

# Templet of APA Headings 7<sup>th</sup> Edition

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The Effects of Social Media on Body Image

## Method

The present study aims to investigate the intricate relationship between social media use and individuals' self-perception of body image. In this chapter, we thoroughly explain the methodological approach that has been undertaken, including the sampling strategy and the analytical procedures that will be employed to scrutinize the data.

## Research Method

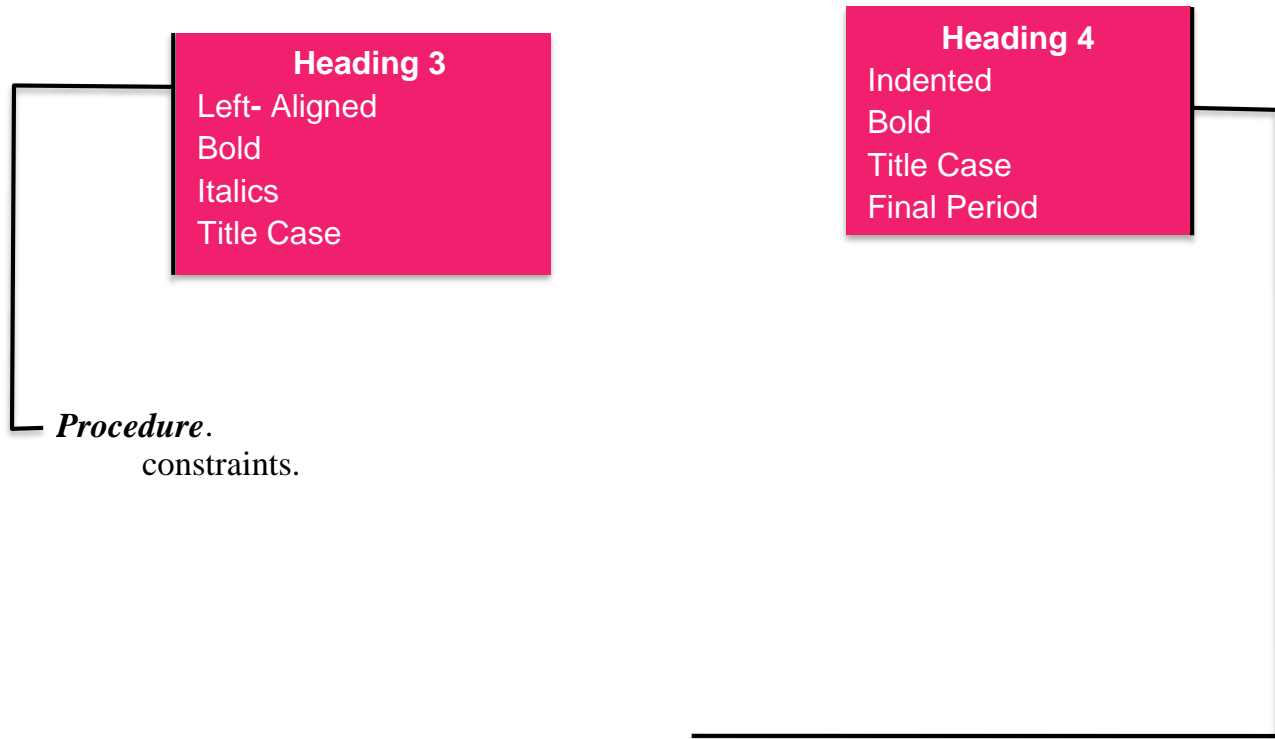
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In addition to a thorough literature review, 50 participants were interviewed to investigate the impact of social media use on body image perception. The primary aim of conducting these interviews was to elucidate the nuanced perspectives of individuals with diverse socio-demographic backgrounds concerning their self-perception of body image after being exposed to the regular use of popular social media platforms such as Instagram.

## Sampling Method

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This research employed a non-probability sampling approach to recruit study participants. The rationale behind this methodological choice was primarily due to practical considerations, including limited resources and logistical



Prior to the survey, participants received an introductory text. This introduction notified the participants that all responses would be handled anonymously.

**Participant recruitment.** Participants in this study were recruited through a targeted social media campaign utilizing a convenience sampling approach, with recruitment taking place through an Instagram post. As a means of incentivizing participation, individuals who completed the study were guaranteed an increase of 200 followers on the platform.

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***Participant assessment.*** To obtain a representative sample, participant selection was based on age, gender, and socio-demographic information. By ensuring diversity in participant characteristics, the study aimed to increase the generalizability of its findings.

## Data Analysis

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To analyze the interviews, they were transcribed, coded, and compared using the statistical program SPSS. This allowed for a systematic and efficient analysis of the data collected. While this approach facilitated data processing, it is important to acknowledge that the interpretation of the data was subjective and may have been influenced by the researcher's biases.

## Results

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## First Hypothesis

Frequent usage of social media platforms, particularly Instagram, may have adverse effects on how individuals perceive their body image and self-esteem. The study seeks to explore whether the constant exposure to idealized body images

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and lifestyles on these platforms leads to increased social comparison and dissatisfaction with one's own appearance.