

4. Three Methods for Data Analysis

When performing the study on the ways young women manage stress from academic work, the data obtained in the process of using qualitative research has to be looked at carefully in order to obtain relevant information. Three appropriate data-analytic techniques to employ in this study are presented below, accompanied by their strengths and weaknesses.

Thematic Analysis

Description:

This one involves the searching within data for patterns or recurring themes. In this study, it would deal with how young women deal with intensity of academics pressure that they go through as they seek help, or do something for their health.

Advantages:

Flexible and comprehensive: Can be used on most type of data to identify some hidden patterns.

Systematic: Supplies framework that aids in finding generalizing tendencies of coping mechanisms.

Challenges:

Subjectivity: This means that personal bias of the researcher may influence how the different themes are developed.

Time-consuming: The use of manual coding is time consuming.

Content Analysis

Description:

This one focuses on counting, for example, how often certain coping strategies like 'exercise' is used.

Advantages:

Structured and quantifiable: In a way, the qualitative data gets translated into tangible ones with the ability to quantify results improving comparison processes.

Easily comparable: Enables one participant or group to be compared to another or several other groups.

Challenges:

Loss of context: Data quantification might lead to the exclusion of details in participants' response.

Limited to pre-defined categories: May fail in identifying coping strategies that does not fall into specific categories.

Grounded Theory

Description:

Grounded theory builds the theory from the data which provides the possibility to discover new coping strategies of young women.

Advantages:

Theory development: Develops new theories on the basis of real data, describing extraordinary forms of coping.

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