SELFITIS BEHAVIOUR AMONG NURSING STUDENTS: A DESCRIPTIVE STUDY

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Abstract

Photography was used as a tool to store the memories for lifetime. Technology has helped people to develop from vivid memories by printing photos to instant photographs. Selfie taking eventually came with this technology and it made the people so crazy that recently APA declared selfitis a new mental disorder.1 Today, we all might have seen people taking selfies in places like a parks parties, metro stations, famous places etc. So what drives this behaviour and how much extreme of this behaviour is considered as selfie syndrome. Thus we thought to do a study to assess the selfitis behaviour to get information how much people have become addicted to selfie taking. The aim of the study is to assess the selfitis Behaviour among nursing students. Quantitative Descriptive research study was carried out in selected Akal college of nursing baru sahib, Distt. Sirmour, H.P. Convenient sampling selection technique was used to select 120 nursing students studying in Akal College of Nursing. Data was collected using standardized selfitis behaviour scale and then data analysis was done by using Descriptive and inferential methods on SPSS. Majority of nursing students of Akal College of Nursing i.e 108 (90%) nursing students had moderate selfitis behaviour followed by 7 (5.83%) of mild selfitis and 5(4.16%) nursing student had mild severe selfitis behaviour. Age was found highly significant with chi square value 13.54 at df 2 with p value 0.001. Occupation of father is also significant with chi value 13.103 at df 6 with p value 0.041. Study concluded that selfitis behaviour can be seen in most of the nursing students and selfie taking has become a vogue in young generation. It is indispensable to aware the nursing students regarding this selfitis behaviour. We should conduct some educational programmes to prevent this behaviour among nursing students so that they can better serve community people as well as they could also educate and prevent others from selfitis.

Keywords: *Selfitis, behaviour, nursing students*

INTRODUCTION

Taking "selfies" and sharing them through social media websites, has develop into one of the trendy enjoyable activities. The American Psychiatric Association (APA) had officially classified taking "Selfies" as a mental disorder.[2]

Philadelphia CBS news (Sep, 2015) reports states that, "more deaths have occurred as a result of taking a selfie than from being attacked by a shark this year".

"A cool selfie could cost you your life," the interior ministry warned in a new leaflet packed with tips such as "a selfie with a weapon kills". That warning comes after a string of recent selfie-related accidents.[4]

All these heart wrenching facts and this craze for selfies devastated us so we decided to assess this selfitis behavior among nursing students because they are future of nursing profession and should also be safe from of all these disorders to render their services in better way .

PROBLEM STATEMENT

A descriptive study to assess the selfitis behaviour among nursing students studying in Akal College of Nursing, Eternal University Baru Sahib District Sirmour Himachal Pradesh.

OBJECTIVE OF THE STUDY

1. To assess the selfitis behavior among Nursing students studying in Akal College of Nursing Eternal University Baru Sahib District Sirmour, Himachal Pradesh.
2. To find the association of selfitis behaviour among Nursing students with selected socio-demographic variables.

OPERATIONAL DEFINITIONS

1. **Assess-** In this study it is related with the assessment of selfitis behaviour among nursing students.
2. **Selfitis –** American Psychiatric Association (APA) had established "selfitis" as a new mental disorder: "the obsessive compulsive desire to take photos of one's self 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.
3. **Behaviour**- It is defined as the way in which one acts or conducts oneself.
4. **Nursing Student** – He/She is a student in a post-secondary educational program that leads to certification and licensing to practice nursing, usually as part of a program administered by a nursing college.

ASSUMPTIONS

It is assumed that nursing students possess some level of selfitis behaviour.

DELIMITATION

This study is limited to the nursing students studying at Akal College of Nursing Barusahib, Eternal University, Sirmaour.

METHOD

Research Approach- the research approach adopted for the study to assess the selfitis behavior among nursing students were quantitative research approach

Research Design- the research design used for the research was descriptive research design.

Setting Of The Research Study- the setting of the present research study was Akal College of Nursing, eternal university, Barusahib.

VARIABLES UNDER THE STUDY

Research Variable- research variable is selfitis behaviour of nursing students.

Demographic Variable- age, class, religion, occupation of father and mother, age at which first mobile phone got, type of present using phone.

Target Population- the target population for the present study was nursing students of Akal College of Nursing, Eternal University, Barusahib.

SAMPLE CRITERIA

Inclusion Criteria

Nursing students who were studying at akal college of nursing and were willing to be the participant of research.

Exclusion Criteria

The nursing students of akal college of nursing who were not willing to be the part of research study and those who were not available at the time of data collection.

Sample Size And Samlping Technique

Sample size for the present research study was 120 and convenient sampling technique was used.

Development Of Research Data Collection Tool

Tool used for the research study included two sections. **Section A** was developed to collect the demographic information of participants of the research. **Section B** was a standarized selfitis behaviour Scale used to assess selfitis behaviour among nursing students. This Scale was developed by **Mr Janarthanan Balakrishan and Mr. Mark D. Griffths.**

Descritption Of Tool

The standardized tool behaviour scale developed by Mr Janarthanan balakrishan and Mr.Mark D.Griffths included 6 factors to assess selfitis behaviour and those 6 factors were **-**environmental enhancement, social competition, attention seeking, mood modification, self-confidence, and social conformity. On the basis of these 6 factors 20 questions were framed and measured by using 5 point Likert scale.

Scoring Criteria Of Selfitis Behaviour Scale- Responses are rated on a 5-point Likert scale: (5 = strongly agree; 4 = Agree; 3 = Neither Agree or Disagree; 2 = Disagree; 1 = Strongly Disagree). Scores are summed. The higher the score, the greater the likelihood of selfitis. **Table-1 Scoring**

Criteria of Selfitis Behaviour Scale

S.NO.	SCORE	CATEGORY OF SELFITIS BEHAVIOUR
1.	0-33	Mild selfitis behaviour
2.	34-67	Moderate selfitis behaviour
3.	68-100	Severe selfitis behaviour

Ethical Clearance -Permission and ethical clearance to conduct the study was obtained from the research and ethical committtee of Akal college of nursing.

RESULTS

Objective 1: To assess the behavior of selfitis among the nursing students of Akal College Of Nursing Baru Sahib Sirmour H.P.

Table 2: Frequency and percentage distribution of samples as per the selfitis behaviour scale.

N=120

S.no	Score	Category of selfitis behaviour	n(f)	f %
1.	0-33	Mild selfitis behaviour	8	6.6%
2.	34-67	Moderate selfitis behaviour	107	89.1%
3.	68-100	Severe selfitis behaviour	5	4.16%

Table 2. depicts that majority of nursing students of Akal College of Nursing i.e 107 (89.1%) nursing students had moderate selfitis behaviour followed by 8 (6.6%) of mild selfitits and 5(4.16%) nursing student had mild severe selfitis behaviour
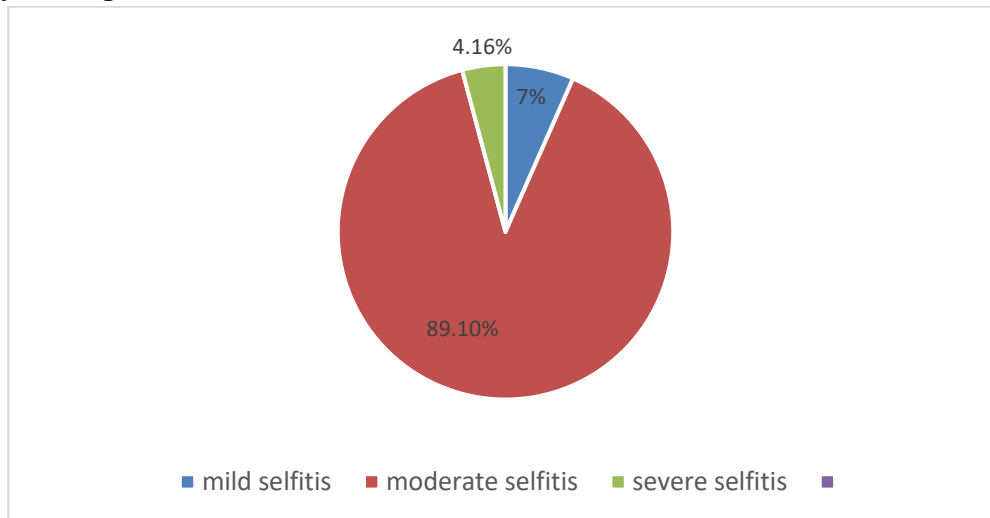

Fig 1- Frequency and percentage distribution of samples as per the selfitis behaviour scale.
Figure 4.1 is the pie chart representation of table 4.1 majority of nursing students of Akal College of Nursing i.e 108 (90%) nursing students had moderate selfitis behaviour followed by 7 (5.83%) of mild selfitits and 5(4.16%) nursing student had mild severe selfitis behaviour

FINDINGS RELATED TO THE ASSOCIATION OF SELFITIS BEHAVIOUR AMONG NURSING STUDENTS WITH SELECTED SOCIO-DEMOGRAPHIC VARIABLES

This section includes the findings related to the association of selfitis behaviour among nursing students of Akal College Of Nursing, Barusahib with the selected socio-demographic variables which included age, class in which they are studying, religion, occupation of father and mother, age when they got first mobile phone and the type of phone they are presently using.

Table 3: Association of selfitis behaviour among nursing students with selected demographic variables.

N=120

S.No	Demographic variables	Category of selfitis behaviour			Chi value	df	Table value
		Mild	moderate	severe			
1.	Age(years)				13.54**	2	.0001
	17-20	5	96	2			
	21-24	3	11	3			
	25-28	-	-	-			
	>28	-	-	-			
2.	Class				6.27	4	0.179
	BSc.Nursing 1st year	-	38	2			
	BSc.Nursing 2nd year	3	36	1			
	BSc.Nursing 3rd year	5	32	3			
3.	**Religion**				10.77	6	0.095
	Hinduism	5	91	5			
	Islam	1	2	-			
	Sikhism	1	13	-			
	Others	1	1	-			

4.	**Occupation of father**				13.103*	6	0.041
	Govt. Employee	1	46	5			
	Private Employee	5	30	-			
	Not working	-	9	-			
	Other	1	23	-			
5.	**Occupation of mother**				3.596	6	0.731
	Govt. Employee	-	8	1			
	Private Employee	1	7	-			
	Not working	5	75	4			
	Other	-	18	1			
6.	Age when got first mobile				1.4553	4	0.83
	Before 15 years	-	8	-			
	15-17 years	2	23	1			
	After 17 years	5	77	4			
7.	Presently using phone				3.767	4	0.43
	Android	8	101	4			
	iOs	-	4	1			
	windows	-	2	-			
	Any other	-	-	-			

*Category of selfitis behaviour at P<= 0.05

Table 3 depicts that based on the 2nd objective of the study, chi square test is used to find the association of selfitis behaviour among nursing students with selected socio-demographic variables and findings revealed that age of samples is highly significant with chi square value 13.54 at df 2 with p value 0.001 and occupation of father is also significant with chi value 13.103 at df 6 with p value 0.041.
Rest of all the demographic variables were not found significant with the selfitis behaviour among nursing students.

DISCUSSION
Discussion of the findings of the study has been done in accordance with the sections of the analysis and interpretation of the major findings of the present study with other similar studies conducted in different settings.

- In the present study, the demographic variables were-age, class, religion, occupation of father and mother, age at which first mobile phone got and the type of phone presently using. In the similar study done by Singh V and Mr. Yadav A have included age, sex, residence, type of institute, course type and occupation of father as demographic variables under their study to assess the selfitis behavior and selfie syndrome among nursing students.[4] In both studies many of the demographical variables were same.
- Findings of the present study revealed that majority of nursing students of Akal College of Nursing i.e 104 (86.7%) nursing students had moderate selfitis behavior followed by equal no of samples i.e 8(6.7%) nursing student had mild selfitis behavior and moderate selfitis behavior. A similar study done by Raghvendra Nagarju,Lokesh KChikkegowda . According to the scores of their study 169 (48.7%) of them had borderline selfitis, 63 (18.2%) of them had acute selfitis and 13 (3.7%) of them had chronic selfitis. Low self-esteem was seen in 105 (30.3%) of the study participants.[5] Both the studies found similar results but in previous study selfitis behaviour categories were borderline, acute and chronic.

- Present study's findings revealed that age of samples is highly significant with chi square value 13.54 at df 2 with p value 0.001 and occupation of father is also significant with chi value 13.103 at df 6 with p value 0.041. Rest of all the demographic variables were not found significant with the selfitis behavior among nursing students. Based on the findings of the study done by Singh V and Mr. Yadav A there was no significant association between of demographic variables with the category of selfitis behaviour except the type course which was found significant.[6]

LIMITATIONS

Study was time bound.
Study was confined to nursing students only.
Study was limited to only one college i.e Akal college of nursing Baru sahib.

CONCLUSIONS

The present study concluded that selfitis behaviour can be seen in most of the nursing students and selfie taking has become a vogue in young generation. It is imperative to aware the nursing students regarding this selfitis behaviour. We should conduct some educational programmes to prevent this behaviour among nursing students so that they can better serve society as well as they could also educate and prevent others from selfitis.

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