Alton Kosek

Psychology 350

Net ID: kosek2

Project 2

I had a lot of trouble coming up with variables to study, because I could not think of that many things that I do regularily and could take note of over the course of several weeks. Eventually, I settled upon studying how many hours of sleep I had gotten, how much I enjoyed the meal/meals I had eaten that day, and how I had rated my day overall. I did this because I was interested in my mood and what sort of factors influence me daily, and so I figured I could see if the amount of sleep I had gotten or how tasty what I ate impacted how good or bad I considered my day to have been. Over the course of 21 days, or three weeks, I tracked my amount of sleep, enjoyment of my meals, and enjoyment of the day overall, to see if there was any correlation and what that might say about me and my personality.

I did not expect there to be any significant correlations. I was fairly certain the amount of sleep I had been able to get the night before would not impact my ability to enjoy a meal. As for my enjoyment of the day overall, I know myself well enough to know that I am more concerned with my successes and failures when it comes to school/work, and so if I had issues with my GPA or future prospects that I would end up listing the day having gone poorly. Furthermore, I tend to, or at least try to, not be bothered by the small issues in life, and so I was certain that if I was having a good day, then a poor meal would not dampen my mood. Although, I have had instances where I had been feeling down and felt better after eating my favorite food or been unable to fully enjoy something I had been looking forward to because I was too tired to be engaged in it, so the possibility for these variables to have an impact did exist.



