How does dating apps/sites influence social anxiety?

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Abstract

In this proposal, there is an overview of what will be in the study. The research question is how does dating apps/sites affect social anxiety. My hypothesis is that there will be a negative effect to social anxiety. The theoretical framework I use is, Albert Bandura, social cognitive theory. Focusing on the observational learning aspect. The observational learning focuses more on the social learning part. In my research, this was the correct theory to go with because it gives a sense of how dating apps/ sites can affect social anxiety. The way I propose to research this question are through interviews and surveys. The sample to be consider is the current freshman class, male and female, between the ages of 17-19. The instruments I intend to use are interviews and surveys to further explain my question and to get a firm answer to the hypothesis.

How does dating apps/sites influence social anxiety?

Statement of the problem

Some people are no stranger to social anxiety. With the new technology that most people have available to them we see anxiety getting worse. Whether to texting or any communication app or site some cannot function in a social setting. Dating is a social relationship that people tend not to do anymore.

Dating apps and sites are making it harder as technology advances to communicate in social settings. These dating sites in apps had become a thing, little to none research had been conducted to see the effects of these types of technology. "social anxiety is the third largest mental health care problem in the world today." (Richards, par 1)

This study is unique to the topic dating apps and sites influences social anxiety. The issues this study raises are 'is the new technology and events is great?', how many people are being affected? And, are we desensitized to a social environment?

Purpose of the study

The purpose of this study is to find the correlation between dating apps and social anxiety. This area of study is important because not much as of now had been done. The new advances in technology makes it harder to keep up with research and the newer generation. The unit of analysis, I would use our surveys to the covered freshman class because most had grown up with these advances.

Research Question/Hypothesis

For the purpose of this study, the following questions will be addressed

1. Based on the social learning theory how does dating apps /sites affect social anxiety?

   As part of this study, investigation include one research hypothesis

2. The use of dating apps /sites has negatively affected today's young adults by desensitizing then to social situations.

Definition of terms

1. Social anxiety- "… fear of social situations that involve interaction with other people." (Richards, par 3)

2. Dating apps/sites- "…are software applications designed to generate connections between people who are interested in romance, casual sex, or friendship." (Orchard, 2019, Abstract)

Theoretical Framework

Albert Bandura, during the 1960s, Develops the social cognitive theory. This theory focuses on the interaction of the person their environment and behavior. Observational learning is one of the social cognitive theories. This type of learning is done in a social setting. Observational learning posits that individuals can learn real responses via observation of key behaviors from social models. For this learning, no reinforcements negative or positive are needed Jess social model's presence give that person security. Social models are others of authority or just higher of status then that person.

Related to my topic, this theory further explains how dating apps /sites affect social anxiety. Dating apps /sites are done on smart phones, computers, iPads, etc. This eliminates does social learning aspect. However, which social media this brings about a different form of social learning. In many cases, social media has a negative impact on dating. According to the theory, with observational learning, you will imitate what you know and/ or observe. Social anxiety can develop from this observational learning because you never know how things will turn out.

Literature Review

"Online dating lowers self-esteem and increases depression, studies say" is an online article produce by CNN.com. The author, Juliet Marateck, in 2018, spoke about other studies that had to do with dating apps. In the article, Marateck states that Match.com has more than 7 million paid subscribers. Marateck goes on the explain how rejection from people on these apps or sites can really affect people negatively. Also, studies have found that using these apps men or women can lower your self-esteem. This article helps prove the case that dating apps can affect you negatively, though it did not say social anxiety will be affected. We can conclude that if you do not have good self-esteem nothing can really come together in life.

"Swiping for trouble: Problematic dating application use among psychosocially distraught individuals and the paths to negative outcomes", is a research study done and publish in 2019. Researchers had study college students and their lives on the dating apps. The data shows that there is a connection between social anxiety and dating apps. However, there are limitations to this study such as sample (race, age, gender, etc.)

"Are Dating Apps Damaging Our Mental Health?" this article was written in 2018 and publish by Psychology Today. In this article the author is concluding that because of the constant reject and not getting messages back that this plays a part in our mental health. The author talks more on the man standpoint of things. He continues to say that it is hard to find anyone because of the expectations people try to live up to online.

The last article takes a different turn. "People who are addicted to dating apps may have loneliness and social anxiety in common" is an article that talks about how some people on dating apps have social anxiety, and how to limit yourself. In the article they say dating apps provide security for anxious people. But this ideology is for the few who have social anxiety,

they just prefer to meet online or on an app vice in person. Then, the article goes on about limits that we should have and how to not let dating apps control your life.

Methodology

Research Design

The way I plan to research this topic is by a survey and interviews. The survey will be anonymous but indicating age range and gender. The questions will determine on the scale of social anxiety that they are on. Also, the frequent use of dating apps /sites. The interview will include questions from the survey and also more in-depth questions.

Sampling

The population I would want to use is the freshman class of Benedict college. From this freshman class male and female can participate however, between the ages of 17 and 19. I chose this sample because their generation had really grown up with the technology era.

Instrumentation

For this study, I chose to do surveys and interviews. There will be 2 surveys one measuring social anxiety and the other measuring the usage of dating apps /sites. for the interview, it would be random. Two males and two females will be interviewed going more in-depth from the surveys.

Instrument 1

The social anxiety Survey was chosen because it can give a more valid understanding where people stand in social settings. This instrument will be useful for this study because it gives an overview on the general anxiety level.

Instrument 2

The survey of the usage of dating apps /sites was chosen because it gives a sense of boundary people have for the apps /sites. This will be useful because I will be able to estimate their usage on the apps /sites.

Instrument 3

The interviews were chosen because having a one on one you are able to explain and go into more details. This gives a sense of reassurance on the surveys.

Data collection/Analysis Procedures

The data collection will be done through my surveys. Both surveys will consist of no more than 20 questions each. These surveys will be emailed and given a deadline however, this is all voluntary. For the interviews, there will be 10 questions same for each interviewee. This will just give more concrete foundation from what was found from the surveys.

Protection of Human Rights

For protection of participants, the surveys and interviews will be anonymous and voluntary. The participants are able to retract their statements and or surveys. Everything will remain nameless as well as them receiving a copy of the completed study.

Discussion

In further research, this study can shed some light on the dating apps /sites effect on social anxiety. Some weaknesses of this study R the population and sample are too small a comprisable, surveys won't be as truthful depending on the person, and resources are limited due to COVID-19 pandemic.

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