Here are some topics that students have chosen to investigate in AP Research.

Your research will be a different topic, but this gives you some ideas.

Effect of texting on grammar skills

Food waste solutions

Future of the automotive industry

Importance of voting age and civic participation of teens

Mathematics behind extreme sports

Genetically modified organisms

Role of art in education

Wealth inequality

3-D printed prosthetics for amputees

Algorithm of K-pop music

Effects of sleep deprivation on academic achievement in teens

Learning chemistry through musical chords

Environmental injustice in subsidized housing

Effect of popular opinion on the implementation of Supreme Court decisions

Also, this site has a collection from a teacher of previous topics, papers, and presentations that are helpful for seeing how all the components are constructed.

https://www.tohsthecenter.org/ap-research-humanitiessocial-sciences.html

Keep in mind that your research and project MUST be original research. You CANNOT copy from other sources.