



A Study on Addiction to Selfies and Youth Psychological Health: A Brief Overview

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Abstract

The usage of social media has increased significantly in recent years, and among young people's favorite pastimes is the capture, sharing, and perusing of digital images of oneself, or selfies. But studies on selfies are still in their infancy, and little is known about teenage selfie habits or the relationships between them and confidence in one's physique and general well-being. This study attempted to close this disparity by doing a narrative analysis of teenage body confidence and well-being in connection to selfie usage. There was no research that examined the association between children's selfie practices and these relationships. Selfies appear to be a prevalent activity among teenagers, however sharing them online is less common. According to the analyzed studies, some components of selfies may pose more of a risk than others. In particular, it seems that, at least temporarily in experimental settings, looking at selfies on the internet negatively affects teenagers' sense of wellbeing and self-worth. Furthermore, asking for and considering other people's opinions as valuable input might also be detrimental to selfie habits. Lastly, in line with studies looking at social media, social comparison has been shown in this growing body of work to be a possible mechanism via which taking selfies is associated with body confidence and well-being, narcissistic behavior.

INTRODUCTION

The development of mobile technology, like smartphones and tablets, has made taking selfies easier than in the past. Without cellphones, our lives would not be the same as they are now. Selfies are the newest technological fad that young people are interested in because of how widely available and easy they are to use. Selfies and posting are two of the most popular activities among teenagers, and both have a significant influence on how people present themselves online in terms of identity concerns and peer interactions. Selfies are fun for everyone, whether they are taken with their favorite celebrities, closest friends, families, during a workout, while dining, at a party, or with anything else that can be caught in a single click.

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The practice of taking “selfies” has been recognized as a new mental illness by the American Psychiatric Association. It is defined as “the obsessive-compulsive desire to take photos of oneself 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” by the American Psychiatric Association (2014). According to experts, selfitis is a type of excessively impulsive disorder in which an individual takes and posts their own photos on social media. It is broadly classified into three types: borderline selfitis, which involves taking three or more selfies a day but not uploading them to social media; acute selfitis, which involves regularly taking three or more photos of oneself and sharing them on social media; and chronic selfitis, which involves regularly taking and sharing six or more photos of oneself on social media. If someone is unable to upload selfies, it could be considered a kind of dependence and result in withdrawal symptoms (American Psychiatric Association, APA, 2014).

Because the rate of use of selfies has surged by 17,000% since 2012, academics are finding that selfies are a fascinating topic to explore (Preston, 2017). Selfies are linked to mental health issues like grandiosity, narcissism, and body dysmorphic disorder, according to certain research.

Selfies on social media have become a popular topic in society, particularly among teenagers. For this reason, the current study is primarily focused on young people. This is due to the significant influence that selfies have on users’ daily lives. Additionally serving as a bridge and a tool for communication, selfies can enhance interpersonal relationships. Because technology is now necessary in the teaching and learning process to produce greater results in the future, it is highly appropriate for pupils. This study offered viewpoints on the act of taking a selfie as a way to redefine beauty standards. Emerging adulthood is now considered a more modern developmental stage for people in their late teens and early twenties. The transitional period between late adolescence and early adulthood is known as emerging adulthood, and it spans the ages of 18 to 25. People are searching for a sense of self-worth at this time and investigating opportunities for employment, romance, and worldviews. Emerging

adulthood is a time of identity formation as young adults come to terms with their personal identities. People are exploring and changing during this period, so they could ask for peer input to help them develop their sense of self. Nowadays, the majority of teenagers probably take selfies. Selfie-taking when receiving a lot of praise from others boosts one’s self-esteem. Comments made by others, whether favorable or unfavorable, can have an impact on how someone feels and how confident they are. It could boost or lower someone’s confidence in themselves. Thus, the goal of this study was to lay the groundwork for understanding the phenomenon of selfie addiction and how it relates to academic success, body image, and self-esteem.

Impact of excessive selfie taking on Mental health

The notion of self-presentation explains why individuals take selfies: to control how they identify and portray themselves, as well as to demonstrate that they are a part of an experience or event. It is utilized to make an impression on other people (Ma *et al.*, 2017). Particular and practical choices include changing the orientation of the image to portrait or landscape. Selfies have become increasingly common as a result of panoramic and the use of integrative editing. In 2015, Fox and Rooney. This allows users to view their selfies as gorgeous mirrored counterparts. according to Liubinienė and Keturakis (2014). Buying goods connected to Selfie-stick use and other selfie-taking practices have grown significantly in recent years. Not so flaky Choi and others, (2016).

Selfie sticks make pictures seem more like ones that were taken by someone else (Dinhopl & Gretzel, 2016). But now, there was a noticeable decline in its demand as a result of the trend’s modifications. According to Katz and Crocker (2015), selfies and selfie-related behaviors like posting them on various social media platforms are therefore closely linked to social media, since they are social phenomena that originate and grow on social media.

Consequences of the phenomena or trend include the detrimental molding of behavior and personality. Selfie-taking behavior is the compulsive need to take an excessive number of pictures of one and share them on social media in an attempt

to bridge a closeness gap and compensate for low self-esteem (Vandali & Biradar, 2018). It was mostly linked to depression, narcissism, low self-esteem, and loneliness (Kaur & Vig, 2016). Professor of psychology Durvasula (2016) cautioned that snapping selfies might become normal.

She said that this aberration arises when an individual nearly compulsively takes many selfies throughout the day and posts them to social media. She continued by saying that if more than half of the images are selfies with filters or other editing software applied to them to enhance their appearance, that is concerning. Taking a selfie now involves more than just snapping a picture. It also included "selfie-editing," which is the process of enhancing and modifying a selfie for the purpose of having a great physical appearance and receiving positive feedback in the form of likes and reactions by adjusting its backgrounds, adjusting its color and contrast, and adding effects like interactive filters before posting it to a social media platform (Balakrishnan & Griffiths, 2018).

As a result, those who snap selfies often appeal to more people on social media (Re *et al.*, 2016). Selfie editing has the potential to cause mental health issues and negative online conduct (Monacis *et al.*, 2020).

Selfies have a self-reinforcement effect, which is a reciprocal process that may lead to users developing increased degrees of narcissism as a result of their selfie-taking habit. This implies that when users share their pictures with others, they feel rewarded, which raises their use of social media for selfie-taking activities and their degrees of narcissism (Halpern *et al.* (2016). The Media Psychology Research Center's director, Dr. Pamela Rutledge (2013), endorsed the idea that taking impulsive selfies might have detrimental effects, saying that it can be hazardous to a person's mental health, and enjoying selfies is a wonderful way too. An individual may display poor self-esteem, self-indulgence, narcissism, and attention-seeking behavior. That being said, not every selfie is bad. Selfies, for example, have been promoted as a beneficial tool for introspection by some. Selfie-taking behavior is an introspective act that enables people to assert their uniqueness and significance (Ehlin, 2014; Murray,

2015). Additionally, it aids in maintaining authenticity, enhancing self-esteem, and communicating their ideal self-concept (Yungsoo *et al.*, 2017; Wang *et al.*, 2020). It's important to distinguish between taking and publishing selfies because these two activities together make up the phrase "selfie behaviors." Selfies are mostly taken in private, but when social media is involved, they are posted publicly (Katz and Crocker, 2015).

University students' personality qualities include sharing and taking selfies, feeling happy to hear insightful criticism from others, and taking and posting selfies (Hussain *et al.*, 2023). Many people think that self-imaging is a way that we tend to justify our existence, while many others see it as a projection of self-love (Wadi *et al.*, 2023). The word "selfie," denoting a portrait shot taken by an individual using a camera or smartphone, has become increasingly common among younger generations in recent times owing to its absurdity. Individuals nowadays, particularly the younger ones, are usually seen with cameras at arm's length and are urged to snap photos in almost any circumstance (Georgakopoulou, 2016).

Selfies, for instance, have become a common way for people to express who they are to society and the outside world. Following their upload to social networking sites (SNSs) like Facebook and Instagram, people often distribute the selfie photos among friends in their social networks. Selfies facilitate self-disclosure for users, however several unfavorable aspects of this practice have garnered criticism according to Weiser (2018).

Since 2011, selfie-posting has received a lot of attention from journalists and the instructional community (Deeb-Swihart *et al.*, 2017). As per previous studies, women have a notably higher propensity than males to take and post selfies on social media, including individual, relationship, and group selfies (Qutub, 2021). A more thorough investigation of computer-mediated communication, in particular online self-presentation, revealed that women are far more likely than men to control how they see themselves through the use of photographs (Georgakopoulou, 2016). It's interesting to investigate the psychological underpinnings of selfie-posting behavior since it may provide light on the behavior's underlying

mechanisms. This is especially true given how common the practice is, especially among young women (Zhao & Zappavigna, 2018).

The act of uploading selfies is generally acknowledged by students as a relatively new yet widely acceptable form of online self-presentation. The selfie distinguishes itself from other self-promotional forms on social media that are quite different. As a result, individuals might build their Associate in nursing self-portrait by completing a lot of thorough methods, which will periodically show a portrait of every physical characteristic and temperamental feature. Specifically, the best examples of ostentation and self-propagation seem to be inherent in selfies (Tiidenberg & Gómez Cruz, 2015). The public interprets selfies as evidence of “social media-driven narcissism,” suggesting that posting portrait photos online is an attempt at self-promotion (Najjar *et al.*, 2013).

An inflated feeling of self-importance, a pervasive pattern of partiality, and a need for admiration are a few ways that the feature is periodically made public. Social contacts are particularly useful for narcissists and occasionally lonely individuals to validate the positive illusions of their physical attractiveness (Dufner *et al.*, 2013). An unpleasant sense of loneliness can arise when someone believes that the number and caliber of their social connections are not as high as they would want. Even when an individual is surrounded by other people, they may still experience feelings of loneliness while being alone most of the time.

One’s perception of loneliness is very individualized. Psychologists often see loneliness as a stable attribute, which means that different people may experience loneliness at different thresholds and that these thresholds may change in response to different situations in life. Until a person reaches the age of 75 or 80, their emotions of loneliness often don’t alter much during adulthood. At that point, however, they do begin to increase. Prolonged seclusion is associated with introversion, mental health problems, depression, and a lack of social support (Back *et al.*, 2010).

Studies suggest that loneliness shortens one’s life expectancy by raising the risk of physical sickness. Loneliness is maybe a complicated and often unpleasant emotional response to itself. The early

phases of loneliness are frequently accompanied by anxious feelings of disassociation or a lack of connection with diverse beings, which get worse with time (Jurblum *et al.*, 2020). Thus loneliness is a common sensation even in social situations. Numerous factors can contribute to loneliness, such as psychological, physiological, emotional, and social problems. Research indicates that loneliness affects people in marriage, relationships, families, the military, and other well-paying occupations and is widespread in society (Nguyen *et al.*, 2023)

The Good and Bad behind Selfie Culture

Selfies help to capture memorable moments

We typically snap selfies to document unique events or people, to commemorate our trips, or to remember experiences. When I go somewhere by myself, I frequently take selfies. Laughing at myself rather than having someone else take my picture makes me feel more at ease. When it comes to capturing the essence of the moment and the sense of being among people you feel comfortable with, group selfies are less “posed” than solo ones.

Selfies are intimate and emotionally compelling. We have social needs because we are human. Human connection is something we are designed to want. Selfies may now be utilized in a different way thanks to the surge in social media use, as we can now caption our pictures with positive messages. Selfies let us openly express our emotions, whether we are promoting a cause, chronicling our path to recovery, or feeling secure enough to own our bodies.

Still, taking selfies might be detrimental to one’s self-worth

Our capacity to conceal our identities and alter our appearance is one of the biggest contrasts between who we are online and in real life. Social media gives us more power over how we are perceived online. We may choose how we wish to be portrayed or untag or remove embarrassing pictures of ourselves. We now have more access to tools thanks to the rapidly advancing technology, which makes it easier

for us to showcase particular aspects and define our identities than it was in the past. Applications that let users modify images to seem like their ideal self, like Photoshop or Face tune, are examples of this. As a direct result of comparisons on social media, the “Snapchat dysmorphia” trend is evident. The dermatology department at Boston University School of Medicine said that patients seek out plastic surgeons asking “fuller lips, bigger eyes, or a thinner nose” that they see in picture filters.

The “keyboard warriors” are another group. Because it’s easier to remain anonymous while criticizing or condemning someone online, individuals appear to have greater guts. As a result, self-esteem concerns are increasingly presented to our youth. A new phenomenon brought on by social media is “the fear of missing out.” Instead of being really present in their real lives, this keeps young people glued to their phones, admiring others. If they are not represented on social media, many people might believe that their achievements, social life, enjoyable times, and physical looks are of less value.

Selfies cause us to doubt who we are

Author and Stanford University professor Peggy Phelan made the following observation: “Women who use themselves or their own self-image are often dismissed as narcissistic.” Phelan has written on photography and feminist themes. It’s a means of censoring individuals, especially youth and women. Since we upload pictures of ourselves all the time, it makes sense that the idea that it may becoming compulsive. There is no doubting that this might lead to a dependence on likes and satisfaction.

However, Phelan has also mentioned that snapping selfies might raise significant issues, such as “What is the self?” Who is the self? And the number of incarnations of the self? Is the self only a persona, then? “These are the fundamental, profound questions,” she claims. “And a lot of people use the selfie to explore those.”

The next time you snap a selfie, consider the significance it holds for you and whether it truly captures who you are. Enjoy yourselves as well! It’s not simply about whether you got the perspective perfect, whether your face has a flaw, or how well-defined your jawline would appear. Allow the real you to speak louder than their fakery!

Selfie addiction and narcissistic tendencies

According to research, the excessive use of social networking sites and Internet inclinations may be to blame for the rise of narcissistic tendencies (Twenge & Foster, 2010). Consequently, a great deal of research has looked into narcissism on Facebook.com, the most popular social networking site. (Buffardi & Campbell, 2008; Mehdizadeh, 2010). In 2008, Buffardi and Campbell looked into egotism on Facebook pages.

The most narcissistic profiles were mediated by strangers to have more social collaboration and attractive photos; however, the study may have been limited because the personality of strangers viewing the profiles may have affected how they noticed the current profile. In this study, narcissistic personality reports were gathered and coded based on content viewed on subjects’ profiles. It was found that narcissistic traits correlated with higher levels of social activity i.e., large number of Facebook friends, wall posts, and had more self-promoting satisfied

The traditional perception of narcissism was that it was a condition marked by grandiose conduct and extremely high self-esteem. But in reality, it is a self-esteem disease. Individuals with narcissistic traits frequently have numerous anxieties and have developed a means of self-expression to project an air of extreme confidence to others (Durvasula, 2016). When grandiose and vulnerable narcissism coexist with a considerable impairment in day-to-day functioning, it might be considered pathological and appropriate for a diagnosis of narcissistic personality disorder (Lancer, 2020). Selfies are often used by those with high degrees of narcissism. This is because people are encouraged to maximize their self-promotional and superficial actions by selfie-related activities (Koterba *et al.*, 2021).

Consequently, the frequency of narcissistic people engaging in selfie-taking activity may cause a considerable increase in narcissistic tendencies among users who already exhibit some degree of narcissism, or it may even induce narcissism in those who do not (Halpern *et al.*, 2016).

The amount of time someone spends manipulating their selfies on social media platforms is similarly linked to narcissism (Fox & Rooney, 2015).

Additionally, it was discovered that those with strong narcissistic traits frequently share more intimate selfies (DeWall *et al.*, 2011). According to further data, narcissism is linked to a higher number of attention-seeking or exhibitionistic Facebook postings (Carpenter, 2012). Contrary to the widespread belief that narcissism is malignant, some individuals observed narcissism as a favorable trait. According to Aquino and Mendoza (2017), this does not imply that a person's way of life will be adversely affected by having narcissistic traits. Rather of allowing the pathological side of their personalities to take center stage, people should focus on the healthy qualities. That's when issues start to arise (Stieg, 2019).

A narcissistic personality disorder is not always present in those who exhibit narcissistic actions or inclinations. The Diagnostic and Statistical Manual (DSM-5) states that in order to be clinically diagnosed with narcissism, an individual must display at least 55% of the most prevalent clinical symptoms of the disorder NPD. This demonstrates that there can be "healthy narcissism." Most individuals have narcissism absent from the illness. A distinct class of its own, healthy narcissism and is in fact favorable (Moore, 2020).

Also, motivations that demonstrated confidence in oneself and body positivity might be mistaken for narcissistic ones. Saying something like, "I post selfies because I'm happy with my body and I want to show it off," is quite different from saying something like, "I've worked hard to become happy with my body, and I want others to see that and feel empowered too." as "I'm finally happy with how I look, but I still need that validation from others" (Seidman, the year 2020). In a study published in 2018, Sukhdeep *et al.* found that college students' overall narcissistic scores are moderate. Narcissistic traits can be classified as follows: 8.4% have severe traits, 39% have moderate traits, and 49% have mild traits.

Furthermore, a research conducted by Bernarte *et al.* (2015) in the International Review of Social Sciences Research, Volume 2 Issue 2 revealed that their Filipino students had a low degree of narcissism. On the other hand, some Facebook users have displayed narcissistic traits. Furthermore, an individual's age and Narcissism and social media use are strongly correlated.

Many studies on the relationship between narcissism and selfie-related activities have concluded that those who engage in these behaviors are extremely narcissistic (Hernowo & Mashoedi, 2018; Moon *et al.*, 2016; Sorokowski *et al.*, 2015; Sung *et al.*, 2016; Amurao & Castronuevo, 2016). According to Sukhdeep *et al.* (2018) and Kaur *et al.* (2018), for example, the majority of college students who took selfies also showed narcissistic symptoms, indicating a substantial association between their selfie-posting activity on social media and their narcissistic traits. Etgar and Amichai-Hamburger (2017) discovered a connection between narcissism and self-motivating characteristics.

55% of students believe that uploading selfies to different social networking sites encourages their narcissistic tendencies, according to a Wickel (2015) poll. Indeed, a following average 25% rise in narcissism was linked to excessive social media usage, namely the uploading of selfies (Reed, 2018). Furthermore, Amurao and Castronuevo (2016) found a substantial correlation between students' enjoyment of selfies and narcissism, with high average levels of selfie behavior and borderline narcissism. Selfie like is significantly correlated with a number of narcissistic qualities, including attention-seeking, loneliness, and self-centered conduct (Charoensukmongkol, 2016).

Selfie-related habits are somewhat influenced by narcissism. For instance, narcissistic people are more likely than non-narcissistic people to take and publish selfies on social media (Halpern *et al.*, 2016; Sung *et al.*, 2016). Filipinos from Generations Y and Z showed a statistically significant correlation between narcissism and selfie habit, with narcissistic behaviors accounting for around 7.3% of selfie-related behaviors, according to a study by Reyes *et al.* (2021). Nevertheless, some research also indicates that the grandiose and exhibitionistic components of narcissism—the only facet of narcissism that selfies appear to be related to—(Koterba *et al.*, 2021).

Selfie uploading was also linked to greater grandiose exhibitionism, narcissism, and poor self-esteem (McCain *et al.*, 2016). Selfie posting frequency has a favorable and substantial link with narcissism, particularly with regard to the leadership/authority and grandiose exhibitionism features (Weiser, 2015).

Additionally, vulnerable narcissism has been linked to selfie uploading (Barry *et al.*, 2015) and the drawbacks of selfie photography (McCain *et al.*, 2016).

Impact of selfie practices on well-being and body confidence

Psychological well-being

One aspect of the general concept of well-being is psychological well-being, which encompasses social, subjective, and health-related behaviors. These are connected but have distinct meanings since the happiness of an individual is the main objective of all of these ideas and concepts (Dost, 2005). This very subjective term is used in the health sector to refer to a state of self-actualization—the sense of having accomplished something in life—as well as contentment with all aspects of life. Diener (1997) defined psychological well-being as an individual's ability to assess their life, which can take the shape of affect or cognition.

This is predicated on the idea that most people can make judgments since they generally view their lives as either excellent or poor. People also always experience moods and emotions, which can be either happy or bad. As a result, even though they may not consider it frequently, people have a certain level of subjective well-being, and the psychological system provides an almost continuous assessment of their circumstances. While researching a person's psychological health, a few key elements must be considered. Positive functioning of these elements is necessary for an individual's improved psychological well-being. According to Özen's (2005) study, these important factors include positivity in relationships, control and dominance over one's surroundings, a stable, clear mind that can accept the past and present, a clear sense of purpose and importance in life, the capacity to foster personal development, and the mental capacity to make decisive decisions.

Six factor model of psychological well-being

According to Ryff's model the goal of life isn't feeling good, but is instead about living virtuously" (Ryff, 1998). Six factors are considered key-elements of psychological well-being: 1. Self-ac-

ceptance 2. Personal growth 3. Purpose in life 4. Environmental mastery 5. Autonomy 6. Positive relations with others.

Self-acceptance

Positive attitude toward the self; acknowledgment and acceptance of multiple aspects of self, including good and bad qualities; positive feelings about one's past Positive relations with others: Warm, satisfying, trusting relationships with others; concern for the welfare of others; capacity for strong empathy, affection, and intimacy; understanding of the give-and-take of relationships

Autonomy

Self-determination and independence; the ability to resist social pressures to think and act in particular ways, regulate behavior from within, and evaluate oneself based on personal standards

Environmental mastery

Sense of mastery and competence in one's environment; the ability to control a complex array of external activities and leverage opportunities; the capacity to choose or create contexts that suit needs and values

Purpose in life

The possession of goals and a sense of direction; the feeling that there is meaning to present and past life; holding beliefs that give life purpose as well as aims and objectives for living

Personal growth

Feelings of continued development and the sense that one is growing and expanding; openness to new experiences; realization of one's potential and perceived improvement in self and behavior over time; change that reflects greater self-knowledge and effectiveness.

A significant correlation exists, both directly and indirectly, between the addiction to selfies and psychological well-being. Selfie has a positive effect too. Selfies and self-confidence: creating a positive identity Selfies are a valuable form of self-expression and an online social media connection for young people. Young individuals who take selfies can: learn more about themselves. record and distribute

memories of memorable and noteworthy occasions. While the act of taking selfies is not in and of itself a mental illness, an addiction to the practice may be a sign of more serious psychological problems. (Huffington, 2014).

Selfie addiction has two implications on mental health: first, it raises the possibility of addiction and cyberbullying; second, it can lead to abuse and misinformation that may not directly affect psychological well-being but instead may be a contributing factor in mental health issues. (Soliman *et al.*, 2014). An individual's psychological well-being can be negatively impacted by the habit of taking a lot of selfies, which can lead to suicidal thoughts and attempts as well as fatalities (Bushak, 2015). People have attempted to snap selfies while skydiving, flying airplanes, scaling towers, bridges, and skyscrapers, and in the majority of these cases, the results have been extremely dangerous or even fatal ("Seriously Scary and Dangerous Selfies," 2014). When Amritpal Singh, 29, tried to snap a selfie with his aircraft, he and his passengers perished in the crash. He crashed into a wheat field after losing control of the aircraft (Hughes, 2014).

Selfie addiction has an impact on a person's physical and mental well-being. Risk on the physical side causes impairments on the physical side and risk on the mental side causes psychological issues like body dysmorphic disorder. (Campbell, 2014). Addiction to selfies can also result in anorexia, a mental health illness and eating disorder (De Choudhury, 2015; Lyons and associates (2006). Anorexia People suffering from anorexia have distorted body image cognition and they feel overweight despite they are actually underweight (Soliman, *et al.* 2014). According to experts, posting too many selfies on social media platforms can cause narcissism. Some have even claimed that using social media alone can cause narcissism, low self-esteem, and the most annoying habit on the platform—one that can cause social alienation from friends and family (O'shea, 2014; Blaine, 2013). Selfie addiction is closely linked to attention-seeking behavior. Excessive attention-seeking can have a negative impact on an individual's psychological health, which may lead them to engage in inappropriate behavior such as taking and posting selfies in

an attempt to get likes and positive feedback from their peers. (Angstman and Rasmussen, 2011)

When taking selfies, people frequently concentrate primarily on themselves. This tendency may be related to their self-centered conduct, which is another aspect of psychological well-being. Recently, there has been a growing concern in society that snapping selfies can be viewed as a selfish behavior since it causes people to focus too much on how they look in pictures and ignore those around them. This claim was bolstered by a 2015 study by Fox and Rooney, which revealed that those who frequently shared selfies online tended to be less empathetic. The mental illness known as selfie addiction is divided into sub-domains since it causes a lot of issues. First and foremost, individuals suffering from a selfie addiction struggle with everyday issues like subpar work output, troubled marriage and family dynamics, peer pressure, inferiority complex, and discontent with their jobs, among other things. Moreover, it might result in orthopedic issues like low back discomfort, tennis elbow, cervical spondylitis, chronic fatigue syndrome, and frozen shoulder, among others. The main cause of these difficulties and exhaustion is the regular use of smartphones or laptops/computers, which results in extended typing and awkward body postures. (Vats, 2015).

Selfies are relatively new phenomena that are becoming more and more common, but experts have only just begun to pay attention to them. According to the available data, several features of self-care practices—namely, curating them and seeking out and valuing peer feedback—may be more closely linked to outcomes related to well-being and body confidence. Furthermore, there is some preliminary evidence supporting the moderating role of appearance comparisons and other psychological processes. Future study should focus on better describing the impacts of participating in selfie practices, given the popularity of selfies. It would also be quite helpful to look at the good uses of selections, such as identity exploration, enjoyment, or boosting self-esteem. More studies involving males and youngsters, as well as studies concentrating on a larger variety of well-being metrics, are required to enhance our knowledge

of the correlates and consequences of selfie habit. The directionality of relationships between selfie usage and wellbeing and body confidence must be investigated, most particularly through prospective research.

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