

The Research Proposal

Make sure you fill out completely *all* the information in the sections below. Failure to complete these sections fully and honestly may incur a loss of points. Responding to some questions with “no” or “n/a” or “I don’t know yet” *is* acceptable; however, leaving any responses blank is not. If you do not understand any questions you are encouraged to contact your instructor.

Section 1

Name: Ghazal Mirahmadi

Your Major: Business Finance

Section 2

On a scale of 1 to 10, how confident are you *now* feeling about writing for this course? Explain any change in your scoring from the first assignment.

1/ I feel 8.5/10 confident just because once again I always doubt myself when it comes to writing. Although I can say I do feel more motivated to do even better and take my time because of the grade I got in my first one, which is why I added 0.5 extra to the scale. It did make me feel like my effort into trying to do as well as I can was successful.

Section 3

Final grade you received from your previous assignment (Research Plan). How do you feel about this grade? If you lost points on the first major assignments, then **where** and **why** did you lose points, and what have you done to address the issue? Write out your response in complete sentences below.

1/ So since I got a 100, I was actually really happy and satisfied to have started the semester off really well. It keeps me motivated to always do as well as I can to keep my grades high and do well in this course. I didn't necessarily lose points on anything thankfully. Although I had slight comments like the one about the width of the indent, which I had fixed for the proposal.

Section 4

Based on your last assignment and the lessons you have received so far in ENG 204, what **three** things have you given extra care and attention towards for this assignment? Make sure your three points are updated and distinct from your previous submission

1/ Do not plagiarize.

2/ Time management.

3/ Find high quality sources.

Section 5

Working Topic: (e.g., smoking)

1/ The effect of social media on self-image.

Working Research Question: (e.g., Is smoking beneficial?)

1/ Is social media negatively influencing self-image?

Working Thesis: (e.g., Smoking is beneficial.)

1/ Social media is negatively influencing self-image.

Working Secondary Questions

You may not have *all* your secondary questions yet – but have a go at writing what some may be. At least, you'll get some feedback from your instructor. Remember that secondary questions are W-questions that usually follow "if so ..." and/or "If not ..."

(Examples: What are the benefits of smoking?

1/ How is social media negatively influencing self-image?

2/ Are filters and social media influencers having an effect on negative self-image?

3/ What are the negative impacts on people's mental well-being by using social media?

4/ Is social media causing an increase in people forming eating disorders?

Working Counter Theses: (e.g., 1/ Smoking is not beneficial. 2/ Smoking may have some benefits, but it has more drawbacks. 3/ Smoking may be beneficial but only when combined with other practices. 4/ Smoking may be beneficial for some people but not for others. Etc.)

1/ Social media may be affecting some people, but also helps many other people gain confidence by interacting and getting positive validation from others.

2/ Social media might help with the spread of awareness, but also sets false standards for people struggling with their well-being or eating disorders.

Working Supporting Arguments: (e.g., [Smoking is beneficial because ...] 1/ smoking makes you look cool. 2/ smoking helps you lose weight.)

1/ Social media disrupts how individuals view themselves because of all the false perfectionism that is seemed to be portrayed online.

2/ The filters on Instagram and snapchat are demonstrating/encouraging having “perfect” features.

3/ Social media makes people doubt how they “naturally” look because they get influenced to compare themselves to other people

Working Counter Arguments: (e.g., [Smoking is *not* beneficial because ...] because 1/ smoking causes serious diseases. 2/ cigarette smoke is very smelly. 3/ smoking not only harms the smoker, it also harms other people in the environment of the smoker.)

1/ Social media allows people to express themselves, and allows people to get positive validation from others.

2/ Social media allows people to feel inspired and motivated to look up to others to do fitness and stay healthy.

3/ Social media helps spread awareness on eating disorders.

Working Refutations/Rebuttals/Acknowledgements of Counter Arguments:

(e.g., For “Cigarette smoke is very smelly,” I have found a study showing that most people actually like the smell of cigarette smoke on their clothes. I have also found an article describing a company that makes cigarette smoke room fresheners.)

1/ Fitspiration is seemed to have positive impacts but it is important to acknowledge the negative impacts it causes to individuals. I have found an article that describes different ways that fitspiration affects individuals.

2/ Even though social media spreads awareness on eating disorders by showing their recoveries. It also ends up pressuring other users going through eating disorders into feeling “left out” when they aren’t being recovered the same way.

Write Your Paper Below

Begin your paper at the start of the next page. Note that APA Level 1 headers have been provided. Write appropriate paragraphs within these prescribed areas. Remember to leave the rubric at the end of the paper.

Introduction

In this paper, I argue that social media is negatively influencing people’s self-image. We live in a world where social media use has become an everyday ritual to most of us. Due to easier Internet access and the popularity of media usage in this digital age, the rates of lower self-esteem has just increased over the few years (Lenza, 2019, as cited in Errasti et al., 2017). Even though social media seems to be a place where most of us love spending our time on, we tend to forget the negative aspects of how it affects us.

I support my position on the negative influences social media has on self-image with the following three arguments. First, I argue that social media disrupts how individuals view themselves because of all the false perfectionism that is seemed to be portrayed online. Users on social media platforms tend to forget that not everything they see is real life, it is just an image (Monks et al., 2021). Second, I argue that the filters on Instagram and snapchat are demonstrating and encouraging having “perfect” features to all their users. It is important to note that these filters change your features into society’s idea of “beauty,” in which this affects how people view themselves when they remove the filter (Lavrence & Cambre, 2020). Finally, I argue how social media makes people doubt how they “naturally” look because they get influenced to compare themselves to other people. The constant daily use of being on social media and viewing how many likes or comments you got from other people causes criticism of one’s self by comparing yourself to others (Glover, 2019).

I also consider alternative positions towards the use of social media. First, how social media allows people to feel inspired and motivated to look up to others to do fitness and stay healthy (Raggatt et al., 2018). Second, is that social media allows people to express themselves. Lastly, social media spreads awareness on eating disorders and users share their stories (LaMarre & Rice, 2017). In this paper, I will refute such claims by, for example showing that the link between social media and fitspiration is not always what people make it seem to be (Raggatt et al., 2018). I will also refute the claims by including data collections to further strengthen by argument.

This paper is important because even though social media has it positive sides, people should also be reminded of the negative aspects of social media. The disruptions being caused by social media is causing more and more people to have body or self-image concerns. These insecurities could lead to body dysmorphia and eating disorders, which is not healthy for any individual to go through. I conclude my paper by suggesting the creation of intensive awareness campaigns to combat the misconceptions surrounding real life vs. social

media. It is very important for people to understand that not everything they see is as perfect as it seems, social media is a snippet of someone's life. Let us not forget the editing and filtering. It is important to spread awareness of such things and educate the community on learning to love themselves by being more real on social media and at least promoting natural filters, not filters that change a person's features.

Discussion of Sources

Source 1

Lavrence, C., & Carolina, C. (2020). "Do I look like my selfie?": Filters and the digitalforensic gaze. *Social Media + Society*, 6(4), 1-13.

doi:<http://dx.doi.org/10.1177/2056305120955182>

The article (Lavrence & Carolina, 2020) is published in the *Social Media + Society* journal, which is a reputable peer-reviewed journal in the field of how social media impacts societies. The article is also a member of the Committee on Publication Ethics (COPE), which is non-profit organization that has been established since 1997 to help assist publishers in publishing the highest standards. The article discusses the importance on how social media filters are causing a negative impact on how individuals view themselves. The article also discusses how people question the legitimacy of photos they see because "there is a priori assumption that filtering has been applied, whether conspicuously or not" which is starting to become even more of a problem recently (Lavrence & Carolina, 2020, p. 2). The content of this article is special because it includes data collections containing discussions with 12 focus groups which can strengthen my argument. This article is of use to me as it covers the negative effects of filters that social media apps contribute to individuals, and how it makes them feel. I intend to use this article to support my argument on "The filters on Instagram and snapchat are demonstrating and encouraging having "perfect" features." I like this source because it has valuable information that addresses the cons on the use of filters, and the method of the discussions mentioned in the source grasped my attention and got me

interested into the article even more. This source is commendable because it supports my argument, therefore it strengthens my argument which will be useful to my research paper.

Source 2

Senín-Calderón, C., Perona-Garcelán, S., & Rodríguez-Testal, J.,F. (2020). The dark side of Instagram: Predictor model of dysmorphic concerns. *International Journal of Clinical and Health Psychology*, 20(3), 253-261. Retrieved from;
doi:<http://dx.doi.org.aus.idm.oclc.org/10.1016/j.ijchp.2020.06.005>

The article (Senín-Calderó et al, 2020) is a peer reviewed article in the International Journal of Clinical and Health Psychology, which is recognized for covering medical and health psychology. All the authors are from the field of psychology, Cristina Senín-Calderón is has a PhD in the field of psychology, and is also a university lecturer. Juan F.

RodríguezTestal is a professor also in the field of psychology, and lastly Salvador Perona-Garcelán is a clinical psychologist. The article focuses on dysmorphic concerns when one compares themselves to another user online. The article also includes a study made to show the relationship between the use of Instagram and body dysmorphia to show the downfall of what it does to an individual when they compare themselves to images they see online. It is important to understand that social media can trigger the user's mental well-being negatively, which is why the authors carried out a statistical analysis to identify if Instagram, a social media platform, has an effect on body dysmorphia. This article will provide the information necessary for me to support one of my supporting arguments on how social media makes people doubt how they "naturally" look like and also further answers one of my secondary questions on the negative impact on people's mental well-being. I like this source as it puts forth very important information that the study concluded. I also like how the article mainly focused on Instagram, because recently it has been one of the most problematic platforms when it comes to social comparisons.

Source 3

Cassandra, L. (2020). Eating disorders in 'Millennials': Risk factors and treatment strategies in the digital age. *Clinical Social Work Journal*, 48(1), 46-53.

doi:<http://dx.doi.org/10.1007/s10615-019-00733-z>

The article (Lenza, 2019) is a peer reviewed article in the *Clinical Social Work Journal* published by Springer Nature. The author of the article, Cassandra Lenza is a therapist with over 10 years of experience and also is the owner of Healing on Hudson. She helps people with their personal problems, and especially with their eating disorder as she is known to be an expert in that. The article focuses mostly on eating disorders being caused by social media consumption and what is being portrayed online to the viewers. The article also focuses on how the different social media platforms are really becoming an issue because of the constant daily use, where it is becoming a place of continuous comparison which leads to lower self-esteem. The content of this article is special because it also includes 2 cases that describe the stories of 2 different individuals and how the things social media portrays to them have been affecting them negatively, to the point of even causing an eating disorder. This article is of use to me because it supports my thesis on how social media negatively influences self-image or self-esteem. The article also further answers one of my secondary questions on if social media is causing an increase in eating disorders. Therefore, the information in this article will help me support that, and persuade readers into understanding the depth of the situation. I like this source because it has the right information needed for me to support my argument, and includes detailed information with case studies included which allowed it to be even more interesting to me as a reader. The case studies also included two cases that would be good to add as part of my research paper to elaborate on my argument. I just wish it included more ways to "treat" eating disorders or at least ways to stop allowing an individual to reach to that point with certain helpful methods.

Source 4

Glover, S. G. (2019). Why social media is ruining your life. *Journal of Intellectual Freedom and Privacy*, 4(3), 14-15.

doi:<http://dx.doi.org/10.5860/jifp.v4i3.7198>

Grace (2019) is a book review written by an assistant professor and reference librarian published by the American Library Association, which is the oldest and largest library association. This source focuses on how social media is becoming a problem, and taking over people's everyday lives. It has become an "addiction" at this point, social media causes users to critique themselves over how many "likes" they get, constantly comparing themselves to others who get more attention causing insecurities with their own self-image. The content of this source is special because it includes many different reasons to why social media is affecting users negatively, therefore causing them to feel low about themselves. This source will be of use to me because It gives me information to elaborate on my thesis, and supporting argument on how social media disrupts how individuals view themselves. It also includes information relating to my other supporting arguments, in which this helps me strengthen my argument as well by using it in my research paper to show how all of my different arguments are genuinely caused by social media's portrayal. I like this source because it was short but detailed enough with all the information needed. The writing style was also very straight forward and to the point which made it easier to grasp onto the information read.

Source 5

Raggatt, M., Wright, C. J. C., Carrotte, E., Jenkinson, R., Mulgrew, K., Prichard, I., & Lim, M. S. C. (2018). "I aspire to look and feel healthy like the posts convey": Engagement with fitness inspiration on social media and perceptions of its influence on health and wellbeing. *BMC Public Health*, 18

doi:<http://dx.doi.org/10.1186/s12889-018-5930-7>

The article (Raggatt et al., 2018) is a peer reviewed article in the BMC Public Health journal, which is a reputable peer-reviewed journal in the field of public health. The article discusses the idea of “fitspiration” and how users of social media use these platforms to seek information to reach their body goals. It can sound like a positive inspiration at first, but people tend to forget how negatively this can influence their habits and self-image. Users on social media begin to constantly look up to other people with the perfect body ideal, and their “perfect” eating diets as well. These media portrayals can cause people to feel the need to follow the influencer’s path and do what they do constantly, which just sets false standards. It is important to understand that social media can portray extreme standards that can eventually have a dramatic psychological effect on an individual’s well-being. This source will be of use to me because it supports the counter argument on how social media can be a place to share fitness with users that look up to certain people, in which the followers then learn and feel motivated to reach their goals. It will also be of use to me because in the same source, it includes reasons to why the counter argument is not a good reasoning with data collections too. That would help me with my rebuttal in order to weaken the counter argument’s point and strengthen my argument, which is that social media sets false standards. I like this source because all the different subtopics are clearly divided, makes it easier for me to find the information I want and differentiate. I also love how informative it was and mentioned both sides in one article with a study too that concluded it.

Source 6

LaMarre, A., & Rice, C. (2017). Hashtag recovery: #Eating disorder recovery on instagram.

Social Sciences, 6(3), 68.

doi:<http://dx.doi.org/10.3390/socsci6030068>

The article (LaMarre & Rice, 2017) is a peer reviewed article in Social Science journal. Many would argue that the best way to study Social Sciences, is through Social Media, as it allows you to access almost everyone on the planet, and this article being written in the Social Sciences journal is remarkably fitting. The reason for the inception of this

article, is to demonstrate how many people have overcome eating disorders, through the power of Social Media. Furthermore, through the use of searching up “hashtags” they were able to analyze incredible success stories. Although the source tells us that Social Media is not a direct treatment, it still was able to convey that many of the people struggling had a robust support system for their recoveries. It is also important to point out the cons, people should be aware that these recoveries are someone else’s experience. As a result, certain individuals feel defeated with their own recovery when they don’t recover in the same way or time period, in which they compare their body to others that have recovered. This source will be of use to me because in the same source it includes reasons to why the counter argument is not always a good reasoning. This would help me with my rebuttal in order to weaken the counter argument’s point and strengthen my argument, which is that social media ends up pressuring other users going through eating disorders into feeling “left out” when they aren’t being recovered the same way. In conclusion, this was an incredibly interesting study, it really conveyed that there are always two sides to something like Social Media, while many tend to focus on the negatives, it is quite refreshing to see someone focus on the positive aspects of it.

Source 7

Monks, H., Costello, L., Dare, J. & Boyd, E.R. (2021). “We’re Continually Comparing Ourselves to Something”: Navigating Body Image, Media, and Social Media Ideals at the Nexus of Appearance, Health, and Wellness. *Sex Roles* 84, 221–237.

<https://doi.org/10.1007/s11199-020-01162-w>

The article (Monks et al., 2021) is a peer reviewed article published by Springer Nature, which is one of the world’s leading journal publishers through a range of subjects. One of the authors, Dare Costello Leesa, is a senior lecturer in Public Health with more than 7 research grants that she has achieved for her amazing work. The article discusses the problematic comparisons individuals face while using social media platforms frequently. The

constant unrealistic standards that are portrayed in the media is where the problem begins, it sets a standard that many people can't seem to ignore and instead get affected by. The content of this source is special because it includes many aspects on how social media is affecting users negatively, therefore causing them to doubt themselves. Another special thing about this source is that the method of the research was done with interviews/discussions. This source will be of use to me as it supports 2 of my supporting arguments on how social media portrays false perfectionism online, and how it causes individuals to doubt their looks by comparing themselves to others. It will also be useful to my paper as I will be elaborating on how social media sets pressure onto the users into being influenced by these unrealistic standards and how individuals tend to question their own self-worth in which social comparisons begin between one another. I like this source because it included discussions with different people, it was interesting to read how different individuals were affected by social media and their say in it.

Source 8

Sabik, N.J., Falat, J. & Magagnos, J. (2020). When Self-Worth Depends on Social Media

Feedback: Associations with Psychological Well-Being. *Sex Roles* 82, 411–421.

<https://doi-org.aus.idm.oclc.org/10.1007/s11199-019-01062-8>

The article

The article (Sabik et al, 2020) is a peer reviewed article published by springer nature, which is one of the world's leading journal publishers through a range of subjects. Natalie J. Sabik does research in the areas of psychology, and also has many other several publications. The article discusses how the accessibility and increased engagement on social media these past years has made individuals participate in many social media platforms to engage with other peers. Social media is used as a source of communicating and also for viewing other people's profiles and pictures. It is important to remember that certain individuals base their self-worth based on other people's feedback, which causes them to be dependent on it. This

dependency on “what other people think” can become a constant thought in which it causes individuals to allow other people to determine how “beautiful” or not they are. Constantly questioning your self-worth can lead to negative effects on psychological well-being. The content of this source is special because it includes a study on different aspects of how self-worth is dependent on social media feedback or not. I will be using this source to further elaborate on the idea that social media negatively influences self-image, and that it influences people to validate themselves based on social feedback. I will also be using it to strengthen one of my secondary questions on how social media does play a factor in negatively influencing psychological well-being. I like this source because the writing style was easily understandable and I also liked how it included different subtopics to how social media related to self-image and self-worth. I would have preferred if their study was a bit more specific on one or two ideas rather than more, because it results in a bombardment of too much information.

Outline

1. Introduction:

- a. Hook (statistical quote or fact about how many people spend time on social media platforms nowadays)
- b. Introduce the supporting arguments
 - i. Social media disrupts how individuals view themselves because of all the false perfectionism that is seemed to be portrayed online.
 - ii. The filters on Instagram and snapchat are demonstrating/encouraging having “perfect” features.
 - iii. Social media makes people doubt how they “naturally” look because they get influenced to compare themselves to other people.
- c. Introduce the counter arguments

- i. Social media allows people to feel inspired and motivated to look up to others to do fitness and stay healthy.
 - ii. Social media allows people to express themselves, and allows people to get positive validation from others.
 - iii. Social media helps spread awareness on eating disorders.
 - iv. Mention the refutations of the counter arguments.
- d. Why is this paper important?
- i. Explain the purpose of the paper
 - ii. Justify the claims provided
 - iii. Restate thesis.

Body 2.

Supporting arguments

- a. Introduce the thesis
 - i. Explain the thesis
- b. Mention the supporting arguments
 - i. Social media disrupts how individuals view themselves because of all the false perfectionism that is seemed to be portrayed online.
 - 1. Explain the argument
 - 2. Provide evidence
 - 3. Provide example
 - ii. The filters on Instagram and snapchat are demonstrating/encouraging having “perfect” features.
 - 1. Explain the argument
 - 2. Provide evidence
 - 3. Provide example
 - iii. Social media makes people doubt how they “naturally” look because they get influenced to compare themselves to other people.
 - 1. Explain the argument

2. Provide evidence
3. Provide example
3. Counter arguments
 - a. Introduce the counter thesis
 - i. Explain the counter thesis
 1. Social media disrupts how individuals view themselves because of all the false perfectionism that is seemed to be portrayed online.
 2. Social media might help with the spread of awareness, but also sets false standards for people struggling with their well-being or eating disorders.
 - b. State the counter argument
 - i. Social media allows people to feel inspired and motivated to look up to others to do fitness and stay healthy.
 1. Explain the counter argument
 2. Refute the claim
 - ii. Social media allows people to express themselves, and allows people to get positive validation from others.
 1. Explain the counter argument
 2. Refute the claim
 - iii. Social media helps spread awareness on eating disorders.
 1. Explain the counter argument
 2. Refute the claim
4. Conclusion:
 - a. Main point summary
 - b. Emphasis on thesis statement
 - c. Solution/suggestions

References

- Cassandra, L. (2020). Eating disorders in 'Millennials': Risk factors and treatment strategies in the digital age. *Clinical Social Work Journal*, 48(1), 46-53.
doi:<http://dx.doi.org/10.1007/s10615-019-00733-z>
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doi:<http://dx.doi.org/10.5860/jifp.v4i3.7198>
- LaMarre, A., & Rice, C. (2017). Hashtag recovery: #Eating disorder recovery on instagram. *Social Sciences*, 6(3), 68.
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- Monks, H., Costello, L., Dare, J. & Boyd, E.R. (2021). "We're Continually Comparing Ourselves to Something": Navigating Body Image, Media, and Social Media Ideals at the Nexus of Appearance, Health, and Wellness. *Sex Roles* 84, 221–237.
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- Raggatt, M., Wright, C. J. C., Carrotte, E., Jenkinson, R., Mulgrew, K., Prichard, I., & Lim, M. S. C. (2018). "I aspire to look and feel healthy like the posts convey": Engagement with fitness inspiration on social media and perceptions of its influence on health and wellbeing. *BMC Public Health*, 18
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- Sabik, N.J., Falat, J. & Magagnos, J. (2020). When Self-Worth Depends on Social Media Feedback: Associations with Psychological Well-Being. *Sex Roles* 82, 411–421.
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Senín-Calderón, C., Perona-Garcelán, S., & Rodríguez-Testal, J.,F. (2020). The dark side of Instagram: Predictor model of dysmorphic concerns. *International Journal of Clinical and Health Psychology*, 20(3), 253-261. Retrieved from;
doi:<http://dx.doi.org.aus.idm.oclc.org/10.1016/j.ijchp.2020.06.005>

Checklist

Before submitting, write “YES” for each of the items below. If this section has not been completed in full then your paper will need to be resubmitted as LATE (incurring the usual 10% late penalties).

1/ I have carefully read *out loud* my entire paper and corrected issues where appropriate. YES

2/ I have named the file for submission as follows: Research Proposal [my name] For example: Research Proposal Philip Michael McCarthy YES

3/ I have read the rubric and guide, and included all the information required in the pages above. YES

4/ I have pressed spellcheck/grammar check and corrected any text as appropriate. YES

5/ I have set my WORD document to all the specified proofing requirements, and I have corrected my test accordingly. If not, I have contacted my instructor for assistance. YES

6/ The file I am submitting is a Microsoft Word document. YES

7/ I have carefully checked my paper to ensure there are *no* examples of any form of plagiarism. I fully understand what these forms of plagiarism are and I realize fully that any

examples of plagiarism will have severe consequences (including *but not limited to* a zero grade, an F for the course, a formal report to administration, and/or having to write a completely new research paper on a different topic). I further confirm that I have had ample opportunity to discuss issues of plagiarism with my instructor and that any and all of my questions have been addressed. YES

8/ All work submitted in this paper is my own. No other person was involved in any of the actual writing of this paper. If I received ANY help from ANY other source, I have emailed my instructor to detail ALL the support that I received. YES