Exercise: Forming Good Hypotheses

1. Instructions: Please consider each poorly constructed hypothetical statement. Identify the problematic element in the statement and reconstruct each statement to create a more viable and testable statement.

**Characteristics of a good hypothesis:**

* **Logical: supported by previous research; logically follows research already conducted**
* **Testable: Variables under study must be observable and measurable**
* **Refutable: can be demonstrated to be false**
* **Positive: Declarations of an effect**

1. For adults, there is no relationship between age and memory.
2. The more sins a man commits, the more they will suffer emotionally.
3. There is no difference in problem solving ability between gender.
4. The new coping treatment plan has no effect on children’s self-esteem.
5. Premature toilet training creates obsessive compulsive personality structures.

B. Instructions: Next, see if you can construct a few bad hypotheses. What elements make it a poor hypothesis?