**The Impact of Social Media on Mental Health among Adolescents**

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Research for the 21st Century.

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Assignment #3- Essay Draft

Begin work on 120-day Research for 21st Century Paper (see below): 1. In preparation for Assignment #4, choose a scholarly topic of interest. Type the topic on

the title line on the cover page and the first page of the paper. Explain your reasoning for

choosing the topic in the introduction section (after the title and before the first Level 1

heading) of the paper. Use your best academic voice, correct sentence structure, tense,

and punctuation. In the rest of the introductory paragraph, preview three points you

would address in an essay about your topic with ideas that came from your sources.

2. Develop a list of search terms and phrases that pertain to the subject chosen and

include these immediately following the first Level 1 heading. Give the list a name and

use the name as the Level 1 heading (use the heading styles in the template and the

APA 7 Manual or Guide provided in the hyperlinks in this syllabus). Present the list in a

complete sentence or a bulleted list with an opener (e.g., Search terms related to the

topic of this paper are as follows:). Use correct punctuation.

3. Continue building the Works Cited list you began in Assignment #2. Locate a minimum

of two books (minimum of one published in the last five years) relevant to your chosen

topic and develop an APA reference for each book. Insert the properly formatted

references in the Works Cited section of the paper.

4. Locate four primary research journal articles relevant to your chosen topic; three articles must be less than five years old. Develop a reference for each journal article and insert the references into the Works Cited section. Put your 10 references in alphabetical order.

**The Impact of Social Media on Mental Health among Adolescents**

**James, you are missing a crucial part of the assignment:**

From the instructions above: Explain your reasoning for choosing the topic in the introduction section (after the title and before the first Level 1 heading) of the paper. Use your best academic voice, correct sentence structure, tense, and punctuation. In the rest of the introductory paragraph, preview three points you would address in an essay about your topic with ideas that came from your sources.

**Search Terms Related to Adolescent Mental Health and Social Media:**

* **Adolescent mental health**
* **Social media impact**
* **Social media use**
* **Online behavior**
* **Digital technology**
* **Cyberbullying**
* **Social comparison**
* **Psychological well-being**
* **Screen time effects**
* **Digital literacy**
* **Online safety**
* **Mental health promotion**
* **Social networking**
* **Technology addiction**
* **Peer influence**
* **Internet usage**
* **Mental health interventions**
* **Digital citizenship**
* **Social media policies**

In contemporary society, social media has become an integral aspect of adolescent life, profoundly shaping their social interactions, self-expression, and overall well-being. With the rise of platforms such as Facebook, Instagram, and Snapchat, adolescents are constantly connected to a virtual world that offers both opportunities and challenges. While social media provides avenues for communication, self-expression, and entertainment, its pervasive influence has raised concerns about its potential impact on adolescent mental health. This essay explores the complex relationship between social media use and adolescent mental health, examining the prevalence of social media among adolescents, the adverse effects it may have on their psychological well-being, and strategies for promoting positive mental health in the digital age. By researching these issues, we aim to gain a better understanding of the implications of social media on adolescent mental health and explore avenues for intervention and support.

WORKS CITED

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James, S., & Wang, Y. (2021). The Impact of Social Media Use on Adolescent Mental Health: A Longitudinal Study. Journal of Adolescence, 89, 47-55. <https://doi.org/10.1016/j.adolescence.2021.09.010>

Kim, E. J., & Nam, C. R. (2019). Social Media Use and Adolescent Mental Health: Findings from a National Survey in South Korea. Cyberpsychology, Behavior, and Social Networking, 22(11), 724-731. <https://doi.org/10.1089/cyber.2019.0299>

Lejano, R. P., & Leong, C. (2014). A Hermeneutic Approach to Explaining and Understanding Public Controversies. Palgrave Macmillan.

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Smith, L. K., & Jones, R. D. (2018). The Association Between Social Media Use and Depressive Symptoms in Adolescents: A Meta-Analytic Review. Journal of Affective Disorders, 248, 65-72. <https://doi.org/10.1016/j.jad.2018.12.002>

Tietze, N., Gerhold, L., & Ibisch, P. L. (2023). Policy narratives in forest fire management. Environmental Research Letters, 18(11), 114023. <https://doi.org/10.1088/1748-9326/acf6d2>

**Great job with your APA format except for the few minor corrections listed. Here are links and examples of the generic formatting for articles, books, and dissertations:**

**NOTE:** This is the only class which focuses on learning how to lay out APA 7 Works Cited entries for different kinds of sources [books, articles, dissertations] because the formatting is unique for each kind. See below:

**Books:**

<https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/reference_list_books.html>

Author, A. A. (Year of publication). Title of work: Capital letter also for subtitle. Publisher Name. DOI (if available)

**Articles:**

<https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/reference_list_articles_in_periodicals.html>

Author, A. A., Author, B. B., & Author, C. C. (Year). Title of article. Title of Periodical, volume number(issue number), pages. https://doi.org/xx.xxx/yyyy

**Dissertations (scroll down to theses & dissertations):**

<https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/reference_list_other_print_sources.html>

Lastname, F. M. (Year). Title of dissertation/thesis (Publication No.) [Doctoral dissertation/Master’s thesis, Name of Institution Awarding the Degree]. Database or Archive Name.

Bookmark these 3 links, they will be handy!

**See the sample APA Reference layout example below:**

