



500-Word Essay **Quantitive Research Design**

Quantitative research is the systematic empirical investigation of diverse phenomena using the primary method of collecting data and viable information through utilization of mathematical, statistical and measurable techniques such as figures (Hartas, 2015). It significantly involves surveys through the allocation of questionnaires to facilitate attainment to actual and unbiased facts. Moreover, quantitative research often involves different designs. For example, graphic design, which majorly involves distant observation of the specific objects of study. It directly involves describing and collecting data from the situation of the phenomena without intervening or altering its environment.

Additionally, the experimental design seeks to explore the relationship between specific variables using statistical evaluation. It encompasses the utilization of diverse scientific techniques to establish the cause and effect relationship among groups of variables and phenomena under study (Black et al. 2015). The design allows researchers to control all other variables except the manipulated independent variable.

In nursing, developing quantitative research is vital to establish relevant strategies to improve patients' lives. It advocates for a careful and profound analysis of different micro and macro environments to reconstruct a healthy society (Black et al. 2015). Conducting qualitative research on the health benefits of whole grains in an individual's diet enable nurses to promote and encourage people and patients take advantage of the vital minerals and elements in whole grains cereals that prevent cardiovascular diseases. I would utilize the correlation quantitative research design as it would significantly depict the relationship between the consumption of whole grain cereals and reduced cardiovascular. Through the research results, nurses would be able to establish constructive advice to cardiovascular patients to enable them to live a healthy life.

Quantitative analysis enables researches to acquire diverse, multidimensional knowledge that helps in improving the socio-cultural life through developing strategies to eradicate negative phenomena such as chronic conditions, and it facilitates a healthy lifestyle within the society (Hoy, & Adams, 2015). Moreover, using the method allows a broad study of the various subject and enhancing generalization of the results based on factual data without biases hence improving the reliability, validity and high standard knowledge. Therefore, encouraging quantitative research would enable scientists to develop authentic projects to improve the socio-economic and medical spheres of life.

Reference

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