

YEDITEPE UNIVERSITY
GRADUATE SCHOOL OF EDUCATIONAL SCIENCES

THESIS TITLE
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Name Surname

Istanbul - 2023



YEDITEPE UNIVERSITY
GRADUATE SCHOOL OF
EDUCATIONAL SCIENCES

THESIS TITLE

A Thesis/Dissertation Submitted

by

Name Surname

In Partial Fulfillment

of the Requirements for the Degree of

Master of Arts/Doctor of Philosophy

in

Name of Department

Supervisor

Title Name Surname

Istanbul - 2023

THESIS TITLE

by

Name Surname

Approved by:

Prof. Dr. Name Surname

(Yeditepe University)

(Thesis Supervisor)

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Prof. Dr. Name Surname

(Yeditepe University)

(Co-Supervisor)

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(Yeditepe University)

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Prof. Dr. Name Surname

(Yeditepe University)

Prof. Dr. Name Surname

(Yeditepe University)

DATE OF APPROVAL:/....../20...

DECLARATION OF ORIGINALITY

I hereby declare that this thesis is my own work and that all information in this thesis has been obtained and presented following academic rules and ethical conduct. I have fully cited and referenced all material and results as required by these rules and conduct, and this thesis study does not contain any plagiarism. The necessary permissions have been obtained if any material used in the thesis requires copyright. No material from this thesis has been used to award another degree.

To the best of my knowledge and belief, it contains no material previously published or written by another person nor material accepted for the award of any other degree except where due acknowledgment has been made in the text.

I accept all kinds of legal liability that may arise in cases contrary to these situations.

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Signature

ABSTRACT

THESIS TITLE

Type your abstract here. This sociological study investigates the influential role of social media in shaping the identity formation of today's youth. Employing a mixed-methods approach, combining surveys, in-depth interviews, and content analysis of popular social platforms, the research uncovers the multifaceted relationship between online interactions and the construction of self-identity among adolescents and young adults. The findings reveal the dual nature of social media, acting as both a platform for self-expression and social connection, and as a source of pressure for idealized self-presentation and conformity to online norms. Furthermore, the study emphasizes the emergence of innovative forms of identity negotiation and experimentation within the digital sphere, often challenging traditional concepts of identity development. These virtual identities impact offline realities, including mental well-being, self-esteem, and social integration. This research contributes to sociology by offering insights into the complex interplay between social media and youth identity formation, calling for a nuanced understanding of contemporary identity dynamics in our increasingly digital world.

Keywords: Digital identity, Online interactions, Self-presentation

ÖZET

TEZ BAŞLIĞI

Özetinizi bu alana yazınız. Bu sosyolojik çalışma, günümüz gençlerinin kimlik oluşumunu şekillendirmede sosyal medyanın etkili rolünü incelemektedir. Anketler, derinlemesine görüşmeler ve popüler sosyal platformların içerik analizi gibi karma yöntemler kullanarak, araştırma, ergenler ve genç yetişkinler arasında çevrimiçi etkileşimler ile öz kimlik oluşturmanın arasındaki çok yönlü ilişkiyi açığa çıkarır. Bulgular, sosyal medyanın çift doğasını ortaya koymaktadır; hem kendini ifade etme ve sosyal bağlantı sağlayan bir platform olarak işlev görürken, hem de idealize edilmiş benlik sunumu ve çevrimiçi normlara uyum baskısının kaynağı olarak hizmet eder. Ayrıca, çalışma, dijital alan içinde yenilikçi kimlik müzakeresi ve deneyiminin ortaya çıkışını vurgular, sıklıkla geleneksel kimlik geliştirme kavramlarını sorgulayan bir yapı sunar. Bu sanal kimlikler, zihinsel refah, özsaygı ve sosyal entegrasyon da dahil olmak üzere çevrimdışı gerçeklikleri etkiler. Bu araştırma, sosyolojiye katkı sağlayarak, sosyal medya ile genç kimlik oluşturma arasındaki karmaşık etkileşimin anlaşılmasını çağımızın giderek daha dijital dünyasında çağırır.

Anahtar Kelimeler: Dijital kimlik, Çevrimiçi etkileşimler, Sosyal entegrasyon

DEDICATION

This page is optional.

ACKNOWLEDGEMENTS

Type your acknowledgments here. The following text is just used as an example. With immense gratitude, I acknowledge the support and help of Professor Name Surname. Pursuing my thesis under her supervision has been an experience that broadens the mind and presents an unlimited source of learning.

I thank Name Surname and Research Assistants Name Surname.

Finally, I thank my family for their endless love and support, making everything more beautiful.

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LIST OF ABBREVIATIONS (IF REQUIRED)

A	System matrix
B	Input matrix
G	Plant transfer matrix
G_1	Plant disturbance matrix
R	A closed and bounded region in E
δR	Boundary of the region R
δR^s $s=1,\dots,p$	Complementary regular subsurface of the boundary δR , s being a positive scalar
T	Sampling time
U	Control input
x_c	Controller state vector
α_c, α_e	Controller and estimator characteristics polynomials
Γ	Discrete plant control input matrix
Γ_1	Discrete plant noise input matrix
λ	Plant delay time or transportation lag
ADD	Average detection delay
USA	United States of America
RAM	Random access memory
ASN	Average sample number
i.i.d.	Independently and identically distributed
JACS	Journal of American Chemical Society

Note: The first letter of each word in the List of Symbols/Abbreviations section does not have to be capitalized. Only the first letter of the first word needs to be capitalized—for example, Game design document (GDD), Random access memory (RAM). The first letter of each word will not be capitalized except for special names, etc. **DELETE** this NOTE when you are done.

1. INTRODUCTION

In this manual, you will find the guidelines to prepare your thesis/dissertation in the correct format. This document can be used as a TEMPLATE as it is written in the required format.

Every thesis must show correctness and clarity of expression. The responsibility for such correctness and clarity rests primarily upon the candidate, but every thesis will be scrutinized for these qualities by the student's thesis supervisor and the Examining Committee.

Although the structure of a thesis may show variances with respect to the discipline it belongs to, the following paragraph describes a general outline for constructing the thesis.

In addition to the sections outlined in the Table of Contents: Abstract, Özet (abstract in Turkish), Acknowledgements, and References, every thesis must include a brief introductory chapter (Introduction) with a separate literature review chapter or chapters. The Introduction section can briefly state the general topic and give some background, define the terms and scope of the topic, outline and evaluate the current situation, identify the importance of the proposed research, state the research problem/questions, and state the research aims and/research objectives, (state the hypothesis), outline the order of information in the thesis. A reasonable number of references must be discussed in the following literature review chapter or chapters. Depending on the research topic, the following chapters may include materials, methods, and experimental sections that describe how the study was conducted. Each thesis must include chapters that present the study's results and discussions on the results obtained. The results and related discussions can be given in a single chapter (Results and Discussion) , in separate chapters (Results)(Discussion), or in chapters that include separate topics in the study. The results and discussion section (sections) is (are) expected to contain some reference to the literature to emphasize the originality of the work or make comparisons with current literature data. Every thesis must include a Conclusions section presenting the main conclusions from the study results. Conclusions can alternatively be given as a subsection at the end of separate chapters that include the results and discussions of different parts of the study. The Conclusions section may also include Future Work, or Future Work can be given as a separate chapter alternatively.

2. FORMAT

After the main heading, it is required that a short description text is given before the next subheading.

2.1. Character Fonts

As a character font, use Times New Roman. The font size must be 12 pt in the text including table headings, and figure captions. At least 10 pt should be used in figures, tables, and super or subscripts. Footnotes, long biographical quotes, and extensive quotations should also be 12 pt.

2.2. Spacing

Spacing of the text material shall be 1.5. Body text must follow paragraph properties: 1.5 Line spacing, Before 0 pt, After 10 pt spacing.

Also;

- Footnotes - single spacing
- Long block quotes - double spacing

2.3. Text Adjustment

The main body text should be justified.

2.4. Margins

Margins of pages shall conform to the following specifications:

- Left margin - 3.5 cm from the edge of the paper
- Right margin - 2 cm from the edge of the paper
- Top margin - 3.5 cm from the edge of the paper

- Bottom margin - 2 cm from the edge of the paper

The margins must be observed on charts, graphs, tables, and drawings. Folded papers will not be accepted unless there is no other way for the material to be presented.

2.5. Pagination

Each page in the thesis (except the title page) is expected to bear a number. Only one side of the paper may be used. The preliminary section, including the title page, copyright page, if any; foreword, preface, or acknowledgments; table of contents, etc., should be numbered, using **lowercase Roman Numerals**, e.g., i, ii, iii, etc. The title page counts as Page i, but the number does not appear. The sequence of the preliminary section is shown in **Hata! Başvuru kaynağı bulunamadı.:**

Table 1

Sequence of preliminary pages

Title Page	Page i number does not appear
Page of Approval	Page ii
Declaration of Independent Work	Page iii
Foreword-Dedication, Preface, or Acknowledgements	Page iv as necessary
Abstract	Page v as necessary
Özet	Page vi as necessary
Table of Contents	Page vii, viii as necessary
List of Figures	Page viii, ix as necessary
List of Tables	Page ix, x as necessary
List of Symbols / Abbreviations	Page x, xi as necessary

For the remainder of the thesis, Arabic numbers are used. Each page must be numbered. **Page numbers must be in the default position of the template and must be 12 points.** Include all pages for illustrations, tables, appendices, bibliography, etc. Use of suffixes, such as 25a, 25b, etc., will not be approved. The numbering in the main body of the thesis should begin with Page 1 and run consecutively to the last page. No punctuation, such as a dash or a period, should accompany the page number.

Series of paragraph items that are to be listed without headings under any of the regular headings may, for clarity, be designated by special bullets such as “●” or enumerated by (i), (ii), (iii), etc [5]. **A new paragraph must not begin at the bottom of a page if there is not sufficient space for at least two text lines.**

2.6. Headings

IMPORTANT NOTE: All headings are already formatted in the style gallery. You can format the headings using these styles (Heading 1, Heading 2, Heading 3, etc) when using this document as a template.

2.6.1. Main Headings

Main headings numbered such as 1., 2., etc., must obey the following rules:

- They **must begin a new page**. Omit the period at the end of the heading. Main headings must be typed in **boldface** and must be in **capital letters and in 14 points**.
- They must be center aligned.
- Main headings should reflect the content of the text that follows.
- The number of the headings will be followed by **a period and a tab**.
- The format for the heading must follow 1.5 Line spacing, Before 24 pt and after 24 pt spacing.

2.6.2. Second Headings

Second headings numbered such as 2.1., 2.2., etc. must obey the following rules:

- They must begin according to Section 3.3 and be typed in **12 points, boldface and, title case**; i.e., the first letter of each word except conjunctions, prepositions, and articles must be a capital letter. Omit period at the end of the heading.
- The number designation of the second heading will be followed by a period and a tab.

- Second headings must follow the following format: 1.5 Line spacing, Before 24 pt, After 24 pt spacing, but **need not begin a new page**.

2.6.3. First Subheadings

First subheadings numbered such as 2.1.1., 2.1.2., etc. must obey the following rules:

- They must be typed on separate lines beginning at the left margin line of the text but **need not begin a new page**.
- They must be typed in **boldface**, left justified, and **title case**; i.e., the first letter of each word except conjunctions, prepositions, and articles must be a capital letter.
- The number designation of the heading will be followed by **a period and a tab**. Omit the period at the end of the heading.
- First subheadings must follow the following format: 1.5 Line spacing, Before 24 pt, After 24 pt spacing, but **need not begin a new page**.

2.6.4. Second Subheadings

Second subheadings numbered such as 2.1.1.1., 2.1.1.2., etc. must obey the following rules; however, second subheading, should be avoided if possible.

- They must be typed on separate lines beginning at the left margin line of the text.
- They must be typed in 12 points, boldface, italic, left-justified, and **title case**; i.e., the first letter of each word except conjunctions, prepositions, and articles must be a capital letter. The number designation shall be followed by a period and two spaces.
- Second subheadings must follow the following format: 1.5 Line spacing, Before 0 pt, After 10 pt spacing, but **need not begin a new page**.
- Use of third subheadings numbered such as 2.1.1.1.1 and 2.1.1.1.2., etc. is not allowed. Instead, unnumbered subheadings with the following format may be used: bold, first letters capital, left-aligned, 1.5 Line spacing, Before 0 pt, After 10 pt. *e.g.* **Complementary Methods**. These subheadings must not be listed in the Table of Contents.

2.7. Footnotes

Footnotes should obey the following rules; however, footnotes should be used only if absolutely necessary:

- Footnote references shall be indicated in the text by an Arabic number placed superior to the text and immediately following the word, phrase, or sentence the footnote concerns.
- Footnotes shall be sequential for each page and the entire thesis.
- Footnotes¹ shall be placed at the bottom of the page on which they are indicated. They shall be **indented from the left margin** of the text by **one centimeter** and **placed under a broken line made of 20 characters** (5 cm). Footnotes shall be **single-spaced and 10 points**.

2.8. BIBLIOGRAPHICAL MATERIAL

Citations and references shall be in the correct format (APA 7th edition):

- **Paraphrasing:**

When you paraphrase someone else's ideas or information in your own words, you should include an in-text citation. Here's the basic format:

Author(s) and Year: (Author's Last Name, Year, p. #)

Example:

Original Text: "The study found that exercise improves cognitive function in older adults" (Smith, 2020, p. 23).

Paraphrased: Recent research (Smith, 2020, p. 23) suggests that physical activity enhances cognitive abilities in the elderly.

¹ Indented from the left margin of the text by one centimeter and placed under a broken line made of 20 characters (5 cm). Footnotes shall be single-spaced and 10 points.

- **Short Direct Quotes (Fewer than 40 Words):**

When you include a short direct quote from a source, enclose the quote in double quotation marks and provide an in-text citation. Here's how:

Author(s), Year, and Page Number: (Author's Last Name, Year, p. Page Number)

Example:

Original Text: "Climate change is a global concern" (Johnson, 2019, p. 25).

In-Text Citation: Johnson (2019) stated, "Climate change is a global concern" (p. 25).

- **Long Direct Quotes (40 Words or More):**

For long direct quotes, use a block quotation format without quotation marks, and indent the entire block. Place the in-text citation after the period at the end of the quote. Here's how:

Begin the quote on a new line.

Indent the entire quote by 1 cm from the left margin.

Do not use double quotation marks.

Include the author(s), year, and page number (if applicable) after the period.

- References should be written in the same format as the examples written on the References section. Reference text should be **left aligned**.
- Reference text must follow 1.5 Line spacing, Before 0 pt, After 10 pt spacing

2.8.1. Block Quotations

Quotations as a paragraph should be separated from the original text of the thesis. It must be typed in 12 points. A new quotation must not begin at the bottom of a page if there is insufficient space for at least two text lines. There should be no quotation marks. Quotations must also be separated 1 cm from the left margin, as illustrated in the example.

Within the intricate tapestry of human development, parental care and tenderness emerge as the profound catalysts of emotional well-being. Like the steady hand of a master weaver, parents craft the foundation upon which a child's sense of self, trust, and empathy are woven. In this nurturing embrace, the seeds of resilience and the blossoms of potential find their fertile ground, painting a vibrant landscape for a flourishing future. (Smiths, 2010, p. 23)

2.9. TABLES AND FIGURES

In general, all of these are special matters, usually of a technical sort, and the proper form must be understood and followed after a candidate has received instructions from his/her thesis supervisor, as illustrated. To ensure satisfactory reproduction, drawings, graphs, etc., should be prepared in contrasting colors, preferably black.

Table 2

Results from a factor analysis of the parental care and tenderness (PCAT) Questionnaire

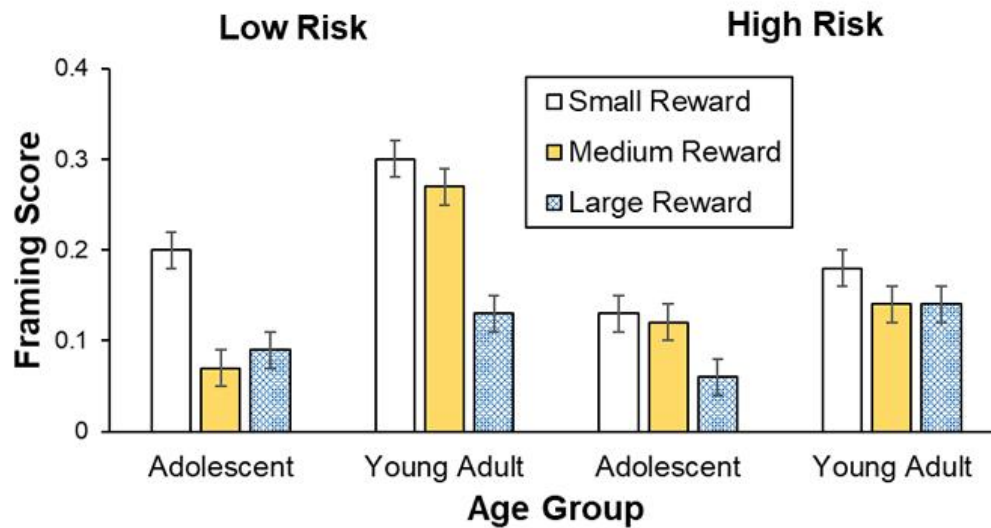
Measure	Urban		Rural		$F(1, 294)$	η^2
	M	SD	M	SD		
Self-esteem	2.91	0.49	3.35	0.35	68.87***	.19
Social support	4.22	1.50	5.56	1.20	62.60***	.17
Cognitive appraisals						
Threat	2.78	0.87	1.99	0.88	56.35***	.20
Challenge	2.48	0.88	2.83	1.20	7.87***	.03
Self-efficacy	2.65	0.79	3.53	0.92	56.35***	.16

*** $p < .001$.

Tables and figures should be enumerated as a list, i.e., as Table 1, Table 2, Figure 1, Figure 2, etc. Tables, figures, and their captions should be left-aligned, as shown in the examples. The captions should be as normal text, i.e., only the first letter should be capitalized. The caption format should follow 1.5 Line spacing Before 12 pt, After 12 pt for a Figure caption, and 1.5 Line spacing Before 12 pt and After 12 pt for a Table caption. There should be one blank line before or after the Figure or Table Caption separating them with the text.

Figure 1

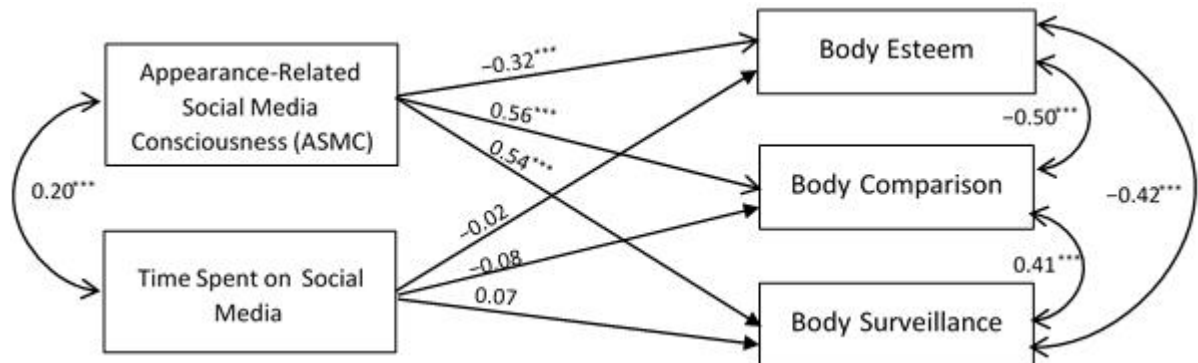
Framing scores for different reward sizes



Note. Framing scores of adolescents and young adults are shown for low and high risks and for small, medium, and large rewards (error bars show standard errors) (image from APA Style (2021, December). *Sample Figures*. <https://apastyle.apa.org/style-grammar-guidelines/tables-figures/sample-figures>)

Figure 2

Path analysis model of associations between asmc and body-related constructs



Note. The path analysis shows associations between ASMC and endogenous body-related variables (body esteem, body comparison, and body surveillance), controlling for time spent on social media. Coefficients presented are standardized linear regression coefficients. (image from APA Style (2021, December). *Sample Figures*.

<https://apastyle.apa.org/style-grammar-guidelines/tables-figures/sample-figures>)

*** $p < .001$.

2.10. APPENDICES

A last section may contain supporting data for the text in one or more appendices. Examples of appendix material include data sheets, questionnaire samples, flowcharts, illustrations, maps, software listings, charts, etc. if the appended data should include oversized illustrations or maps, several alternative methods of inclusions are available. If an ethical approval form is available for the study presented in the thesis, a scanned copy of the form with original signatures (only on the printed version) on it must be presented in the Appendix, e.g., APPENDIX A: ETHICAL APPROVAL FORM.

This page intentionally uses landscape.

Note that the page margins and the page numbering location are different here.

3. PREPARATION OF THE FINAL COPIES

After the main heading, it is required that a short description text is given before the next subheading.

3.1. Typesetting

Word processing software such as MS Office WORD and Open Office WRITER is highly recommended.

3.2. Paper Quality

The original copy shall be typed on 75 or 80 gr/m² A4-size white paper. All reproduced copies should be of the same grade of paper.

3.3. Printer

Only laser printer and Ink Jet printer outputs are acceptable. Printer settings must comply with A4-size paper and must be so that the page is not resized in printing.

3.4. Binding

The thesis should be bound in dark blue hardcover (MA) and in black hardcover (PhD). The final bound size of the thesis should conform to the A4 size. The name and surname of the candidate, the type of degree obtained and the year should be printed in the above order on the spine of the cover. When the thesis is placed front cover-up, the spine should read from left to right.

REFERENCES (APA 7th Style must be used)

- Adams, K. (2020, June 10). Personal Interview on Environmental Conservation Efforts. **(Interview)**
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- Walker, L. (2022, March 15). New Study Reveals Trends in Online Shopping Habits. *The Daily Gazette*, p. A6. **(Newspaper Article)**
- World Health Organization. (2021). *COVID-19 Vaccination Information*. <https://www.examplewebsite.org/covid19-vaccine-info> **(Website)**

APPENDIX A: INFORMED CONSENT FORM

Study Title: Social Media and its Impact on Interpersonal Relationships

Researcher: John A. Researcher

Introduction:

You are invited to participate in a research study conducted by John A. Researcher, a sociology researcher at [Your Institution's Name]. The purpose of this study is to investigate the influence of social media on interpersonal relationships. Before you decide whether or not to participate, it is important that you understand the nature of the study and your role in it.

Study Procedures:

If you choose to participate in this study, you will be asked to:

Complete a brief online questionnaire about your social media usage and interpersonal relationships.

Optionally, participate in a follow-up interview to provide more in-depth insights (if selected).

Confidentiality:

Your responses and any information provided during the interview will be kept confidential to the extent permitted by law. Your identity will not be disclosed, and all data will be anonymized for analysis.

Voluntary Participation:

Participation in this study is entirely voluntary. You have the right to refuse to participate or to withdraw from the study at any time without any penalty or loss of benefits to which you are otherwise entitled. Your decision will not affect your current or future relationship with [Your Institution's Name].

Risks and Benefits:

There are no known risks associated with participating in this study. However, your participation may contribute to a better understanding of the impact of social media on interpersonal relationships, which could benefit society.

Questions and Contact Information:

If you have any questions or concerns about the study, you may contact John A. Researcher at [Researcher's Contact Information]. If you have any questions about your rights as a research participant, you may contact [Institution's Ethics Committee Contact Information].

Consent:

I have read and understand the information provided above. I agree to participate in this study voluntarily. I understand that I may withdraw from the study at any time without any consequences. I acknowledge that I have received a copy of this consent form for my records.

Participant's Name (Printed): _____

Participant's Signature: _____ Date: _____

APPENDIX B: ETHIC COMMITTEE REPORT

Üstün Bilim University Ethics Committee Report

Project Title: Exploration of Adolescent Psychological Well-being: A Qualitative Interview Study

Principal Investigator: Dr. Elif Şahin **Affiliation:** Department of Psychology, Üstün Bilim University

Date of Submission: 10.09.2022

Report Summary:

The Ethics Committee has reviewed the research proposal titled "Exploration of Adolescent Psychological Well-being: A Qualitative Interview Study" submitted by Dr. Elif Şahin. The study aims to investigate adolescent psychological well-being through qualitative interviews.

Ethical Considerations:

1. **Informed Consent:** The researcher has provided a detailed informed consent form for participants, outlining the purpose of the study, potential risks and benefits, confidentiality measures, and the voluntary nature of participation. The committee finds the informed consent process to be thorough and appropriate.
2. **Confidentiality:** The researcher has outlined a comprehensive plan for maintaining the confidentiality of participants' identities and responses. All data collected during interviews will be pseudonymized, and identifying information will be stored separately from the research data.
3. **Data Security:** Data security measures, including secure storage and restricted access to research materials, have been adequately addressed.
4. **Participant Well-being:** The researcher has considered potential psychological distress or discomfort for participants during interviews. Adequate support and referrals to counseling services have been planned for participants who may experience emotional distress.

5. **Data Handling and Analysis:** The data collection, handling, and analysis methods have been detailed in the proposal. The researcher plans to use thematic analysis to ensure rigor and validity in data interpretation.

Recommendations:

The Ethics Committee approves the research proposal titled "Exploration of Adolescent Psychological Well-being: A Qualitative Interview Study" with the following recommendations:

1. The researcher should provide participants with a clear debriefing statement after each interview to reiterate the voluntary nature of their participation and to offer information on counseling services if needed.
2. The researcher should maintain a detailed record of the informed consent process, including signed consent forms and any relevant participant communication.
3. The researcher should periodically update the Ethics Committee on the progress of the study and any changes to the research design or procedures.

Conclusion:

The Ethics Committee acknowledges the importance of the research and believes that the study can be conducted ethically and in accordance with the principles of informed consent, confidentiality, and participant well-being. The researcher is advised to adhere to the recommendations outlined above to ensure the ethical conduct of the study.

Committee Members:

1. Dr. Ayşe Demir - Chairperson
2. Prof. Mehmet Yılmaz - Member
3. Dr. Zeynep Kaya - Member
4. Prof. Ahmet Çelik - Member
5. Dr. Hande Karadağ - Member
6. Prof. Hüseyin Erdoğan - Member

Üstün Bilim Üniversitesi Ethics Committee Contact Information: Address: University Avenue No:123, City, Turkey Email: ethicscommittee@ustunbilim.edu.tr Phone: +90 (123) 456-7890

Please note that all names, institutions, and contact information provided here are entirely fictional and for illustrative purposes only. If you are conducting real research, you should use accurate and appropriate names and contact details for your institution and ethics committee.

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