



Research Article

Impact of Selfitis on Psychosocial Health Viz; Body Image and Self-Esteem among Adolescents in a Selected School of New Delhi

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A B S T R A C T

Selfie is a modern phenomenon of the 21st century; the work of taking and sharing a selfie with friends/ others dominates the Internet. Selfies have become immensely popular and a new medium for self-expression and self-presentation following innovative applications in IOS and android devices. The study aimed to assess the point prevalence and the impact of selfitis on psychosocial health of adolescent and seek relationship of selfitis with selected demographic variables namely age, gender and religion. The descriptive survey included 250 adolescents aged 10-19 years studying in Mayo International School, New Delhi, using convenience sampling. A structured rating scale was used for data collection and the data was analysed using descriptive and inferential statistics. Point prevalence for borderline, acute selfitis, chronic selfitis in adolescents was found to be 36.92. One fifth of adolescents had low impact of selfitis on their self-esteem. Out of 250, more than three fourth adolescents had moderate impact of selfitis on their self-esteem. Rest of the adolescents had high impact of selfitis on their self-esteem. The data depicted that 227 (90.8%) adolescents had moderate impact of selfitis on their body image while 23 (9.2%) adolescents had low impact on them. The selfitis behaviour affects psychosocial health viz; body image and self-esteem of adolescents. Mental health screening and increased awareness among teachers & parents can reduce adverse effects.

Keywords: Selfitis, Body Image, Self-Esteem, Psychosocial Health

Introduction

Selfie is a modern phenomenon of the 21st century; the work of taking and sharing a selfie with friends/ others dominates the Internet. Google estimated that a staggering 24 billion selfies were uploaded to Google Photos in 2015.¹ The Pew research centre found that around 55% of millennials have posted a selfie on a social media service, the popularity of selfie trend is so massive that selfie was declared as the

word of the year in 2013 by Oxford Dictionary. According to Seiter (2015), posting selfies reflects high self-esteem levels and it might also enhance one's self-esteem because such photos typically emphasize one's ideal and controlled image.² The profile photograph occupied a central part of online self-presentation and one that is critical for relational success. Selfies can also enhance the self-presentation by posting what is socially desirable.



American Psychiatric Association (APA)³ in 2014 classifies the phenomenon as selfitis characterised by an 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. Selfie taking behaviour catches attention in relation to health point of view as report of incidences shows increasing insensitive attitudes and death toll due to selfitis behaviour.

Valkenburg PM et al.⁵ conducted a study to establish a relationship between social networking site and the self-esteem which indicated a habit in students to regularly click selfie (45%) with no difference in gender. A sample of 881 adolescents was surveyed using a structured equation model. Adolescents self-esteem was found to be affected in relation to the feedback on their profiles: Positive feedback enhanced adolescents' self-esteem and negative feedback decreased their self-esteem. Although they establish friendships (35%) and romantic relationship (8%), the number of friendships and romantic relationship formed via the site did not affect adolescents' social self-esteem.

Panday V, Mishra PL⁶ conducted a study to assess the relationship between Selfies and Self Esteem among 40 University Students using Rosenberg self-esteem scale and viewed a positive correlation between selfie taking and self-esteem among adolescence.

Materials and Methods

The present study was conducted in a selected school of New Delhi and a descriptive survey design was chosen for the present study. The sample comprised of 250 adolescents from a selected school of New Delhi. Convenience sampling technique was used to obtain the samples.

After getting ethical permission from Jamia Hamdard Institutional Review Board, formal administrative approval was obtained from the concerned authority to conduct the final study. The final study was conducted at Mayo International School, New Delhi. The adolescents were 10-19 years of age and were selected using convenience sampling technique. The purpose and confidentiality of responses and the anonymity were explained to them after obtaining their willingness to participate in the study and the adolescents were screened for selfitis and then were administered with structured rating scale to investigate the point prevalence of selfitis and the impact of selfitis on psychosocial health viz; body image and self-esteem of adolescents and to seek relationship of selfitis with selected demographic variables. (Age, gender and religion). Descriptive and inferential statistics were used for data analysis.

Result

Sample Characteristics

Out of 250 adolescents, 163 (65.2%) were in age group

of 10-14 years and 87 (34.8%) were in age group of 15-19 years. Out of 250 adolescents 144 (57.6%) were males and 106 (42.4%) were females and with regard to religion of adolescents, 136 (54.4%) were Hindu, 51 (20.4%) were Muslim, 36 (14.4%) were Sikh while 27 (10.8%) were Christian. With respect to whether they possessed a mobile phone or not, 233 (93.2) said yes and 17 (6.8%) reportedly did not possess a mobile phone. With regard to the type of phone they preferred, 23 (9.2%) revealed that they preferred phone with good camera, 16 (6.4%) preferred phone with editing features and 211 (84.4%) preferred phone with both good camera and editing features. Out of 677 adolescents 337 (49.77%) subjects had social media account and 340 (50.22%) reportedly did not have a social media account like Facebook, Pinterest, Instagram, Twitter etc.

Degree of Selfitis and Point Prevalence

As per the number of selfies taken of oneself in a day, 200 (29.54%) adolescents did not take any selfies of themselves in a day, 227 (33.53%) took 1-3 selfies of themselves in a day, 228 (91.2%) took 3-5 selfies, 22 (8.8%) took more than 6 selfies of oneself in a day. Regarding the number of selfies posted on the social media, 340 (50.22%) reportedly did not post any selfies on social media, 227 (33.53%) posted 1-2 selfies of self in a day, 88 (35.2%) posted 3-5 selfies on social media and 22 (8.8%) posted more than 6 selfies on social media in a day.

With respect to the degree of selfitis, 140 (20.67%) adolescents had borderline selfitis (taking photos of one's self at least three times a day but not posting them on social media), 88 (12.99%) had acute selfitis (taking photos of one's self at least three times a day and posting each one on social media) and 22 (3.24%) had chronic selfitis (uncontrollable urge to take photos of one's self round the clock and posting the photos on social media more than six times a day) and the rest 427 (63.07%) had no selfitis.

The data also showed that 45 (18%) took selfies mainly for fun, 151 (60.4%) took selfies for passing the time, 56 (27.2%) took selfies for showing their best features, 38 (19.4%) took selfies because everyone was doing it, 18 (2.5%) took selfies to boost their confidence, 7 (5.8%) took selfies for updating their activity/new accessory 10 (4.%) took selfies for feeling good while 9 (3.6%) took selfies to be a part of society.

The data also shows that out of 677 (total samples reviewed for degree of Selfitis), 250 were found to have Selfitis in the range of borderline, acute and chronic. Hence the point prevalence of Selfitis in adolescents came out to be 36.92%. These 250 samples were further included in the study for further assessment.

Table 1. Findings related to the impact of selfitis on body image of adolescents

(n=250)

S. No.	Impact of selfitis on body image	Range of scores	Frequency	Percentage (%)
1.	High impact	1-37	0	0
2.	Moderate	38-75	227	90.8
3.	Low impact	76-110	23	9.2

The data depicted that 227 (90.8%) adolescents had moderate impact of selfitis on their body image while 23 (9.2%) adolescents had low impact on them. None of the adolescents were found to have high impact of selfitis on his/her body image.

The findings in the present study revealed that selfitis was not significantly related to gender which was in agreement with the study conducted by Dutta E et al.⁴ also suggested that adolescents' regularly clicked selfies of themselves and no gender difference was observed.

Table 2. Findings related to the impact of selfitis on self-esteem of adolescents

(n=250)

S. No.	Impact of selfitis on body image	Range of scores	Frequency	Percentage (%)
1.	Low impact	1-29	26	10.4
2.	Moderate impact	30-59	193	77.2
3.	High impact	60-88	31	12.4

The data indicated that 26 (10.4%) adolescents had low impact of selfitis on their self-esteem, 193 (77.2%) adolescents had moderate impact on them and 31(12.5%) had high impact of selfitis on self-esteem.

The findings of the present study revealed that there was a moderate impact of selfitis on self-esteem of adolescents which was in agreement with the study conducted by Valkenburg PM⁵ who found out that adolescents' self-

Table 3. Findings related to the relationship between degree of selfitis and selected demographic variable

(n=250)

Variable	Borderline selfitis	Acute selfitis	Chronic selfitis	X ² value	Degree of Freedom	Table value
Age (in years)						
10-14 years	109	33	21	3.52	2	5.99
15-19 years	59	11	17			
Gender						
Male	100	26	18	1.92	2	5.99
Female	68	18	20			
Religion						
Hindu	90	30	16	Fisher's exact test P - 0.10	6	1
Muslim	40	10	1			
Sikh	6	26	4			
Christian	4	22	1			

The data in the above table indicated that there was statistically no significant relationship between degree of selfitis and age, gender and religion of adolescents.

esteem was affected by the feedback that they received on their profiles. Positive feedback enhanced adolescents' self-esteem and negative feedback decreased their self-esteem.

Discussion

The present study was descriptive in nature and was conducted with the aim of studying the impact of psychosocial health among adolescents and to seek relationship between selfitis and demographic variables namely age, gender and religion.

Implications of the Study

- The adolescents should be educated and made aware of selfie taking behavior in order to prevent number of accidents, mishaps etc.
- Campaigns and awareness classes ought to be conducted to spread awareness about the risks involved

in excessive selfie taking and possible consequences of such behavior.

- Nurse educators can have an interface with school teachers and counselors so as to look into the effects of selfie taking behavior on individual students.
- The nurse administrators should arrange awareness campaigns on selfie taking behavior for the community people and should also assess the effectiveness of such programmes thereafter.

Conclusion

A predominantly high number of adolescents suffered from borderline selfitis. There was a moderate impact of selfitis on body image as well as self-esteem of adolescents. There was no significant relationship between degree of selfitis and age of adolescents. The finding of the present study lays significant implications for parents and school management.

There is a need for making regular, systematic and thorough assessment of psychological well-being of adolescents and young children. Their body image, self-esteem and psychosocial health should be evaluated so that any variation can be identified and addressed on time.

There is also a need to educate the parents of adolescents to differentiate between normal selfie taking behaviour and excessive selfie taking behaviour and how technology can be a boon or bane.

Conflict of Interest: None

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