**CHAPTER 1: INTRODUCTION**

Recognizing anxiety and/or depression and its severity in adults through coaching and counseling may allow productivity in a person's daily living, home, work, and educational environments. These concerns will be examined through this research. In this chapter the problem statement and its background, the significance of this research, the hypothesis to be tested, the instruments being used, and the assumptions will be shared.

**Problem Statement**

It is unknown whether satisfaction of life is influenced in adults suffering by anxiety and depression.

**Background of the Problem**

With the introduction of the Coronavirus pandemic there have been a rising concern of individuals suffering from anxiety, depression, and panic attacks. This increase is being noted worldwide and there are several studies addressing this concern. The studies are showing the effects on individuals as unproductive personal and professional lives, fear, and several other emotional disorders. With the continued presence of COVID-19, the second phase, and the new strands there is more literature being created and shared with the public in relation to anxiety and depression as a result. This concern is growing.

**Setting of Research**

The setting of my research will take place within the church environment and possibly, via online access to a questionnaire. I will survey men and women, 21 years of age and older. I am seeking to survey the congregation at two churches, The Park Church, and The Connecting Place at Greater Salem. The goal is to survey as many people as possible to determine those who have or are suffering from anxiety, depression, or panic attacks. My goal is to survey at least 100 or more individuals for the study.

**Thesis Statement**

This study will examine whether satisfaction of life is influenced by anxiety and depression.

**Research Hypothesis**

It is unknown whether satisfaction with life is influence by anxiety and depression.

**Research Question**

Is there a statistically significant relationship between anxiety and depression and satisfaction with life?

**Scope of Research**

My research population will come from the congregation of one or two churches, The Connecting Place at Greater Salem Church, and The Park Church.

**Research Assumptions**

It is assumed that individuals suffering from anxiety and/or depression will be more productive in various spheres of their lives if they receive coaching/counseling.

**Significance of Research**

The recognition of a person’s satisfaction with life influenced by anxiety and depression may improve their quality of life in areas of work, home, education, and daily living, through coaching and/or counseling.

**CHAPTER 2: REVIEW OF LITERATURE**

This will be research into individuals suffering from anxiety, depression and/or other psychological disorders resulting from catastrophic events such as the COVID-19 pandemic, hurricanes, tornados, or earthquakes. Events that cause fear, loss of family due to death and/or job, or fear of the unknown can make daily living difficult. In this research I will try to provide data to support my argument that through coaching and/or counseling, for those suffering, a person can have a productive way of living personally, and professionally.

This research will consist of surveys or questionnaires presented to men and women from two church congregations who are or were at some point in time, suffering from anxiety and/or depression. The ages will range from 21 years of age and older. The instruments that I am interested in utilizing to gain the necessary information for this survey will be the Generalized Anxiety Disorder (GAD-2 or GAD-7), Patient Health Questionnaire-4 (PHQ-4), Spiritual Well Being Scale (SWBS), and/or Satisfaction with Life Scale (SWLS-5).

As I continue with my literature review, I will be able to provide and share more information in this section of the research. The GAD-7 assessment was developed by R.L. Spitzer, K. Kroenke, J. B Williams, and a few others for the purpose of detecting or determining anxiety disorders in individuals by assessing to what degree they may be suffering nervous or anxious behavior or if not at all. There are seven questions to answer that range from ‘not at all’, to ‘several days’, to ‘more than half the days’, to ‘nearly every day’ (\*0,1,2, and 3) for a total of 21 points. Mild, moderate to severe anxiety scores would be 5, 10, or 15, respectively. This is the breakdown of just one of the instruments that I would like to use.

I would provide more detail of the other instruments as I continue to perform my research.

**CHAPTER 3: RESEARCH DESIGN AND METHODOLOGY**

**Problem Statement**

It is unknown whether satisfaction with life is influenced by anxiety and depression.

**Thesis Statement**

This study will examine whether satisfaction with life is influenced by anxiety and depression.

**Hypothesis**

**Research Question:** Is there a statistically significant relationship between anxiety and depression and satisfaction with life?

**Null** **Hypothesis:** There is no statistically significant relationship between anxiety and satisfaction with life.

**Alternate Hypothesis:** This is a statistically significant relationship between anxiety and satisfaction with life.

**Null Hypothesis:** There is no statistically significant relationship between depression and satisfaction with life.

**Alternate Hypothesis:** There is a statistically significant relationship between depression and satisfaction with life.

**Operational Definitions**

***Satisfaction with life*** involves a favorable attitude towards one’s life.

***Influence*** is the capacity to have an effect on the character, development, or behavior of someone or something.

***Well-being*** is the state of being happy, comfortable, and healthy.

***Sample frame*** is the total potential survey population.

***Sample size*** is the number of participants or observations included in a study.

***Anxiety*** is the feeling of unease, worry, or nervousness about something with an uncertain outcome or about an impending event.

***Depression*** is a mental health disorder characterized by the loss of interest in activities or lowering of a person’s mood causing diminishing of their daily life.

***Self-efficacy*** is a person’s belief in their ability to implement behaviors that produce specific attainments. It’s confidence in one’s ability to exert control over his or her motivations, behavior, and social environment.

***Life scheme*** is a cognitive representation of one’s life that provides purpose and a sense of order.

**Assumptions About Methodology**

I am not too clear about this area of the chapter. I know that the methodologies of this research may be more difficult to narrow down, and I am not sure if the amount of research presented will be enough to prove my point.

**Limitations of the Study**

Some limitations of my study may include not being able to gather enough data.

**Ethical Compliance**

I am not sure what the ethical compliance implications will be or if there will be any at all. This will have to be answered as I go further in my research.

**Procedures for Gathering Data**

**Population** used in this study will be male and female adults, ages 21 years and older.

**The Sample** will consist of men and women at the churches.

**Instruments** that will be used for this study will be the Generalized Anxiety Disorder (GAD-2 or GAD-7), Patient Health Questionnaire-4 (PHQ-4), Spiritual Well Being Scale (SWBS), and/or Satisfaction with Life Scale (SWLS-5).

**Data Collection** will be in the form of questionnaires issued to congregation attendees with a telephone number for participants to call or an online access code will be provided to participants to access and answer the questions from each instrument. This process isn’t very clear and will be flushed out in detail as I continue my research.

**Time Schedule** has not been determined to date. I will seek guidance from my professor.

**Procedures for Analyzing Data** will be clarified once the data has been collected. I will seek assistance to gain clarity in this area from my professors.

**Organization of the Data** will be provided in more detail as I continue my research.

**Analysis of the Data** will be provided as I continue my research process and the collection of data has been completed.