

Ref: 0026 Analysis

Source: "How to Write a Hypothesis", 17/06/2016

While I am familiar with hypotheses due to science- I decided it would not hurt to do some quick research just to make sure there isn't any type of difference between a hypothesis in science and the hypothesis I will have to make.

The Three-Step Process

Often, it is still quite difficult to isolate a **testable** hypothesis after all of the research and study. The best way is to adopt a three-step hypothesis; this will help you to narrow things down, and is the most foolproof guide to how to write a hypothesis.

Step one is to think of a general hypothesis, including everything that you have observed and reviewed during the information gathering stage of any **research design**. This stage is often called developing the **research problem**.

So far no notable information has appeared to make me believe that my current knowledge will suffice to make the hypotheses. The idea about worrying if the hypothesis is testable doesn't really apply to this situation- I have a very clear task and it will serve as a method for testing my hypothesis, even if the task is or isn't successful.

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While it would be great to pour all of this work into one great "three-step hypothesis", not only would that probably serve as a method to restrict my freedom (as the more detailed the hypothesis the more limited you are due to staying on task), I would rather have a freedom to explore many different areas of my task (like stress and depression for example), therefore I believe that it would be better to disregard this section of the information and come up with a hypothesis on my own will meet the demands I want to set myself.