

## RELATIONSHIP BETWEEN SELFITIS BEHAVIOUR AND PSYCHOLOGICAL WELLBEING AMONG UNDER GRADUATE STUDENTS

**Author's Name:** Dr. A. Shyamala Devi

**Affiliation:** Assistant Professor, Department of Education, University of Madras, Chennai, India

**E-Mail:** [shyran.devi@gmail.com](mailto:shyran.devi@gmail.com)

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### Abstract

*The present study aims to study the relationship between Selfitis behaviour and Psychological Wellbeing among under Graduate student. The researcher has employed survey method for the present study. To conduct the study a sample of 300 under graduate students were selected using simple random sampling technique. The data was subjected to percentage analysis and correlational analysis. The findings of the study reveal that there exist a high positive correlation between Selfitis behaviour and Psychological Wellbeing among under Graduate student.*

**Keywords:** Selfitis Behaviour, Psychological Well-being, Under Graduate students

### INTRODUCTION

Education is a powerful instrument of socioeconomic development of any nation. The word Education has been derived from the Latin word 'Educere' which means 'to educate', 'to bring up' or 'to rise'. The concept is related closely to modification that occurs through the personal experience of the person who is conscious about the purpose of learning and the development. Education is that which helps an individual to train their mind according to the day to day need along with the updated technologies. These updated technologies helps individual to live an easy life. In other words we can say that, we live in the age of technology. All our lives revolve around smart phones, computer/laptop screen and tables. Recently a new trend of selfie taking has evolved which can also be called as selfie culture. Taking selfies has become a popular trend among all the ages especially it had affected teenagers throughout world. Selfitis is a current problem for mental health in world of fast growing modern technology. Selfies become most favourite hobby among youths all over the world; it is said to causes addiction and negative impact on students. It became necessary to know the effect of taking selfie on the mental health (psychological wellbeing) of the students as it about understands ones behaviour towards self and their mental happiness.

Psychological well-being refers to inter- and in train dividable levels of positive functioning that can include one's relatedness with others and self-referent attitudes that include one's sense of mastery and personal growth. Psychological well-being refers to how people evaluate their lives. The term psychological well-being is used nowadays in the literature to refer to a wide range of issues including mental, emotional, social, physical, economic, cultural, and spiritual health and consequently, it has been defined in various ways. It is agreed that a model of psychological well-being should include and reflect the interconnectedness of the various aspects of overall well-being. (Linley et al., 2009)

The problem of selfitis behaviour has come into the forefront in psychology in the recent years. "Selfitis Behaviour of under Graduate students" is one of the topics where the researcher ponders over the Selfitis behaviour of an individual to that of their Psychological Well-Being.

## REVIEW OF RELATED LITERATURE

Boursier et al., (2020) conducted a study on 'Do selfie-expectancies and social appearance anxiety predicts adolescents' problematic social media use?' This study demonstrated novel findings concerning new gender-related associations in relation to problematic social media use, social appearance anxiety, and teens' expectancies underlying selfie behavior.

Giordano et al., (2019) conducted a study on 'Magic Mirror on the wall: Selfie-Related Behavior as mediator of the relationship between Narcissism and Problematic Smartphone Use'. Their study provides fresh insight into our understanding of the psychological mechanisms underlying problematic smartphone use, which may inform prevention and treatment interventions.

Yu et al., (2021) conducted a study on 'Examining the change in wellbeing following a holiday'. The results of the study suggest that life satisfaction – an indicator of hedonic wellbeing – does not decline as expected whereas other indicators of hedonic wellbeing declined dramatically in the first month and then mildly in the second month following a holiday. Comparatively, eudaimonic wellbeing declined gradually and mildly during the same two-month intervals. Higher levels of optimal tourism experiences predicted slower declines of both hedonic and eudaimonic wellbeing.

(Fisher et al., 2021) conducted a study on 'Emotion, Wellbeing and the Neurological Disorders'. The findings of this study provide opportunities for short circuiting the downward spiral of negativity, social withdrawal and inter-related mental and physical ill-health in the neurological disorders, laying foundations for innovative treatment interventions involving a variety of stakeholders.

## OBJECTIVES OF THE STUDY

- To find out the level of Selfitis behaviour among under Graduate students.
- To find out the level of Psychological Well-Being among under Graduate students.
- To find out the significant relationship between Selfitis behaviour and Psychological Well-Being among under Graduate students.

## HYPOTHESIS OF THE STUDY

- There is no significant relationship between Selfitis behaviour & and Psychological Wellbeing among under graduate students.

## METHODOLOGY

### *Method of the Study*

The researcher has employed SURVEY METHOD for the present study. Survey method is the best method for the topic chosen for the study as it gives specified time limits to the respondent to respond the given tools about Selfitis behaviour and Psychological Wellbeing which is the essence for this study.

### *Population and Sample of the Study*

Population of the present study was under graduate arts and science college students belonging to Chennai district. Among the population of under graduate students a sample of 300 were selected for the study. To draw the sample from the population the researcher adopted simple random sampling technique.

**Tools Used**

To find out the selfitis behaviour of undergraduate students, the investigator developed a self-made tool. The tool was grounded on Selfitis behaviour scale developed by Mark D.Griffiths and Janarthan Balakrishnan (2017). For Psychological wellbeing the investigator used a Standardized tool developed by psychologist Carol D.Ryff in 1995.

**STATISTICAL TECHNIQUES USED**

The following statistical techniques were used for this study.

1. Descriptive Analysis-( Mean and SD)
2. Percentage analysis.
3. Correlation Analysis (Pearson’s product moment correlation).

**FINDINGS OF THE STUDY**

**TABLE 1: Level of Selfitis Behaviour of Under Graduate Students**

Selfitis behaviour and it’s dimension	Borderline level (low)		Acute level (moderate)		Chronic level (high)	
	N	%	N	%	N	%
Social Competition	55	18.33	169	56.33	76	25.33
Self-Confidence	55	18.33	172	57.33	73	24.33
Mood Modification	50	16.67	177	59	73	24.33
Selfitis in total	50	16.67	177	59	73	24.33

(Low= Below 55; Moderate= 73, and High= above 177)

From table 1 it is observed that the level of selfitis behaviour identified in the study was the highest selfitis behaviour in acute level 59%, chronic 24.33% students and borderline among 16.67% of students.

**TABLE 2: Level of Psychological Wellbeing of Under Graduate Students**

Variable	Borderline level (low)		Acute level (moderate)		Chronic level (high)	
	N	%	N	%	N	%
Psychological Wellbeing	53	17.67	179	59.67	68	22.66

(Low= below 53 Moderate= 68 High= above 179.)

From table 2 it is observed that the level of psychological wellbeing identified in the study was highest psychological wellbeing acute level 59.67%, chronic 22.66% students and borderline among 17.67% of students.

**Table 3: Correlation analysis of Selfitis Behaviour and Psychological Wellbeing**

Variables	r-value	p-value	Level of Significance
Selfitis Behaviour and Psychological wellbeing	0.990	0.000	High positive correlation

\*Significant at 0.05 Level

From table 3 it is observed that correlation between selfitis behaviour & and Psychological wellbeing is 0.990.

**CONCLUSION**

Selfitis behaviour has a positive effect on students and it helps them to know themselves in a better way, know their mini me (make them their own friends). It also develops self confidence

and self-esteem within them. Taking selfies doesn't actually mean vanity. It could simply be a people's method for saying "I cherish my look at this moment and I need all of you to know. This gives students a positive vibe. The other side of selfitis behavior is that the addition of it, youngsters should identify who have been obsessed with selfies to such an extent that it has changed the statistics of selfie-related deaths. Therefore, addiction to selfies among adolescents has to be identified and preventive measures should be taken to beat selfie addiction. Youth should understand that self-worth is loving one's own self unconditionally and detachment to the materialism. This will help them to be more focused on their studies and development then addicted toward the new trending.

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