

Undergraduate Psychology Research Proposal

An undergraduate psychology research proposal typically includes several key sections, presenting the plan for a manageable study suitable for undergraduate-level research. Below is a structured outline:

1. Title

- A clear and concise title that reflects the focus of the research. Example: "The Role of Social Media on Self-Esteem Among College Students."

2. Introduction

- **Background:** Provide a brief overview of the research topic, highlighting key theories and previous studies related to your research question. For example, discuss how social media use has been linked to self-esteem in various populations.
- **Research Problem:** Clearly identify the issue or question your research seeks to address. Example: "There is a need to understand the specific impact of social media platforms on self-esteem in college students."
- **Research Objectives:** State the goals of the study. Example: "To explore the relationship between Instagram usage and self-esteem levels in college students."

3. Literature Review

- Summarize existing research on the topic. Focus on relevant studies that highlight the current understanding of the topic, as well as gaps in the literature that your research will aim to fill.

4. Hypothesis

- Present your hypothesis or research questions based on the literature review. Example: "College students who spend more time on Instagram will report lower self-esteem compared to those who spend less time."

5. Methodology

- **Research Design:** Specify whether the study is quantitative, qualitative, or mixed-method. For an undergraduate study, a simple quantitative survey or correlational study is often suitable.
- **Participants:** Describe the sample population (e.g., college students aged 18-24), how participants will be selected (e.g., convenience sampling), and the expected sample size.
- **Materials/Instruments:** Identify any surveys or questionnaires you will use (e.g., Rosenberg Self-Esteem Scale). Ensure they are validated for the population being studied.
- **Procedure:** Explain how the study will be conducted. For example, describe how participants will be recruited, the setting for data collection, and any instructions provided to them.

- **Data Analysis:** Outline how the data will be analyzed (e.g., using correlation analysis to examine the relationship between social media usage and self-esteem).

6. Ethical Considerations

- Briefly discuss how you will handle ethical issues such as obtaining informed consent, ensuring confidentiality, and addressing potential harm to participants.

7. Expected Results

- Based on your hypothesis, predict the expected outcomes. For instance, "We expect to find a negative correlation between time spent on Instagram and self-esteem levels."

8. Limitations

- Address any potential limitations of your study. Example: "The use of self-reported data may result in biased responses, and the convenience sampling may limit generalizability."

9. Significance of the Study

- Explain how the findings will contribute to existing psychological knowledge, particularly regarding the impacts of social media on young adults' mental health.

10. Timeline

- Provide a simple timeline indicating when each phase of the research will be completed (e.g., literature review, data collection, data analysis).

This proposal structure is suitable for an undergraduate-level study and helps ensure clarity and feasibility.