**Social Media and Aggression: Introduction**

As society progresses into the digital age our behaviours and attitudes are becoming more and more influenced by technology and social media especially. In this research proposal I will be discussing the effects of social on us as individuals. I will be examining specifically the effects ist bears on aggression. There have been a number of studies done on the effects of social media on our individual psychology. A majority of these studies, however, focus on the effects it has on anxiety, happiness or depression. In examining its effects on aggresion I will explore the effects that social media has on the aggression levels and tendencies of individuals who use it, and how these changes affect our society as a whole.