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Research Reflection

The selection of my research project was based on a whim. As I struggled to think of a good research topic to tackle, I decided that should undertake something that I know and love: food. Okay, so what about food? I know that food is delicious and makes you fat if you eat too much. Okay, good; now narrow it down. What’s so bad about being fat? Ah! Diabetes! That’s a well known community issue on Saipan. I believe that my topic is a good topic because it is something that the island has been facing for a long time, and I thought it would be interesting to try to find possible solutions for this particular health issue, or at least a new perspective. I felt ambivalent about choosing this topic. I’m not into numbers and statistics and all that, so I decided I wanted to formulate my viewpoints on the basis of psychology and social behaviors; in doing so, I had severely limited my sources of information. It was just really difficult when most academic sources are only concerned with presenting numbers to announce the obvious prevalence of diabetes. In the end I just felt like I had a harder time than I should have, but I’m very much proud of what I managed to find and put together.

I have to say, the process of this research was grieving, spirit-breaking, and resulted in minor hair loss. I guess I have myself to blame for that because there were so many days where I would do anything else rather than continue my research paper. For the first half of 14 weeks I had only accomplished ⅓ of my data collection and wrote 3 pages. I had to kick it up a notch so I did most of what I proposed to do (with some adjustments) within 4 weeks of time and wrote 20+ pages. I won’t go into anymore detail because you would feel sorry for me after reading what I’ve been through.

I believe the strength of my research lies within my literature. The journals and articles I found all presented ideas that proved to be very interesting and very relevant to my topic. They all are based around the concepts of human intuition and behavioral aspects, and those are things that people fail to realize are sometimes more important than what is displayed in front of their eyes. There are processes that lie within the human mind that dictate their ways of living, and that was sort of the general foundation of my perspective. If I had to point out a weakness of my research, it would be my data collection. My survey only collected 26 responses, but that is simply not enough to generalize a population of several thousands. Basing my findings and analysis on such a small sample group almost felt unjustified, but I sucked it up and kept going.

In conclusion, my research paper is the best and I deserve a 110%. Thanks. Bye.