



## IMPACT OF SELFIE ON PSYCHOSOCIAL WELLBEING AMONG COLLEGE STUDENTS AT SELECTED COLLEGE IN REDDIYARPALAYAM, PUDUCHERRY

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## ABSTRACT

### INTRODUCTION

A selfie is defined as "a photograph that one has taken of oneself, typically one taken with Smartphone (or) webcam and shared via social media".

Since 2012 the rate of usage of selfie reportedly increased by 17000%. The phenomenon of selfie is now so wide spread that Oxford Dictionaries selected the term as the "word of 2013". The trend of taking selfie almost became a daily habit for many people all around the world, and the social media websites became the main place to post their selfies.

Burris & Carlson in 2009 defined Psychological Well-being as the simple notion of a person's welfare, happiness, advantages, interests, utility, and quality of life. Campbell (2014) reported that trying to take a selfie as many times as needed to get the face to look as perfect as possible could lead to serious mental health problems.

### STATEMENT OF THE PROBLEM

A study to assess the level of impact of Selfie on psychosocial wellbeing among college students in selected college, Puducherry.

### OBJECTIVES

1. To assess the level of impact of selfie on psychosocial wellbeing among selected college students
2. To correlate the level of impact of selfie and psychosocial wellbeing among selected college students.
3. To associate the level of impact of selfie and psychosocial well-being with the demographic variables of college students.

### HYPOTHESES

$H_1$  – There is a significant correlation with the level of impact of Selfie and Psychosocial wellbeing among college students with the selected demographic variables of college students.

$H_2$  – There is a significant association with the level of impact of Selfie and Psychosocial wellbeing among college students with the selected demographic variables of college students.

### METHODS

The research approach adopted for this study is quantitative approach. The research design adopted for this study was descriptive design. Convenient sampling technique was chosen to select 70 students at selected college, Puducherry. Informed consent obtained from the participants before collecting data. The data was collected using 5 point Rating Scale to assess the level of impact of Selfie & Ryff's psychological wellbeing scale to assess the psychosocial wellbeing. The data was analyzed using descriptive statistics like mean, standard deviation and inferential statistics like correlation and coefficient and chi-square on the basis of objectives and hypothesis of the study.

### RESULTS

Among 70 College students, 85.7% had mild and 14.30% had moderate level of impact of selfie. Most of them 95.7% had good psychosocial wellbeing and very few of them 4.3% had poor psychosocial wellbeing. Mean 122.71 and standard deviation was 14.752 for the impact of selfie and mean 169.36 and standard deviation was 18.235 for psychosocial wellbeing and the  $r$  value was 0.376 at  $P > 0.01$ . There is a significant correlation between level of impact of selfie and psychosocial wellbeing. There was no significant association between the level of impact of selfie and psychosocial wellbeing with socio-demographic variables.

### CONCLUSION

The study concluded that the selfie has a significant impact on psychosocial well-being among college students. They had mild and moderate level of impact of selfie and most of them had good psychosocial well being and few of them have poor psychosocial well being.

**KEY WORDS:** Selfie & Psychosocial Wellbeing

## INTRODUCTION

### BACKGROUND OF THE STUDY

A selfie is defined as "a photograph that one has taken of oneself, typically one taken with Smartphone (or) webcam and shared via social media".<sup>(1)</sup>

The term 'selfie' was coined by Steven Wrighter in September 2002. The usage of the hashtag "#selfie" first appeared on flicker in 2004. It took almost a decade to gain public interest and attention. A Google trend study indicated that the selfie culture gained popularity in 2012. Since 2012 the rate of usage of selfie reportedly increased by 17000%. The phenomenon of selfie is now so wide spread that Oxford Dictionaries selected the term as the "word of 2013". Moreau in 2014 stated that the trend of taking selfie almost became a daily habit for many people all around the world and the social media websites became the main place to post their selfies.<sup>(2)</sup>

The term psychosocial underscores the close connection between psychological aspects of our experience (e.g., our thoughts, emotions, and behavior) and our wider social experience (e.g., our relationships,



traditions and culture). Well-being is a condition of holistic health in all its dimensions: physical, cognitive, emotional, social, physical, and spiritual. The process of well-being consists of the full range of what is good for a person: participating in a meaningful social role, feeling happy and hopeful, living according to good values, as locally defined; having positive social relations and a supportive environment, coping with challenges through the use of appropriate life skills and having security, protection, and access to quality services. Burris & Carlson defined Psychological Well-being is the simple notion of a person's welfare, happiness, advantages, interests, utility, and quality of life. <sup>(3)</sup>

Psychosocial well-being is closely related to safety, health, illness, absenteeism and workplace circumstances and conditions. The important psychosocial areas are inappropriate behavior, post-traumatic stress, alcohol & drugs, stress and smoking. Most often the individual decisions are always work within this spacious framework. <sup>(4)</sup>

Researchers at Nottingham Trent University and the Thiagarajar School of Management in India began investigating the phenomenon after a hoax story appeared in the media in 2014 claiming 'selfitis' has been classed as a genuine mental disorder by the American Psychiatric Association. <sup>(5)</sup>

Selfitis is a new epidemic prevailing in our country since 2015. Selfitis is followed with Self presentation, Narcissism, Psychological satisfaction and Selfie fever. To know about the existence of selfies, in last few years, capturing selfies has become global phenomenon. Bruno & others in 2014 stated individual from dissimilar socio-economic, sexual category, race, and age group take selfies in different occasions and concludes that, it is entertaining and attracts the young mind. This enormous amount of self portrait images captured and pooled on social media is modernizing the way individual introduce themselves and the surrounded of their friends to the globe. Capturing photo of oneself can be seen basically a documentary of personal memories. <sup>(6)</sup>

Selfies have the capacity to boost the self-confidence of a person. New researches have also suggested that clicking and posting selfies could be an empowering activity and also helps young people to develop their identity and mainly boost their confidence and self-esteem. Many psychologists in 2013 have also ascertained the fact that, when selfies are used in moderation is healthy and it boost one's self-confidence and their self-esteem. <sup>(2)</sup>

This rapid growth of Social Networking Sites (SNS's) as well as smart phone has resulted in a new addiction (i.e) 'SELFIE FEVER'. Selfie fever made people to portrait them and use them as an object for likes and comments only. It is also a true fact that some of the person considers selfie as a token of memorable moments. The entry of selfie to new generation's world has replaced a major portion of traditional photography. <sup>(7)</sup>

The act of taking selfies and overall usage of various social media platform are an integral part of life for the youths. It changed the ' We-We generation' into 'Me-Me generation' can be clearly rectified from Social Networking Sites such as Facebook, whatsapp, hike, twitter etc. Social media are the true selfie promoters, they do promotion of the selfie for their own benefit. The self-portrayed photos exhibit some of the behavioral characteristics. Nowadays selfie posting behavior is seen without any genetic difference. Increase in the level of selfie addiction results in a mental disorder termed as 'SELFITIS'. It is the obsessive taking of selfies on mobile phones- appears to be a real condition according to a new study. <sup>(8)</sup>

This research study seeks to analyze why individual upload images to different social media platform and how it affects individual themselves and the level of impact among college students.

## NEED FOR THE STUDY

The need for this study is to know the impact of selfie usage among college students. This descriptive study will benefit the Society & people media especially selfie usage among college students.

Makati city, known as the financial center of Philippines, can now boast another distinction: it is the selfie capital of the world. <sup>(7)</sup> Indians are risking life and lip to capture perfect selfie. According to a research by Precong at Delhi's Indraprastha Institute of Medical Technology in 2014-15, it was reported that 127 deaths were due to reckless behavior while clicking selfies and among these 76 occurred in India. The team working on the study examined more than 62,000 selfies posted globally on Twitter, and went through the most common reason of deaths caused by selfies. <sup>(9)</sup>

COUNTRY	NUMBER OF CASUALTIES
India	76
Pakistan	9
USA	8
Russia	6
Philippines, China	4
Spain	3
Indonesia, Portugal, Peru, Turkey	2

Country-wise number of selfie casualties <sup>(9)</sup>



Three-quarters of young people aged between 18 &24 admit taking selfie, the study by mobile phone company HTC found. According to the PEW research centre, teenagers in America are sharing more information than ever about themselves on social media. Of those studied, 91% post photos of themselves online- up from 79% in 2006. According to Samsung’s data selfie accounts for 1/3<sup>rd</sup> of all photos being taken daily by people aged between 18-24 years. <sup>(10)</sup>

According to the experts this latest selfie craze could also be fuelling & increase in eating disorders such as anorexia. Another research which was published in the Journal of Adolescent Health, suggests that teens are more likely to engage in risky activities like smoking and drinking if they see their friends doing it in photos. <sup>(11)</sup>

Self-esteem refers to an overall positive or negative evaluation of the self. One way of fulfilling self-esteem needs is the use of social media to communicate interpersonally which might provide an opportunity for people with low self-esteem to engage in public behavior with reduced risk of humiliation and reduced social anxiety. Study of friend networking sites revealed that about 78 percent of respondents received predominantly positive feedback from others users of social networking sites, and that enhance their self-esteem significantly. In addition, it was reported that those with low self-esteem exhibited a strong affinity for online communication and selfie than did those with high self-esteem.<sup>(2)</sup>

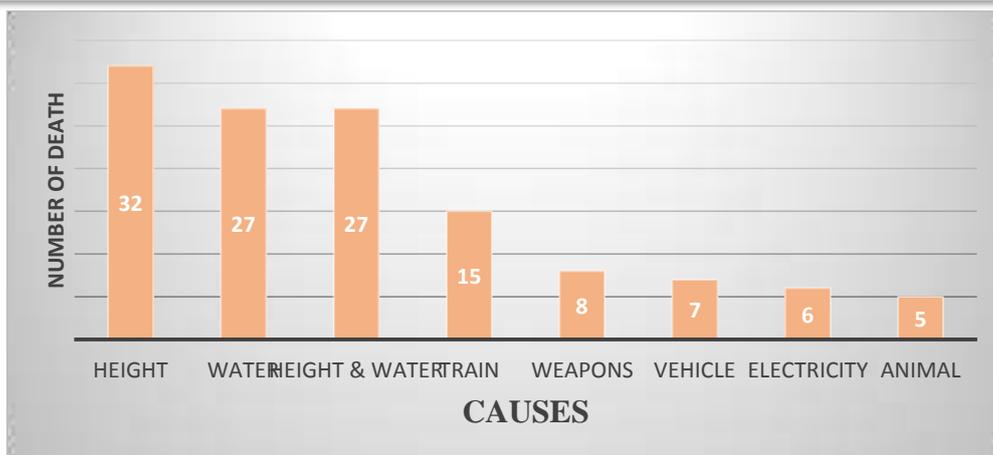
Some researchers linked the habit of taking a lot of selfies to narcissism, isolation and even suicide. A poll conducted by the American Academy of Facial Plastic and Reconstructive Surgery found that selfies became a reason for increasing number of plastic surgery in US. The poll conducted annually to analyze trends in facial plastic surgery exhibited an increase in requests for procedures due to patients being more self-aware of looks in social media.<sup>(2)</sup>

Campbell reported that trying to take a selfie as many times as needed to get the face to look as perfect as possible could lead to serious mental health problems. He also reported that Thailand government psychiatrist Dr. Panpimol Wipulakorn had warned young Thais who post their selfies on social media but do not receive enough likes and positive feedback can have serious emotional problems. Beside selfies posing a possible threat to some societies, selfies have been the cause for suicide attempts and deaths. In Chicago, 20 out of 23 college students reported social media induced anxiety and stress. According to the students, the habit of scrolling down in their social media accounts had affected the time they allocated for their studies.<sup>(2)</sup>

The selfie craze doesn’t seem to be dying anytime soon, but a lot of people are dying because of it. In fact, India leads the world in selfie – related deaths in 2015, according to Washington Post. Citing reports, the Washington Posts says that India accounted for about half of the selfie related deaths globally. A study found that between March 2014 and September 2016, 60%of all "selfie deaths", where a person dies while trying to take a picture of themselves, occurred in India. According to Me, Myself &My Killfie: characterizing and preventing selfie deaths, a collaborative study by researchers from Carnegie Mellon University and Indraprastha Institute of Information, Delhi the country was the backdrop to 76 of the 127 reported selfie deaths in 18 month period. It’s such a big issue, Mumbai police are even considering a proposal to designate 15 particularly dangerous sites in the city as "selfiefree points", reported The Times of India. <sup>(12,13)</sup>

**Number of selfie related deaths in different years <sup>(12)</sup>**

YEAR	DEATH
2014	15
2015	39
2016	73



**Causes of selfie deaths <sup>(12)</sup>**

A Japanese tourist in Agra died in September after he succumbed to head injuries from slipping on Taj Mahal’s stairs as he tried to take a selfie. An engineering student passed away when taking a selfie while standing on the rock cracked and plunged into a 60-foot ravine in Namakkal, Tamil Nadu. In Sundar Nagar near Rajkot, 2 more students passed away by drowning in the Narmada canal while trying to take a selfie. Selfie related deaths have continued in 2018 as well. <sup>(12)</sup>

Hence the researcher is interested to conduct research study on impact on selfie usage among college students, Puducherry.

### STATEMENT OF THE PROBLEM

A study to assess the level of impact of Selfie on psychosocial wellbeing among college students in selected college, Puducherry.

### OBJECTIVES

1. To assess the level of impact of selfie on psychosocial wellbeing among selected college students.
2. To correlate the level of impact of selfie and psychosocial wellbeing among selected college students.
3. To associate the level of impact of selfie and psychosocial well-being with the demographic variables of selected college students.

### OPERATIONAL DEFINITIONS

#### Assess

It is a process of identifying the level of impact of selfie on psychosocial wellbeing among College Students.

#### Impact

It refers to positive/negative influences on Psychosocial Well-being by selfie usage among college Students.

#### Selfie:

It refers to a photograph that one has taken of oneself, typically with a smartphone or webcam.

#### Psychosocial Well-being:

It refers to a dynamic concept that includes autonomy, environmental mastery, personal growth, positive relations with others, purpose in life and self -acceptance.

### ASSUMPTION

The selfie may have impact on psychosocial well-being among college students.

### HYPOTHESIS

H<sub>1</sub> – There is a significant correlation with the level of impact of Selfie and Psychosocial wellbeing among college students with the selected demographic variables of college students.

H<sub>2</sub> – There is a significant association with the level of impact of Selfie and Psychosocial wellbeing among college students with the selected demographic variables of college students.



## METHODOLOGY

### RESEARCH APPROACH

Quantitative Research approach was chosen by the investigator to conduct this study.

### RESEACH DESIGN

The research design selected for the study is descriptive design.

### VARIABLES

Variables are measurable characteristics of a concept and consist of a logical group of a attributes (Talbot 1995).

The variable in this study are the level of impact of selfie on psychosocial wellbeing among selected college students.

### SETTING OF THE STUDY

Setting is physical location and condition in which data collection take place in this study (POLIT and HUNGLER)

The study was conducted in Sri Krishna Institute of Life Sciences, Reddiarpalayam, Puducherry.

### POPULATION

In this the population consisted of all college students in Puducherry.

### SAMPLE

The sample of the study includes students studying in Sri Krishna Institute of Life sciences, Reddiarpalayam, Puducherry.

### SAMPLE SIZE

The sample size comprised of 70 college students who fulfill the inclusion criteria.

### SAMPLING TECHNIQUE

Sampling defines as the process of selecting a group of people or the elements with which the study to conduct.

In this study, the participants were selected by using convenience sampling technique.

### SAMPLING CRITERIA

#### Inclusion criteria

- Students using front camera mobiles

#### Exclusion criteria

- Students who are not willing to participate in study.
- Students who are not available during study.

### TOOL

The instruments selected in a research should be as far as possible vehicle that would be the best obtaining data for drawing conclusions, which are pertinent to the data.

The study was conducted by using Demographic variables, Rating Scale for Assessment of impact of Selfie and Ryff's Psychological Well-being Scale.

## DESCRIPTION OF THE TOOLS

The tool consists of three parts.

**Part – 1:** Consist of demographic data with the variables like age, gender, religion, type of family, year of course, domicile, and year of android mobile usage area.

**Part – 2:** The Rating Scale for Assessment of impact of Selfie to assess the impact of selfie among selected college students.

It is a 5 point scale comprises of 30 items representing the level of impact of selfie.

#### Scoring:

- 1-Always
- 2-Mostly
- 3- Sometimes
- 4- Rarely
- 5- Never.

The score was graded as follows:

- |                           |              |
|---------------------------|--------------|
| Mild impact of selfie     | – 71 to 100% |
| Moderate impact of selfie | - 41 to 70%  |
| Severe impact of selfie   | - 1 to 41 %  |

**Part – 3:** The Ryff's Psychological Well-being Scale (PWB) for Assessment of Psychosocial Well-being. It is a 6 point scale consists of 42 items.

#### Scoring:

- 1 = strongly disagree



6 = strongly agree

The score was graded as follows

- Above 126- psychological well-being is good.
- Below 126- psychological well-being is poor

## CONTENT VALIDITY

Structured questionnaire was developed to assess the impact of selfie by the investigators and Ryff's psychological wellbeing scale a standardized scale used to assess the psychological well-being. To evaluate the content validity, the tool was submitted to three Nursing experts and one Medical expert. The tool was validated regarding the adequacy of the content, sequence and framing of questions. Based on experts comment and suggestion the tool was finalized.

### Ethical Consideration

1. The study proposal was approved by the Institutional Review Board, PIMS, Puducherry.
2. Prior permission was obtained from the Managing director of Sri Krishna Institute of Life sciences, Reddiarpalayam, Puducherry.
3. Written consent was obtained from all the participants after giving a brief explanation about the purpose and process of the study.
4. Confidentiality was maintained throughout the study.

## PILOT STUDY

The pilot study was conducted on 03.03.2018 in College of Nursing, PIMS to III Year B.Sc (Nursing) students. Prior to the study formal permission was obtained from the Dean, CON, PIMS.

The pilot study was conducted for 10 participants who satisfied the sample selection criteria to determine the feasibility and practicability for carrying out the main study and to refine the tool.

The investigator utilized convenient sampling technique to select the participants. Structured questionnaire to assess the impact of selfie and Ryff's psychological wellbeing scale was assessed. The investigator did not find any difficulty during the pilot study. The study was found to be feasible and practical.

## DATA COLLECTION PROCESS

The investigator obtained formal permission from Institute of Review Board & the Dean, College of Nursing, PIMS and the Managing director, Sri Krishna Institute of Life Sciences, Reddiarpalayam, Puducherry. After obtaining formal permission, General survey was conducted to check the availability of the participant at selected college, Puducherry. Data collected over a period of 1 week on March 2018. Convenient sampling method adapted to select 70 participants based on the inclusion criteria. Informed consent obtained from the participants before collecting data. The data collected by distributing rating scale and Ryff's psychological wellbeing scale to the students. The data was maintained confidential among the students.

## DATA ANALYSIS PLAN

### Descriptive statistics

Frequency distribution, Mean, standard deviation and mean percentage was used to analyze the demographic variables and the level of impact of selfie on psychosocial wellbeing among selected college students.

### Inferential statistics

1. Correlation was done by using correlation and co efficient test to find out the 'r' value.
2. The association between the level of impact of selfie and psychosocial wellbeing among college students with selected demographic variables is done by using Chi-Square test.

## DATA ANALYSIS AND INTERPRETATION

The data was collected from 70 participants who fulfilled and analyzed by using descriptive and inferential statistics which was necessary to assess the level of impact of selfie on psychosocial wellbeing among selected college students.

This chapter presents the details of data analyzed and their findings under the following sections.

**SECTION I** : Distribution of demographic variables of study subjects.

**SECTION II** : Level of impact of selfie and Psychosocial wellbeing among college Students.

**SECTION III** : Correlation between the level of impact of selfie and psychosocial wellbeing.

**SECTION IV** : Associate the level of impact of selfie and psychosocial well-being with the selected demographic variables.



## SECTION I : DISTRIBUTION OF DEMOGRAPHIC VARIABLES OF STUDY SUBJECT

**Table: 1** Frequency and Percentage distribution of demographic variables of participants

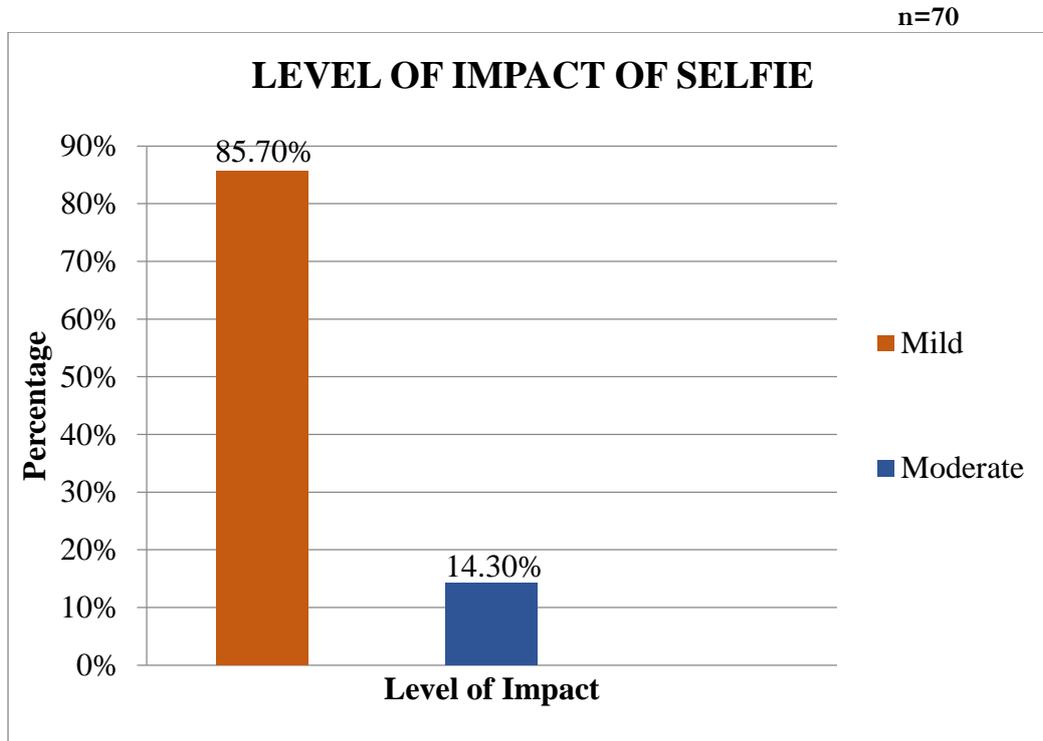
n=70

S. No	Demographic variables	Frequency	Percentage %
1.	<b>Age</b>		
	a) 18-19 years	49	70.0
	b) 20-22 years	16	22.9
	c) Above 22 years	5	7.1
2	<b>Gender</b>		
	a) Male	2	2.9
	b) Female	68	97.1
3	<b>Type of family</b>		
	a) Nuclear	22	31.4
	b) Joint	48	68.6
4.	<b>Year of course</b>		
	a) 1 <sup>st</sup> Year	33	47.1
	b) 2 <sup>nd</sup> Year	37	52.9
5.	<b>Religion</b>		
	a) Hindu	67	95.7
	b) Christian	2	2.9
	c) Muslim	1	1.4
6.	<b>Domicile</b>		
	a) Rural	48	68.6
	b) Urban	17	24.3
	c) Semi urban	5	7.1
7.	<b>Years of android mobile usage</b>		
	a) 0- 1Year	27	38.6
	b) 1- 2 Years	37	52.9
	c) Above 2 Years	6	8.6

Table 1 shows the frequency & percentage distribution of demographic variables of college students.

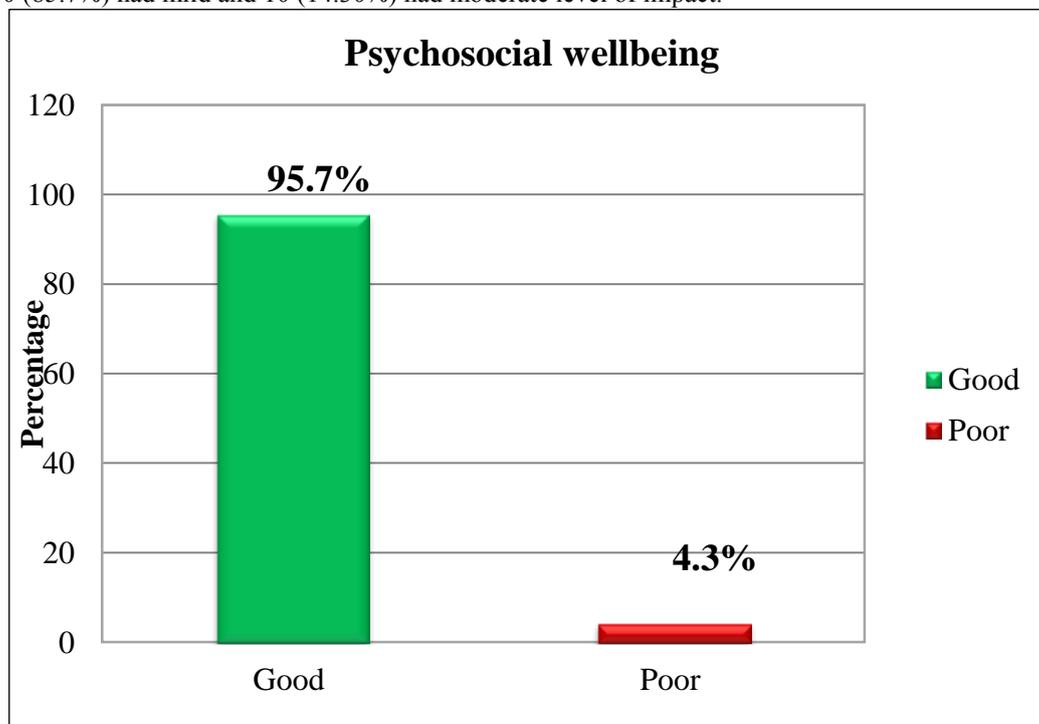
Most of them 49 (70%) comes under 18-19 years and 5 (7.1%) are above 22 years. Majority of them 68 (97.1%) were female and only Two (2.9%) were males. In type of family 48 (68.6%) belongs to joint family and 22 (31.4%) belongs to nuclear family. With regard to year of course of 37 (52.9%) are second years and 33 (47.1%) are first years. While considering the religion most of them 67 (95.7%) belongs to Hindu and only 1 (1.4%) belong to Muslim. With regard to domicile 48 (68.6%) are living in rural area and only 5 (7.1%) are living in semi-urban. Looking to the years of android mobile usage 37 (52.9%) have been using mobile for 2 years and only 6 (8.6%) were using above 2 years.

## SECTION II: LEVEL OF IMPACT OF SELFIE AND PSYCHOSOCIAL WELLBEING AMONG COLLEGE STUDENTS



**Figure -3: Percentage Distribution of level of impact of selfie among selected college students**

Figure 3 reveals the distribution of level of impact of selfie among selected college students, most of them 60 (85.7%) had mild and 10 (14.30%) had moderate level of impact.



**Figure 4 - Percentage Distribution of Psychosocial wellbeing among college students**



Figure 4 reveals the percentage distribution of psychosocial wellbeing among selected college students. Most of them 67 (95.7%) had good psychosocial wellbeing and very few of them 3 (4.3%) had poor psychosocial wellbeing.

**SECTION III : TO CORRELATE THE LEVEL OF IMPACT OF SELFIE AND PSYCHOSOCIAL WELLBEING AMONG COLLEGE STUDENTS**

**Table: 2** Mean and Standard deviation of level of impact of selfie and psychosocial wellbeing among selected college students.

**n = 70**

Variables	Descriptive Statistics				r value	p value
	Mean	SD	Range			
			Minimum	Maximum		
Impact Of Selfie	122.71	14.75	84	145	0.376**	0.001
Psychosocial wellbeing	169.36	18.24	114	214		

\*\* Correlation is highly significant.

Table 4 indicates that the mean 122.7 and standard deviation was 14.7 for the impact of selfie and mean 169.4 and standard deviation was 18.3 for psychosocial wellbeing and the r value was 0.376.

There is significant correlation between the level of impact of selfie and psychosocial wellbeing among selected college students respectively.

**SECTION IV : ASSOCIATE THE IMPACT OF SELFIE AND PSYCHOSOCIAL WELL-BEING WITH SELECTED DEMOGRAPHIC VARIABLES**

**Table 3:** Associate the level of impact of selfie among selected college students with selected demographic variables **n = 70**

S. No	Demographic Variables	Level of Impact of Selfie				p value
		Moderate (31-70%)		Mild (71-100%)		
		No.	%	No.	%	
1.	<b>Age</b>					0.514 NS
	a)18-19 years	8	11.42	41	58.57	
	b)20-22 years	1	1.42	15	21.42	
	c)Above 22 years	1	1.42	4	5.71	
2	<b>Gender</b>					0.267 NS
	a)Male	1	1.42	1	1.42	
	b)Female	9	12.85	59	84.28	
3	<b>Type of family</b>					0.615 NS
	a)Nuclear	3	4.28	19	27.14	
	b)Joint	7	10	41	58.57	
4.	<b>Year of course</b>					0.111 NS
	a)1 <sup>st</sup> Year	7	10	26	37.14	
	b)2 <sup>nd</sup> Year	3	4.28	34	48.57	
5.	<b>Religion</b>					1.000 NS
	a)Hindu	10	14.28	57	81.42	
	b)Christian	0	0	2	2.85	
	c)Muslim	0	0	1	1.42	
6.	<b>Domicile</b>					0.432 NS
	a)Rural	6	8.57	42	60	
	b)Urban	4	5.71	13	18.57	
	c)Semi urban	0	0	5	7.14	
7.	<b>Years of android mobile usage</b>					0.433 NS
	a)0- 1 Year	2	2.85	25	35.71	
	B1- 2 Years	7	10	30	42.85	
	c)Above 2 Years	1	1.42	5	7.14	

S- Significant & NS- not statistically significant



Table 3 describes the association between the level of impact of selfie with the selected demographic variables. It was found that there is no significant association between the level of impact of selfie with age, gender, type of family, religion, year of course, domicile and years of android usage as indicated by the p value at 0.05.

**Table 4: Associate the psychosocial wellbeing among selected college students with selected demographic variables n = 70**

S.No	Demographic Variables	Psychosocial Wellbeing				p value
		Good (More than or equal to 126)		Poor (less than 126)		
		No.	%	No.	%	
1.	<b>Age</b>					1.000 NS
	a)18-19 years	47	67.14	2	2.85	
	b)20-22 years	15	21.42	1	1.42	
	c)Above 22 years	5	7.14	0	0	
2	<b>Gender</b>					0.916 NS
	a)Male	2	2.85	0	0	
	b)Female	65	92.85	3	4.28	
3	<b>Type of family</b>					0.231 NS
	a)Nuclear	20	28.57	2	2.85	
	b)Joint	47	67.14	1	1.42	
4.	<b>Year of course</b>					1.000 NS
	a)1 <sup>st</sup> Year	30	42.85	3	4.28	
	b)2 <sup>nd</sup> Year	37	52.86	0		
5.	<b>Religion</b>					0.100 NS
	a)Hindu	64	91.42	3	4.28	
	b)Christian	2	2.85	0	0	
	c)Muslim	1	1.42	0	0	
6.	<b>Domicile</b>					0.334 NS
	a)Rural	47	67.14	1	1.42	
	b)Urban	15	21.42	2	2.85	
	c)Semi urban	5	7.14	0	0	
7.	<b>Years of android mobile usage</b>					0.434 NS
	a)0- 1 Year	27	38.57	0	0	
	b)1- 2 Years	34	48.57	3	4.28	
	c)Above 2 Years	6	8.57	0	0	

**S- Significant &NS- not statistically significant**

Table 4 depicts the association between the psychosocial wellbeing with the selected demographic variables. It reveals that there was no statistically significant association between psychosocial wellbeing and with age, gender, type of family, religion, year of course, domiciles and years of android usage as indicated by the p value at 0.05.

**DISCUSSION, SUMMARY, IMPLICATIONS, RECOMMENDATIONS AND CONCLUSION**

This chapter deals with findings of the study derived from statistical analysis and pertinence to the study also related to literature of the study.

This study was conducted to assess the level of impact of selfie on psychosocial well-being among college students at selected college, Puducherry. Descriptive design was adopted. The nature and purpose of the study was explained to the study participants, 70 students were chosen by using convenient sampling method. Rating Scale for Assessment of impact of Selfie and Ryff's Psychological Well-being Scale were used. The data analysis was done by using descriptive statistics (frequency distribution, mean, standard deviation) and inferential statistics correlation coefficient and fishers extract test.

**MAJOR FINDINGS OF THE STUDY**

- Based on the age 49 (70%) comes under 18-19 years, 16 (22.9%) under 20-22 years and 5 (7.1%) are above 22 years.
- Especially 68 (97.1%) were females and only Two (2.9%) were males.
- In type of family 48 (68.6%) belongs to joint family and 22 (31.4%) belongs to nuclear family.



- With regard to year of course of 37 (52.9%) are second years and 33 (47.1%) are first years.
- While considering the religion most of them 67 (95.7%) belongs to Hindu, 2 (2.9%) belongs to Christian and only 1 (1.4%) belong to Muslim.
- Besides to domicile 48 (68.6%) are living in rural area, 17 (24.4%) and only 5 (7.1%) are living in semi-urban.
- Looking to the years of android mobile usage 27 (38.6%) have been using for 1 year 37 (52.9%) have been using mobile for 2 years and only 6 (8.6%) were using above 2 years.

## DISCUSSION

**The first objective of the study is to assess the level of impact of selfie on psychosocial well-being among college students.**

The study finding reveals the distribution of level of impact of selfie among selected college students. Most of them 60 (85.7%) had mild and 10 (14.3%) had moderate level of impact of selfie. The percentage distribution of psychosocial wellbeing among selected college students, Most of them 67 (95.7%) had good psychosocial wellbeing and very few of them 3 (4.3%) had poor psychosocial wellbeing.

Similarly the study conducted at Mangalore University investigated the perception towards capturing selfies and its impact among students. The research employed survey method was conducted using structured questionnaire. 120 respondents were chosen through convenience sampling for their research. The findings of the study shows that majority 70.83% of respondents after taking selfie send via whatsapp, 71.66% of students states that taking a selfie can turn deadly issues, 51.66% of the student stated taking selfie is a waste of time.<sup>(6)</sup>

**The Second objective of the study is to correlate the level of impact of selfie and psychosocial well-being among college students.**

In this present study the mean 122.71 and standard deviation was 14.752 for the impact of selfie and mean 169.36 and standard deviation was 18.235 for psychosocial wellbeing and the r value was 0.376.

There is significant correlation between the level of impact of selfie and psychosocial wellbeing among selected college students respectively. \*\* Correlation is highly significant.

A study carried out for university students to examine the relationship between levels of psychological well-being and smart phone addiction. The study group consisted of 408 students 303 female and 105 male selected by random sampling method in the academic year (2015-2016). In this research, the Psychological Well-Being Scale, Smartphone Addiction Scale-Short Version, and Personal Information Form were used to collect data. The independent-samples t-test, arithmetic mean, one-way analysis of variance (ANOVA) and Scheffé's post hoc test were employed for the analysis and interpretation of data. The Pearson Product-Moment Correlation Coefficient was used for the relationship between the level of psychological well-being and the use of smart phones, and accordingly the results were evaluated. The relationship between university students' levels of psychological well-being and smart phone addiction seems to be significant based on this research. Factors affecting university students' levels of psychological well-being and smart phone addiction include gender, grade, parental attitudes, economic status of the family, and level of perception.<sup>(19)</sup>

**The Third objective of the study, associate the level of impact of selfie and psychosocial well-being with selected socio demographic variables**

In present study it depicts the association between the level of impact of selfie with the selected demographic variables. It was found that there is no significant association between the level of impact of selfie with age, gender, type of family, religion, year of course, domicile and years of android usage.

It depicts the association between the psychosocial wellbeing with the selected demographic variables. It reveals that there was no statistically significant association between psychosocial wellbeing and with age, gender, type of family, religion, year of course, domiciles and years of android usage.

A study conducted in U.S for assessing psychological well-being of undergraduates. The Ryff scale of psychological well-being was used to measure multiple facets of psychological well-being. The results showed that of all 131 participants surveyed, 91 (69.5%) were female students and 40 (30.5%) were male students. Ages of the participants surveyed were mostly 21 years of age with 25 students (18.5%), followed by the age of 20 with 20 students (15.4%). The results also showed that 88 (67.7%) of the students that participated were Caucasian, followed by African Americans with 28 (21.5%). The class levels of the participants 41 juniors (31.3%), followed by 35 (26.7%) sophomores. Research also showed that 102 (77.9%) of students were single at the time of the survey, (19.1%) were married and 3 (2.3%) were divorced. One hundred four students did not have children (79.4%), while 27 (20.6%) did have children. For the gender variable, an ANOVA (Analysis of Variance) was conducted with Ryff six subscale totals as the dependent variable and gender as the factor/independent variable. ANOVA results indicated that the males and females means for psychological wellbeing as measured by the Ryff scale significantly differed for four of the subscales (personal growth, positive relations with others, purpose in life and self-acceptance) with females scoring higher than males in all the four subscales. ANOVA showed no statistical differences in autonomy and emotional mastery subscales



ANOVA showed no significant differences between the class levels for all the six subscales of Psychological Well-Being. The participants were first divided into two groups by age 18-23(traditional) and 24 and above (non traditional). ANOVA results indicated significant differences in psychological well-being in two subscales (Personal growth and purpose in growth) between traditional and non-traditional students.<sup>(21)</sup>

## SUMMARY

The main aim of this study was to assess the level of impact of selfie on psychosocial well- being among college students at selected college, Puducherry. Descriptive design was adopted and 70 students was chosen using convenient sampling technique based on inclusion criteria.5 point Rating Scale was used to assess the impact of selfie and Ryff's psychological well-being scale was used assess to psychosocial well- being among college students.

The data was collected for the period of one week and was analyzed using the descriptive and inferential statistics.

## IMPLICATIONS OF THE STUDY

The findings of the study had several implications for the field of Nursing practice, Nursing education, Nursing administration and Nursing research.

### Nursing Practice

In Practice, the Community and Mental Health nurses play a vital role at college students. It is nurse's responsibility to assure that the college students are more prone to be addicted with selfie and it alters the psychosocial wellbeing. Nurses should be knowledgeable enough to practice and to be trained in handling the students with impact of selfie, it enhances the skill of nurses in educating students, family and teachers regarding psychosocial wellbeing in colleges/ university.

### Nursing Education

Nursing education should emphasize to prepare prospective nurses to impart psychosocial wellbeing in the community. During early adult period they will undergo physical and psychological changes, in which the students will feel difficult to cope up with the changes. So by knowing their problems, nurses can give guidance and counseling to nursing students regarding selfie and its effects.

### Nursing administration

Students during their early adult period experience lots of problems such as academic problems, psychosocial problems, peer group adaptation and addictions to mobile, whatsapp, facebook, selfie, substances etc. So it is important that the nurse administrator should take initiative to implement mental health program and community mental health program to the college students and motivate them to participate in such activities through Continuing Nursing Education & Journal Club Presentation.

### Nursing research

There is very less research done to assess the impact of selfie on psychosocial wellbeing among college students. Many researchers can be done in the area of selfie usage and its health effects. The researchers can identify impact of selfie and risk factors on physical and mental health among college students.

## RECOMMENDATION

- Similar study can be conducted for a larger group of sample and in different settings.
- Similar study can be conducted with nursing students.
- A comparative study can be conducted between boys and girls on impact of selfie among college students.
- A comparative study can be conducted between different professionals.

## CONCLUSION

The findings revealed that the selfie has a significant impact on psychosocial well-being among college students. They had mild and moderate level of impact of selfie and most of them had good psychosocial well being.

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