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SELFIES AND SELF ESTEEM

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AIM OF THE STUDY:

The following study is on the social media and its negative effects mainly focusing on the 'study of selfies' and how people face a narcissist behaviour after clicking loads of selfies and it takes a toll on their self-esteem, a well taken selfie will make them feel good about themselves but a bad click or no comments/less comments results in decrease of their self-esteem and it becomes a real problem if a person only relies on other's opinions to boost their self-worth.

ABSTRACT:

'Selfies' are trendy it is what every addicted person on the social media knows about it, In a day we click a lot of pictures to capture memories and to store them is one thing, but clicking selfies is on another level, a completely different trend, where one tend to click images of self, which is good as we all are conscious of ourselves, but there is a limit to it, and excessive clicking of selfies can turn out to be a "obsession of self" which has negative outcomes.

RISE OF SELFIE ERA:

It has been some time since the world of social media has been stung by a trend that has taken over our lives and has resulted in a major transformation, In the various technological apps that we use, and the number of photos we take on our smartphone suddenly there has been a rise in a trend of self-photography and that is the "trend of capturing selfies", this has continued successfully over the years and has had a rather negative impact on our lives, as it has led to people continuously capturing themselves and posting it on social sites just for 'instant feedbacks' likes and comments, and this obsession is here to stay, In September 2002, Steven Wright coined the term selfie, and Australia was the first country to invent the word and then it went on to become the 'word of the year' in 2013 by gaining an entry into the Oxford English Dictionary, since then the word has been trending on every social media also most popularly the hashtag #selfie trends on every social networking site, and everyday

thousands of people click a lot of selfies and post it on Facebook and Instagram leading to them being obsessed with themselves and with the phenomenon and the 'selfie culture' has become a part of our daily lives!

Social media sites Facebook and Instagram encourage the person to post more selfies, added to it they get options of using various filters, and people tend to flaunt themselves on the public space. Now the word has become so popular and thus has become a routine for people to take selfies, group selfies (groupfies) the trend is here to stay and it has stuck on with people, because we all crave for an identity, we need a constant satisfaction to be popular among friends and to keep up with the



trend, to be in competition with other people and continuously seek 'self validation' but from others so we have become a selfie-centric society.

Selfies are uploaded by people because they want 'self-validation', people feel good when others approve their pictures, but after uploading their selfies if they receive negative or no response at all then people tend to become depressed, there is a constant competition with their peers to upload better selfies and to look good, the constant comparison builds up, it is being so self-conscious and competitive that from there on this leads to jealousy, anger and hatred that is shown to the other person and to the self which further leads to tension and then people reach a high level of self-hatred. We are stung by our smartphones and this is definitely the new generation bug that has taken away our precious hours, where we are so occupied in the reel and an expert in hiding the real. It is all a make-believe world.

NARCISSIST BEHAVIOUR:

Selfies bring new meaning to the word self-conscious, and people who today get addicted to taking a lot of selfies are called as 'Selfie-ish'. This is a personality trait where it leads to one being narcissist, continuously clicking a lot of selfies and posting it on various websites, displaying yourself and being so self-centred, these people give themselves a lot of importance and are constantly craving to be in the 'online limelight' it makes them feel good if they get a lot of likes, comments and praises for their pictures but are immediately put off if their selfies are not so popular!

Psychologists say that a person who is a narcissist and addicted to selfies looks at the following points:

1. The view they have of themselves- Self importance is a priority for them.
2. How much they value their worth- Constantly thinking about their self-worth, least bothered about people around
3. How they want them to be- to be "ideal self" always trying to constantly think about their self-improvement in terms of looks or wishing you were like others, people who are perfect.

There is not only one selfie that is taken, but many until the best shot is done and this leads to people being conscious of their self worth, along with that a lot of selfies are clicked and there is an urge to post them on the social media, teens are never satisfied with their facial expressions, they tend to compare their friend's selfies to their and then there is a rise in the inferiority complex that arises, there again is a time when the teen gets depressed if the selfie is not good, not liked or viewed or commented by their peers, this leads to their mental disturbance and further can lead to confusion in the teen, it will make them feel less loved, or they may start hating themselves in order to construct their self-worth.

The act of clicking selfies and uploading is an act of 'trading yourself', you are faking yourself on the internet, 'it is a belief that you are smarter, more attractive and better than others, there was a research conducted in the University of Ohio that "People who edited and photoshopped their selfies were more prone to the narcissist behaviour", this is the outcome where one is not satisfied with their natural looks and go ahead with filtering their pictures which make them look perfect, then there is a need for feedback as soon as the selfie is uploaded which increases the need of posting more selfies and "We are more interested in how we look online, our online self-presentation is important", Dr. Jesse Fox, the lead author of the Ohio state study says that 'A person taking a selfie is completely lost in the moment and oblivious of his surroundings and he is staging and designing his image just to impress people. Teens just upload a selfie because they want to know what other people think about their image and they want a confirmation, "Welcome to the Gen Next where the humans only need validation and social media disastrously misdirects" Catiyana Carana Dasa, Associate editor of Back-to-godhead magazine (US and Indian editions) Teens are trying to discover about themselves, when they upload it, through the comments they come to know about themselves, In short, they post their pictures only so that they can discover themselves.

Are they conscious of what they are doing while clicking a selfie?

There are many instances, nowadays the world is turning out to be so selfish, they don't care about their surroundings they are just concerned about self. For eg. An emotionally troubled boy was standing on the Brooklyn bridge and was about to end his life, but Malik Whiter was having her selfie moment and did not bother about the fellow, she was interested in the world of self-acceptance so this is the art of being heartless- being heartless! Like this there are various cases of people clicking selfies on dangerous spots if that becomes a success it becomes an 'adventurous selfie' but when it fails to create a perfect click, then there is the risk for life. This is a serious issue, where is humanity heading to? We are losing our morals, the people are deliberately becoming visually-impaired and turning to being traitors.

SELFIES AND HEALTH ISSUES :

Could anyone ever think that a photo could be a cause of various health issues, that it would take a toll on our mental health, but yes selfies do affect our health along with facing the issues of looking too good for the camera, the urge for other people to like us there is a phenomenon that is catching up and people who are on a serious level addicted to clicking a lot of selfies are never satisfied with their looks are opting for cosmetic and face surgeries. "SELFIES are causing a rise in plastic surgeries", this is the extent of the craziness that the world today is coming to, with so many health related problems which we suffer due to the over-exposure of the screen culture, the latest is the rise of plastic surgeries, the basic idea here is to be as classy and beautiful as celebrities and when people become too addicted to their beauty and how their faces are judged based on their selfies, they turn to plastic surgeries, it is the pressure to look good, and so in the past few months the rise of plastic surgeries has seen a new high and according to a 2016 survey from the 'American Academy of Facial Plastic and Reconstructive Surgery' almost 66% of people want to look like famous celebrities in their selfies and so they take this extreme step.

Selfies can also lead to depression, it has been approved that people who tend to click a lot of selfies and frequently post online, continually seek for other's acceptance and when people don't approve of their posts, then they become depressed, there is a competition among peers, looking at other people's post and having the tendency to look good all the time, being dissatisfied by their failed clicks all of this makes them worry a lot leading to hypertension, anxiety and then people becoming depressed, because they are so unhappy with their looks it makes them sad!

HOW TO COME OUT OF IT?

Acceptance is necessary, rather than being self-conscious be self-loving that is what is the ultimate solution, do not compare your selfies with others it is not always necessary to follow a trend and upload pictures just because the other person is doing it all the time, learning to distinguish between the real and reel is necessary, convince yourself that each selfie uploaded is actually filtered and edited and then shown, rarely are people uploading their natural faces, understand that there is no need to self-advertise yourself all the time, the main criteria of the selfie syndrome is that people like to show off, so one can click selfies rarely but make sure not to become obsessed and make it a routine and of course one can always stay away from the trends and practice 'digital detox' as it is necessary to stay healthy, it is absolutely our loss if we blindly follow all of the trends and fall in a pit which is so deep that there is no rescue to it!

CONCLUSION:

We should not let technology predict our characters, the best we can do is embrace our 'real' selves sans being obsessive and not let the reel get to our lives, technology poses a threat to our lives but it all depends on our actions how well we manage our lives with not letting the trends overpowering us only then we would win in the battle of technology and destruction of the self. What we are in reality is necessary and not what we 'pose' to be, so in order to not fall into the trend, we have to bend and mend our own lives and only then we will come out of the 'technological trap' that the world forcibly wraps us into.

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