PROMOTION OF EMOTIONAL WELL-BEING & DEVELOPMENT

Introduction

Emotional well-being is considered to be the capability of producing positivity in different aspects such as feelings, moods, emotions, and thoughts in stressful as well as adversity situations. In the respective study, the topic mainly focuses on *promoting the development and well-being of emotional conditions children.*

The research questions are as follows:

RQ1: Which factors are responsible for the well-being as well as the development of emotions of children?

RQ2: What are the appropriate strategies for promoting the well-being and development of children?

The main *aim of the study* is to focus on the necessity of improving the emotional condition, especially of children.

One of the *main reasons* behind the selection of the topic of research is its sensitive nature and its importance as the growth of children is based on their emotional behavior as well.

The research method that has been selected for the study is the *secondary qualitative* research method, as, through the respective method, in-depth research is possible.

Different types of research methods are used for the research such as *deductive approach, positivism philosophy, descriptive research design, secondary qualitative data analysis method,* and *secondary data collection method*. All the above-mentioned methods have been chosen over the other methods of research as it allows performing research work appropriately.

Methods

Values and use of research methods

In the respective study, more than one research method is used for the welfare of the research study, as the proper selection of more than one research method; it sheds light on the right path of research. The *deductive approach* is chosen for the research as though it is possible for the researcher to analyze the relevant data that is collected for research purposes. As argued by Kiran *et al.* (2021), on the other hand, there is another research approach; the

inductive approach which is not used as through its application of it, research cannot be done effectively. The research philosophy used for the concerned research is *positivism philosophy* as it assists in analyzing all the factors that are related to the emotional development of children, and follows a logical way.

There are other two types of research philosophy which are realism and interpretivism philosophy. They are neglected due to their disadvantageous features such as accumulated data that can neither be interpreted nor investigated properly. As stated by Martin *et al.*(2020), the three types of research designs are descriptive, explanatory, and exploratory design. Among all the three types, the chosen one is *descriptive research design* as it assists effectively in analyzing issues in the development of the emotional behavior of children properly. One of the main advantages of the *secondary data collection method*, over the primary data collection method, is it is both a cost-effective as well as time-effective method. The *secondary qualitative data analysis method* describes the thematic analysis of research which is done based on the secondary data.

The respective research is being performed using a secondary qualitative method, and thus, the secondary sources from where the data is being collected are previous, journals, books, articles, and newspapers. As mentioned by Strijker *et al.* (2020), the researchers performed using different research methods on a similar topic to obtain the desired result and avoided the presence of similarities in research works. The other researchers, whose journal has been selected, have used other research methods such as primary qualitative and quantitative research methods. The respective journal articles are different from the particular research that I am performing on the same topic. The difference lies in the method of research as they have done surveys as well as interviews for research purposes, whereas I have only done thematic. In the research work of other researchers, they had to select participants for research who are basically the guardians of children and interview the doctors dealing with certain mental issues of children.

Ethics

One of the most important parts of the research is ethical consideration which is being performed to avoid the ethical issues that are found during educational research. As per the view of Brown *et al.* (2020), the ethical considerations, therefore, consist of a certain range of principles used to provide guidelines to research practices and designs. The code of conduct

is adhered to by researchers during the time of collecting the data. The ethical considerations include protecting the rights of participants of research, enhancing research validity, and maintaining scientific integrity. In research design, there are different types of ethical issues which need to be considered as they have a huge tendency of getting overlapped during research time. Through the research process, the key ethical issues that are found are anonymity, informed consent, confidentiality, voluntary participation, and potential for harm. In BERA (British Educational Research Associations), there is mention of certain ethical considerations that are needed to be followed by researchers for educational research purposes by respecting individuals who are involved in research tasks. In the research, all the rules and regulations that have been mentioned in "*The Copyright, Designs, and Patents Act, 1988*", and "*Data Protection Act, 2018*" are followed (Cascio *et al.* 2021). The research paper that has been selected for thematic analysis of research consisted of personal information of the researcher which I have neither used in my research nor exposed it. Apart from that, there were details of participants as well in the selected articles, and in BERA, which I have not disclosed even for research purposes as well (Parsons, 2021). Moreover, before using the research article, I took permission from the authors, and after obtaining their permission I used them for my research work.

Research process and skills

The research skills are used not only to answer the questions of research yet rather, yet it is also used for solve the issues that arise during the research process. According to the study of Huddleston *et al.* (2020), research skills are generally necessary for different research activities such as collecting data, evaluating the accumulated data, finding, and searching. The importance of research skills is high as though it is possible to perform research tasks properly and accurately. The research skill of an individual can be gained from different sources which can be both offline as well as offline such as books, and journals.

I have improved my research skill of mine in different ways such as understanding the research, based on the area of my education, as it provides better context to situations. As argued by Ain *et al.* (2019), the research assignment is seen to be broken down into small segments such that it can be performed easily and perfectly. According to me, I mostly faced problems in targeting the research due to a lack of previous research skills, as I broke it done into achievable as well s realistic parts I have been able to achieve the goals and stay systematic. The sources of research have been well evaluated by me and I tried to not only

collaborate rather consult with the librarian for making a deep analysis of the particular research area.

During the research process, I have faced multiple issues at a time, among which the most difficult one for me was selecting the topic of research based on my educational background. Apart from that, after the selection is being done, as I was not well aware of the way to start the research there was a delay in starting the research tasks. As per the view of Hendriarto *et al.*(2021), plagiarism is one of the major issues in research as most of the time they are found to be misunderstood. Therefore, if I am provided with the same opportunity again, I will not repeat the same mistake of wanting to know how to start research tasks. My previous experience in performing research has taught me multiple lessons in various aspects of research activities among which the most significant one is the way to select effective journals. Previously I did not have the kind of idea about the prospective of differentiating the research activities into small sections. Additionally, I am well known for the reactive fact, and thus, I can perform the research task in a better manner.

Conclusion

Based on the above discussion it can be concluded that the unhealthy mental condition of children from different parts of the world can be improved in a better way and is a serious issue. The main highlighting part of the study is the methodologies of the research which are to be used during the research process. In the study, the research method that is chosen is a secondary qualitative method that declares about thematic analysis of data. The key arguments that are mentioned in the study are the reason for not selecting the other forms of research methods, along with the reason behind choosing the chosen ones. It consists of information about the skills needed for research purposes. I have acknowledged the essentiality of early childhood knowledge as through it I came across the areas that I have faced difficulties during research. Moreover, I have understood the various methods of research as well as the cause of selecting them as they are chosen based on the research topic. The importance of practicing early childhood research is an essential aspect as it allows one to understand the ethics that are needed to be followed in order to avoid ethical challenges in research.

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