

TITLE OF YOUR PROPOSAL/THESIS

A Proposal

Submitted in Partial Fulfillment of Requirements of the Degree of
Master of Arts in Psychology

Submitted to

Central Department of Psychology
Faculty of Humanities and Social Science
Tribhuvan University, Nepal

Submitted By

Your Name

Exam Roll Number: 20202020

TU Reg. No. : (e.g. 1-1-10-2068)

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ABSTRACT

Checklist

- Abstract should include everything about your thesis/proposal
- Include brief background, objectives, method, result and conclusions
- As far as possible, do not put citations
- Word Limit: 250-350 words
- Write a few keywords at the end

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LIST OF ABBREVIATIONS

GPA:	Grade Point Average
PSSHI:	Palsane and Sharma Study Habit Inventory

CHAPTER I

INTRODUCTION

1.1. Background

Include background. Define constructs and justify why you intended to do in this topic (search for research gaps) and state that your study will attempt to resolve specific research gaps.

Checklists

- Do not put too long a background
- Do not devote too much time to introducing the concepts
- Try to make your writing smooth and write sequentially
- Show Research gap

1.2. Statement of the Problem

Write what has already been done on the topic under investigation. Show the gaps in existing research. Then state the problems you are going to address through research. Research questions can follow this. Then state the problems you are going to address through research. Research questions can follow the statement of the problem. You can put separate headings for research questions or just write them below the problem statement.

Research Questions: Your research questions must be in WH questions

1.3. Objectives

We divide objectives into general and specific ones

General Objectives

- General Objective should reflect the title of your study

Specific Objectives: **Break down objectives into parts**

Checklist

- Try to be specific
- Do not write long sentences; usually single sentence for one objective
- Check whether your objectives are measurable; do not use vague terms
- Check whether your objectives are aligned with the title of your study

1.4. Hypotheses (If any)

You can set null or alternative hypotheses **if needed**. **Generally, we use a hypothesis when we want to use inferential statistics.** However, we generally set null hypothesis to nullify result

The general trend is to set null hypothesis to nullify result

- H_0 : There is no significant sex difference in internet addiction.

Checklist

- Check whether your study demands hypothesis
- Be sure to state concrete hypotheses
- It is better to put either null or alternative hypotheses (some people also use both)

1.5. Significance of Study

Justify your study. Write down the importance of your study

Checklist

- Check whether you have justified your research properly
- Justify the research concerning your mentioned objectives. Do not be too general to justify.
- You can also use citations to justify

- Include why your study is important, to whom it is important, and what contribution it can make

1.6. Operational definitions

Define your concepts in measurable way. What meaning does the variable under consideration have in your research? How will you measure the research variables?

1.6.1 Academic achievement: Academic achievement refers to the knowledge attained or skill developed in a particular subject, usually designated by test scores or by marks assigned by teachers. In the present study, the percentage of marks obtained by the students in their recent examination is taken as their academic performance.

Checklist

- Better to define the construct and what it means in your research
- Do not write operational definitions if your research does not need operationalization

CHAPTER II

LITERATURE REVIEW

Checklist

- You can use either the linear or integrated literature review methods. If you use a linear format, follow the given rule. In the integrated approach, you will start a discussion and write a literature review in favor of or against. In this case, there is no need to write too much information.
- A linear literature review presents studies one by one, summarizing their findings in a structured and sequential manner. It typically follows a thematic-chronological order. You should address the following questions in each literature Who, where, what aim, sample, sampling, tool (the test used), ultimate findings with statistics, any important inferences
- An integrated literature review is chosen to synthesize multiple studies around common themes, theories, or variables rather than presenting them separately
- Only use relevant literature
- In qualitative research, or if your research is guided by theory, you can use a theoretical review too. In such a case, you have to relate that in the discussion also.
- Do not introduce concepts in the literature review.
- Conclude the literature review by summary and gaps you observed (that should guide your research)
- Organize literature review according to the objectives of your study. Better create thematic headings based on your objectives

CHAPTER III

RESEARCH METHODOLOGY

3.1. Research Design

Whether your design will be qualitative, quantitative, experimental/ survey, etc. Also, justify why you chose this design and how it is the one you mentioned.

Example: This study will use a randomized pre-post two-group design. After the initial screening, the participants will be randomly assigned to a control or intervention group. The intervention group will receive a three-session group CBT, and an end-line assessment will be carried out two weeks after the completion of the intervention.

3.2. Universe of the Study

Your universe or population characteristics. The population to which you wish to generalize your findings. Example: The universe of this study will comprise undergraduate psychology students studying in one of the constituent colleges of Tribhuvan University, located in Kathmandu Metropolitan City. You may alternatively use the term area of study.

3.3 Sampling and Sample Size

- Which sampling technique will you use? You would also like to justify your sampling. Whether it will be probability or non-probability sampling. Also, justify your sampling.

It is better to use a sample size calculation formula for quantitative research and an appropriate justification of sample size for qualitative research (data saturation can be one example for qualitative research). You can get the sample size calculation formula online. It is better to use a probability sampling procedure and proper sample

size calculation for the generalizability of your findings. Also, remember that the sample size formula can vary according to your research design. Example: We will use a sample size formula for a finite population,

$$n' = \frac{n}{1 + \frac{z^2 \times \hat{p}(1-\hat{p})}{\varepsilon^2 N}}$$

where

z is the z score = 1.96

ε is the margin of error = 5%

N is the population size = 58,213

\hat{p} is the population proportion = 50%

The calculated sample size is 382. After adding a non-response rate of 20%, the required sample size will be 458.

3.4 Inclusion and Exclusion Criteria

If any inclusion criteria, please include criteria for inclusion in the sample. For example

Inclusion Criteria

- Students studying Humanities and Social Science with psychology as a major
- Scoring three or more on Westside Test Anxiety Scale (Driscoll, 2004)
- Age 18 years or above

Exclusion Criteria

- Those not providing informed consent
- Students who are under medication or are diagnosed with some psychological disorder

3.5 Conceptual Framework/ Theoretical Framework

Use a conceptual framework, preferably for quantitative research designs. It is the depiction of the flow of variables in graphic form. The diagram must reflect the overall study. Signs, symbols, locations, and directions must be considered.

Preferably, employ a theoretical framework in qualitative research designs, as it provides the conceptual basis for the study by defining the key theories, concepts, and variables that shape the exploration of the research problem. Identify the primary theoretical traditions or schools of thought that support your research. Explain the foundational assumptions about reality (ontology), knowledge (epistemology), and research methods (methodology) that influence your approach.

3.6 Data Collection Tools

Checklist

- In this section write all about tools
- Mention whether you developed the tool yourself or used some standardized tools
- If you developed yourself, mention how it was developed and what you did to make it a reliable and valid tool
- If you are using semi-structured or unstructured interviews, make sure to outline the key themes you intend to explore, along with their sources. In the case of in-depth interviews or focus group discussions, include the corresponding interview or discussion guide. Additionally, clearly explain how you will identify and manage potential researcher bias in the design of the guide.
- If you used some standardized tools, at least write: who developed, when, how many questions, response pattern (how respondents should respond), scoring, interpretation, reliability, validity

- We encourage you to translate the tool in Nepali by following basic translation steps
- Discuss about data collection tools. Whether you made or you used standardized one

3.7 Data Collection Procedure

Write process from finalization of tool to actual collection of data

Checklist

- Include everything minutely and concisely
- You can also talk about the ethical approval process and how you obtained consent from participants/ parents
- Should clarify your audience about the process

3.8 Data Analysis Technique

How will you analyze the data? What statistical calculations will you carry out? Which software will you use to explore?

Checklist

- Describe a clear data analysis plan. For the acceptance of the proposal, this is one of the important components
- For quantitative research, mention which software you used or intended to use and which statistical techniques you used. You can also mention the method you used for each objective
- For qualitative research, provide a detailed description of the analysis method you will use. Also, explain how the findings of your research will be made dependable and credible by outlining the steps you have taken to ensure rigor and trustworthiness
-

3.9 Ethical Considerations

What ethical issues will you address?

Checklist

- Check whether you have explicit permission from the tool developers or the tools you have used do not require permission from the developer
- Check if you have obtained ethical approval from TU, NHRC, or other governing bodies
- Check if you plan to obtain explicit informed consent (written form)
- In case of mental health research or experimental research, mention how you would resolve an ethical dilemma if you find your participants as having some psychological distress
- Read and follow international ethical guidelines
- In case of qualitative research, mention how you would maintain objectivity
- Write ethical considerations in a concise form

REFERENCES

(See APA 7TH rule: all citations in references/ all references in citation)

APPENDICES

Appendices can include a number of appendices. Here you can put some tables, data collection tools, themes of qualitative study, an informed consent form, etc. Do not forget to quote these things in your text appropriately

Gantt Chart

APPENDIX A: INFORMED CONSENT FORM

Background and Objective	I, X, will conduct the "Occupational Stress among people working in health-related NGOs in Nepal" study. This information sheet and consent form is for those participating in this study. Occupational stress is defined as the harmful physical and emotional response that occurs when the job requirements do not match the worker's capabilities, resources, or needs. This study aims to assess occupational stress among health-related NGO workers in Kathmandu. The study will be conducted online. Participants will be provided with a questionnaire through a convenient snowball method. So, the participants will be conveniently selected at first through personal contact, and then other participants' details will be obtained through their contacts, and a questionnaire will be sent to the online portal.
Confidentiality	The information you provide will only be used in this study and kept confidential.
Risk and Benefit	There are no potential risks involved in participating in this study. Your participation in this study will help assess stress levels among health-related NGO workers in Kathmandu, and there will be no direct benefit to you. But if the participant is found to have high occupational stress, counseling session can be conducted.
Participation	While participating in this research, you must complete the self-administered questionnaire. Your participation will be entirely voluntary. You have the right to withdraw your consent or terminate

	participation at any time from this study. If there is any query regarding this study, you can contact me (X, contact no. 984400) or ERB MCP and take the information.
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I have read this information sheet myself, and I have understood the study. I am satisfied with the information given. I know that my participation in this study depends on my interest, and I can withdraw from this research process at any time. I also understand that my personal information will not be included in this study report or any related publications. After understanding all this, I agree to participate in this study by putting my signature.

Signature:

APPENDIX B: RELEVANT TABLES