

## **Celebrating the fifth year of publication of the McMaster Undergraduate Journal of Social Psychology**

A warm welcome and happy reading of the fifth issue of the McMaster Undergraduate Journal of Social Psychology (MUJSP)! It is incredible to celebrate the fifth publication of the MUJSP. This would not be possible without the inspiring idea of creating an outlet for undergraduate research of then fourth-year Honours Social Psychology undergraduate student, Namya Tandon, back in the Fall of 2019. The first edition of the MUJSP was published in Summer 2020. Since that time, Namya has inspired and encouraged countless social psychology student peers to share their important undergraduate research work through the journal, reaching a wider audience well beyond the 4ZZ6 capstone classroom walls. As part of celebrating the fifth publication of the MUJSP, I want to recognize all the students involved in the MUJSP editorial team since 2020 who have made this publication possible every year. A huge thanks also goes out to all published students – thesis students and students with published abstracts from the Social Psychology Undergraduate Conference.

The list of amazing student editorial members from 2020-2024 include:

2020

- Namya Tandon, Editor-in-Chief
- Ranuli DeSilva, Assistant Editor
- Jordan Graber, Graphic Designer

2021

- Namya Tandon, Editor-in-Chief
- Raisa Jadavji, Co-Assistant Editor
- Angelo Marmolejo, Co-Assistant Editor
- Christina Doan, Layout Editor
- Jordan Graber, Graphic Designer

2022

- Raisa Jadavji, Editor-in-Chief
- Angelo Marmolejo, Co-Assistant Editor
- Linette Sapper, Co-Assistant Editor
- Christina Doan, Layout Editor
- Sarah McBride, Graphic Designer

2023

- Linette Sapper, Editor-in-Chief
- Angelo Marmolejo, Co-Assistant Editor
- Ayma Iqbal, Co-Assistant Editor

- Christina Doan, Layout Editor
- Sarah McBride, Graphic Designer

2024

- Ayma Iqbal, Editor-in-Chief
- Christina Doan, Co-Assistant Editor
- Paula Sheron Quieroz, Co-Assistant Editor
- Chelsea Zhang, Layout Editor
- Julia Duguid, Graphic Designer

***THANK YOU TO AN AMAZING GROUP OF MUJSP EDITORIAL MEMBERS FOR YOUR DEDICATION, PASSION, COMMITMENT, HARD-WORK, PROFESSIONALISM AND TIRELESS WORK! YOU ARE INCREDIBLE, FANTASTIC, AND AMAZING INDIVIDUALS – THE JOURNAL WOULD NOT HAVE BEEN POSSIBLE WITHOUT YOU!***

There have been several transitions in the editorial team of the McMaster Undergraduate Journal of Social Psychology for 2024. Linette Sapper, who graduated in 2023 from the Social Psychology Program, has stepped down as Editor-in-Chief. Linette has been an excellent leader for the editorial team during her tenure as Editor-in-Chief. The entire MUSJP team thanks Linette for her many contributions over the years in positions such as Editor-in-Chief and Co-Assistant Editor. Linette – thank you for your contributions to the McMaster Undergraduate Journal of Social Psychology over the years – you are awesome, and your hard work has not gone unnoticed! You will be greatly missed, but the entire team wishes you success in all your future endeavours.

I am pleased to welcome Ayma Iqbal to the role of Editor-in-Chief. Ayma recently graduated from the Social Psychology Program in June 2024. I had the pleasure of supervising Ayma's group thesis in 2023/2024, as well as teaching Ayma in undergraduate courses. Like many Editors-in-Chiefs of the past, Ayma is not new to the MUJSP. In 2023, Ayma served as Co-Assistant Editor. Ayma has taken on the new position of Editor-in-Chief with an impressive level of dedication, passion, and interest in seeing the work of fellow peers showcased in the MUJSP. Ayma – thank you for your many valuable contributions over the years to the MUJSP and for taking on the role of Editor-in-Chief in 2024 – you are wonderful, and your hard work and dedication are much appreciated! The journal is so lucky to have Ayma in the role of Editor-in-Chief this year!

There have been several other transitions at the McMaster Undergraduate Journal of Social Psychology over the past year. Angelo Marmolejo has left the role of Co-Assistant Editor, along with Sarah McBride who served as Graphic Designer. We thank Angelo and Sarah for their many contributions and dedication to the MUJSP over the years. Christina Doan has transitioned from Layout Editor to Co-Assistant Editor, along with Paula Sheron Quieroz who is joining the journal for the first time in this role. We also want to welcome Chelsea Zhang as Layout Editor, and Julia Duguid as Graphic Designer, both

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joining the MUJSP for the first time. A very warm welcome to Paula, Chelsea, and Julia! The entire MUJSP team sends best wishes and thanks to Linette as she embarks on new opportunities, continued thanks to returning editorial board members, and extends a warm welcome to all new editorial members of the McMaster Undergraduate Journal of Social Psychology!

The most recent 2023-2024 Social Psychology capstone class consisted of 18 thesis project groups with 101 enrolled students. This year, there were six thesis papers that met the minimum standard of excellence of a grade of 85% or higher on the final thesis paper submitted for the capstone course, as per the publication criteria. The 2024 published papers highlight the socially relevant, interesting, and informative topics under investigation, including (ordered alphabetically by study title): **Behind the Screens: Investigating the Influence of Social Media on Self-Presentation, Self-Perceptions, and Perceptions of Others** by Sandra Erceg, Sydney Hunking, Harleen Pannu, Zunaira Babar, Amatul Rauf, and Romaisa Shah; **Climate Change and Student Stress: The Impact of Climate Change on the Mental Health of University Students** by Carly Black, Konstantina Dimogerontas, Sarah Ordean, Abby Pomeroy, Ava Shepherd, and Vishmini Jayatunge; **Examining the Relationship Between Attachment Styles, Academic Performance, and Mental Well-Being in McMaster University Undergraduate Students** by Sara Hossein, Ayma Iqbal, Alisa Karban, and Duygu Turkmen; **Exploring the Impact of Parenting Styles on the Well-Being of McMaster University Undergraduate Students** by Mia Dimovski, Madeline Facey, Kyla Guerriero, Sierra Marques, Madeline Rawlings, and Sofia Sousa; **Families Behind the Filter: How Social Media Influences Undergraduate Students Perceptions of Parenthood** by Valentia Ademi, Rachel Helling, Kayla Lewis, Alexandria McIntosh, Saira Uthayamukar, and Phoebe Wang; and, **Social media, social comparison, and its impact on mental health and well-being of McMaster University undergraduate students** by Maxima Chu, Rachel Humeniuk, Sarah Ierulli, Jessica Langton, Zara Malik, and Christy Tenn.

Since the very first publication of the MUJSP in 2020, the student papers have delved into the social worlds and pertinent issues of concern and interest among the undergraduate student population at McMaster University. The collection of papers in this year's publication are no different. Three papers examined the impact of social media in different facets of life, including on perceptions of parenthood, on self-presentation and perceptions of self and others, and in terms of social comparison and impact on mental health and well-being. Further, three groups investigated the impacts on mental health in relation to parenting styles, climate change, and attachment styles. Throughout the five-year history of the MUSJP, the student thesis papers and research have underscored the importance of research at the undergraduate level in the capstone course as it provides not only a hands-on experiential learning experience for the enrolled students, but an important platform for the voices, experiences, and lived realities of McMaster University undergraduate students who participate in the research to be heard, recognized, and shared.

While only a portion of the thesis papers completed during the 2023-2024 academic year are included in this issue of the McMaster Undergraduate Journal of Social Psychology,

the work completed by the entire class is commendable and should be recognized. If you would like to know more about the other projects completed during the 2023-2024 academic year, please see this link: <https://socialpsychology.mcmaster.ca/congratulations-2023-2024-socpsy-4zz6-capstone-students-on-your-poster-showcase/>

Since the 2022 edition of the McMaster Undergraduate Journal of Social Psychology, publication of the abstracts of the presenters from the Social Psychology Undergraduate Research Conference has occurred. I hope you enjoy reading about the interesting papers presented at the third annual Social Psychology Undergraduate Research Conference! Please join me in congratulating all those on the presentation of their work at the conference and the publication of their abstracts! You can read more about the 2024 conference at this link: <https://socialpsychology.mcmaster.ca/congratulations-presenters-and-conference-developers-organizers-on-the-2024-3rd-annual-social-psychology-undergraduate-research-conference/>

I hope you enjoy reading the important, interesting, and socially relevant social psychological research studies of the six respective groups featured in the fifth issue of the McMaster Undergraduate Journal of Social Psychology, along with the conference abstracts from the third annual Social Psychology Undergraduate Research Conference. I hope all readers can take a moment to reflect on the important legacy of the MUJSP and the opportunities it has provided to so many students in the Social Psychology Program at McMaster. As always, the collection of work in this publication showcases the academic excellence and achievements of the students in the Social Psychology Program. The entire editorial board should be commended for their hard work and dedication on the publication of the fifth issue of the McMaster Undergraduate Journal of Social Psychology. I continue to be honoured to work, as Faculty Advisor, alongside intelligent, motivated, dedicated, and inspirational students: Ayma, Christina, Paula, Chelsea, and Julia, who serve as editorial board members this year, along with the six groups who were eligible for publication this year and the individuals and groups with published abstracts from the 2024 Social Psychology Undergraduate Research Conference. Congratulations to all involved in the publication of the fifth issue of the McMaster Undergraduate Journal of Social Psychology – you have all made an indelible impact on the lives of Social Psychology students - past, present and future!

Sincerely and with best wishes,

Dr. Sarah Clancy, PhD

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