



A STUDY TO THE FIND RELATIONSHIP BETWEEN SELF-ESTEEM LEVELS AND NUMBER OF SELFIES TAKEN AND POSTED BY THE ADOLESCENT OF HIGHER SECONDARY SCHOOL, SOURA, SRINAGAR, KASHMIR

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ABSTRACT **AIM:** The study was conducted with the aim to find relationship between self-esteem levels and number of selfies taken and posted by the adolescent of Higher Secondary School, Soura, Srinagar, Kashmir, selfies taken and posted is the major issue and has caused accidental mishappening occurring every now and then in day to day life and this selfies practice is increasing day by day in which people especially adolescents want to capture adventurous selfies and want to post it on social media to get positive comments and likes but many a times this adventurous selfies cost their life happened with accidents. And because of this practice adolescents live in fantasy rather than a reality. Quantitative research approach with correlational research design was used to find relationship between self-esteem levels and number of selfies taken and posted by the adolescent of Higher Secondary School, Soura, Srinagar, Kashmir, purposive sampling technique was used. The obtained data was analysed by using descriptive and inferential statistics. Correlation coefficient between self-esteem level and selfies taken weekly is found to be 0.516 with p value 0.000, which was found to be statistically significant at $p < 0.01$ level of significance. And Correlation coefficient between self-esteem level and number of selfies posted weekly is found to be 0.664 with p value 0.004, which was found to be statistically significant at $p < 0.01$ level of significance. The Mean $\pm$ SD score for self-esteem is 16.97 $\pm$ 5.096 and for number of selfies taken and posted weekly is 8.88 $\pm$ 10.645. The findings of the study regarding selfies taken also revealed that 12(8%) study subject with high self-esteem takes in between 1-10 number of selfies weekly, on the other hand 90(60%) study subject with low self-esteem takes in between 1-10 number of selfies weekly, and 17 (11%) study subject with high self-esteem takes more than 10 selfies weekly on the other hand 1(0.6%) study subject with low self-esteem takes more than 10 selfies weekly. The findings of the study regarding selfies posted also revealed that 10(6.7%) study subject with high self-esteem posts selfies in between 1-10 number weekly, on the other hand 1(0.7%) study subject with low self-esteem posts selfies in between 1-10 number of selfies weekly, and 15(10%) study subject with high self-esteem posts more than 10 selfies weekly on than hand None of study subject with low self-esteem posts more than 10 selfies weekly

KEYWORDS : Selfies, Selfies Taken, Selfies Posted, Self-Esteem

INTRODUCTION

"Selfie" was named as the word of the year in 2013 by the Oxford English Dictionary. It refers to a self-portrait picture taken by one self using a digital camera or a Smartphone for posting on social networking sites. When taking a selfie, individuals can view how they look like in the picture and decide what they want to show in the picture. Millions of selfies have been posted on various social networking sites.¹ Taking a picture of oneself without the help of others was not in practice till the time selfies came into existence. During the past three years, a huge number of individuals are practicing the trend of taking and posting selfies. Therefore taking Selfies became an interesting subject for researchers to study. Selfie has become increasingly popular in social media. However, little is known about how selfies reflect their owners' personality traits and how people judge others' personality from selfies.²

The act of taking a selfie could make people self-conscious and more aware of how others view them. This may occur because the act forces us to focus on ourselves, much like looking in the mirror.² When we become self-aware, we also become more sensitive to the extent to which we are living up to social standards and norms. If you're walking down the street minding your own business and then notice someone on the street corner staring at you, you are likely to become more aware of your appearance and actions and more concerned with how that person is judging you. This awareness of how others might be judging us or reacting to us is called "social sensitivity."³

A Study was conducted by Diefenbach S and Christoforakos L in 2017 on Exploration of psychological functions of selfies in Self-presentation in Germany, Austria and Switzerland. The number of sample was 238 which were in age group of 16 to 63 years. Findings revealed that Participants' reports on their own selfie-taking behavior showed that a considerable part of participants was regularly taking selfies, however, with different levels of positive affect related to it. Further it revealed that the experienced positivity while taking selfies differed depending on individually preferred self-presentation strategies. Participants who habitually use self-promotion and/or self-disclosure as strategies of self-presentation appeared as the most passionate about selfies. And for them, selfies may form a welcome opportunity for supporting their naturally preferred self-presentational behavior. In line with this, the most (62%) agreed benefit of selfies was self-staging. Other positive aspects such as independence, meaning, and relatedness, received lower agreement, and were only acknowledged by small parts (8–14%) of the sample. In contrast, a

much higher part of participants (62–67%) declared agreement for potential negative consequences, such as selfies creating an illusionary world and threats to self-esteem. The vast majority (82%) declared they would like to see more usual pictures instead of selfies in social media. Thus, though (occasionally) being part of the selfie culture themselves, it was found that there is also a sense of reflection that more non-selfie pictures could be desirable.⁴

Need of the study

As modern Technology has become an indispensable part of our daily life, therefore it is impossible to neglect its impact on human life. The advent of technological advances has looked to a new realm of medical disorders termed "behavioral addictions" which are now emerging as psychiatric disorders for the future. Mobile phone addiction or smartphone addiction has been reported in literature across many studies worldwide. It has been noted across studies that adolescents are more prone to behavioral addictions than adults and people in middle age. Smartphone addiction is one of the most common behavioral addictions with over 1.5 billion human beings owning and using a smartphone worldwide.⁵ A study done in South Korea revealed that 11.4% of 10–20 year olds and 10.4% of 20–30 year olds suffer from smartphone addiction.⁷ A meta-analytic study based on studies conducted in India has reported the rates of smartphone addiction to range from 18.5% to 78.8% of people.⁵

Obsessive taking of selfies and posting to social media has been found to be linked to many symptoms common to mental disorders. This includes narcissism, low self-esteem, loneliness, self-centeredness, and attention seeking behaviors.⁶ The first known selfie-related death occurred 15 March 2014, when a man electrocuted himself on top of a train. In 2015 it was reported that more people had been killed taking selfies that year than by shark attacks.⁷

The Investigator personally found many people especially adolescents going to extraordinary lengths to curate the 'perfect' online persona which may be connection with their self-esteem levels. The youngsters create an illusion of flawless existence and forget about the reality. They want to create perfect version of themselves so that they can never feel inferior to others. It's really important to assess the growing level of number of selfies taken and posted and reminding young people that comparing themselves to others on social media is unhelpful, as they're comparing themselves to something which may be impossible and unattainable and also has caused accidental mishappening occurring every now and then in day to day life, This

behavior of perfect selfies has taken lives in the past. this selfies practice is increasing day by day in which people especially adolescents want to capture adventurous selfies and want to post it on social media to get positive comments and likes but many a times this adventurous selfies cost their life happened with accidents. As long as young people are aware of this, they can make the most out of all the benefits of social media like staying in touch with friends, organizing social events etc., which made an investigator to work on selfie taken and posted and self-esteem.

Statement of the problem

"A study to the find relationship between self-esteem levels and number of selfies taken and posted by the adolescent of Higher Secondary School, Soura, Srinagar, Kashmir"

Objectives of the study

1. To identify the number of selfies taken and posted by adolescents of higher secondary school.
2. To identify the self-esteem among adolescents of selected higher secondary school.
3. To identify the relationship of number of selfies taken and posted with self-esteem among the adolescents of higher secondary school.
4. To find association of number of selfies taken and posted and self-esteem with their selected demographic variables i.e. (Age, gender, qualification of parents , total monthly income of the family, residence, type of family).

Hypotheses

- H₁: There is a significant positive relationship of self-esteem with number of selfies taken and posted at 0.05 level of significance.
- H₂: There is significant association of number of selfies taken and posted and self-esteem with their selected demographic variables (i.e. Age, gender, qualification of parents , total monthly income of the family, residence, type of family.) at 0.05 level of significance.

Delimitations

The study is delimited to

- Adolescent of higher secondary school between age group 16-19 years.
- Adolescent willing to participate in the study.
- Data collection is limited to 4 weeks only.

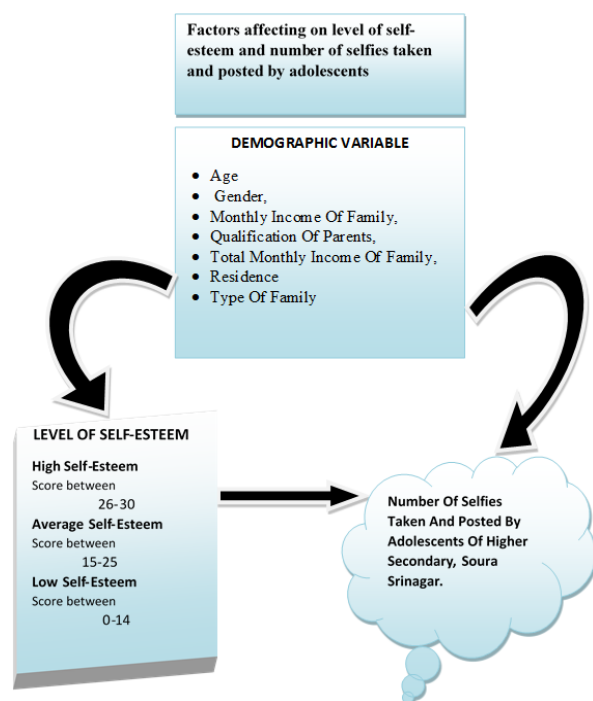


Fig 1: Conceptual Frame Work

The investigator has reviewed the various research studies and organized the literature review under the following headings:

1. Studies related to Selfies.
2. Studies related to Self-esteem in adolescents.
3. Studies related to Relation-ship of selfies and self-esteem.

1. Studies related to Selfies.

Gaddala A, Kumar H, Rajamouli KJ, Pusphalatha C⁸ in 2017 conducted a study on Various Effects of Internet and Selfie dependence among Undergraduate Medical Students of Chalmers Anand Rao Institute of Medical Sciences (CAIMS) Karimnagar, Telangana. The findings revealed that all the students use internet for educational purpose of which most of them rely on Wikipedia 67%, 3% journals and scholars. 24% are normal, mild 61%, 15% moderate to severe internet dependence was found. Usage of what's app was 97% and 67% of what's app users complains it affects their rest time. 77% of the study sample takes 1 to 2 selfies per day. Risking for selfies was found to be 7% and there was significant association observed between selfie and internet dependence (P<0.05).

2. Studies related to Self-esteem in adolescents.

Kiraz A, Ersoy MA⁹ in 2017 conducted a study on examining the self-esteem level of single-parent adolescents in Nicosia, Northern Cyprus. The study was conducted on 140 single-parent students enrolled at 10 different schools. According to study results, self-esteem level of adolescents with divorced parents was found as "low. Rosenberg Self-Esteem Scale scores of single parent adolescents were lowest at such sub-dimensions as continuity of self-concept, feeling trust towards people, psychosomatic symptoms, relations with father and psychic isolation. The highest scores were obtained at sensitivity towards criticism, depressive affectivity and parent interest sub-dimensions. No statistically significant difference was detected between such variables as whether father or mother remarried and with whom they lived at the moment as for their self-esteem level. However, it was found out that those adolescents who received psychological assistance had higher self-esteem compared to adolescents who did not. Statistically significant differences were found between sub-dimensions of the scale and such demographic variables of adolescents with divorced parents as their age, with whom they live, their seeing frequency of mother and father, whether they received psychological assistance and whether their father or mother remarried. However, no statistically significant difference was found between their gender and sub-dimensions of the scale.

3. Studies related to Relation-ship of selfies and self-esteem.

Shin Y, Kim M, Im C, Chong SC¹⁰ in 2017 conducted a study on the effect of selfies on self-esteem and social sensitivity in students Yonsei University, Seoul, South Korea. The study was focused on two psychological factors: social sensitivity and self-esteem. In the experiment, researcher manipulated the context of experiencing selfies. The participants were asked to take a picture of a self-portrait or a cup, using their own smartphone. Then, they were instructed to either post it on social media or save it on their smartphone. The participants' social sensitivity was assessed by measuring their reaction time (RT) to a social probe, and self-esteem was evaluated by measuring the size of their signatures. It was found that participants' RT to a social probe decreased and the size of their signature decreased, after they took and shared their selfie. The results suggested that taking and sharing selfies could result in greater social sensitivity and lower self-esteem of selfie takers.

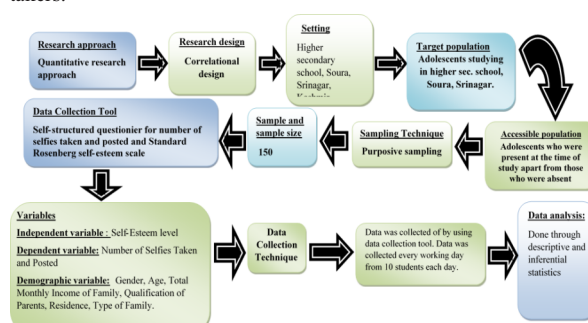


Fig: 2 Schematic Representation of Research Methodology

ANALYSIS AND INTERPRETATION

Correlation between Number of Selfies Taken and Self-Esteem Level of Study Subject.

$n_{1a} = 135$

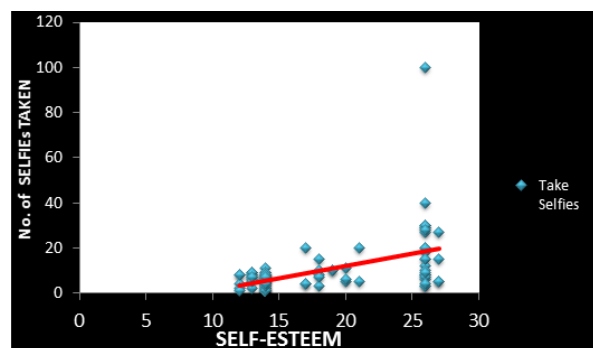
Number of Selfies taken & Self-esteem level	Pearson's Correlation value	P value
	0.516	0.000**

** . Correlation is significant at the 0.01 level (2-tailed).

* n_{1a} is the group of study subject who have taken selfies

The table (26) shows that there is significant positive correlation between the number of selfies taken weekly, with self-esteem level among the adolescents of higher secondary, soura .

Correlation coefficient between self-esteem level and n selfies taken weekly is found to be 0.516 with p value 0.000, which was found to be statistically significant at $p < 0.01$ level of significance. This supports the research hypothesis (H_1) which states that there is significant relationship of self-esteem with number of selfies taken and posted at 0.01 level of significance



Scatter diagram showing the positive direction of co-relation between number of selfies taken with level of self-esteem

Correlation Between Number Of Selfies Posted With Self-Esteem Level.

$n_{2a} = 31$

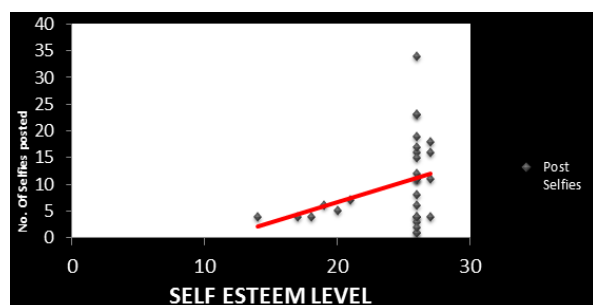
Number of Selfies posted & Self-esteem level	Pearson's Correlation value	P value
	0.664	0.004**

** . Correlation is significant at the 0.01 level (2-tailed).

* n_{2a} is the group of study subject who have posted selfies

The table (27) shows that there is significant positive correlation between the number of selfies posted weekly with self-esteem level among the adolescents of higher secondary, soura.

Correlation coefficient between self-esteem level and number of selfies posted weekly is found to be 0.664 with p value 0.004, which was found to be statistically significant at $p < 0.01$ level of significance. This supports the research hypothesis (H_1) which states that there is significant relationship of self-esteem with number of selfies taken and posted at 0.01 level of significance.



Scatter diagram showing the positive direction of co-relation between number of selfies posted with level of self-esteem.

Hence null hypothesis (H_{01}) is rejected which states that there is no significant relationship of number of selfies taken and posted with self-esteem among the adolescents of higher secondary school at 0.05 and Research hypothesis (H_1) is accepted which show there is significant positive relationship of number of selfies taken and posted with self-esteem among the adolescents of higher secondary school at 0.05

CONCLUSION

The following conclusions were drawn on the basis of the findings of the study

The study found that the adolescents with low self-esteem have taken less number of selfies as compared to the adolescents with high self-esteem. The decrease in number of selfies with decrease in self-esteem levels could be attributed to the fear of negative or no social feedback or likes to their selfies and the adolescents with low self-esteem also posted less number of selfies as compared to the adolescents with high

self-esteem .The reason that adolescents with high self-esteem tend to post more selfies than adolescents with low self-esteem because they need constant attention and social validation. It was also found that males have posted more number of selfies than females and this may be related to the religious and culture bindings of state.

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