
MLA Outline For Research Paper

Your Name

Professor's Name

Course Name and Number

Date

Title: The Impact of Social Media on Youth Mental Health

I. Introduction

- A. Introduction to the widespread use of social media among youth.
- B. Thesis statement: "This paper explores how excessive social media usage adversely affects the mental health of young individuals, leading to issues such as anxiety and depression."

II. Literature Review

- A. Overview of existing research on social media and mental health.
- B. Major themes include the correlation between screen time and mood disorders, and social media's role in shaping self-esteem.
- C. Identification of gaps such as lack of longitudinal studies and need for demographic-specific research.

III. Research Methodology

- A. Mixed-method approach, including surveys and interviews with adolescents.
- B. Justification for using a mixed-method approach to gain both quantitative data and qualitative insights.
- C. Limitations include potential bias in self-reported data and limited sample size.

IV. Findings

- A. High usage of social media linked with increased reports of anxiety and depressive symptoms among participants.

B. Findings support the thesis by illustrating a clear statistical correlation between time spent on social platforms and reported mental health issues.

C. Contrasts with some earlier studies that did not find a significant impact on mental health.

V. Analysis and Discussion

A. Analysis of how social media can lead to social comparison, impacting self-esteem and anxiety.

B. Broader implications for parental control and educational policies on media literacy.

C. Suggests areas for future research including longitudinal studies to observe long-term effects.

VI. Conclusion

A. Recapitulation of the research findings emphasizing the negative impacts of social media.

B. Restatement of the thesis, reinforcing the link between social media use and mental health deterioration.

C. Closing remarks on the need for increased awareness and preventive measures.

VII. Works Cited

- Include all the sources you cited throughout your paper in MLA format.