Course: BSc (Hons) Health and Social Care

Module: Independent Project (BMHP6020_LON)

Assessment title: Stage 1 - Project Proposal

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Main Project Proposal

My project title:

The relationship between anorexia and social media among adolescents in the UK.

1) Aim:

To analyse the relationship between anorexia and social media among the UK adolescents.

2) Objectives:

- To evaluate the eating behaviours of the adolescents in the UK.
- To evaluate the negative or positive impact of social media on eating attitude of the UK adolescents.
- To examine the association between eating concerns and social media usage among the young adults in the UK
- To recommend strategies for improving the eating habits and attitudes of the UK adolescents.

3) Background:

The aetiology of the eating concerns results from multiple factors including that of biological, intrapersonal, psychological and environmental influences. Although the diagnosis of the eating concerns has seen that eating concerns is a muti-factorial issue, the exposure to social media platforms and messages have been considered to be a contributor to the same (Sidani *et al.,* 2016). In the previous researches it has been seen that traditional media platforms like that of magazines, and televisions have been examined to be extensively related with the development of eating concerns and risks. But the influence of social media platforms and messages having impact on the eating behaviour and concerns of the adolescents have received less attention. Therefore, this study has been undertaken to find the relationship between anorexia or eating disorder and social media among adolescents in the UK

4) Methods:

5) resources

6) Timescale:

7) Self-reflection as researcher (any strengths or challenges):

I think as a researcher I was able to explore many areas for finding the right topic for the research. Through this I was able to gain academic research skills and also the skills of writing in an appropriate manner. I think I have good project management skills and therefore I have been able to manage and structure my research accordingly to be conducted in the future. I have been able to gain data handling skills and this would help me to conducted the survey and handle the data collected in an appropriate manner. I think as a researcher I faced the challenge of managing time in order to complete the research proposal itself and I think I should develop the skill for undertaking proper research.

References

Casula, M., Rangarajan, N. and Shields, P., (2021). The potential of working hypotheses for deductive exploratory research. *Quality & Quantity*, *55*(5), pp.1703-1725.

Sidani, J.E., Shensa, A., Hoffman, B., Hanmer, J. and Primack, B.A., (2016). The association between social media use and eating concerns among US young adults. *Journal of the Academy of Nutrition and Dietetics*, *116*(9), pp.1465-1472.

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