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09/13/2026

Define the Problem and Research Question

It really feels like people nowadays are losing their ability to actually care about what anyone else is going through. We're basically dealing with an epidemic of lost empathy, where people are disconnected, desensitized, and completely drained when it comes to showing genuine compassion. You see it constantly on social media and in real life—people are quick to judge, super isolated, and detached from basic community connection. This isn't just people being cold for no reason; it's a real problem driven by screen addiction, daily stress, and mental overload. To actually address this, the main research question for this paper is: *How do social media platforms, mental burnout, and modern culture work together to strip away social empathy, and what real strategies can help rebuild genuine human connection?*

Justify Using an Interdisciplinary Approach

This issue matters because empathy is literally what holds communities together. When people stop caring about each other, loneliness spikes, trust disappears, and everyone stays divided. Trying to study this through just one academic field isn't going to solve it. If you only look at Psychology, you understand individual burnout and stress, but you miss how technology and culture force people into those mindsets. If you only look at Sociology, you see how group dynamics are shifting, but you miss the personal mental health toll on an individual level. Media Studies can explain how algorithms thrive on outrage, but it doesn't offer solutions to help people heal their emotional capacity.

Because single fields haven't fixed the issue, combining them through the Interdisciplinary Research Process (IRP) is the only approach that makes sense. Psychology breaks down "compassion fatigue" and why our brains check out when overwhelmed. Sociology highlights how modern culture pushes people to focus strictly on themselves. Media Studies shows how interacting through screens strips away human emotion and makes it easy to dismiss people. Combining all three fields gives a complete picture so we can create real-world solutions—like healthier digital habits, stronger community support, and better ways to manage daily burnout.

References

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