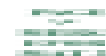




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College of Arts, Sciences, and Technology

The Impact of Social Media on Adolescent Mental Health: A Case Study of Mamburao, Philippines

A Project Proposal

Presented to

the Faculty of College of Arts, Sciences, and Technology

by:

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<Date of submission>
(month and year)



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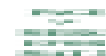


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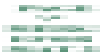
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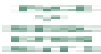
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INTRODUCTION

The advent of social media has revolutionized communication and social interaction, particularly among young people. While social media offers numerous benefits, such as connecting with friends and family, it has also been linked to a range of negative consequences, including mental health issues. This study aims to investigate the impact of social media on adolescent mental health in Mamburao, Philippines.

Mamburao, as a growing town, is increasingly exposed to the influence of social media. Understanding the potential effects of social media on the mental health of adolescents in this region is crucial for developing effective interventions and promoting well-being. This research will explore the relationship between social media use and mental health outcomes among adolescents in Mamburao, identifying potential risk factors and protective factors associated with social media use.

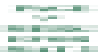


Historical Context of Social Media

Social media platforms emerged in the early 2000s with sites like MySpace and Friendster. Since then, they have rapidly evolved, with platforms like Facebook, Instagram, and TikTok becoming ubiquitous in modern society.

Project Rationale

Recent studies have highlighted a concerning trend of increasing mental health problems among adolescents, including depression, anxiety, and substance abuse. Research suggests that excessive social media use may contribute to these issues.



PROJECT DESCRIPTION

Problem Statement

The rising prevalence of mental health issues among adolescents is a significant public health concern. This study aims to investigate the potential link between excessive social media use and negative mental health outcomes.

Proposed Research Project

- **Objectives:**

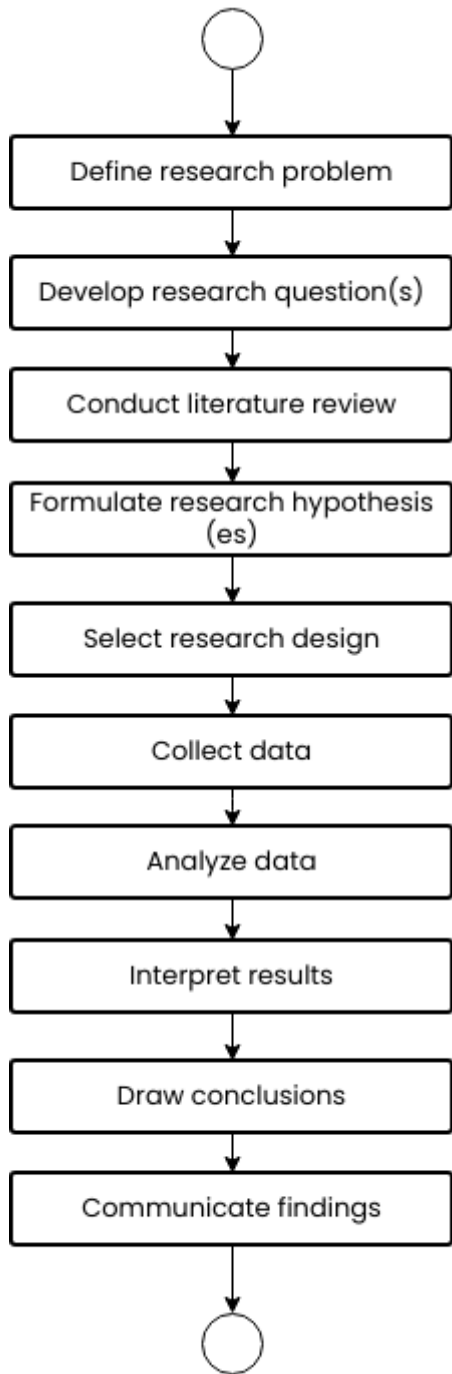
- To examine the correlation between hours spent on social media and levels of depression and anxiety in adolescents.
- To identify specific social media behaviors (e.g., cyberbullying, comparing oneself to others) that may contribute to negative mental health outcomes.
- To explore the role of protective factors (e.g., positive online interactions, digital literacy) in mitigating the negative effects of social media.

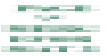
- **Scope and Limitations**

The study will focus on adolescents aged 13-18 residing in Mamburao. The study will be limited by the self-reported nature of the data and the potential for social desirability bias.



● **Flowchart/Hierarchy Chart**





METHODOLOGY

Research Design

This describes the overall strategy you used to answer your research question.

Common designs include:

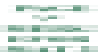
- *Experimental*: Manipulating variables to determine cause-and-effect relationships. (Often difficult in a one-semester project unless using existing data).
- *Quasi-experimental*: Similar to experimental, but without full random assignment of participants.
- *Correlational*: Examining the relationships between variables without manipulating them.
- *Descriptive*: Describing characteristics of a population or phenomenon.
- *Case study*: In-depth investigation of a specific individual, group, or event.
- *Qualitative (e.g., grounded theory, phenomenology, ethnography)*: Exploring complex social phenomena through in-depth data collection and analysis, focusing on meanings and interpretations.
- *Mixed Methods*: Combining quantitative and qualitative approaches.

You must clearly state your chosen design and *justify* why it's the most appropriate for your research question.

Instruments

This section describes the tools you used to collect your data. Examples include:

- *Surveys/Questionnaires*: A set of pre-determined questions. If using an existing survey, cite the source and describe its validity and reliability. If you created it, explain the development process.
- *Interviews*: Structured, semi-structured, or unstructured conversations. Describe your interview protocol.
- *Tests*: Standardized or researcher-created assessments of knowledge or skills.
- *Observations*: Systematic recording of behavior. Describe your observation protocol.
- *Documents/Artifacts*: Existing materials like reports, letters, or photographs. Explain how you selected and analyzed them.
- *Data from existing databases*: Describe the database, its variables, and its relevance to your research.



Data Collection

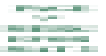
This section outlines the steps you took to gather your data. Include:

- **Timeline:** When did you collect the data?
- **Participants/Subjects:** Who was involved in your study? Describe their demographics (age, gender, etc.) and how you recruited them (sampling method). Provide the sample size.
- **Procedure:** Detail the exact steps you took to collect data. For example, "Participants completed the survey online," or "Interviews were conducted in a quiet room and audio-recorded."
- **Ethical Considerations:** Address any ethical issues related to data collection, such as informed consent, anonymity, and data security.

Data Analysis

This section describes how you processed and analyzed your data.

- **Quantitative Data:** Specify the statistical methods used (e.g., descriptive statistics, t-tests, ANOVA, correlations, regression). Justify your choices. Mention the software used (e.g., SPSS, R).
- **Qualitative Data:** Describe your approach to analysis (e.g., thematic analysis, content analysis, discourse analysis). Explain how you coded and categorized your data. Mention any qualitative data analysis software used (e.g., NVivo, Atlas.ti).
- **Mixed Methods Data:** Explain how you integrated and analyzed both quantitative and qualitative data.



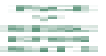
FINDINGS

Presentation of Results

Present your findings clearly and concisely, using tables, graphs, charts, and figures where appropriate. Organize your results logically, often following the order of your research questions or objectives. Use descriptive language to guide the reader through the data. Example: "Table 1 shows the average scores of the control and experimental groups on the post-test."

Interpretation of Results

This is where you explain the *meaning* of your findings. What do the results tell you? Do they support or contradict your hypotheses or research questions? Relate your findings back to your literature review. Discuss any unexpected findings. This is a critical part of demonstrating your understanding of the data.



CONCLUSION

Summary of Findings

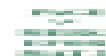
Briefly recap the key findings of your study. This should be a concise overview, not a detailed restatement of the results.

Answering the Research Question

Directly address your research question(s). What did you find? Did you answer the question(s) fully?

Implications and Future Research

Discuss the broader implications of your findings. How might your research be applied in practice? What are the limitations of your study? Based on your research, what future studies would be valuable?



PROJECT MANAGEMENT

Calendar of Activities

A timeline or Gantt chart showing the planned and actual completion dates for each stage of your research project. This helps demonstrate that you managed your time effectively.

Example:

Free Gantt Chart Template

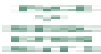


Resources

A list of the resources you used for your research, such as software, equipment, or materials. If applicable, mention **any funding or support** you received.

Example:





APPENDIX



References

APA (American Psychological Association)

- **Book:**
 - Author, A. A. (Year of publication). *Title of work: Capital letter also for subtitle*. Publisher.
 - Example: Smith, J. A. (2020). *The psychology of learning: A comprehensive guide*. Academic Press.
- **Journal Article:**
 - Author, A. A., Author, B. B., & Author, C. C. (Year). Title of article. *Title of Periodical*, volume number(issue number), pages. ¹<https://doi.org/xxxx>
 - Example: Jones, M. L., Davis, K. R., & Brown, S. T. (2022). The impact of social media on adolescent mental health. *Journal of Adolescent Psychology*, 15(2), 123-145. <https://doi.org/10.1000/jAP.2022.15.2.123>
- **Website:**
 - Author, A. A. (Year, Month Day). *Title of page*. Site Name. URL
 - Example: Centers for Disease Control and Prevention. (2023, March 8). *Understanding anxiety*. CDC. <https://www.cdc.gov/mentalhealth/anxiety/index.html>

MLA (Modern Language Association)

- **Book:**
 - Author, Last Name, First Name. *Title of Book*. Publisher, Year.
 - Example: Smith, John A. *The Psychology of Learning*. Academic Press, 2020.
- **Journal Article:**
 - Author, Last Name, First Name, et al. "Title of Article." *Title of Journal*, vol. Volume Number, no. Issue Number, Year, pp. Pages. DOI or URL
 - Example: Jones, Mary L., et al. "The Impact of Social Media on Adolescent Mental Health." *Journal of Adolescent Psychology*, vol. 15, no. 2, 2022, pp. 123-45. <https://doi.org/10.1000/jAP.2022.15.2.123>
- **Website:**
 - Author, Last Name, First Name. "Title of Page." *Site Name*, Day Month Year, URL.
 - Example: Centers for Disease Control and Prevention. "Understanding Anxiety." CDC, 8 Mar. 2023, <https://www.cdc.gov/mentalhealth/anxiety/index.html>.

Chicago (Chicago Manual of Style)

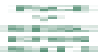
- **Book:**
 - Author, First Name Last Name. *Title of Book*. Place of Publication: Publisher, Year.



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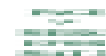
- o Example: Smith, John A. *The Psychology of Learning*. New York: Academic Press, 2020.
- **Journal Article:**
 - o Author, First Name Last Name, First Name Last Name, and First Name Last Name. "Title of Article." *Title of Journal* Volume Number, no. Issue Number (Year): Page numbers. DOI or URL.
 - o Example: Jones, Mary L., Karen R. Davis, and Susan T. Brown. "The Impact of Social Media on Adolescent Mental Health." *Journal of Adolescent Psychology* 15, no. 2 (2022): 123–45. <https://doi.org/10.1000/jAP.2022.15.2.123>.
- **Website:**
 - o Author, First Name Last Name (or Organization). "Title of Page." *Site Name*. Date of Publication or Last Update. URL. Date Accessed.
 - o Example: Centers for Disease Control and Prevention. "Understanding Anxiety." CDC. March 8, 2023. <https://www.cdc.gov/mentalhealth/anxiety/index.html>. Accessed October 26, 2023.



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