

## **Research Proposal Review Unit Three**

**Which of the methods described in this week's reading would you think would suit your purpose?**

Given the complexity of the topic, I believe a mixed-methods approach would be most appropriate. This approach integrates both qualitative and quantitative research methods, providing a comprehensive understanding of the impact of social media on teenager's self-esteem.

**Which data collection methods would you consider using?**

### **Quantitative Research:**

- Surveys: To gather numerical data on the amount of time adolescents spend on social media, the specific platforms they use, and their self-reported self-esteem levels. Surveys will use the Rosenberg Self-Esteem Scale for validated self-esteem measures, alongside questions on screen time and social media usage. This method will help identify patterns and relationships between social media usage and self-esteem.

### **Qualitative Research:**

- Interviews: Conducting semi-structured interviews will allow for an in-depth exploration of their personal experiences and feelings regarding social media. This method will provide rich, qualitative insights into how social media affects their self-esteem. In-depth, semi-structured interviews will provide qualitative insights into teenagers' personal experiences with social media.
- Focus Groups: Facilitating discussions among groups of adolescents can help uncover common themes and shared experiences, offering a broader understanding of the social dynamics at play.

In conclusion, employing a mixed-methods approach, along with diverse data collection techniques, will enable a thorough investigation into how social media affects the self-esteem of adolescents.