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THE EFFECT OF IDEALIZED SOCIAL MEDIA PORTRAYALS ON MENTAL HEALTH AND SELF-ESTEEM



Define Your Problem / Research Question

A psychologist will delve into the mind to understand why an individual may think this way, and sociology will examine the psychological impact of social media on an individual's mental state. Media studies will of course, talk about social media platforms in general/ communication is unclear, but they will probably start the deep conversations and conspiracies

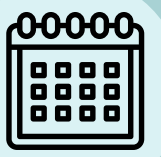
Social media can harm mental health when idealized lifestyles and appearances create unrealistic comparisons between users' real lives and what they see online.

Research Question:
How do idealized portrayals of lifestyle and appearance on social media influence users' mental health and self-esteem?



Justify an Interdisciplinary Approach

- **Psychology:** Examines how idealized images affect emotions, comparison, and self-esteem.
- **Sociology:** Studies how social norms and beauty standards spread through social media.
- **Media Studies:** Analyzes how platforms and influencers shape what users see and value.



Identify Relevant Disciplines

Review studies from psychology, sociology, and media studies to gather insights on how social media affects self-image and mental health.

Conduct Literature Search



Develop Adequacy in Each Discipline

Learn enough about each field's theories and methods to understand and compare their perspectives on social media and self-esteem.

Break down how social media use leads to comparisons, unrealistic expectations, and emotional effects in different user groups.

Analyze the Problem



Identify Conflicts Between Disciplines

Recognize where fields disagree – for example, media studies may see empowerment, while psychology may focus on harm and anxiety.

Build a model that combines all perspectives to explain both the positive and negative effects of idealized online images.

Create or Modify a Framework



Integrate and Produce Understanding

Synthesize findings into one balanced conclusion showing how social media can both boost and damage mental health.

Apply insights to real-world contexts – promote healthy media habits, awareness campaigns, or education about online self-image.

Reflect, Test, and Apply Understanding

