

Negative Impact of Selfies on Youth

HMF. Safna

Assistant Lecturer in Islamic Banking and Finance, South Eastern University of Sri Lanka, Sri Lanka

Abstract: Today selfie is more popular among the younger generation. Recent studies refers 91% of teens have taken a selfie and over 1 million are taken per day. Three-quarters of young people aged between 18 and 24 admit taking selfies, the study by mobile phone company HTC found. Different scholar, doctors, experts, researchers, psychiatrist and sociologist examine and make the research about the impact of selfie on youth. According to those people findings reveled that there is a positive and negative impact on selfie. More literature and research reviewed that selfie has been considered as negative impact on youth. This research examines the negative impact on youth according to expert's opinions and research reviews. Secondary data was used for the research. Scholars journal, articles, doctors reviews, website articles, experts opinion from websites were taken for as a secondary data. In this study found the selfie brings negative impact on youth such as skin damage, loss self-confidence and self-esteem, suicide, mental illness, damage real relationship, selfie deaths, plastic surgery on youth.

Keywords: selfie, negative, impact, youth.

I. INTRODUCTION

A **selfie** (/selfi:/) is a self-portrait photograph, typically taken with a digital camera or camera phone held in the hand or supported by a selfie stick. Selfies are often shared on social networking services such as Facebook, Instagram and Twitter. They are usually flattering and made to appear casual. Most selfies are taken with a camera held at arm's length or pointed at a mirror, rather than by using a self-timer. A selfie stick can be used to position the camera farther away from the subject, allowing the camera to see more around them.(www.wikipidea.com) A photograph that one has taken of oneself, typically one taken with a smartphone or webcam and shared via social media.(oxford dictiononary)

As we know selfie has become a part of modern society. It's not culture dependent in fact selfie spread all over the world and accepted by all the cultures very easily. Selfie can be taken by anyone and anywhere. It's free from age boundation. From child ones to old ones anyone can take the picture of itself. Selfie become the word of the year in 2013 by oxford dictionaries. According to recent figures, 91% of teens have taken a selfie and over 1 million are taken per day. Survey claims Britons take 35million 'selfies' every month. More than 50 per cent admit snapping themselves with their mobile phones and cameras. Facebook is the most popular place to upload the photographs. A research review 38%of people questioned have taken a selfie (Mason Fischer). 33% of people share their selfies on Facebook.35 million selfies have been posted to Instagram. 8% of selfies are posted to Instagram. 34% of men have retouched or altered their selfies.13% of women have done the same. A quarter of those even admit to taking a sexy selfie, but 36 per cent later regret it .More literature reviewed about negative and positive impact on youth. Mostly selfie has been considered as negative. Most of the researcher talk about the negative effect of selfie. Selfie sticks were banned in Disneyland in July 2015.this research examines negative impact of selfie on youth.

II. YOUTH ON SELFIE

Three-quarters of young people aged between 18 and 24 admit taking selfies, 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. Not only is the above, according to the experts this latest selfie craze could also be fueling an 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. According to Samsung's data, one third of all photos being taken daily by people age 18-24 are the selfie.

III. RESEARCH METHODOLOGY

This is a descriptive study. Secondary data was used for the research. Scholars' journal articles, doctors' reviews, website articles, experts' opinion from websites were taken for as a secondary data. In this study

IV. RESEARCH OBJECTIVE

The main objective of the research is identify the negative impact of selfie on youth which is harm our young generation by mentally and physically.

V. NEGATIVE IMPACT ON SELFIE

The selfie is Popular among the youngsters it is said to cause addiction and negative impact on them. The Thai Mental Health Department has warned those obsessed with this trend that it could have a negative impact on their life and work, as reported in Bangkok Post. These are the some negative impact of selfie identify the researcher.

Skin damage:

Constantly exposing the face to the light and radiation from smartphones may damage the skin, speed up ageing and promote wrinkles, dermatologists have warned. Camera light and electromagnetic radiation from mobile phones are damaged the skin

Doctors can tell which hand a person holds their phone in just by looking at which side of the face is most damaged, they said. "Those who take a lot of selfies and bloggers should worry. Even the blue light we get from our screens can damage our skin," said Simon Zoakei, Medical director of the Linia Skin Clinic in the UK.

Experts feel that electromagnetic radiation from mobile phones ages skin by damaging the DNA. It can cause breaks in the DNA strand which can prevent skin repairing itself and place oxidative stress on cells, ultimately promoting wrinkles. "You start to see dull dirty looking texture that you cannot identify on one side of the face," said Zein Obagi, who founded the Obagi Skin health Institute in the US. "I think we need to create a defence mechanism, light has some sort of magnetic field that is altering the minerals in the skin. A sunscreen will not protect you," said Obagi. (timesofindia.indiatimes.com)

Loss self-confidence & self esteem:

Many post photographs of themselves online in a bid to seek approval and attention, Malaysia department deputy Director-General Dr.Panipol wipulakorn said in a statement.

She claimed such behavior could lead to mental health problems in future, especially related to self-confidence, and this could unexpectedly cause a negative effect on a person's everyday life, future career and even country's development.

"A selfie creates an impact, more or less, on one's everyday life, depending on each individual. Posting photos [on social network sites] to seek approval and 'likes' from peers as a reward is normal human nature. Whatever people do and then get rewarded for it, they will do again" Dr. Panpimol said. "But the reward has varying degrees of emotional effects on each individual. Some people are happy after sharing a selfie and getting few likes, while others expect as many likes as possible and become addicted to being liked. "Conversely, if they feel they don't get enough likes for their selfie as expected, they decide to post another, but still do not receive a good response. This could affect their thoughts. They can lose self-confidence and have a negative attitude toward themselves, such as feeling dissatisfied with themselves or their body.

"Paying too much attention to one's shared selfies by continuing to check on who sees or comments on them in the hope of getting the most likes as possible is a sign that selfies are causing problems for them, including a possible lack of self-confidence," Dr Panpimol said.

An abundance of 'selfies' are being posted to social media sites such as Facebook, Twitter and Instagram where people can comment on and 'like' the images. Chartered Clinical Psychologist, Dr Hibberd said: 'Images are a way for young people to seek approval and attention from their peers, however they can also lead to cyber bullying and issues with self-confidence.

The majority of teens post the photos in search of assurance and compliments, but they are also making themselves vulnerable to negative comments and abuse.' It's all about comparison and young people are using social media to measure themselves against others. 'If a teenager posts a picture and it doesn't get any 'likes' or if it is their birthday and they don't receive a certain number of posts they see that as an embarrassment.

It is seen as an indication that they are not popular. There is an expectation now amongst young people that they should get comments on all of their posts and images. 'Social media sites have come under scrutiny recently following the suicide of 14 year-old Hannah Smith, who was allegedly targeted by trolls on social networking site Ask.fm. Dr Hibberd added: 'Comparison happens in everyday life, but the problem has been exacerbated by sites like Facebook.

Suicide:

Some research found that the selfie bring to suicide on those who addicts in selfie.

That's what seems to be suggested by expert opinion surrounding the phenomenon, and a man diagnosed with body dysmorphic disorder says he grew suicidal due to his addiction to taking selfies. An extreme example is the story of Danny Bowman who ended up trying to commit suicide Danny Bowman says he became so obsessed with trying to take the "right" selfie that he ended up shooting about 200 pictures a day while trying desperately to capture the perfect image of himself.

When Bowman failed to take what he perceived to be the perfect selfie, he attempted suicide by taking an overdose of drugs. Prior to his suicide attempt, he says, he would spend about ten hours every day taking selfies. Dr. David Veal, a physician involved in caring for Bowman, says selfies may cause mental illness, including body dysmorphic disorder, which has "an extremely high suicide rate."

Bowman's parents are both mental health professionals, and they say that society has a "huge lack of understanding" about just how very dangerous electronic gadgets and social media can be to teens and adults alike. Experts say that while gadgets and social media cause addiction and other dangers, people are in extreme denial about the level of threat these types of communications pose, especially to impressionable teens.

Bowman's parents recount how Bowman would spend many hours in his room taking selfies until his addiction culminated in not only a drastic weight loss, but also a terrifying suicide attempt. While Bowman's case may sound unique and extreme, experts in psychology as well as medical doctors say this problem is far more widespread than is generally understood.

Mental illness:

Doctor Pamela Rutledge (director of the Media Psychology Research Center) says that taking selfies can be detrimental to a person's mental health and that indulging in them is indicative of narcissism, low self-esteem, attention seeking behavior and self-indulgence.

Most likely, the news that selfies might possibly cause a variety of troubling mental health issues is not going to be met with much acceptance by a society obsessed with the self-reflective nature of electronic gadgets. Some experts and physicians feel that society is collectively engaged in deep denial about how dangerous it is to interact with screens without setting limits on how much time is spent doing so.

Doctor Rutledge points out that while selfies raise the risk of narcissism, it may only be because there is not yet a widespread, well-established context for their use. She says that taking selfies may indeed be normal and natural, but because society has not yet collectively been able to contextualize the place selfies are supposed to hold, they have been labeled as being narcissistic and therefore can cause feelings of narcissism in those who take them.

However, it has been proven by multiple studies that interacting with other types of social media is definitively linked to narcissism, depression, low self-esteem, addiction and a host of other negative effect. For example, Facebook use has been linked to depression while Twitter use has been linked to low self-esteem and narcissism. If selfies, specifically, are proven in the future to cause these negative mental health issues, it would most likely come as no surprise to experts in the fields of psychology and medicine.

Is it possible that taking selfies causes mental illness, addiction, narcissism and suicide? Many psychologists say yes, and warn parents to pay close attention to what kids are doing online to avoid any future cases like what happened to Bowman.

Selfies can damage real relationships:

The real friends can end up disliking the friend when friend post too many selfies. It can damage friendships and relationships. This was the startling conclusion reached by researchers at Heriot-Watt University, Edinburgh. They found that it negatively impacts levels of intimacy.

Researchers conducted the study to find out if publishing selfies online had any consequences. About 420 people aged between 18 and 62 years of age who are active online were asked to fill out a questionnaire about how many selfies they took and their relationships. The results revealed that how satisfied a person was with their body graph was directly related to the number of selfies they posted online. This, in turn, was linked with negative outcomes in relationships. (Website of **Times of India**)

Death by selfie:

Recent statistics shows the selfie –related incidents and deaths is increased each and every day. 49 people died by selfie-related incidents since 2014, 75% were men and the average age of the person was 21. The youngest age was 14 and the oldest was 32. It would seem that, when it comes to selfies, we do tend to grow older and wiser — or maybe those of us in our 30s and 40s just don't take as many selfies (the 18-to-24-year-old age set snaps them the most).following data show the death by selfie.

TABLE 1: SELFIES AND OTHER ACCIDENTAL DEATHS (WORLDWIDE 2015 ESTIMATES)

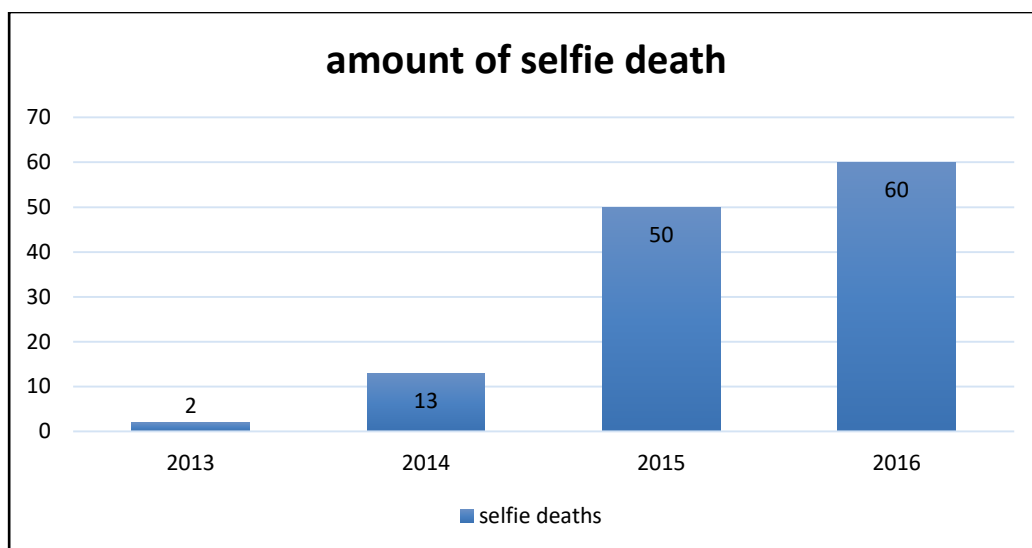
Cause	Death/Year
Vending machines	2
Shark attacks	8
American football	12
Mount Everest	17
Selfies	50
Airplane crashes	513

SOURCE: ZACHARY CROCKET/PRICE ECONOMICS AND WIKIPEDIA

TABLE 2: SELFIES DEATHS AMOUNT AND YEAR

2013	2014	2015	2016	2017
2	13	50	60	15

SOURCE: WIKIPEDIA



SOURCE: WIKIPEDIA

FIG 1: SELFIES DEATHS AMOUNT AND YEAR

This chart shows the amount of death occurred in every year. The amount of death has been increased each and every year. The total amount of death is 140 from year 2013 to year 2017 may.96 are youngers in the total amount of 125. The average age of the person was between 14-24. Most of them between age 18-21.76% youth are death by selfie.

Some other research show since 2014, 49 deaths have been precipitated by selfie, 40% them occurred in India. Selfie fatalities by gender females are 26.5% males are 73.5%.

Most of the types of selfie deaths that have occurred, falling is the most common actual cause of death (usually off of a cliff or a building). Drowning and train deaths are second and third most common, respectively. It should be noted that no one has actually died from the selfie itself — it's the distraction from their surroundings while trying to take the perfect selfie that does them in.

And if you thought the U.S. would be the most popular place where to perish in selfie-seeking glory, you'd be wrong. 40% of selfie-related deaths happened in India (Price economics thinks this is related to the country's high fatality rate from drowning).

This is a list of serious injuries and deaths in which one or more subjects of a selfie were killed or injured, either before, during or after having taken a photo of themselves, with the accident at least in part attributed to the taking of the photo.

The United States Department of Transportation estimated that during 2014, the so-called "year of the selfie", 33,000 people were injured while driving and using a cell-phone in some fashion, which can include talking, listening, and "manual button/control actuation" including taking, uploading, downloading, editing, or opening of selfies. A 2015 survey by Erie Insurance Group found that 4% of all drivers admitted to taking selfies while driving. ([http:// en.wikipedia.org](http://en.wikipedia.org))

The Washington Post reported in January 2016 that "about half" of at least 27 "selfie related [sic]" deaths in 2015 had occurred in India. No official data on the number of people who died taking selfies in India exists, but reports show from 2014 up to August 2016, there have been at least 54 deaths in India while taking selfies. The Indian Tourism Ministry asked states to identify and barricade 'selfie danger' areas, its first national attempt to deal with the selfie deaths. Mumbai police identified at least 16 danger zones after a man drowned attempting to save a selfie-taker. No-selfie zones were also established in certain areas of the Kumbh Mela because organizers feared bottlenecks caused by selfie-takers could spark stampedes. ([http:// en.wikipedia.org](http://en.wikipedia.org))

Plastic surgery:

When we see our selfie we feel that our appearance not good. This feel lead to us to do plastic surgery. Professor W.Keith campall said.

“When the rest of us take a selfie, though, it is amateur hour. If we study our image too closely it is clear that we are really not as attractive as we should be – definitely not as attractive as the people whose selfies we see most often. Our faces are probably a little lopsided, our skin is a bit blotchy, we have a few more wrinkles than we thought, and we think we look fat.

So what happens next? When we feel bad, we try to change. We can try some of the filters available on various sites to even out our skin tone. Or we can go the Kim Kardashian route and take scores of selfies until we get it right. But she is a pro and selfies are her job – we should have better things to do. The more drastic option is plastic surgery or other cosmetic treatments. Selfies are apparently driving people to seek plastic surgery. (*W. Keith Campbell is co-author of The Narcissism Epidemic and a professor of psychology at the University of Georgia.*)

VI. CONCLUSION

In this century, the technology and social media is influence our life directly. In this manner, the selfie take more place on youth. They share their selfies on Facebook and posted selfie on WhatsApp, viber, twitter, intasgrame. According to researcher, experts review selfie has negative impact on selfie. According to review of literature, the research finding revealed that there is a negative impact on selfie on youth. The selfie brings negative impact on youth such as skin damage, loss self-confidence and self-esteem, suicide, mental illness, damage real relationship, selfie deaths, plastic surgery on youth.

So it is highly recommended the youth should understand its pros and cons. Parents should take effort in making their children understand their limitation and guidelines. They should know how it can be used for the better and how it can be lead to the worse. We can take selfie for our necessary but we are not be addict to the selfie. The selfie addict brings negative impact on youth. The number of deaths occurred around the world. So when we taking a selfie in the great outdoors think and keep the safe firstly. Take a good look at your surroundings, get into a safe position, and then break out the phone to snap your photo. If a cliff is right behind you, let a friend do the snapping.

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