



RESEARCH ARTICLE

IS THEIR ANY RELATIONSHIP BETWEEN SELFIE AND SELF-ESTEEM?

***Mahima Eliazer and Sheshadhari, T.K.**

Teerthanker Mahaveer College of Nursing, TMU, Moradabad, U.P., India

ARTICLE INFO

Article History:

Received 17th February, 2018
Received in revised form
21st March, 2018
Accepted 09th April, 2018
Published online 23rd May, 2018

Key words:

Selfie,
Self-Esteem,
Relationship.

ABSTRACT

Background and objective: Selfie is the most trendy mode of technology which is being used now a days by all the individuals for various uses. It is used to express themselves, to build their self-image, to enhance their confidence or sometime to avoid the boring situation. In building self-esteem, individual experience play an major role. It allows people to face the life situation with more confidence, optimism and this is an easy step to reach their goals and self-actualize about themselves. Possessing little self-regard in people can lead to become depressed, to decrease their potential or to tolerate abusive situation and relationships, whereas on the other hand, too much self-love results in an inability to learn from their failures. This paper aims to assess the relationship between the selfie and self-esteem.

Methods: Pub Med-Medline and EBSCO were searched for reviews in finding the relationship between selfies and self-esteem among the adolescent till 2017. Search strategy specific to each database were used.

Results: Out of 7 articles, 6 research studies supported the positive relationship between selfie and self-esteem.

Interpretation and Conclusion: The review concludes that there is positive relationship between selfie posting and the self-esteem of the individual, whereas in some cases the negative relationship also be noticed.

Copyright © 2018, Mahima Eliazer and Sheshadhari. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Citation: Mahima Eliazer and Sheshadhari, T.K. 2018. "Evaluation the level of cervical Metastatic lymph node of the patients with oral squamous cell carcinoma", *International Journal of Current Research*, 10, (05), 68970-68974.

INTRODUCTION

Over a period of time, technological advancement has given us new addiction disorders. Smartphones has intrudes in our daily life so much that without which it has become difficult for us to survive. Today's smartphone are equipped with high resolution camera, we call it 'Selfie' camera. In the year 2013 Oxford Dictionaries announced the word of the year as the 'Selfie', due to sudden increase in the popularity. Oxford dictionary defined this term as, "A photography that one has taken of oneself, typically one taken with a smartphone or webcam and shared via social media". Before the rise in the trend of selfie, people are using their usual smartphone with the self-timer mode to click their pictures in different poses. But this self-timer is replaced by selfie, as it do not require more time and good patience for a good click. Most importantly to be a selfie, photograph should be captured with a camera mode held at arm's length. The new trendy fashion for all age group of people is 'Selfies'. It has become the modern instrument for individual to self-represent themselves in Society.

Individual try to construct their personal identity with the help of selfie taking and posting it on social media. When taking a selfie, individual 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. Self-Esteem refers to the global feeling of self-worth or adequacy as a person or generalized feeling of self-acceptance, goodness and self-report. High self-esteem refers to a highly favorable global evaluation of the self, whereas low self-esteem refers to a unfavorable definition of self. Self-Esteem is a very broad term for how good or bad we feel about ourselves, and it generally vary as per time and sometime as per our mood and environment. In social media, people tend to enhance presentation and interpreting by information based on their own feeling, states of mind and points of views in order to enhance self-esteem.

Need for selfie and self-esteem relationship: The increase in selfies has surprised various groups in society including social media. The increase in selfies has surprised various groups in society including social media. As the selfie help the individual to express themselves before someone and it has become the medium for the people to increase or decrease their self-esteem and confidence. As there is increase in number of likes and comment on their pictures on social media, they feel increase

*Corresponding author: Mahima Eliazer

Teerthanker Mahaveer College of Nursing, TMU, Moradabad, U.P., India.

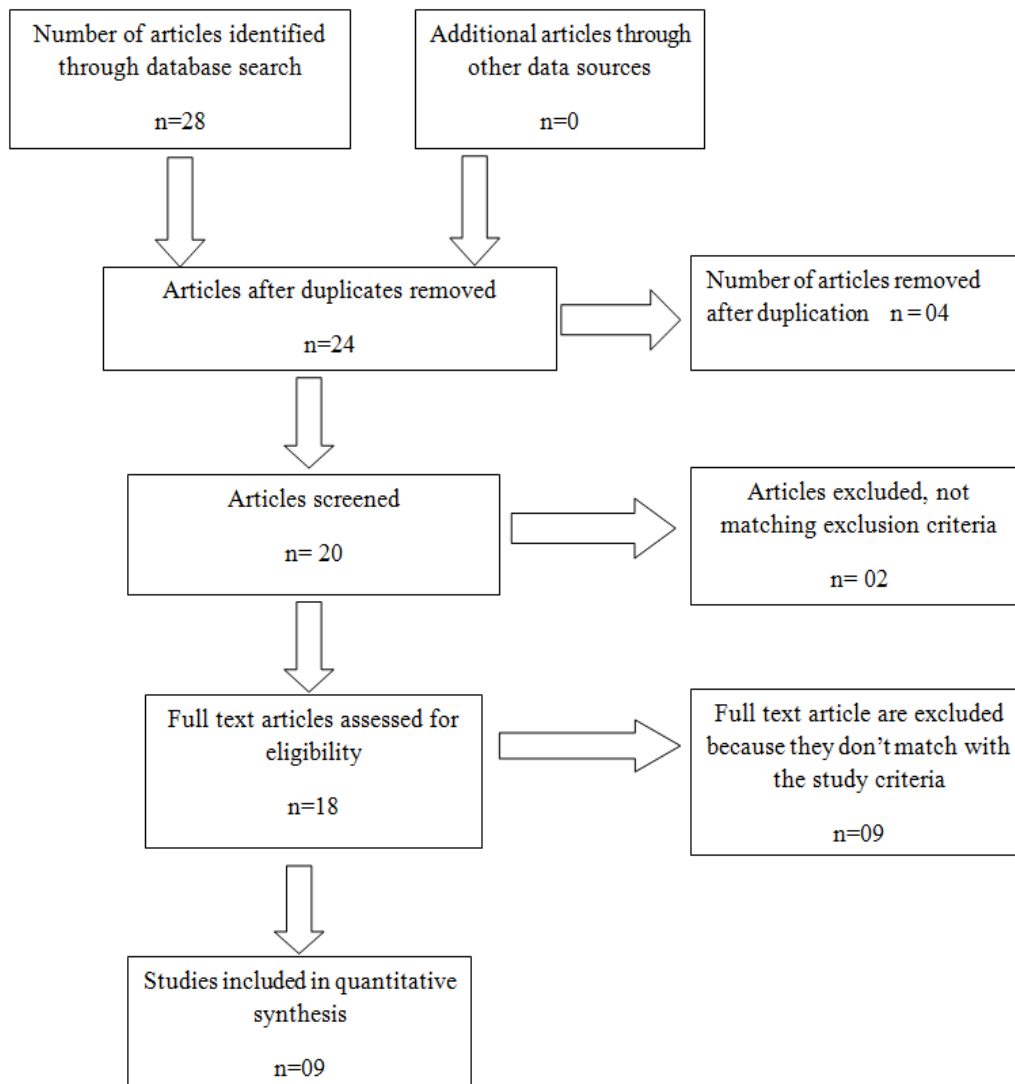


Figure 1. Flow chart showing study selection process

in their self-esteem level, but as the number of likes and comments are not satisfactory, the individual level of self-esteem decreasing assuming that they are not good looking or the other people do not admire themselves. The selfie has brought with it a problem that is having a troubling impact on social media users, particularly teenagers. Taking pictures of yourself smiling, at different times of day can actually improve mood and raise self-esteem. Many of us dislike our smiles or pictures of ourselves in general. By taking selfies we begin to like, even love, the way we look. This boosts our self-esteem, gives us more confidence and makes us happier with our appearance. Hence, the review aimed to find the relationship between selfie posting on social media and self-esteem level to further understand the trend of selfie.

Aim: The aim of this review is to identify the relation between selfies and Self-Esteem of the individual.

Objectives: To find the correlation between Selfie taking behavior and Self-Esteem.

MATERIALS AND METHODS

Eligibility criteria of the articles were done on the basis of the following criteria:

Search strategy methods: This narrative review is concordant with the Preferred Reporting Items for Systematic reviews and Meta-Analysis (PRISMA) guidelines. A comprehensive search was performed using two databases – PubMed and EBSCO. The search was till Aug 2017. All relevant titles and abstracts were read to evaluate the eligibility based on inclusion criteria. After reading the full-texts, the researcher eliminated non relevant articles where potentially relevant articles were reviewed by the other authors to confirm eligibility. Initial search retrieved 28 articles over which 28 were selected manually. 4 articles were excluded because of duplication in two databases. 24 records screened, then, out of that 03 were excluded full-text not related to the topic. Hence, 7 articles were screened which include 6 quantitative studies and 1 qualitative study. Researcher excluded books, non- English manuscripts, conference abstracts with no full- text and non-full- text articles.

Types of tool: Brief discussion and description, Questionnaire, Rosenberg Self-Esteem Inventory, Online Survey, Body Image Acceptance and Action Questionnaire (BIAAQ), Narcissistic Personality Inventory (NPI), Murray Social Exhibitionism Index, Selfie Questionnaire.

Types of studies: Comparative studies, Descriptive studies and Exploratory studies.

Table 1. Data extraction table

Sr.No.	Source and Title	Country	Variables	Instruments	Sample and Sampling Technique	Design	Intervention	Duration	Finding	Conclusion
1.	The Selfie Phenomenon :Self presentation and its implication	India	Selfie Phenomenon	Focus group discussion (FGD)	8 , Purposive Sampling	Qualitative	Brief Discussion and description	120 Min	The result of the study shows that the usage selfies has an positive impact on Self – Esteem of the individuals	Participant also expressed strong need for awareness on negative implication
2.	Selfie – Mania influence on adolescent Self-Esteem	Albania	Mania and Self-Esteem	Questionnaire	100 , Convenient Sampling	Quantitative	Rosenberg Self-Esteem Inventory	60 Min daily for 4 days	The result indicate the positive correlation between Selfie and Self-Esteem	Individual are looking for better image of themselves as self-images
3.	Let me take Selfie : Exploring the psychological effects of posting and viewing selfies and groupies on social media	United States	Selfie posting, Self-Esteem ,Life Satisfaction	Survey	275, Convenient	Quantitative	Online Survey with Structural Equation Model	20Min	The result indicate that more frequent people view selfies on social media ,the lower level their Self-Esteem and Life Satisfaction	Individual high in need for popularity were more likely to be affected by selfie viewing behavior in terms of life satisfaction and Self-Esteem compared with individual low in need for popularity
4.	Attitude toward selfie taking in school going adolescent : An Exploratory Study	India	Attitude toward selfie	Scales and Questionnaire	252, Purposive	Quantitative	Attitude toward selfie taking questionnaire, Body Image acceptance and action questionnaire and Narcissistic Personality Inventory	40 min	The result indicate that 42.6 % reported that regularly clicked selfies of themselves and 18.1% girls and 15.2% boys click more than 4 selfies /days and feel to have high Self-esteem	The pioneering /novel / innovative work in field of selfies
5.	Selfie and Self: The effect of selfies on Self-Esteem and Social sensitivity	Korea	Selfie ,Self-Esteem and Social Sensitivity	Pictures of Self-Portrait and Signature	78 , Purposive	Quantitative	Measure the reaction time to social probe and Self – Esteem was by measuring the size of Signature	15 Days	The result suggest that taking and sharing selfies could result in greater social sensitivity and lower self-esteem	Most people conclude that main reason for popularity of selfie result from the advance of technology
6.	Why we Post selfies: Understanding motivation for posting pictures of oneself	Korea	Post selfies and motivation	In depth interview and survey	319 , Purposive	Quantitative	Photo sharing on social networking sites (SNSs) and Survey	1 Month	The result shows that there is positive correlation between selfie and Self-Esteem	The exploration towards understanding the popularity of the rising phenomenon as well as why people take and post selfies across diverse SNSs.

Types Of Participants: Male and female including age group 16-47 Years.

Settings: Various Educational Institutions

Outcome: Relation between Selfie and Self-Esteem.

Delivery of intervention: The systematic search was conducted by framing the terms individually and in combination with all and synonyms, also according to the database. 28 articles were identified through database search and any additional article was not identified through other sources. In total 28 articles, only 4 articles are duplicates and these 4 articles are removed. Total 24 articles are there after removing duplicates and these articles are screened. After screening of 24 articles, 3 articles are excluded because these articles are not relevant with the review. Then, 21 articles full text articles are assessed for eligibility.

Studies were included if they met the following criteria: focused on relationship between selfie and self-esteem level of the people. From 21 articles 14 full text articles are excluded because these are not fulfilling the study criteria. Then the remaining 7 full text articles are included because these are based on quantitative studies in which data collection done using socio-demographic characteristic, structured interviewing questionnaire, scoring sheets, 3-points scale and open ended questions. The studies literature found are synthesized and narrative review is prepared.

Publication time scale: Recent and up to date articles are included for the review.

Availability of full-text: Studies available in full text form from one or more following databases were included in the study. Database include: PubMed and EBSCO.

RESULTS

Summary of finding

- Available 7 literature are quantitative and qualitative study.
- Out of 7 literatures, 6 research studies concluding the increase in Self-Esteem by regularly taking and posting Selfie.
- 1 study suggests that there is decrease in the Self-Esteem by regularly taking and posting Selfies.

Importance in society: Based on all 7 studies which included in this narrative review, the relationship between Selfie and Self-Esteem of the individual. After analyzing these studies, some valuable points are found which are important for the society from the various groups of society.

- For the institution administrators, they should understand why the students behave the way they are doing. Provide some restriction to the students as well get fully oriented about the behavior of students while posting and taking selfies.
- For the Parents, they should become aware of what is happening in today's generation regarding the usage of smart technological gadgets and also provide awareness to the children regarding the Selfie usage.
- For the Youth, they should be aware about the advantage and disadvantages of the dependency on any technological moments.
- This study also help to identify the significance of selfie on the individual because selfie taking and posting nowadays help the individual to develop the Self-esteem to express their self to others.

Future significance: There is a list of serious injuries and death in which one or more subjects of selfie were killed or injured, either before, during or after having taken a photo of themselves, with the accident at least in part attributed to the taking of the photo. The selfie craze doesn't seem to be dying anytime soon. But a lot of people are dying because of it. In fact, India led the world in selfie-related deaths in 2015. In the current technological world, it is has been very important for the mental health professionals to explore how an individuals are using selfies, social media as an important part of a mental health assessment of the surrounded people. As it will increase the mode of discussion about the self-esteem and the safe use of technologies. Various attempts should be made by the professionals, societies and families to reduce the electronic overload to regain the healthy balance of life, work and technology in the daily living. Future research ideas include conducting the same study on a larger sample size to see if the results will vary or remain the same. Another future research topic will be to study the effects of selfies on self-esteem. The researcher would like to find out whether or not selfies have the power to increase the levels of self-esteem.

Strength: The strength of this work is that there is no previous narrative review on the relationship between Selfie and Self-esteem.

Weakness

- Article mainly focus on the relationship between Selfie and Self-esteem

- Only 7 articles were included for data synthesis due to limitations.

Limitations

- Database search was limited
- Search strategy was refined to Selfie and Self-esteem only

Recommendations

Review would have been better if it could have:

- Discussed on contrast of systematic review
- The access to subscribed databases

Conclusion

The selfie is a gesture or self-representation that can send different message to different people, communities. Selfie function both as practice of everyday life and as a part of politicizing discourses about how people ought to represent, document and share their behaviors. Self-esteem is a judgment of oneself as well as an attitude toward the self. It is made up of the feeling and opinions the individual have about themselves, that means self-esteem isn't fixed themselves. It can change, depending on the way the individual think over time, habits of negative thinking about ourselves can lower self-esteem.

Conflicts of interests: There was no conflict of interest in this article.

Source of funding: It was not a funded research study.

Ethical approval & consent to participates: This is a narrative review, ethics approval and consent is not applicable.

Acknowledgement: This review has been kept on track with the support and encouragement of numerous people, including almighty, my superior, my family and well-wishers. It is a great honor to express my sincere gratitude and thanks to my guide Mr. T. K. Sheshaadhiri, ASST. PROF. Psychiatric Nursing, Teerthanker Mahaveer College Of Nursing, India. Author of this manuscript express their sincere gratitude to all the authors of the original research articles that have been found useful to write this narrative review.

REFERENCES

- Caryl Louise B. Isuan, 2015. Correlation of selfie and Self-Esteem
- Elvira Mullai, Orgesa Macaj et.al. 2016. Selfie – Mania influence on adolescent Self-Esteem, *Interdisciplinary journal of Research and Development*, Vol. IV, No. 2
- Era Dutta, Payal Sharma et al. 2016. Attitude towards selfie taking in School – going adolescent, *Indian Journal of Psychological Medicine*, Vol 38, No. 3
- Ruoxu Wang, Fan Yang et al. 2016. 'Let me take a Selfie : Exploring the psychological effects of posting and viewing selfies and groupies on social media, *Elsevier Journal*.
- Sandra Sunitha Lobo and P.C. Yamini Gowda, 2016. The Selfie Phenomenon : Self-Presentation and Its Implications,

- International Journal Of Computational Research and Developmental
Yongjun Sung, Jung-Ah et al. 2016. why we post selfie: Understanding motivation for posting pictures of oneself, *Elsevier Journal*.
- Youngoo Shin and Minji Kim et al. 2017. Selfie and Self : The effects of selfies on Self-Esteem and Social Sensitivity, *Elsevier Journal*.
