

# Assess the Selfie-Taking Behavior and its Impact on the Health of Late Adolescents with a View to Develop Awareness Program for Selected University of Gurugram, Haryana

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**Abstract:** *Selfie have now become a major trend and smartphone manufactures are ensuring that they provide good front cameras in phone and technology is adapting this social trend of self-portraits to rule the world. There are selfie related accidents and health related issues are reported all over India. The present study is aimed to find out the selfie taking behavior and its impact on the health of the late adolescents. In this study quantitative research approach and exploratory research design was used. 120 samples who were attending selected University were selected using convenience sampling technique. The result showed that there is no association between selfie-taking behavior and mental (self-esteem and narcissism level), social health (loneliness) and physical health among the late adolescents, but there is association between the selfie-taking behavior and social health (attention-seeking behavior) of the late adolescents at  $p = 0.05$ .*

**Keywords:** Selfie-taking behavior, health, late adolescents, self-esteem, narcissism, loneliness, attention-seeking behavior, awareness program

## 1. Introduction

Photography has become an increasingly public and social activity. The development of camera phones had an impact on the advancement of the world of mobile technology. With the recent innovations made to cell phones and the accessibility of these devices, camera phone images have developed social life and implications through social media [1]. People are taking selfies at parties, class, and workplace, while having food, working out at gym, almost everywhere and anywhere. People believe self-imaging as a way to validate and express themselves. The very first self photograph called selfie was taken by Robert Cornelius, an amateur chemist and photography enthusiast; in way back 1839 [2]. Oxford English Dictionary announced *selfie* as their international Word of the Year 2013 [3]. The person taking and sharing selfies feels glad to hear good appraises from others. This selfie-taking behavior results in traumatic risks and may causes injuries, deaths in people in their daily lives and it's also closely associated with self-esteem, narcissism and other psychopathology changes among people. In India the highest number of selfie-related deaths according to new research, between month of March 2014 and September 2016, 60% of all "selfie deaths", while trying to take a picture of them, occurred in India [4]. The American Psychiatric Association (APA) actually confirmed that taking selfies is a mental disorder, going as far as to term the condition "selfitis". The APA has defines it as: "the obsessive compulsive desire to take photos of one's self and post them on social media as a way to make up for the lack of self-esteem and to fill a gap in intimacy", and has categorized it into three levels: borderline, acute, and chronic selfitis [5]. Selfies become most favorite hobby among youths all over the world, it is said to causes addiction and negative impact on them.

## 2. Literature Survey

Before coming into photography, the earliest selfie looking painting was done by Parmigianino way back in 1524, and it was named as "Self-portrait in a Convex Mirror". In the painting, it portrays the artist himself distorted by a convex mirror which made it exactly look like a selfie [6].

The number of selfies shared online in 2014 was around 880 billion [7] and each day smartphone users posted about 93 million numbers of photos [8].

There are some people who have already taken the whole selfie activity into different and dangerous levels. They venture into dangerous places with the hope of unique selfies. They can even endanger their lives while trying to impress the world. Young people, in particular are caught up in the behavior of trying to impress their friends and hence getting acceptance in their social world. Without taking precautionary measures, selfies have been taking while people are playing with wild animals, at the edge of a cliff, on top of buildings and under water among other places. Indeed, taking selfies can ruin a number of things including people's self-esteem, friendship and safety.

## 3. Methods and Approach

The objective of the study was to assess the selfie-taking behavior, its impact on the health of late adolescents and to find out the association of selfie-taking behavior with the health variable (mental, social and physical health) of the late adolescents. Quantitative, descriptive research approach, exploratory research design was adopted for the study. Late adolescents of 18-25 years age group who were attending selected University at Gurugram, Haryana were selected using convenience sampling technique. The tool consist of

part I socio demographic profile, part II structured questionnaire scheduled to assess selfie-taking behavior, part III standardized rating scale to assess mental health level (self-esteem & narcissism), part IV standardized rating scale to assess the social health level (loneliness and attention-seeking behavior) and part V structured questionnaire to assess physical health level among late adolescents. Reliability of the tool was measured by using Cronbach's alpha coefficient of correlation. The reliability of structured questionnaire to assess level of physical health was 0.8. Hence, the tool was considered reliable.

#### 4. Result and Discussion

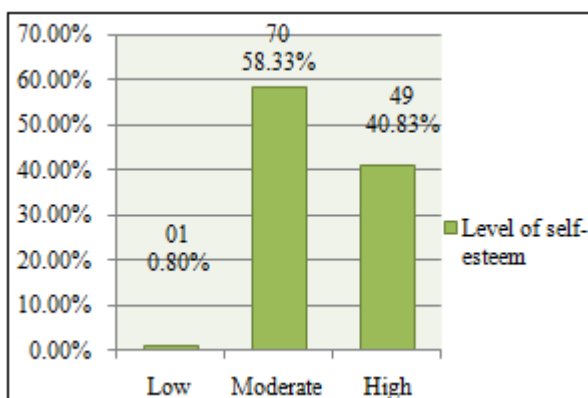
The findings of study showed that most of the late adolescents 55 (45.8%) showed borderline selfitis, 36 (30%) showed no selfie-taking behavior, other 25 (21.7%) showed acute selfitis, other 3 (2.5%) showed chronic selfitis and rest is shown in Table (1).

**Table 1:** Frequency and percentage distribution of the types of selfie-taking behavior among late adolescents. (N=120)

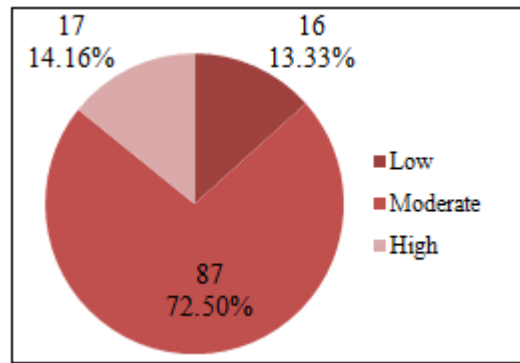
Types	Criteria	f	%
No selfie taking behavior	-	36	30
Borderline selfitis	At least 3 selfies a day but not posting them on social media.	55	45.8
Acute selfitis	Taking at least 3 selfies a day & posting them on social media.	25	21.7
Chronic selfitis	Uncontrollable urge to take photos of one's self & posting on social media more than 6 times a day.	3	2.5

The table (2) and figure (1) show most of the late adolescents 70 (58.33%) having medium level of self-esteem, other 49 (40.83%) having high level of self-esteem and rest 01 (0.8%) having low level of self-esteem.

The data in table (2) and figure (2) show most of the late adolescents 87 (72.5%) having moderate narcissistic behavior, other 17 (14.16%) having high and rest 16 (13.33%) having low narcissistic behavior.



**Figure 1:** Level of mental health (Self-esteem) of late adolescents. (N=120)



**Figure 2:** Level of mental health (Narcissism) of late adolescents. (N=120)

**Table 2:** Level of mental health of late adolescents. (N=120)

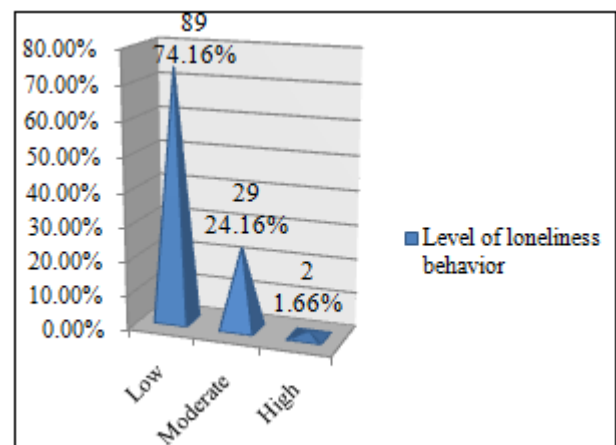
Mental health category	Level	Score	f (%)	Mean±SD
Self-esteem	Low	10-20	01(0.8)	15±0.70
	Normal	21-30	<b>70(58.33)</b>	
	High	31-40	49(40.83)	
Narcissism	Low	16-40	16(13.33)	62±5.65
	Moderate	41-60	<b>87(72.5)</b>	
	High	61-80	17(14.16)	

The data in table (3) and figure (3) show most of the late adolescents 89 (74.16%) having low loneliness behavior, other 29 (24.16%) having moderate and rest 2 (1.66%) having high loneliness behavior.

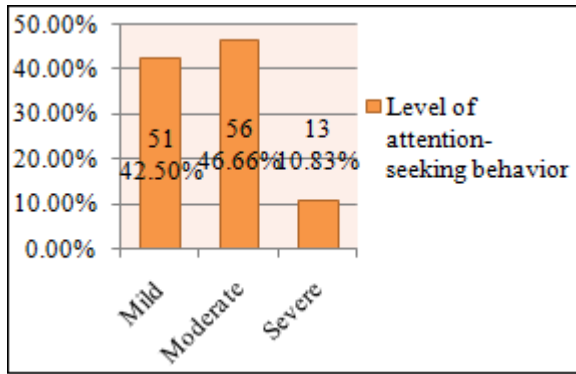
The data in table (3) and figure (4) show most of the late adolescents 56 (46.66%) having moderate attention-seeking behavior, other 51 (42.5%) having low and rest 13 (10.83%) having high attention-seeking behavior.

**Table 3:** Level of social health of late adolescents. (N=120)

Social health category	Level	Score	f (%)	Mean±SD
Loneliness	Low	6-15	<b>89(74.16)</b>	15±8.48
	Moderate	16-23	29(24.16)	
	High	24-30	02(1.66)	
Attention-seeking behavior	Low	4-10	51(42.5)	15±1.41
	Moderate	11-15	<b>56(46.66)</b>	
	High	16-20	13(10.83)	



**Figure 3:** Level of social health (Loneliness) in late adolescents. (N=120)

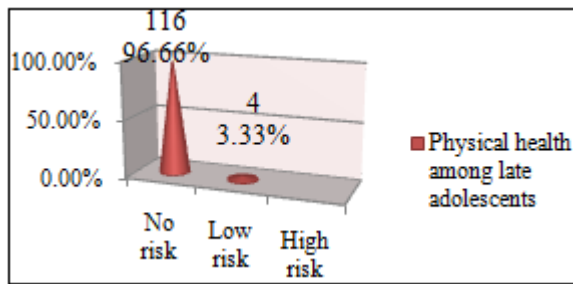


**Figure 4:** Level of social health (Loneliness) in late adolescents. (N=120)

The data in table (4) and figure (5) show most of the late adolescents 116 (96.66%) shows no risk on physical health due to selfie-taking behavior and other 4 (3.33%) late adolescents shows low risk on physical health.

**Table 3:** Level of physical health of late adolescents (N=120)

Health category	Level	Category	f(%)	Mean±SD
Physical health	No risk	Less than 3	<b>116(96.66)</b>	4±2.82
	Low risk	4 to 6	4(3.33)	
	High risk	More than 7	-	



**Figure 5:** Level of physical health in late adolescents. (N=120)

The data in table 4.1 shows that there is no association between the selfie taking behavior and mental health of late adolescents.

**Table 4.1:** Association between selfie-taking behavior & level of mental health among late adolescents. (N=120)

Variable	Level of self-esteem			Level of narcissism		
	Low	Moderate	High	Low	Medium	High
No selfie taking	0	19	17	6	24	6
Borderline selfitis	1	35	19	8	41	6
Acute selfitis	0	13	13	2	20	4
Chronic selfitis	0	3	0	0	2	1
<b>Values</b>	Fisher's exact test=7.167 df=6 p-value=0.372			Fisher's exact test=3.343 df=6 p-value=0.745		

The table 4.2 show that there is significant association between selfie-taking behavior and level of social health (attention-seeking behavior) among late adolescents which project the value of Fisher's exact is 0.05 which is significant at p=0.05, but there is no association between selfie-taking behavior and loneliness behavior in late adolescents (p>0.05).

**Table 4.2:** Association between selfie-taking behavior & level of social health among late adolescents. (N=120)

Variable	Level of loneliness			Level of attention seeking		
	Low	Moderate	High	Low	Medium	High
No selfie taking	29	7	0	18	13	5
Borderline selfitis	40	14	1	25	27	3
Acute selfitis	19	7	0	8	15	3
Chronic selfitis	1	1	1	0	1	2
<b>Values</b>	Fisher's exact test=8.689 df=6 p-value=0.160			Fisher's exact test=11.122 df=6 p-value=0.05*		

\*= significant at 0.05 level of significance.

Level of attention-seeking behavior = \*Significant at the level of p=0.05

The tables 4.3 show that there is no significant relationship between selfie-taking behavior and level of physical health of late adolescents.

**Table 4.3:** Association between selfie-taking behavior & level of physical health among late adolescents. (N=120)

Variable	Level of physical health		Value
	No risk	Low risk	
No selfie taking behavior	35	1	Fisher's exact test= 1.958 df=3 p-value= 0.831
Borderline selfitis	52	3	
Acute selfitis	26	0	
Chronic selfitis	3	0	

The target population in the study involved students between ages group of 18 to 25 years old students of selected University, Gurugram. According to Manovich et al. in their study on the style of selfies also indicated that men and women between 20 years and 30 years, especially the ones in their early twenties take and post selfies the most [9]. In the present study result shows that there is no relationship between the self esteem level and selfie taking behavior among the late adolescents. A study done by Alblooshi A found that the people with low self-esteem took the lowest number of selfies and the people with high self-esteem took the highest number of selfies [10]. In the present study results shows that there is no relationship between the narcissism level and selfie taking behavior among the late adolescents. A study done by Charoensukmongkol P results also shows a positive relationship between selfie-liking and narcissism. The results indicated that they were positively related and the relationship was statistically significant [11]. The present study result shows that there is a significant relationship between the social health variables (attention-seeking behavior) and selfie taking behavior at p = 0.05. A study conducted by Charoensukmongkol P on relation between the selfie liking and other variables including loneliness and attention seeking behavior reported a positive relationship between selfie-liking and attention-seeking behavior. The results significantly supported this by value ( $\beta = .204$ ;  $p = .002$ ) and also predicted a positive relationship between selfie-liking and loneliness [11]. 9 (7.5%) of late adolescents feel pain in their body while clicking selfie, reported wrist pain (1.6%), neck pain (1.6%), arm pain (1.6%) and eye pain (2.5%). 4 (3.3%) of late adolescents feel changes in their physical health after clicking selfie, reported headache (1.6%), wrist pain (0.83%) and eye pain

(0.83%). A similar study is conducted by Kela R et al to know the complications of taking selfie out of the 250 students, students suffering from low back ache were 30%, students suffering from stress were 15%, students suffering from cervical spondylitis were 20%, students suffering from head ache were 25% and students suffering from selfie elbow were 10% [12].

## 5. Conclusion

The result the study showed there is no association between selfie-taking behavior and mental health (self-esteem and narcissism level), social health (loneliness) and physical health among the late adolescents as the  $p$ -value  $> 0.05$ . The further result showed that there is association between the selfie-taking behavior and social health (attention-seeking behavior) at  $p = 0.05$ .

## 6. Future scope

- 1) Future research study can be done on large sample for improving the generalizability of the finding to a large population.
- 2) Future research can be done to study the effects of selfie-taking behavior on self esteem of the individuals.
- 3) A follow up study can be conducted to assess the effectiveness of awareness programme on prevention of excess selfie-taking behavior.
- 4) Future study can be done on the other variables also i.e. Obsessive Compulsive behavior and Body Dysmorphic Disorder.

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