

A Study on Self Esteem and Selfitis Behaviour Among College Students

S. Srikumaran^{1,*}, S. Monika¹, R. Dhanalakshmi¹, P. Manimozhi¹, and S. Estherrani¹

¹ *Department of Psychology, Theivanai Ammal College for Women (Autonomous)
Villupuram 605 602, Tamil Nadu, India*

** Corresponding Author's Mail Id: kumaransripsy@gmail.com*

Abstract

The present study was conducted to investigate the relationship of self esteem and selfitis behavior among adolescents. According to research studies adolescents in this generation were noted to be addicted for selfies. Some of them were connected those with judging their own self. The sample size of present study is 132 adolescents (Males – 45; Females – 87). The samples were collected from the population around Pondicherry and Tamil Nadu in Random Sampling method. The data were processed further by Statistical Package for the Social Science (SPSS) of version 23. To test the Hypotheses t-test, mean, SD, One way ANOVA and Pearson correlation tests were employed. The results of the study suggest that Self Esteem is not related to Selfitis Behavior of an Individual among the samples of 132 adolescents. But it shows that there is significance difference on Selfitis Behavior on the basis of Media Usage and Selfies per day. The present study results that Borderline Selfitis Behavior and High Self Esteem of an individual's among the samples of 132 adolescents. The further exploration of the results and practical implications were discussed as well.

Keywords: self worth, selfies, spss and adolescents.

Introduction

The modern world is binded with the modern technology. Human minds are practiced to judge everyone by the way they are (appearance, use of technology, etc.) In accordance to that Individual are connected to selfies as it made them to feel engaged in this society. The way of estimation became modern through the technological judgments.

Self Esteem

In psychology the term self esteem is termed as, the self esteem used to describe the, individual overall subjective sense of personal value or worth. In other word self esteem defines as how much individual appreciate themselves and like themselves. Self esteem may be a feeling of satisfaction that's somebody has in themselves and their own skills. In Sociology and Psychology, self esteem reveals a person's overall emotional evaluation of his or her own. It is a

decision of individuals as well as an attitude towards the self. The concept of self esteem origins in 18th century, it first expressed in the writings of Scottish enlightenment thinker, David Hume. In 1892, William James identified self-esteem as a different psychological concept. He also identified multiple dimensions of the self, with two levels such as process of knowing and the resulting knowledge about the self. Many factors that influence self esteem. Self Esteem is one of the factors which affects on the academic achievements. A Self Esteem is a sense of self worth and self satisfaction. (Farshid Shamsaei et al. 2016). A Self Esteem is considered as an emotional response as general feeling about themselves that might be more or less positive. Biabangard defined that self esteem is general personality trait and personal judgment of worthiness (Saleha Bibi et al. 2016). Individuals self-esteem impacted by age, genetics, disability, illness, physical abilities. Racism and discrimination have also been shown to have

negative effects on self esteem. The self esteem has two types, the low self esteem may manifest in a variety of ways .If an individual have low self esteem may have negative outlook on their life and they feel a lack of control. If an individual have high self Esteem, they don't waste time worrying about past and future but live in present strongly. If self Esteem is too high, it can results in relationship conflicts, difficulty with social situations and inability to accept criticism.

Selfitis Behavior

Selfie means "Selfie-Taken Camera Picture". A Selfie is self portrait photography. According to Oxford Dictionary 'Selfie 'refers to a self portrait photography of an individual or individual with other people, taken with a android mobile held at a pointed at a mirror or arm length; is usually shared through social media platforms (Sorokowski et al.2015). Peoples has been taking pictures of themselves for years but the term SELFIES came to notice within the early 2000 due to the recognition of My Space. Selfies gained even more popular in 2010, when the front facing camera mobile was introduced in iPhone 4. If associate person feels urge to require selfies, they'll have a real "psychological complex" analysis has advised. It's known as selfitis that is that the obsessive taking of selfies. According to American Psychiatric Association (2014) , The act of taking many selfies is consider as mental disorder, thus disorder is labeled as Selfitis. Selfitis is defined as obsessive compulsive disorder (OCD) to take pictures of them and post it on social Medias like WhatsApp, Face book, Instagram, Twitter etc. The term selfitis (2014) was first used in article in the Adobo Chronicles claiming that American Psychological Association was going to classify the New Mental Disorder (selfitis) as an obsessive compulsive desire to take pictures and shared then through social media platform and as a way to make up for lack of self esteem and to fill the gap in intimacy (Vincent 2014). The first self portrait was done by the Italian painter Parmigianino in 1524.In the human history, the first Selfie was taken by an American Chemist Robert Cornelius (American pioneer in photography) in 1839.The term Selfie was discussed by photographer Jim Krause in

2005.Selfie obsession disorder or selfitis is a strange urge to keep snapping photos of themselves and sharing it through social media. Studies indicate that the person obsessed with Selfie taking may have underlying mental health disorder and it need to seek to help. Depending on the severity of conditions, selfitis is classified into 3 levels. The Borderline selfitis is about taking one pictures at least 3 times per day but they won't post them on social network. The Acute selfitis is about taking self picture at least 3 times and post all of them on social media. The Chronic selfitis is about uncontrollable urge to take self pictures continuously and post them on social media more than 6 times a day.

Objectives of the study:

1. To analyze the level of self esteem and selfitis behavior among adolescents with respect to the demographic variable.
2. To find out the relationship between self esteem and selfitis behavior among adolescents.

Methodology

The samples of the present study were collected among adolescents around Pondicherry and Tamil Nadu. The study was done with one hundred and thirty two adolescents of age group 18-25 years. The study was carried out to find the significant relationship between self esteem and selfitis behavior among adolescents .The respondents were asked to answer all the questions without omitting any. In this present study different questionnaire were provided to respondents. The tools used are Rosenberg Self Esteem Scale (RSES) with 10 items scored developed by Morris Rosenberg. The higher the score indicates higher the self esteem. The tools used to measure the selfitis behavior among adolescents in Selfitis Behavior Scale with 20 items developed by Balakrishnan and Griffiths. It scored from 5 point likert scale as 5 (strongly agree) to 1(strongly disagree) with six dimensions. The dimensions are environmental enhancement, social competitions, attention seeking, mood modifications, self confidence and subjective conformity. The total score of SBS 20-100 categories by; the score <40 indicates normal, the score 40-60 indicates Borderline , the score 60-80 indicates Acute and the score 80-100 indicates Chronic. The significant relationship between the two

variables, self esteem and selfitis behavior is analyzed using Pearson correlation test. Independent sample t-test, one way ANOVA

have been used to verify the formulated hypothesis.

Findings and Results

Table 1

Summary of t-test with age for Self Esteem showing N, Mean, SD, t and p value

Variable	Sub	N	Mean	SD	df	t	p
Age	18-21	104	13.73	4.52	130	.193	.847
	22-25	28	13.57	3.67			

$p > 0.05$ (Not Significant)

In this table 1 independent sample t-test indicates that there is no significant difference in self-esteem on the basis of age ($t = .193$, $p > 0.05$). When compare to Age 18-21 (Mean = 13.73, SD = 4.52) Age 22-25 (Mean = 13.57, SD = 3.67) are lower in mean score. The results shows that "There is no significant difference in self esteem based on age among adolescents".

Table 2

Summary of t-test with locality for Self Esteem showing N, Mean, SD, t and p value

Variables	Sub	N	Mean	SD	df	t	p
Locality	Rural	64	13.80	4.19	130	.256	.798
	Urban	68	13.60	4.51			

$p > 0.05$ (Not Significant)

In this table 2 independent sample t-test indicates that there is no significant differences in self esteem on the basis of locality ($t = .256$, $p > 0.05$). When compare to Rural (Mean =

13.80, SD = 4.19) Urban (Mean = 13.60, SD = 4.51) are lower in mean score. The result shows that "There is no significant difference in self esteem based on locality among adolescents".

Table 3

Summary of One way ANOVA with Birth order for Self Esteem

Variable	Sub	N	Mean	SD	f	p
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Birth order	First	71	14.06	4.65	.936	.395
	Second	45	12.98	4.00		
	Third and Later	16	14.13	3.79		

p>0.05(Not Significant)

In this table 3 the one way ANOVA analysis indicates that there is no significant difference on Self Esteem on the basis of birth order. The obtained mean value of the 1st born group (14.06), mean value of 2nd born group (12.98) and mean value of 3rdand later group (14.13).

The calculated f-value is .936(p=.395, p>0.05) shows that there is no significant difference on Self Esteem on the basis of birth order. Hence the result indicates that there is no significant difference in Self Esteem on the basis of birth order among adolescents.

Table 4
Summary of One way ANOVA with Parental Income for Self Esteem

Variable	Sub	N	Mean	SD	f	P
Parental Income	Below 10,000	31	14.39	4.97	.544	.582
	10,001-50,000	81	13.54	4.23		
	Above 50,001	20	13.25	3.82		

p>0.05(Not Significant)

In this table 4 the one way ANOVA analysis indicates that there is no significant difference on Self Esteem on the basis of parental income. The obtained mean value of the below 10,000 group (14.39) mean value of the above 10,001-50,000 group (13.54) and mean value of the above 50,001 group (13.25). The calculated F-

value is .544 (p= .582,p>0.05) shows that there is no significant difference in Self Esteem on the basis of parental income Hence the result indicates that there is no significant difference in Self Esteem on the basis of parental income among adolescents.

Table 5
Summary of One Way ANOVA with media usage for Self Esteem

Variable	Sub	N	Mean	SD	f	P
Media Usage	WhatsApp	41	13.10	4.52	.489	.691
	Instagram	35	13.86	3.63		

Face book	3	12.67	2.08
Others	53	14.11	4.73

$p > 0.05$ (Not Significant)

In this table 5 the one way ANOVA analysis indicates that there is no significant difference on Self Esteem on the basis of media usage. The obtained mean value of WhatsApp (13.10), mean value of the Instagram (13.86), mean value of the Face book (12.67) and mean value of the

others (14.11). The calculated F-value is .489 ($p = .691$, $p > 0.01$) shows that there is no significant difference among four groups. Hence the result shows that there is no significant difference on self Esteem on the basis of media usage among adolescents.

Table 6

Summary of One way ANOVA with selfies per day for Self Esteem

Variable	Sub	N	Mean	SD	f	P
Selfies Per day	1 - 3	32	13.75	3.74	.005	.995
	4 - 9	16	13.63	3.93		
	None	84	13.69	4.66		

$P > 0.05$ (Not Significant)

In this table 6 the one way ANOVA analysis indicates that there is no significant difference on Self Esteem on the basis of selfies per day. The obtained mean value of the 1-3(13.75), mean value of the 4-9 (13.63) and the mean value of none (13.69) .The calculated F-value is

.005 ($p = .995$, $p > 0.01$) shows that there is no significant difference among three groups. Hence the result shows that there is no significant difference on self Esteem on the basis of Selfies per day among adolescents.

Table 7

Summary of t-test with the style of post for Self Esteem

Variable	Sub	N	Mean	SD	df	t	P
Post	Filter	50	13.82	3.55	130	-.700	.485
	Without Filter	82	13.89	4.77			

$p > 0.05$ Not Significant

In this table 7, independent sample t-test indicates that there is no significant difference in self Esteem on the basic of style of post ($t = -.700$, $p > 0.05$). When compare to With Filter (Mean = 13.82, SD = 3.55) and Without Filter

(Mean = 13.89, SD = 4.77) are higher in mean score .The results shows that “There is no significant difference in self Esteem based on style of selfies among adolescents.

Table 8

Summary of t-test with age for Selfitis Behavior showing N, Mean, SD, t-value and p-value

Variables	Sub	N	Mean	SD	df	t	P
Age	18-21	104	54.23	16.81	130	.707	.484
	22-25	28	51.35	19.64			

$p > 0.05$ (Not Significant)

In this table 8 independent sample t-test indicates that there is no significant difference in selfitis behavior on the basis of age ($t = .707$, $p > 0.05$). When compare to age 18-21 (Mean = 54.23, SD = 16.81). Age 22-25 (Mean = 51.35,

SD= 19.64) are lower in mean score .The results shows that “There is no significant difference in selfitis behavior based on age among adolescents.

Table 9

Summary of t-test with locality for selfitis Behavior showing N, Mean, SD, t-value and p-value

Variables	Sub	N	Mean	SD	Df	t	P
Locality	Rural	64	53.50	17.72	130	-.077	.939
	Urban	68	53.74	17.24			

$p > 0.05$ (Not Significant)

In this table 9, independent sample t-test indicates that there is no significant difference in selfitis behavior on the basic of locality ($t = -.077$, $p > 0.05$). When compare to Rural (Mean = 53.50, SD = 17.72) Urban (Mean = 53.74, SD =

17.24) are higher in mean score .The results shows that “There is no significant difference in selfitis behavior based on locality among adolescents”.

Table 10

Summary of One way ANOVA with Birth order for Selfitis Behavior

Variable	Sub	N	Mean	SD	f	P
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Birth Order	First	71	50.74	18.43	2.191	.116
	Second	45	57.42	14.16		
	Third and Later	16	55.68	19.68		

p>0.05(Not Significant)

In this table 10 the one way ANOVA analysis indicates that there is no significant difference on Selfitis Behavior on the basis of birth order. The obtained mean value of the 1st born group (50.74), mean value of the 2nd born group (57.42) and mean value of the 3rd and later group

(55.68). The calculated f-value is 2.191(p=.116, p>0.05) shows that there is no significant difference on Self Esteem on the basis of birth order. Hence the result indicates that there is no significant difference on Self Esteem on the basis of birth order among adolescents.

Table 11

Summary of One way ANOVA with Parental Income for Selfitis Behavior

Variable	Sub	N	Mean	SD	f	P
Parental Income	Below 10,000	31	52.54	17.69	.605	.547
	10,001-50,000	81	54.84	17.27		
	Above 50,001	20	50.35	17.93		

p>0.05(Not Significant)

In this table 11 the one way ANOVA analysis indicates that there is no significant difference on Selfitis Behavior on the basis of parental income. The obtained mean value of the below 10,000group (52.54), mean value of the 10,001-50,000 group (54.84) and mean value of the above 50,001 group (50.35). The calculated F-

value is .605 (p>0.05) shows that there is no significant difference in Selfitis Behavior on the basis of parental income Hence the result indicates that there is no significant difference in Selfitis Behavior on the basis of parental income among adolescents.

Table 12

Summary of One way ANOVA with media usage for Selfitis Behavior

Variable	Sub	N	Mean	SD	f	P
Media Usage	WhatsApp	41	60.80	16.99	8.836	.001
	Instagram	35	58.28	16.15		
	Face book	3	53.33	10.06		

Others 53 45.00 15.37

p<0.01 (Significant)

In this table 12 the one way ANOVA analysis indicates that there is a significant difference on Selfitis behavior on the basis of media usage. The obtained mean value of WhatsApp (60.80), mean value of the Instagram (58.28), mean value of the Face book (53.33)

and mean value of others (45.00). The calculated F-value is 8.836 (p= .001, p<0.01) shows that there is a significant difference among four groups. Hence the result shows that there is significant difference on selfitis behavior on the basis of media usage among adolescents.

Table 13
Summary of One way ANOVA with selfies per day for Selfitis Behavior

Variable	Sub	N	Mean	SD	f	P
Selfies per day	1 - 3	32	63.89	12.56	19.712	.001
	4 - 9	16	66.31	14.59		
	None	84	47.29	16.40		

P<0.01(Significant)

In this table 13 the one way ANOVA analysis indicates that there is a significant difference on Selfitis behavior on the basis of selfies per day. The obtained mean value of the 1-3(63.89), mean value of the 4-9 (66.31) and the mean value of none (47.29) .The calculated F-value is

19.712 (p= .001, p<0.01) shows that there is a significant difference among three groups. Hence the result shows that there is significant difference on selfitis behavior on the basis of Selfies per day among adolescents.

Table 14
Summary of t-test with the style of post for Selfitis Behavior

Variable	Sub	N	Mean	SD	df	t	p
Post	Filter	50	54.42	19.00	130	.959	.693
	Without Filter	82	53.13	16.47			

p>0.05(Not Significant)

In this table 14, independent sample t-test indicates that there is no significant difference in selfitis behavior on the basis of style of post ($t=.959, p>0.05$). When compare to With Filter (Mean = 54.42, SD = 19.00) and Without Filter

(Mean = 53.13, SD = 16.47) are lower in mean score. The results shows that “There is no significant difference in selfitis behavior based on style of selfies among adolescents.

Table 15

Correlation statistics of Self Esteem and Selfitis Behavior

Variable	Selfitis Behavior
Self Esteem	-.135

Not significant at the level of 0.01 and 0.05

The correlation statistics shows that Self Esteem is not correlated with selfitis behavior. The findings of the present study indicate that “There is no significant relationship between self esteem and selfitis behavior among adolescents.”

Conclusion

The present study has been explained the inexistence of relationship between Self Esteem and Selfitis Behavior among adolescents. It shows that there is no significance difference on Self Esteem and Selfitis Behavior on the basis of Age, Locality, Parental Income, Birth Order and Style of Post. But it shows that there is significance difference on Selfitis Behavior on the basis of Media Usage and Selfies taken per day. But, it shows that there is no significant difference on Self Esteem on the basis of Media Usage and Selfies taken per day. The present study indicates that adolescents in this age group have Borderline Selfitis Behavior and High Self Esteem. In this study the Self Esteem and the Selfitis Behavior was the demonstrated as distinct variables without any relationship. In this study Self Esteem was noted to have no relation with Selfitis Behavior and an individual who are taking less selfies might have high level of self esteem.

Limitations

The present study shows no relationship between Self Esteem and Selfitis Behavior among adolescents. The target population of the study is limited. The sample size taken for the present

study is small. The study focused on adolescent people, further more findings can provide more reliable results for other age groups also. The samples are taken from a specific region and further detail study can be done with samples from different regions. The study related to the difference in the gender between both the variables is not taken into account.

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