

## **Aim & Objectives**

The **OBJECTIVES** of a research project summarizes what is to be achieved by the study. Objectives should be closely related to the statement of the problem.

### **\*Types of objectives**

**1.General objective:** states what researchers expect to achieve by the study in general terms & why..

### **2.Specific objectives:**

**2.1.** Identify in greater detail the specific aim of the project . It is a smaller, logically connected parts of general objective. They are the specific aspects of the topic that we want to study within the framework of our study.

**2.2.** Specific objectives should systematically address the various aspects of the problem and the key factors that are assumed to influence or cause the problem. They should specify what we will do in our study, where and for what purpose.

### **Aim:**

- are broad statements of desired outcomes.
- emphasize what is to be accomplished, not how it is to be accomplished
- address the long-term project outcomes.
- do not need to be numbered

### **Objectives:**

- are the steps you are going to take to answer your research questions or a specific list of tasks needed to accomplish the goals of the project
- emphasize how aims are to be accomplished.
- address the more immediate project outcomes
- make accurate use of concepts and be sensible and precisely described
- are usually numbered so that each objective reads as an 'individual' statement .
- For each specific objective you must have a method to attempt to achieve it.

**Why should research objectives be developed?** The formulation of objectives will help you to:

- Focus the study (narrowing it down to essentials);
- Avoid the collection of data which are not strictly necessary for understanding and solving the problem you have identified;

- Organize the study in clearly defined parts or phases.

### **\* Criteria of objectives**

Once objective stated, the researcher should work within this stated objectives.

Feasible in community & within the resources available to him.

Should not be changed half the way through the study.

**It should be:**

**SMART**

**S= SPECIFIC**

**M= MEASUREABLE**

**A= APPLICABLE**

**R = RELEVANT**

**T= TIME BUOND**

**SPECIFIC OBJECTIVES may be one of 3 main types:**

**Estimation objective.**

**Association objectives.**

**Evaluation objectives**

Example:

**General objective (aim):** Effects of Television Viewing Reduction on Energy Intake and Expenditure in Overweight and Obese Adults.

**Specific objectives:**

1. Clarify the relation between BMI & age
2. Mention the duration of TV viewing per day in obese & overweight.
3. Identify the association between types of TV program & BMI level.
4. Determine the prevalence of eating whilst TV watch in overweight & obese adult.
5. Explain the frequency & amount of food intake in obese & overweight adults during TV watch.
6. Clarify the impact of TV watch reduction time on BMI.
7. Identify the impact of TV watch reduction on physical activity.