Do Pets Affect The Mental Health of NMC Students?

Annel Louise P. Ligaya

Northern Marianas College  
Dr. Kimberly Bunts-Anderson

EN101 - 06  
Proposal Essay

# Do Pets Affect The Mental Health of NMC Students?

The topic “Do pets affect the Mental Health of NMC Students”, is interesting because the researcher will be able to test out the effects of pets on actual NMC students through interviews. It is important because of the common biased opinion many have on the topic, and in this essay, the researcher can reveal the truth. The interviews may give the reader an idea of direct causes of stress in NMC students. It would also be interesting for pet owners to find out if their pets actually have an effect on their mental health.

So far, the student researcher has found a total of nine sources. Through the use of Google Scholar, the writer was able to find the academic sources. In addition to finding academic sources, non-academic sources were found on the web as well. It consists of mostly academic sources, however. Aside from those, direct sources such as pet owners may count as well.

In terms of collecting data, the researcher will get the opportunity to have 40 NMC students take an electronic survey. The researcher will also interview various pet owners and conduct experiments on them that will induce stress while their pet is in the room. Preferably in their hands. After the data has been collected, the writer will compare data with the information found in the academic sources found. If possible, the student research will try to interview an NMC General Psychology instructor to ask questions in regards to the importance of human and animal companionship. The Data Collecting, Analyzing, Reading and Writing schedule is provided below and may be subjected to change at any time.

|  |  |
| --- | --- |
| Data Collecting | Sept. 20 - Oct. 28 |
| Reading | Sept. 20 - Oct. 28 |
| Analyzing | Oct. 28 - Nov. 27 |
| Writing | Oct. 28 - Nov. 26 |

# 

# 

# References

7 ways pets improve your health. (n.d.). Retrieved on September 27 from https://www.healthdirect.gov.au/7-ways-pets-improve-your-mental-health

B., C. (2017, September). The Benefits of Pets on Mental Health. Retrieved on September 19 from https://www.brookhavenretreat.com/cms/blog-22/iteams/3024-pets-benefit-mental-health

Cherniack, E. P. and Cherniack, A. R. (2014). The Benefit of Pets and Animal-Assisted Therapy to the Health of Older Individuals. DOI: 10.115/2014/623203. Retrieved on September 27 from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4248608/

Halm, M. A. (2008, July). The Healing Power of the Human-Animal Connection. American Journal of Critical Care, 17(4) 373-376. Retrieved on September 19 from ajcc.aacnjournals.org/content/17/4/373.short

Hank, D. (2017, December). 12 ways your Pet can improve your Mental Health!. Retrieved on September 19 from https://huffingtonpost.com/danielle-hank-ownership-health\_b\_3187960.html

Herzog, H. (2011). The Impact of Pets on Human Health and Psychological Well-Being: Fact, Fiction, or Hypothesis? 237-239, DOI: 10.1177/0963721411415220. Retrieved on September 27 from https://pdfs.semanticscholar.org/7c5f/6a51fbea2262946d9494e17d0beb34b96089.pdf

# References

McNicholas, J., Gilbey, A., Rennie, A., Ahmedzia, S., Dono, J., Ormerod, E. (2005, November). Pet ownership and human health: a brief review of evidence and issues BMJ 2005;331:1252. Retrieved on September 27 from https://www.bmj.com/content/331/7527/1252?ecoll=

Pets and mental health. (n.d.). Retrieved on September 19 from https:www.mentalhealth.org.uk/a-to-z/p/pets-and-mental-health

Sanoiu, A. (2018). It’s official: Pets benefit our mental health. Medical News Today. Retrieved on September 27 from https://www.medicalnewstoday.com/articles/320950.php