as to the **shape** of the distribution. Second, if there are many unique scores in the data set, each of which occurs infrequently, a bar chart may provide no additional information than could be obtained from just looking at the data set. For example, imagine a bar chart of the following data: 4.3, 6.5, 1.2, 6.9, 4.1, 0.4, 6.1, 3.6, 1.6, 2.3. There is only one of every score. So a bar chart would provide little information because it would just display 10 bars equal in height (i.e., with a height of 1).

## The shape of a distribution

**Symmetry.** A distribution of scores may be symmetrical or asymmetrical. Imagine constructing a histogram centred on a piece of paper and folding the paper in half the long way. If the distribution is **symmetrical**, the part of the histogram on the left side of the fold would be the mirror image of the part on the right side of the fold. If the distribution is **asymmetrical**, the two sides will not be mirror images of each other. True

symmetric distributions include what we will later call the **normal distribution**. Asymmetric distributions are more commonly found.

**Skewness.** If a distribution is asymmetric it is either **positively skewed** or **negatively skewed**. A distribution is said to be positively skewed if the scores tend to cluster toward the lower end of the scale (that is, the smaller numbers) with increasingly fewer scores at the upper end of the scale (that is, the larger numbers). Figure 4.2 is an example of a positively skewed distribution, the majority of people report 0, 1, or 2 phone calls that day and increasingly few report more.

A **negatively skewed** distribution is exactly the opposite. With a negatively skewed distribution, most of the scores tend to occur toward the upper end of the scale while increasingly fewer scores occur toward the lower end. An example of a negatively skewed distribution would be age at retirement. Most people retire in their mid 60s or older, with increasingly fewer retiring at increasingly earlier ages. A graphic example of a negatively skewed distribution can be found in Figure 4.5.

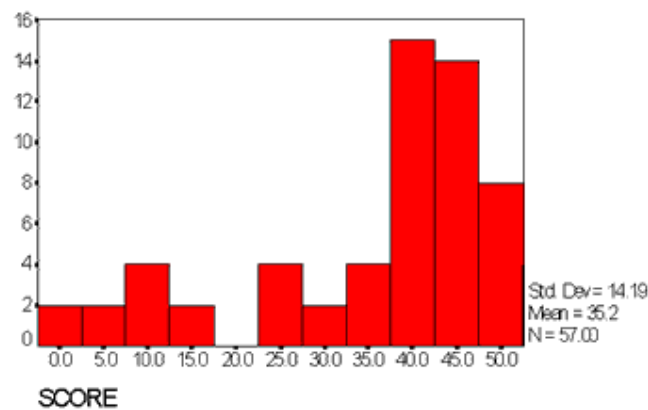


Figure 4.5 An example of a negatively skewed distribution

#### SPSS example

If we select Frequencies from SPSS on the "number of phone calls" variable and also select the appropriate statistics (as shown in the SPSS Screens and Output booklet), you will find the following output.

**Output 4.2 Summarize Frequencies with statistics options.**

## Frequencies

| Statistics             |         |        |
|------------------------|---------|--------|
| SEXPARTS               |         |        |
| N                      | Valid   | 177    |
|                        | Missing | 0      |
| Mean                   |         | 1.8644 |
| Std. Error of Mean     |         | .1651  |
| Median                 |         | 1.0000 |
| Mode                   |         | 1.00   |
| Std. Deviation         |         | 2.1960 |
| Variance               |         | 4.8224 |
| Skewness               |         | 3.076  |
| Std. Error of Skewness |         | .183   |
| Kurtosis               |         | 12.778 |
| Std. Error of Kurtosis |         | .363   |
| Range                  |         | 15.00  |
| Minimum                |         | .00    |
| Maximum                |         | 15.00  |

Output 4.2 The results of selecting Statistical options within the SPSS Frequencies procedure.

Output 4.2 shows many numerical descriptive measures for the "number of phone calls" variable. If a distribution is **not** skewed, the numerical value for "Skewness" is zero. The fact that it is positive (3.076) in the output above, shows that the variable is positively skewed.

**Kurtosis.** Another descriptive statistic that can be derived to describe a distribution is called kurtosis. It refers to the relative concentration of scores in the center, the upper and lower ends (tails), and the shoulders of a distribution. In general, kurtosis is not very important for an understanding of statistics, and we will not be using it again. However it is worth knowing the main terms here.

Note, that these numerical ways of determining if a distribution is significantly non-normal are very sensitive to the numbers of scores you have. With small sets of scores (say less than 50), measures of skewness and kurtosis can vary widely from negative to positive skews to perfectly normal and the parent population from which the scores have come from could still be quite normal. Numerical methods should be used as a general guide only.

**Modality.** A distribution is called **unimodal** if there is only one major "peak" in the distribution of scores when represented as a histogram. A distribution is **"bimodal"** if there are two major peaks. If there are more than two major peaks, we would call the distribution **multimodal**. An example of a bimodal distribution can be found in Figure 4.6.

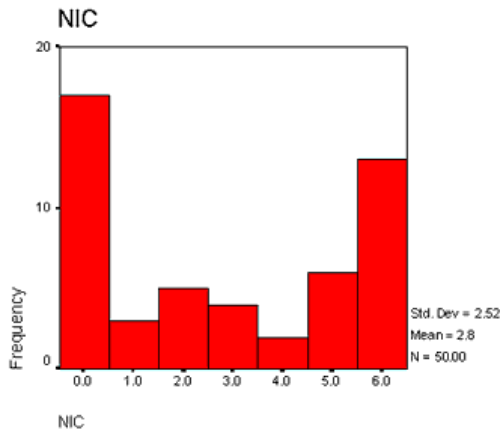


Figure 4.6 An example of a bimodal distribution. The figure shows the frequency of nicotine use in the data base. Nicotine use is characterised by a large number of people not smoking at all and another large number of people who smoke every day.

## Central Tendency

In the last section we explored various ways of describing a data distribution. Our focus then was on determining the frequency of each score in the data set, deriving percentages, and visualising and describing the shape of the distribution. While these are all important in the description process, **numerical descriptions of central tendency and variability** are much more important. The former gives a single description of the average or "typical" score in the distribution and the latter quantifies how "spread out" the scores are in the distribution.

### Measures of central tendency

Measures of central tendency, or "location", attempt to quantify what we mean when we think of as the "typical" or "average" score in a data set. The concept is extremely important and we encounter it frequently in daily life. For example, we often want to know before purchasing a car its average distance per litre of petrol. Or before accepting a job, you might want to know what a typical salary is for people in that position so you will know whether or not you are going to be paid what you are worth. Or, if you are a drinker, you might often think about how many cigarettes you smoke "on average" per day. Statistics geared toward measuring central tendency all focus on this concept of "typical" or "average." As we will see, we often ask questions in science revolving around how groups differ from each other "on average". Answers to such a question tell us a lot about the phenomenon or process we are studying.

**Mode.** By far the simplest, but also the least widely used, measure of central tendency is the **mode**. The mode in a distribution of data is simply the score that occurs most frequently. In the distribution of phone calls data, the mode is "1" because it is the most frequently occurring score in the data set. If you have had only one phone call that day, it would be reasonable therefore to say that you are fairly typical of UNAAB students (or at least of those students who responded to the question). Importantly, you can't necessarily claim that "most" UNAAB students had only one phone call that day. From the frequency distribution, notice that actually fewer than half of the respondents reported having only one phone call. **So "most" students reported having something different to 1 phone call.** Still, "1" was the most frequent single response to this question, and so it is the mode or **modal** response. In some cases, however, such a conclusion would be justified.

Recall that one way of describing a distribution is in terms of the number of modes in the data. A unimodal distribution has one mode. In contrast, a bimodal distribution has two. Now this might seem odd to you.

How can there be more than one "most frequently occurring" score in a data set? I suppose statisticians are a bit bizarre in this way. We would accept that a distribution is bimodal if it seems that more than one score or value "stands out" as occurring especially frequently in comparison to other values. But when the data are quantitative in nature, we would also want to make sure that the two more frequently occurring scores are not too close to each other in value before we would accept the distribution as one that could be described as "bimodal." So there is some subjectivity in the decision as to whether or not a distribution is best characterised as unimodal, bimodal, or multimodal.

**Median.** Technically, the **median** of a distribution is the value that cuts the distribution exactly in half, such that an equal number of scores are larger than that value as there are smaller than that value. The median is by definition what we call the 50th percentile. This is an ideal definition, but often distributions can't be cut exactly in half in this way, but we still can define the median in the distribution. **Distributions of qualitative data do not have a median.**

The median is most easily computed by sorting the data in the data set from smallest to largest. The median is the "middle" score in the distribution. Suppose we have the following scores in a data set: 5, 7, 6, 1, 8. sorting the data, we have: 1, 5, 6, 7, 8. the "middle score" is 6, so the median is 6. Half of the (remaining) scores are larger than 6 and half of the (remaining) scores are smaller than 6.

To derive the median, using the following rule. First, compute  $(n+1)/2$ , where  $n$  is the number of data points. Here, there are 5, so  $n = 5$ . If  $(n+1)/2$  is an integer, the median is the value that is in the  $(n+1)/2$  location in the sorted distribution. Here,  $(n+1)/2 = 6/2$  or 3, which is an integer. So the median is the 3rd score in the sorted distribution, which is 6. If  $(n+1)/2$  is not an integer, then there is no "middle" score. In such a case, the median is defined as one half of the sum of the two data points that hold the two nearest locations to  $(n+1)/2$ . For example, suppose the data are 1, 4, 6, 5, 8, 0. The sorted distribution is 0, 1, 4, 5, 6, 8.  $n = 6$ , and  $(n+1)/2 = 7/2 = 3.5$ . This is not an integer. So the median is one half of the sum of the 3rd and 4th scores in the sorted distribution. The 3rd score is 4 and the 4th score is 5. One half of  $4 + 5$  is  $9/2$  or 4.5. So the median is 4.5. Here, notice that half of the scores are above 4.5 and half are below. In this case, the ideal definition is satisfied. Also, notice that the median may not be an actual value in the data set. Indeed, the median may not even be a possible value.

The median number of phone calls per day is 1. Here,  $n = 177$ , and  $(n+1)/2 = 178/2 = 89$ , an integer. So in the sorted distribution, the 89th data point is the median. In this case, the 89th score is a 1. Notice that this doesn't meet the ideal definition, but we still call it the median. It certainly isn't true that half of the people reported making fewer than 1 phone call, and half reported making more than 1. Violations of the ideal definition will occur when the median value occurs more than once in the distribution, which is true here. There are many "1"s in the data.

Computing the median seems like a lot of work. But computers do it quite easily (see Output 4.2). In real life, you'd rarely have to compute the median by hand but there are some occasions where you might, so you should know how.

**Mean.** The **mean**, or "average", is the most widely used measure of central tendency. The mean is defined technically as the sum of all the data scores divided by  $n$  (the number of scores in the distribution). In a sample, we often symbolise the mean with a letter with a line over it. If the letter is "X", then the mean is symbolised as  $\bar{X}$ , pronounced "X-bar." If we use the letter X to represent the variable being measured, then symbolically, the mean is defined as

$$\frac{\sum X}{n}$$

For example, using the data from above, where the  $n = 5$  values of X were 5, 7, 6, 1, and 8, the mean is  $(5 + 7 + 6 + 1 + 8) / 5 = 5.4$ . The mean number of phone calls reported by UNAAB students who responded to the question is, from Figure 4.1,  $(1 + 0 + 2 + 4 + \dots + 0 + 6 + 2 + 2) / 177 = 1.864$ . Note that this is higher

than both the mode and the median. In a positively skewed distribution, the mean will be higher than the median because its value will be dragged in the direction of the tail. Similarly in a negatively skewed distribution, the mean will be dragged lower than the median because of the extra large values in the left-hand tail. **Distributions of qualitative data do not have a mean.**

While probably not intuitively obvious, the mean has a very desirable property: it is the "best guess" for a score in the distribution, when we measure "best" as LEAST IN ERROR. This might seem especially odd because, in this case, no one would report 1.864 phone calls, so if you guessed 1.864 for someone, you would always be wrong! But if you measure how far off your guess would tend to be from the actual score that you are trying to guess, 1.864 would produce the smallest error in your guess. It is worth elaborating on this point because it is important. Suppose I put the data into a hat, and pulled the scores out of the hat one by one, and each time I ask you to guess the score I pulled out of the hat. After each guess, I record how far off your guess was, using the formula: error = actual score - guess. Repeating this procedure for all 177 scores, we can compute your mean error. Now, if you always guessed 1.864, your mean error would be, guess what? ZERO! Any other guessing strategy you used would produce a mean error different from zero. Because of this, the mean is often used to characterise the "typical" value in a distribution. No other single number we could report would more accurately describe EVERY data point in the distribution.

### Choosing a measure of central tendency

With three seemingly sensible measures of central tendency, how do you know which one to use? Not surprisingly, the answer depends a lot on the data you have and what you are trying to communicate.

While the mean is the most frequently used measure of central tendency, it does suffer from one major drawback. Unlike other measures of central tendency, the mean can be influenced profoundly by one extreme data point (referred to as an "outlier"). For example, suppose one additional respondent answered that he (or she?) made 200 phone calls that day (!) The inclusion of this person would increase the mean from 1.864 to 2.977. Using the mean as our definition of "average" or "typical," we would conclude that UNAAB students are frequent caller quite a bit more than we would conclude if this person was not included in the data.

The median and mode clearly don't suffer from this problem. With the "200" person included in the data, the mode would still be "1", as would the median. So the mode and median tend not to be influenced much, if any, by one or two extreme scores in the data.

There are certainly occasions where the mode or median might be appropriate, but it depends on what you are trying to communicate.

### Variability

The average score in a distribution is important in many research contexts. So too is another set of statistics that quantify **how variable** (or "how dispersed") the scores tend to be. Do the scores vary a lot, or do they tend to be very similar or near each other in value? Sometimes **variability** in scores is the central issue in a research question. Variability is a quantitative concept, so none of this applies to distributions of qualitative data.

There are many intuitively appealing but little used measures of variability. The **range**, for example, is the difference between the largest and smallest score in the data set. The **interquartile range** or **IQR** is the difference between what we will later call the 25th and 75th percentile scores. By far the most widely used measures of variability are those to do with averaging how spread out the scores are from the mean. These are the **Sums of Squares** (SS), the **standard deviation** (s, or sd), and the **variance** ( $s^2$  or "var").

## Sums of squares

Consider for a minute transforming the original data in Table 4.1 to **deviations**. That is, each score is converted to the difference between that score and the mean. So all 1s become 1 minus 1.864 or -0.864. All 0s become 0 minus 1.864 or -1.864. All 2s become 2 minus 1.864 or 0.136. It might be obvious to you that if the scores tended to differ a lot from the mean, then these differences would tend to be large (ignoring the sign), whereas these differences would tend to be small (ignoring sign) if the scores tended vary little from the mean.

The measure typically used to quantify variability in a distribution is based on the concept of **average squared deviation** from the mean.

Let's take each difference from the mean and square it. Then, let's add up these squared deviations. When you do this you have the sum of the squared deviations (which is then reduced to "Sums of Squares", or SS). Its formula is

$$SS = \sum(X - \bar{X})^2 = \sum X^2 - \frac{(\sum X)^2}{N}$$

The left-hand side of the equation is the definitional formula and the right hand side is the computational formula. SPSS output does not give the Sums of Squares for a variable when you choose Frequencies. However, many later statistical procedures do give this as part of the output. It's value lies in summarising the total amount of **variability** in the variable being examined. For the phone call data SS = 848.74 (calculated by the method below). The size of this number depends on the size of the numbers in the data and how much data there is (i.e., the sample size). There are no units for SS.

Sometimes there is confusion about the terms **variability** and **variance**. Variability refers to the Sums of Squares for a variable, while variance refers to the Sums of Squares divided by N-1. Sums of Squares are widely used because they are additive. Once we divide by N-1, the additive property disappears. When we later talk about the "proportion of variance explained" we really mean the "proportion of **variability** explained". If a variable X explains 56% of the variability in variable Y it refers to the proportion of Y's Sums of Squares that is attributable to variable X's Sums of Squares.

## Variance

Variance (of a sample) is defined as

$$\begin{aligned} \text{var} &= \frac{\sum(X - \bar{X})^2}{N - 1} \\ &= \frac{SS}{N - 1} \\ &= \frac{SS}{df} \end{aligned}$$

Once we divide the Sums of Squares by N-1 we get the sample **variance** which can be thought of as an **averaged sums of squares**. While important in statistical theory and in many statistical computations, it has the problem of being in squared units and is therefore difficult to manipulate and visualise.

To get the SS for a variable from the Frequencies information, you need to rearrange the above equation to get

$$\text{var} = \frac{SS}{N-1}$$

$$SS = \text{var} \times (N-1)$$

### Standard deviation

To overcome the problem of dealing with squared units, statisticians take the square root of the variance to get the standard deviation.

The **standard deviation** (for a sample) is defined symbolically as

$$s = \sqrt{\text{var}} = \sqrt{\frac{\sum(X - \bar{X})^2}{N-1}}$$

So if the scores in the data were 5, 7, 6, 1, and 8, their squared differences from the mean would be 0.16 (from  $[5-5.4]^2$ ), 2.56 (from  $[7-5.4]^2$ ), 0.36 (from  $[6-5.4]^2$ ), 19.36 (from  $[1-5.4]^2$ ), and 6.76 (from  $[8-5.4]^2$ ). The mean of these squared deviations is 5.84 and its square root is 2.41 (if dividing by N), which is the standard deviation of these scores. **The standard deviation is defined as the average amount by which scores in a distribution differ from the mean, ignoring the sign of the difference.** Sometimes, the standard deviation is defined as the average **distance** between any score in a distribution and the mean of the distribution.

The above formula is the definition for a **sample** standard deviation. To calculate the standard deviation for a **population**, N is used in the denominator instead of N-1. Suffice it to say that in most contexts, regardless of the purpose of your data analysis, computer programs will print the result from the sample sd. **So we will use the second formula as our definitional formula for the standard deviation**, even though conceptually dividing by N makes more sense (i.e., dividing by how many scores there are to get the average). When N is fairly large, the difference between the different formulas is small and trivial. Using the N-1 version of the formula, we still define the standard deviation as the average amount by which scores in a distribution differ from the mean, ignoring the sign of the difference, even though this isn't a true average using this formula.

The standard deviation in our phone call data is 2.196, from the SPSS printout in Output 4.2. So the mean number of phone call is 1.864 with a standard deviation of 2.196. The units are now the same as the original data. But, is this a large standard deviation? It is hard to say. In a normal distribution the mean and standard deviation are independent of each other. That is one could be large or small and the other large or small without any influence on each other. However, in reality they are often linked so that larger, means tend to have larger standard deviations. This leads into the area of transformations that are a way of re-establishing this independence.

$$\text{Coefficient of variation} = \frac{\text{Standard deviation}}{\text{Mean}}$$

A useful measure of a distribution that is sometimes used is the ratio of the standard deviation to the mean

The standard deviation has one undesirable feature. Like the mean, one or two extreme scores easily influence the standard deviation. So really atypical scores in a distribution ("outliers") can wildly change the distribution's standard deviation. Here, adding a score of 200 increases the sd from 2.196 to 15.0115, a seven-fold increase! Because both of these descriptive statistics are influenced by extreme cases, it is important to note when extreme values exist in your data and might be influencing your statistics. How to



define "extreme," and what to do if you have extreme data points is a controversial and complex topic out of the scope of this class.

### The Normal Distribution

One of the more important distributions in statistics is the "normal" distribution. The normal distribution is depicted in Figure 4.7 below. Notice a few things about its features.

First, it is a symmetrical distribution, meaning that the left half of the normal distribution is a mirror image of the right half.

Second, most of the scores in a normal distribution tend to occur near the center, while more extreme scores on either side of the center become increasingly rare. As the distance from the center increases, the frequency of scores decreases.

Third, the mean, median, and mode of the normal distribution are the same.

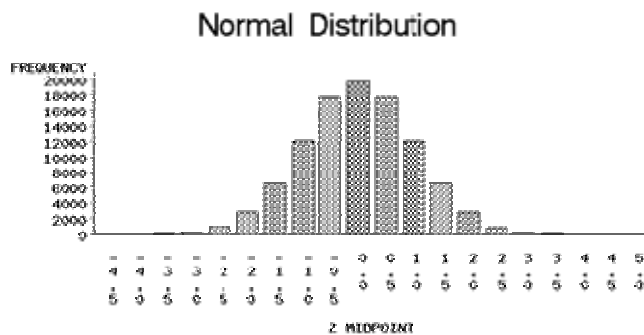


Figure. 4.7 Histogram of Computer-Generated Normal Data

Some people claim that the many variables are distributed normally, including such things as heights, weight, age. While there is some truth to the claim that many distributions are similar to the normal distribution, however, many of the things that appear normally distributed in fact are not. Still, many of the variables that we study, when measured, do **approximate a normal distribution**, so it is worth understanding its properties. As well, a prominent assumption or requirement for statistical tests is normality in the parent population from which the scores came. We can only check normality in the parent population by checking normality in the sample of scores we have. For most purposes, an approximately normal curve is fine. That is, one that does not deviate significantly from our symmetry.

### Transformations

In many ways, the way in which we measure variables is very arbitrary. If we measured height, we could use a ruler and measure in feet and inches, or a ruler in centimetres and millimetres. Now these measurements can be converted from one to the other by a rule or formula. One hand = x inches = y centimetres. We do it all the time in the real world. The position of the hands of the clock (angle in degrees) measures the time (in hours and minutes), level of mercury in a thermometer (centimetres) = temperature (in degrees), scores on a piece of paper (scores or points) = IQ (in some other arbitrary units). Therefore, the data you have are not sacred in terms of the actual numbers assigned. So, there are many options available to us in terms of converting scores from one metric to another or to another set of points on the same metric. The scaling of scores in the Higher School Certificate examination is a common example.

In statistical practice there are a number of transformations that are in common use. The ones we will mention are dichotomisation, standardisation, normalising.

### Dichotomisation

Variable can be classified in many ways. One way is continuous or discrete. A continuous variable (e.g., length) takes on many values, it is not restricted to just a few values such as gender (takes two values) or days of the week (takes on seven values). A variable that takes on only two values is a **dichotomous variable**. Male/female, yes/no, agree/disagree, true/false, present/absent, less than/more than, lowest half/highest half, experimental group/control group, are all examples of dichotomous variables.

A continuous variable is said to contain more information about a construct because it measures it more accurately or more sensitively. Asking a person if they Agree or Disagree to a question does not give as much information about that person's level of agreement as does a seven point scale

|                      |                        |                      |            |                   |                     |                   |
|----------------------|------------------------|----------------------|------------|-------------------|---------------------|-------------------|
| 1                    | 2                      | 3                    | 4          | 5                 | 6                   | 7                 |
| Strongly<br>Disagree | Moderately<br>Disagree | Somewhat<br>Disagree | Ambivalent | Somewhat<br>Agree | Moderately<br>Agree | Strongly<br>Agree |

So, in general, you should use continuous variables wherever possible. However, there are times when only dichotomous measures are possible. There are also times when dichotomous variables are useful in their own right. This is mainly when you are only interested in broad comparisons. To compare two or three or four broad groupings can sometimes lead to a clearer understanding of relationships in data than considering continuous data.

It is possible to convert continuous measurements to smaller numbers of categories by **recoding** the variable. We could recode height into below average or above average (call them 0 and 1, or 1 and 2). We could convert age into three categories of young, middle, and old. We could recode the above scale to Disagree (all responses of 1, 2, and 3) and Agree (all responses of 5, 6, and 7) and ignore a response of 4. Whenever you do this you are losing information about the construct being measured. Note it is not possible to convert from a dichotomous variable to a higher number of categories. If you only have Agree/Disagree data, you cannot recode into a seven-point scale. This is because you do not have the information needed to regain that level of sensitivity.

# Report Writing

The beauty of scientific studies is the ability to convert data to information that advances human learning either by supporting or rejecting earlier theories and hypotheses. This can only be achieved through the art of good report writing. Report writing is an art that must be mastered by every student in order to be able to translate research findings into recommendations. Often students fail woefully not due to poor experiment but due to poor reporting. This becomes evident during seminar presentation and project write-ups.

A good report must convey the following:

- The rationale for the study
- The methods used
- The results/findings
- Conclusion

## Rationale

In any study there must be convincing reasons for the study. This is because research involves human resources, time and energy as such it is nonsensical to conduct a research without a good justification or rationale. A good rationale must state the underlying reasons for this research and the advances it would make if conducted. For example, consider a study to investigate the prevalence of HIV in Abeokuta. The question to ask is why must we know the prevalence of HIV in Abeokuta? There may be lots of rationales for these. It could be that we do not have such information, or we would want to advocate for more intervention in HIV, perhaps we are curious to know if there is more HIV prevalence in males or females or in children. These are good rationales for your study.

The rationale will lead to the objective of the study.

## Methods

In any study there must be testable methods that are reliable, repeatable and verifiable. A good report must provide clear methodology of the study that can be easily followed by another researcher any way in the world. Often researchers who do not disclose their methods sufficiently are not only killing research but are also undermining themselves. If you want to hide information, hide your results and not your methods. All methods must be repeatable.

## Results/Findings

Converting data into meaningful information is the hallmark of good reporting. Decide on the best methods to convey this information as simple as possible. Your results need not be confusing. If a table will better convey more information than a chart, then use a table. Sometimes you are limited to type of presentation by the kind of variables in the study. Results must address stated objectives of the study. Statistical inferences must be properly stated and any significant relationship must be vigorously justified. Poor statistical reporting is very dangerous as it could give a false conclusion. Students must not "pad" data to move toward a predetermined conclusion just to impress their supervisors.

## Conclusion

A good report comes with a sound conclusion. A conclusion essential restated key findings and recommendation either for further study or accept or reject a hypothesis. The conclusion must justify why the study was conducted.