

SELFIE IDEATION AND SELF ESTEEM AMONG ADOLESCENTS: A COMPARATIVE ANALYSIS

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Abstract

Self-esteem is a person's overall sense of self-worth or personal value. Self-esteem is often seen as a personality trait, which means that it tends to be stable and enduring. Self-esteem can involve a variety of beliefs about the self, such as the appraisal of one's own appearance, beliefs, emotions, and behaviours. Self-esteem is an essential human need that is vital for survival and normal, healthy development. A selfie is a self-portrait photograph, typically taken with a digital camera or camera phone held in the hand or supported by a selfie stick. Selfies are often shared on social networking services such as Facebook, Instagram and Twitter. The American Psychiatric Association (APA) has officially confirmed what many people thought all along: taking 'selfies' is a mental disorder.

Therefore, the present study aimed to compare the selfie ideation and self esteem among adolescents. The sample consisted of 80 (40 female and 40 male) adolescents ageing between 21-26 years were randomly selected from Chandigarh. The self developed questionnaire consisted of sixteen items were uniformly administered. The obtained results were tabulated and depicted that selfie ideation is high among female as compare to male adolescents.

Keywords: *Self Esteem, Selfie, adolescents*



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INTRODUCTION

These days, humans take almost 1 trillion photos a year. (To put that into context, that's more photos every few minutes than in the entire 19th century.) And lots of these photos are selfies—self-portraits, usually taken with a smartphone. As of this writing, nearly 300 million Instagram photos had been tagged with the selfie label.

Human faces have always been particularly effective attention-grabbing mechanisms. Researcher Dr. Owen Churches, from the school of psychology at Flinders University in Adelaide, has studied the neuroscience of face perception for years:

“Most of us pay more attention to faces than we do to anything else,” says Churches. “We know experimentally that people respond differently to faces than they do to other object categories.”

And social media is no exception: Face-tracking studies show that the profile picture or avatar is the first place the eye is drawn to on Facebook and other social media profiles.

Selfie-ism is everywhere. The word "selfie" has been bandied about so much in the past six months it's currently being monitored for inclusion in the Oxford Dictionary Online.

“A picture taken of yourself that is planned to be uploaded to Facebook, Myspace or any other sort of social networking website. You can usually see the person’s arm holding out the camera, in which case you can clearly tell that this person does not have any friends to take pictures of them.”

A selfie is a type of self-portrait photograph, typically taken with a hand-held digital camera or camera phone. Selfies are often associated with social networking, like Instagram. They are often casual, are typically taken either with a camera held at arm's length or in a mirror, and typically include either only the photographer or the photographer and as many people as can be in focus. Selfies taken that involve multiple people are known as "group selfies" or "ussies".

Robert Cornelius, an American pioneer in photography, produced a daguerreotype of himself in 1839 which is also one of the first photographs of a person.

The concept of uploading group self-taken photographs (now known as super selfies) to the internet, although with a disposable camera not a smartphone, dates to a webpage created by Australians in September 2001, including photos taken in the late 1990s (captured by the Internet Archive in April 2004). The earliest usage of the word selfie can be traced as far back as 2002. It first appeared in an Australian internet forum (ABC Online) on 13 September 2002.

The term "selfie" was discussed by photographer Jim Krause in 2005, although photos in the selfie genre predate the widespread use of the term. In the early 2000s, before Facebook became the dominant online social network, self-taken photographs were particularly common on MySpace. However, writer Kate Losse recounts that between 2006 and 2009 (when Facebook became more popular than MySpace), the "MySpace pic" (typically "an amateurish, flash-blinded self-portrait, often taken in front of a bathroom mirror") became an indication of bad taste for users of the newer Facebook social network. Early Facebook portraits, in contrast, were usually well-focused and more formal, taken by others from distance. In 2009 in the image hosting and video hosting website Flickr, Flickr users used 'selfies' to describe seemingly endless self-portraits posted by teenage girls. According to Losse, improvements in design—especially the front-facing camera copied by the iPhone 4

(2010) from Korean and Japanese mobile phones, mobile photo apps such as Instagram, and selfie sites such as ItisMee—led to the resurgence of selfies in the early 2010s.

By the end of 2012, Time magazine considered selfie one of the "top 10 buzzwords" of that year; although selfies had existed long before, it was in 2012 that the term "really hit the big time". According to a 2013 survey, two-thirds of Australian women age 18–35 take selfies—the most common purpose for which is posting on Facebook. A poll commissioned by smartphone and camera maker Samsung found that selfies make up 30% of the photos taken by people aged 18–24.

By 2013, the word "selfie" had become commonplace enough to be monitored for inclusion in the online version of the Oxford English Dictionary. In November 2013, the word "selfie" was announced as being the "word of the year" by the Oxford English Dictionary, which gave the word itself an Australian origin.

Selfies have also taken beyond the earth. A space selfie is a selfie that is taken in space. This include selfies taken by astronauts, machines and by an indirect method to have self-portrait photograph on earth retaken in space.

In January 2014, during the Sochi Winter Olympics, a "Selfie Olympics" meme was popular on Twitter, where users took self-portraits in unusual situations. The spread of the meme took place with the usage of the hashtags, #selfiegame, and #selfieolympics.

So self-portraits are about self-image—how we define ourselves.

They're also a way to figure out who we are. The "looking-glass self" is a psychological concept that says that how we see ourselves doesn't come from who we really are, but rather from how we think others see us.

And now that we can A) take a selfie in mere moments, and B) share them with thousands of people online at any time, the impact that others have on our self-value has increased.

The site Everyday Sociology argues that this change has led us to invest more into selfies as part of the work of projecting our identities onto others:

"The more pictures you post of yourself promoting a certain identity—buff, adventurous, studious, funny, daring, etc.—the more likely it is that others will endorse this identity of you."

With this above mentioned background, the underlying motivation for this research is an attempt for inquisitive view on the issues of selfie. The aim of this research is to describe

reasons articulated by subjects sampled for this research on reasons underlying their behaviour of taking selfies and their feelings behind posting them.

REVIEW OF LITERATURE

In an effort to explore this concept, psychologists from Germany and Poland delved deeper into the personalities of selfie sharers in two studies involving over 1,200 men and women. For the first study, about 750 men and women were asked to count the number of selfies they had posted to social media in the last month. The participants also completed three personality questionnaires: the Rosenberg Self-Esteem Scale, the Extraversion Scale of the NEO-Five Factor Inventory, and the Murray Social Exhibitionism Index.

The participants reported posting up to 350 selfies featuring only themselves, up to 100 selfies with a relationship partner (so-called “relfies”), and up to 200 group selfies with friends. When compared to men, who only posted an average of 3.3 "own" selfies per month, women uploaded an average of 6.7. The biggest disparity was seen in group shots — women posted an average of 6.1 group selfies per month, while men posted only about 2.6. No significant difference was found in the rate of relfie posting for women or men, however, with 1.2 per month and 1.72 per month, respectively.

So, what personality types are more likely to upload selfies?

Based on the personality tests, the researchers found men and women who scored high on extraversion and social exhibitionism posted more selfies. Surprisingly, there was no relationship between selfie posting and self-esteem. Men and women who have a huge ego or are ridden with self-doubt are no more or less likely to share selfies. However, previous research has found a link between heavy Facebook use and low self-esteem and narcissism.

Now, since the total number of selfies was based on self-reported data, the researchers conducted a second study. They recruited research students to count all the selfies that their Facebook friends had posted to their profiles. These were also categorized as either own selfies, relfies, or group selfies.

The findings revealed there was a link between self-esteem and selfie posting among men. Those who thought highly of themselves tended to post more own selfies, although there was no relationship between self-esteem and the frequency of posting relfies or group selfies. The researchers suspect the differences in results from these two studies could be explained by the measurements they used for selfie-related activity. For example, in the first study, the researchers measured selfies using a wide range of social media sites, including Facebook,

Twitter, Instagram, and WhatsApp. Meanwhile in the second study, only Facebook was used as a measurement. The researchers can only speculate Facebook is more intriguing to self-absorbed men as a forum for sharing selfies.

According to Time magazine, which published a list of the "top 100 selfieest cities in the world," Makati City in the Philippines is the "Selfie Capital of the World," with 258 selfie-takers per 100,000 people.

New York City's Manhattan ranks second among selfie-takers, with 202 per 100,000 people. Miami is third, with 155 selfie-takers per 100,000. Anaheim and Santa Ana, Calif., rank fourth, with 147 selfie-takers per 100,000 people.

Los Angeles, though, is not ranked among the top 100.

It's not entirely clear what makes a city more popular than another for taking selfies, other than being a tourist destination. Anaheim, for example, is home to Disneyland; Manhattan has Times Square; Miami has, well, a popular beach.

To come up with its list, Time used data from Instagram over 10 days in late January and early February, studying over 400,000 Instagram photos tagged "selfie" that included geographic coordinates.

Selfies are popular among all genders. Sociologist Ben Agger describes the trend of selfies as "the male gaze gone viral", and sociologist and women's studies professor Gail Dines links it to the rise of porn culture and the idea that sexual attractiveness is the only way in which a woman can make herself visible. Writer Andrew Keen has pointed out that while selfies are often intended to give the photographer control over how their image is presented, posting images publicly or sharing them with others who do so may have the opposite effect—dramatically so in the case of revenge porn, where ex-lovers post sexually explicit photographs or nude selfies to exact revenge or humiliate their former lovers. Nonetheless, some feminists view selfies as a subversive form of self-expression that narrates one's own view of desirability. In this sense, selfies can be empowering and offer a way of actively asserting agency. Copyright law may be effective in forcing the removal of private selfies from public that were forwarded to another person.

News blog Jezebel criticized selfies as being the opposite of empowering. The article published continued to state how selfies are a reflection of how women are represented and the most important quality is their physical attractiveness. Author Erin Gloria Ryan continued to say selfies are mostly used for social media, in an environment where people are

encouraged to “like” them and respond to them. The Jezebel article drew much attention with the media, including a piece by writer Maria Guido defending selfies, saying it is acceptable to take and enjoy pictures of yourself since society and advertising is constantly condemning women to that in which they are not “good enough, pretty enough, [and] skinny enough”. The blog started a hashtag of #feministselfie, which then started a larger group on Flickr called the #365feministselfie, where women aim to post a selfie everyday advocating a new way of approaching individual, and unconventional beauty standards.

"For every city in the world of at least 250,000 residents, we then counted the number of selfies taken within 5 miles and divided by the population of that city," Time said of its methodology.

According to a study performed by Nicola Bruno and Marco Bertamini at the University of Parma, selfies by non-professional photographers show a slight bias for showing the left cheek of the selfie-taker. This is similar to what has been observed for portraits by professional painters from many different historical periods and styles, indicating that the left cheek bias may be rooted in asymmetries of brain lateralization that are well documented within cognitive neuroscience. In a second study, the same group tested if selfie takers without training in photography spontaneously adhere to widely prescribed rules of photographic composition, such as the rule of thirds. It seems that they do not, suggesting that these rules may be conventional rather than hardwired in the brain's perceptual preferences

Dermatologists now believe that regularly exposing the face to the light and electromagnetic radiation from smartphones can damage the skin, speeding up ageing and promoting wrinkles.

Doctors even claim they can tell which hand a person holds their phone in just by looking at which side of the face is most damaged.

Speaking ahead of the FACE, Facial Aesthetic Conference and Exhibition, in London Dr Simon Zoakei, Medical Director of the Linia Skin Clinic in Harley Street, said: “Those who take a lot of selfies and bloggers should worry. “Even the blue light we get from our screens can damage our skin.

Some experts think that electromagnetic radiation from mobile phones ages skin by damaging the DNA. It can cause breaks in the DNA strand which can prevent skin repairing itself and place oxidative stress on cells.

METHODOLOGY

The type of research that was used in this study was qualitative research and quantitative research. Qualitative researchers aim to gather an in-depth understanding of human behavior and the reasons that govern such behavior.

Besides this, the researchers also examined the phenomenon through observations in numerical representations and through statistical analysis.

The research sampling method that was used in this study is random sampling to obtain a more scientific result that could be used to represent the entirety of the population. The sample consisted of 80 (40 female and 40 male) adolescents ageing between 21-26 years were randomly selected from Chandigarh. A self developed questionnaire consisted of sixteen items was uniformly administered. The obtained results were tabulated with the help of frequency calculations and depicted by calculating mean, standard deviation and t- test.

RESULTS

In Table 1 the results of the frequency analysis of participants by gender, and it shows that males are high on self esteem as compared to females but selfie ideation is high in females as compared to males.

Table 1: showing results after calculating with the help of frequency analysis

	Males	Females
Self esteem	92.5% high 7.5% low	65% high 35% low
Selfie ideation	70% high 30% low	92.5% high 7.5 % low

In table 2 shows mean, standard deviation and t test calculations of the data obtained from the study.

Table 2 showing above mentioned calculations

	Research scholars	MA part 1 Students	Mean	Standard deviation	t-value	p-value
Male	40	40	4.25	109.52	2.22	0.05*
Female	40	40	3.27	50.09	2.22	0.05*

*p-value 0.05 means it is significant at 0.05 level in t table which means there is a 95% chance that the results would replicate if the study were repeated.

DISCUSSION

The study shows that male research scholars are high on self esteem in comparison to female research scholars and MA part one males are high on self esteem and females are also having high. Male research scholars are low on selfie ideation whereas female research scholars are high on selfie ideation and MA part one males are high on selfie ideation and females are also high on selfie ideation. The cultural phenomenon of the ‘Selfie’ exposes a very basic human desire—to feel noticed, appreciated and recognised. And, although the ‘Selfie’ may not always elicit the most appropriate type of recognition (possibly why people love to hate it), receiving just a few likes from our Facebook or Instagram friends uncovers a foundational aspect of human psychology that can actually help drive results in the workplace—when people are recognised and feel appreciated, they repeat the behavior that was recognised.

The American Psychiatric Association (APA) has officially confirmed what many people thought all along: taking ‘selfies’ is a mental disorder.

The APA made this classification during its annual board of directors meeting in Chicago. The disorder is called selfitis, and is defined 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.

APA said there are three levels of the disorder:

Borderline selfitis : taking photos of one’s self at least three times a day but not posting them on social media

Acute selfitis: taking photos of one’s self at least three times a day and posting each of the photos on social media

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

Doctors also say that Selfitis is a form of obsessive compulsive disorder.

A new study conducted by researchers at The Ohio State University found that men who tend to post more selfies than others scored higher on measures of narcissism and psychopathy. This doesn't mean that these men are necessarily narcissistic or psychopathic. It only means that these men tend to have higher than average levels of these antisocial traits.

According to the APA, while there is currently no cure for the disorder, temporary treatment is available through Cognitive Behavioral Therapy (CBT). Individual counselling can be helpful too as person enters into the virtual world with no interpersonal relationships.

CONCLUSION

Despite their tremendous reach and popularity, however, selfies have received relatively little attention within the scientific community. Selfie photography constitutes a unique and distinct niche of social networking, the study of which will provide ample novel insight into the motivations, repercussions, and individual differences surrounding our increasingly 'online' culture. Selfies also represent a form of pseudo-artistic behaviour accessible to everyone, even those without artistic training, and may offer a new way for people to relate to their bodies and self-image, as well as influence how this image is projected to others.

To conclude scientific community has to come together for this new generation addiction and lot of research is required for the same before it affects large population of the world and will be on the top of the list of Global Burden of Diseases.

More research is needed including a large number of population who are actively involved on such social media to find out the underlying psycho-social factors responsible for selfie disorder and its consequences..

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