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A study to assess the selfie addiction among engineering college students

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Abstract

Selfie addiction among engineering college students. The main aim of the descriptive study was to find out the selfie addiction among the students in Rohini engineering college.

A convenience sample of approximately 60, engineering college students was surveyed. Findings of the study showed the level of addiction in students are (15%) mild selfitis behavior, (68%) moderate selfitis and (17%) severe selfitis behavior; while the selected demographic variables of Mean (2.03), SD (30.3); In chi square 37.65 ($t=15.45$); which is significant at 0.05. Thus we accept the hypothesis. There is significant association between emotional state and type of family; but no significant association between number of selfies taken per day and gender; Number of posting per day and area of living and level of selfie addiction and gender, while checking the percentage of sample each item in the item 3 shows (78.3%) taking selfies provide better memories about the occasion and the experience.

Keywords: Selfie, selfitis behaviour, (Use of social media use in Instagram), level of selfitis, selfie addiction

Introduction

Selfie is a self-portrait photography taken with the help of mobile phone and any mobile device. With increase in the show of various social media platforms, the early age adults are addicted to take more selfie images and post it in the social media. Psychologists says that selfie obsession is often related to past bullying and low self-esteem and in the long run the obsession to snap selfies can lead to an unhealthy professional life, family relation and marital conflicts "Selfitis" is being researched and its various forms are being categorized in several established mental disorder, in the form of low self-esteem, narcissism, megalomania, delusion of grandeur, feeling of inferiority complex. "Selfitis" as such, is the manifestation of shallowness that is primarily caused by the ideological vacuum and subsequent identity crisis that individual is afflicted with in an ever-increasing world of consumerism, where confusion about life and its real essence are deliberately galore. The American Psychiatric Association has officially confirmed what many people thought all along, taking selfie as a mental disorder. The APA made this classification during its annual board of director meeting in Chicago. The disorder is called as "Selfitis". It was defined as "the obsessive 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". While currently there is no cure for the disorder, temporary treatment is available through (CBT). The disorder of selfitis has three levels: Borderline Selfitis: is defined as taking photos of one's self at least three times a day and not posting them on social media. Acute Selfities defined as taking photos of oneself at least three times a day and posting each of the photos on social media. Chronic Selfitis: is defined as the uncontrollable urge to take photos of oneself round the clock and posting the photos on social media more than six times a day

Ethical consideration

For the present study, the investigator took into consideration the ethical value. Prior permission was obtained from the authorities of Rohni engineering college KanyaKumari. The purpose was explained to the sample and informed consent was taken. Confidentiality was promised and ensured. The participants were given freedom to quit from the study in between if not willing.

Aims

To assess the level of selfitis behavior and to identify the association between the level of selfitis behavior with the selected demographic variables among undergraduate students.

Methods and Analysis

Settings and Design

Quantitative research Mode with descriptive research was

used in this present study. The used population of the study was undergraduate students in specific Engineering College. Total participants were 60 the analysis of the data was done on the basis of objectives and hypothesis of the study.

Analysis methods used

The data obtained was analyzed based on objectives and hypothesis by using descriptive and inferential statistics and the hypothesis were tested at 0.005 level of significance.

Table 1: Showing mean and standard deviation of selected demographic variables

Variables	Mean	Standard deviation
No of selfies taken per day	0.01	5.4
No of posting per day	0.01	7.0

The mean score and SD of number of selfies taken per day and number of posting per day is not much deviated from

other studies in the review of literature.

Table 2: Associations between selected demographic variables with level of selfie addiction

Variables	DF	Chi square	Table value
Number of selfies taken per day and gender	9	458.78	16.92
Number of posting per day and area of living	1	74.33	3.84
Emotional state and type of family	25	15.45	37.65
Level of selfie addiction and gender	4	179.24	9.49

The table shows based on the investigator point of view there is the significant association between emotional state and type of family. The significant value 0.05 is 37.65($t=15.45$). Thus, we accept the hypothesis.

Table 3 shows that,

Among 60 samples, 49 (82%) belongs to 18-19 years, 5 (8%) falls in to 20-21 years, 6 (10%) comprises of 22-23 years.

The Mean age is 18.5 years. This age group shows more selfitis behaviour.

With respect of sex out of 60 samples 37 (62%) is male, and 23 (38%) is female.

With respect of year of study out of 60 samples, 54 (90%) students from first year and 6 (10%) from fourth year.

With respect of type of family out of 60 samples, 17 (28.3%) are coming from joint family and 43 (71.6%) is from nuclear family.

Out of 60 samples students whose parents annual income 52 (86.6%) is 1-2 lakhs, 7 (11%) is 2-3lakhs and 1 (1.6%) is 3lakhs and above.

Findings and Discussion

Findings of the study showed the level of addiction in students are (15%) mild selfitis behavior, (68%) moderate selfitis and (17%) severe selfitis behavior; while the selected demographic variables of Mean (2.03), SD (30.3); In chi square 37.65 ($t=15.45$);which is significant at 0.05. Thus we accept the hypothesis. There is significant association

between emotional state and type of family; but no significant association between number of selfies taken per day and gender; Number of posting per day and area of living and level of selfie addiction and gender, while checking the percentage of sample each item in the item 3 shows (78.3%) taking selfies provide better memories about the occasion and the experience.

Objective 1: The existing selfie addiction behavior among engineering college students

The study shows that there 82% has selfie addiction at the age between 18- 19 years. 10% between age group of 22- 23 years and 8% in age group between 20-21 years. Thus, the Mean age is 18.5 years.

Objective 2: To assess the level of selfie addiction among the students studying in engineering college

The study shows that level of selfie addiction among selected engineering college Students among 60 samples are Mild selfitis behaviour (15%), Moderate selfitis behaviour (68%), and severe selfitis behaviour (17%).

Objective 3: To find out the association between selected demographic variables and selfie addiction among engineering college students

There is significant association between the emotional state and the type of family, no association with gender and number of selfies taken per day, number of posting per day with area of living and level of selfie addiction with gender.

Table 3: Distribution of the sample Based to demographic variables n=60

Variables	Frequency	Percentage
Age in years		
18-19	49	82%
20-21	5	8%
22-23	6	10%
Gender		
Male	37	62%
Female	23	38%
Year of study		
I Year	54	90%
II Year	-	-
III Year	-	-
IV Year	6	10%
Types of family		
Joint family	17	28.3%
Nuclear family	43	71.6%
Parents income per annum		
1-2 lakhs	52	86.6%
2-3 lakhs	7	11%
3 lakhs and above	1	1.6%
Fathers education		
Illiterate	9	15%
Higher secondary	31	52%
Undergraduate	14	23%
Postgraduate	6	10%
Mothers education		
Illiterate	4	6%
Higher secondary	31	52%
Undergraduate	13	22%
Postgraduate	12	20%
Area of living		
Urban	21	35%
Rural	39	65%
Types of mobiles using		
I-phone	2	4%
Android	58	96%
Preferable method of taking selfie		
By using selfie stick	2	4%
By using hand	58	96%
Reason for taking selfies		
Just for time pass	39	65%
To admire my self	17	28.3%
To post in social media	1	1.6%
To send to my friend	3	5%
Do you take group selfie		
Yes	55	92%
No	5	8%
Do you get annoyed when interrupted while taking selfie		
Yes	38	63.3%
No	22	36.6%
How do you feel when you are not able to take selfies		
Angry	2	4%
Depressed	1	1.6%
Irritable	2	4%
Restless	1	1.6%
Sad	3	5%
Normal	51	85%
No of selfies taken per day		
0 selfies	37	61.6%
1-4 selfies	19	31.6%
5-8 selfies	3	5%
More than 8 selfies	1	1.6%
No of posting per day		
At least one time to 3 times	55	91.6%
More than 3 times	5	8.3%

Conclusions

It can be concluded that among the selected demographic variables and item of questionnaire in level of selfie behavior is to take more selfies for collect their memories. Initially clicking selfies starts with fun and time pass, it gradually becomes habit and slowly change it to an addiction.

Recommendations

The same study can be done with a greater number of samples in undergraduate among other disciplinary of students to understand the level of Selfie behavior.

Conflict of Interest

Not available

Financial Support

Not available

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