



ORIGINAL RESEARCH PAPER

Psychology

IMPACT OF SELFIE EDITING FEEDBACK ON SOCIAL CONNECTEDNESS AND SELF-ESTEEM

KEY WORDS: Selfie editing, social connectedness, self-esteem, social validation

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ABSTRACT

This study examines the impact of selfie editing behavior and gender on social connectedness and self-esteem among adolescents, as well as the relationship between these two variables. A sample of 40 adolescents from Ranchi district was assessed using the Social Connectedness Scale and the Rosenberg Self-Esteem Scale, with selfie editing behavior categorized into high and low groups. Results indicated that adolescents with lower selfie-editing behavior had significantly higher social connectedness compared to those with high editing behavior, highlighting the potential negative impact of frequent selfie editing on authentic social interactions. However, selfie editing behavior did not significantly affect self-esteem. Gender differences were observed, with female adolescents scoring higher in both social connectedness and self-esteem than their male counterparts, suggesting that females may experience greater social validation through social media. Additionally, a significant positive correlation was found between social connectedness and self-esteem, emphasizing the importance of genuine social bonds in fostering adolescent self-esteem. These findings underscore the need for promoting healthier social media practices that support authentic connections among adolescents.

The digital era has transformed personal presentation and social interactions, with selfies playing a major role on social media platforms. This study aims to examine the impact of selfie editing behavior and social feedback on social connectedness, jealousy, and envy among first-year graduates in Ranchi district.

Selfie Editing Behavior

Selfie editing involves altering one's appearance using various digital tools before sharing the image on social media. This practice is motivated by the desire to present an idealized version of oneself to garner positive feedback such as likes and comments. Holland and Tiggemann (2016) found that frequent selfie editing is associated with increased body dissatisfaction and self-objectification, as individuals constantly compare themselves to idealized standards. This self-objectification can result in negative psychological outcomes, as individuals come to view themselves primarily through the lens of physical appearance. Furthermore, Mancheron, Vincent, and Jimenez (2015) revealed that editing selfies and seeking validation perpetuate a cycle of social comparison and self-scrutiny, leading to heightened self-consciousness and a preoccupation with appearance.

Social Connectedness

Social connectedness refers to the sense of belonging and connection individuals feel with others. In the context of social media, this connectedness is often mediated through interactions and feedback received on posts, including selfies. High levels of social connectedness are associated with better mental health and well-being. Valkenburg, Peter, and Schouten (2006) found that positive interactions and validation on social media can enhance social connectedness by fostering a sense of belonging and support. However, the emphasis on edited, idealized images can undermine authentic social connections, leading to superficial relationships and diminished genuine social connectedness (mancheron et al., 2015). This disconnect can contribute to feelings of loneliness and isolation, despite having an extensive online network.

Self Esteem

Self-esteem is a vital aspect of adolescent psychological development and well-being, influenced by factors like peer relationships and academic experiences. High self-esteem is linked to positive outcomes such as better mental health, academic success, and healthier social interactions (Mann et al., 2004). On the other hand, low self-esteem can result in issues like depression, anxiety, and poor academic

performance (Orth & Robins, 2014). Adolescents with strong self-esteem are more resilient, while those with low self-esteem may struggle with self-doubt and social anxiety. Factors such as family support, peer acceptance, and positive social media feedback can significantly affect self-esteem (Harter, 1999; Valkenburg et al., 2006).

The literature on selfie editing, feedback, social connectedness, and self-esteem highlights the complex relationship between these factors. Edited selfies and positive feedback can boost self-esteem and provide social validation, but may also lead to negative effects like reduced self-worth and shallow social interactions. Social comparison on platforms like Instagram and Snapchat can trigger jealousy, impacting mental health. Understanding these dynamics is crucial for promoting healthier social media habits and authentic connections.

Methodology

Objectives of the studies

The following are the objective of the studies

1. To examine the effect of selfie editing behavior on social connectedness and self-esteem among peers.
2. To examine the effect of gender on social connectedness and self-esteem among peers.
3. To find out the relationship between social connectedness and self-esteem.

Research question

1. Is there any effect of selfie editing behavior on social connectedness among peers.
2. Is there any effect of selfie editing behavior on self-esteem among peers.
3. Is there any effect of gender on social connectedness among peers.
4. Is there any effect of gender on self-esteem among peers.
5. Is there any relationship between social connectedness and self-esteem.

Sample

The sample for the present study was consisting of 40 adolescents who were chosen based on a purposive sampling technique from gender and selfie editing behavior on social connectedness and Self-esteem.

Tools

A. Personal data questionnaire (PDQ) - This questionnaire was prepared by the researchers for eliciting information about the respondent's name, age, gender, place of residence,

qualification, selfie behavior detail including number of selfies taken in a day, application used to edit selfies, social media usage detail including number of social media platform using, name of platforms, duration of using social media, average number of selfies posted on social media in daily basis etc.

B. Photo manipulation scale- To quantify levels of self-image editing on Facebook, the self-photo manipulation scale was used (McLean et al., 2015). This 5-point Likert scale (1 = never; 5 = always) was modified in order to cover more common and up-to-date types of editing features. These items assessed the extent to which participants digitally edited selfies (level of commitment to online surgery). Scores ranged from 10 to 50, higher scores suggesting greater manipulation of the images. The overall score was determined from the average of all items, varying from 0 to 10, with higher scores indicating greater investment in images. The composite reliability is 0.898.

C. The Social Connectedness Scale: The Social Connectedness Scale (SCS): The Social Connectedness Scale-Revise (SCS-R) developed by Lee and Robbins to evaluate an individual's emotional distance or connectedness between themselves and other people. There are 20 items on the Social Connectedness Scale. Each item is graded from 1 (Strongly Disagree) to 6 (Strongly Agree) on a 6-point Likert scale. Internal reliability estimates for the scale were .91. Test-retest correlations revealed good test stability over a 2-week period (rs = .96).

D. Rosenberg Self Esteem Scale: The Rosenberg Self-esteem Scale was developed by sociologist Morris Rosenberg in 1965. he scales consists of ten statements designed to assess an individual's overall evaluation of their worthiness as a person, covering both positive and negative feelings about the self. Respondents indicate their agreement with each statement using a 4-point Likert scale ranging from "strongly agree" to "strongly disagree". The RSE demonstrates a Guttman scale coefficient of reproducibility of .92, indicating excellent internal consistency. Test-retest reliability over a period of 2 weeks reveals correlations of .85 and .88, indicating excellent stability.

Analysis

Selfie-editing behavior scores were divided into two categories: high and low. For this median of the selfie-editing scores was calculated and scores above the median were taken as high and below the median scores were taken as low.

Effect of selfie editing behavior on social connectedness and self-esteem among peers

Table 02

Variables	Groups	N	Mean	SD	Mean difference	t-value	P
Social Connectedness	High	20	64.95	20.24	16.50	3.49	0.01
	Low	20	81.45	6.04			
Self-esteem	High	20	25.70	5.95	3.15	1.65	0.10 ^{NS}
	Low	20	28.85	6.08			

Comparison of high and low selfie-editing behavior adolescents in terms of social connectedness

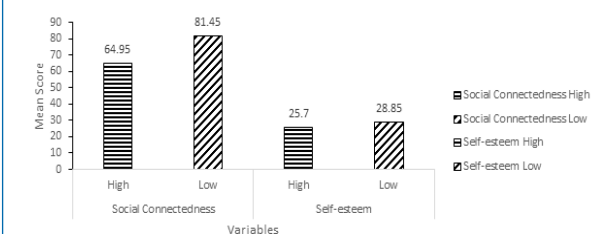


Figure 01

Mean scores of high and low selfie-editing behaviour adolescents in social connectedness and Self-esteem

From table 02 and figure 01, it is clear that adolescents with low selfie-editing behaviour scored high in social connectedness as compare to adolescents with high selfie-editing behaviour. The mean difference was found 16.50, and obtained t-value was found 3.49. The obtained t-value is significant at 0.01 level. Hence the question is answered as "there is significant effect of selfie-editing behavior on social connectedness among peers". It is also clear that adolescents with low selfie-editing behaviour scored high in self-esteem as compare to adolescents with high selfie-editing behaviour. The mean difference was found 3.15, and obtained t-value was found 1.65. The obtained t-value is not significant. Hence the question is answered as "there is no significant effect of selfie-editing behavior on self-esteem among peers".

Effect of gender on social connectedness among peers

Table 02

Variables	Groups	N	Mean	SD	Mean difference	t-value	P
Social Connectedness	Male	20	65.90	13.66	14.60	2.98	0.01
	Female	20	80.50	17.04			
Self-esteem	Male	20	24.90	5.49	4.75	2.61	0.01
	Female	20	29.65	5.96			

Comparison of male and female adolescents in terms of social connectedness and self-esteem

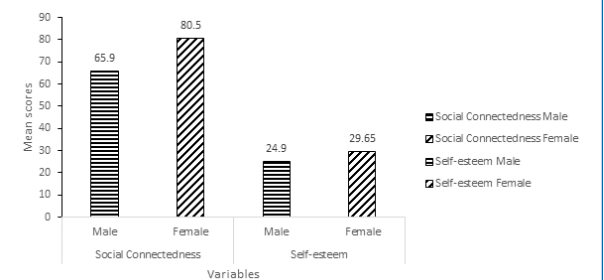


Figure 02

Mean scores of male and female adolescents in social connectedness

From table 02 and figure 02, it is clear that female adolescents scored high in social connectedness as compare to male adolescents. The mean difference was found 14.60, and obtained t-value was found 2.98. The obtained t-value is significant at 0.01 level. Hence the question is answered as "there is significant effect of gender on social connectedness among peers". It is also clear that female adolescents scored high in self-esteem as compare to male adolescents. The mean difference was found 4.75, and obtained t-value was found 2.61. The obtained t-value is significant at 0.01 level. Hence the question is answered as "there is significant effect of gender on self-esteem among peers".

The relationship between social connectedness and self-esteem

Table 03

	Self-esteem	Social Connectedness
Social Connectedness	0.71*	1
Self-esteem	1	0.71*

Coefficient of correlation between social connectedness and self-esteem among adolescents

*Correlation is significant at the 0.01 level

From table 03, it can be seen that, the coefficient of correlation

between social connectedness and self-esteem is found ($r=0.71$) significant at 0.01 level. It indicates that, there is significant positive relationship between social connectedness and self-esteem.

The study examined the impact of selfie editing behavior and gender on social connectedness and self-esteem among adolescents. It found that those with lower selfie-editing behavior had significantly higher social connectedness, though editing frequency did not affect self-esteem. Frequent editing may impair authentic social connections due to self-objectification and social comparison (Holland & Tiggemann, 2016). Female adolescents scored higher in both social connectedness and self-esteem, possibly due to greater social validation from online interactions (Valkenburg, Peter, & Schouten, 2006). The positive correlation between social connectedness and self-esteem aligns with research highlighting peer connections as essential for adolescent self-esteem (Mann et al., 2004).

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