



## Selfie: Enjoyment or Addiction?

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### Abstract

*The rapid growth of taking selfies have been associated with harmful psychological disorders leading to mental disturbances resulting in behavioural disturbances. Our technology, instead of being beneficial to society, is turning catastogenic with people suffering from narcissitic behavioral syndrome. The purpose of the current paper is to describe how taking selfie addiction effects mental health and physical health of human being ?Is taking selfie a harmless fun or an infectious gift.*

**Keywords** - Selfie, Addiction, Effects.

### Introduction

A selfie is a gesture that can send different messages to different individuals, communities and audiences <sup>[1]</sup>. On 13 September 2002, the word "selfie" was first time used in Australian internal forum. 'Myspace' was the common name used for the self taken photograph in the early 2000s <sup>[2][3]</sup>. Selfie is becoming a fashionable trend not only among young generation but in all age groups it is a recent type. Psychiatrists are beginning to consider to taking selfies as a serious mental health problem. Clicking selfies initially starts with fun and time-pass, gradually it becomes habit and slowly an addiction. Consequences of selfie includes poor performance in the work field, peer pressure, unwanted stress, unhealthy family relations,

conflicts etc. Also it may lead to complications such as low back pain, cervical spondylitis, awkward posture of the body, frozen shoulder, tennis elbow etc <sup>[4]</sup>. In april 2014, a man diagnosed with body dysmorphic disorder recounted spending ten hours a day attempting to take the "right selfie", attempting suicide after failing to produce what he perceived to be the perfect selfie <sup>[5]</sup>. Another highlighted complication these days is "Selfie Elbow". Selfie elbow is actually is a new tech related medical condition that has become a cause of concern for avid self takers across the globe. According to doctors, selfie elbow is much like tennis elbow-a kind of tendinitis. Selfie elbow is also termed as overuse injury. Holding phone for several minutes in strenuous posture can cause trauma to the muscle

and tendons in the elbow. Abnormal strain leads to inflammation and acute or chronic pain in the elbow. Selfie elbow is another addition to the long list of medical conditions caused by overuse of technology, among teens specially.

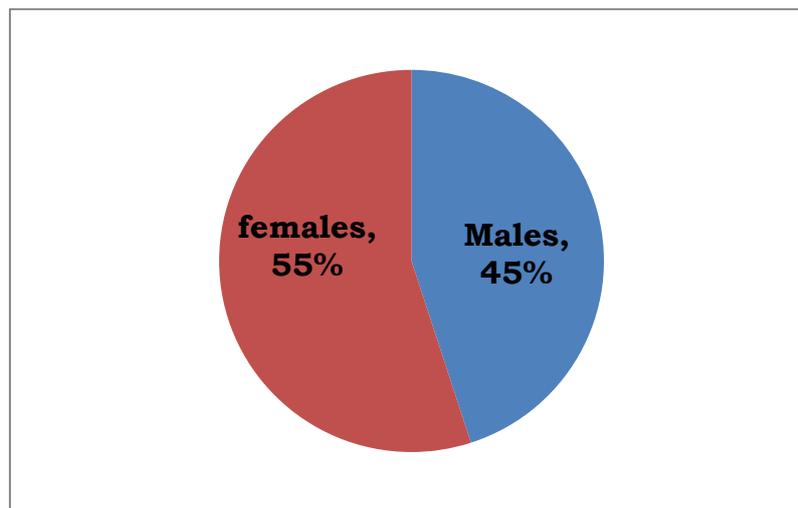
### Demographic Statistics of the Survey Participants

The researcher surveyed 250 students from different age groups, genders and race. The researcher requested the students to complete the

questionnaire. The data was collected and analyzed on the demographics of the participants. The demographics were determined on the basis of gender and age. The results on the demographics of the participants are summarized below.

### Gender Identity of the Participants

The genders of the students who participated in the survey are depicted in fig. 1. Among 250 students who participated, 56% (140) were females and 44% (110) were males.



**Figure 1:** Gender identity of the current survey participants % (N =250)

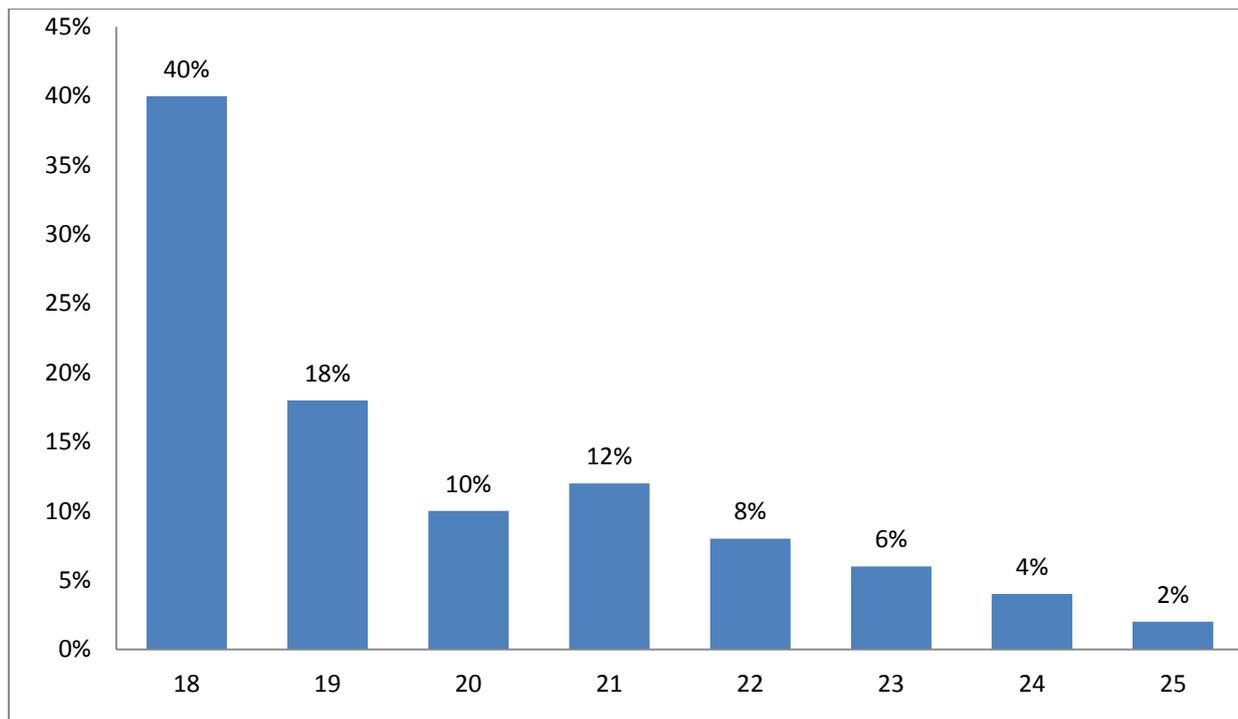
### Age of the Current Survey Participants

The age of the students who participated in the survey varied from 18 years to 25 years and the number of students who belonged to this age group are depicted in fig 2. Out of the 250 students, 40% of the students were 18 years old, 18% of the students were 19 years old, 10% of the students were 20 years old, 12% of the students were 21 years old, 8% of the students were 22 years old, 6% of the students were 23 years old, 4% of the students were 24 years old and 2% of the students were 25 years old. The graphical representation is shown below in fig 3. The analysis of the age group of the students indicated that 80% of the students

were in the age group 18-21 and only 20% were in the age group 22-25 years.

**Figure 2:** Average number of the students participated from different age group

AGE	NUMBER OF PARTICIPANTS
18	100
19	45
20	25
21	30
22	20
23	15
24	10
25	5

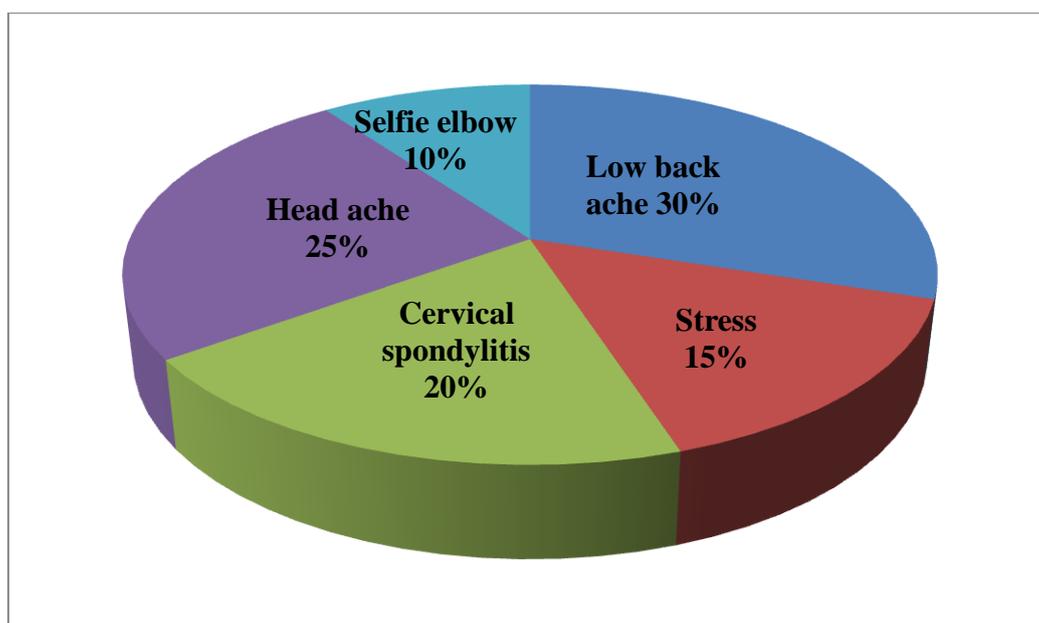


**Figure 3:** Age of the current survey participants % (N = 250)

#### Effects on the Current Survey Participants

The complications of taking selfie on the students who participated varied from low back ache, stress, cervical spondylitis, head ache and selfie elbow. Out of the 250 students, students suffering from low back ache were 30%, students suffering from stress

were 15%, students suffering from cervical spondylitis were 20%, students suffering from head ache were 25% and students suffering from selfie elbow were 10%. The graphical representation depicting the effects is depicted in fig 4.



**Figure 4:** Effects on the Current Survey Participants % (N = 250)

### Adverse Effects

Selfies are likely to cause addiction, mental illness and even suicide. In 2014 february, officials of hongkong Marathon took an initiative to prohibit taking selfies during running ,due to injuries taken place in the 2013 Marathon when runners stopping to snap selfies which causes pile-up and resulted bruises in participants <sup>[6]</sup>. Clinical psychologist Dr. Anjali Chhabria's ideas of selfie is like creating virtual identities which people wish to be they are truly, what they are not, she termed it 'FALSE IMAGE' <sup>[7]</sup>. This evidently shows the addiction turns to a mania afterwards selfie obsessed teenager Danny Bowman who was attempted suicide says he ended up shooting about 200 pictures trying frantically to catch up the perfect image <sup>[8]</sup>. Scientists link selfies to Narcissism, Addiction & Mental Illness. According to psychiatrist Dr David Veal: "Two out of three of all the patients who come to see me with Body Dysmorphic Disorder since the rise of camera phones have a compulsion to repeatedly take and post selfies on social media sites" <sup>[9]</sup>. The American Psychiatric Association (APA) has officially confirmed what many people thought all along: taking 'selfies' is a mental disorder. 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 <sup>[10]</sup>.

### Conclusion

We concluded that taking more selfie makes the people self obsessed narcissists. People taking more selfie are with the conditions like mood swings, mentally disturbed, selfie also causing physical problem like Selfie elbow. We end up with the conclusion that if taking selfie is a fun on one hand but on the other hand it has deadly destroyed human health. Two hundred and fifty students participated in the survey. The results on the gender of the students participated in the study figure 1, the proportion of female participants is more than the male participants. Among the age group 18-25, maximum students were among the age group 18

21. Out of the participated students, maximum students are suffering from low back ache followed by head ache. Now selfie addiction is no more a matter of laugh it is becoming the cause of mental disturbances along with physical health problems resulting in the rise of new disorders, among teens specially.

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