

# Self-Impetus to Self Portraits

(EDITORIAL ARTICLE)

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## 1. INTRODUCTION

Selfie's are self-portrait taken to admire the excessive pride in one's own appearance. When these selfie's are taken persistently in increased numbers with futile efforts to stop taking them is called as "SELFIE ADDICTION". There are lot more things related to selfie has come like selfie status, selfie stick, selfie tv show, selfie song, selfie app, selfie quotes etc. According to American psychiatric association actually confirmed that taking selfies is a mental disorder, going as far as to term the condition "selfitis". The American Psychiatric Association defines it as "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 and has categorized it into three levels: borderline, acute and chronic.<sup>1</sup> But there are no published article on psychometric scale for assessing the level of selfie addiction in India. We have published a psychometric scale to assess the level of selfie addiction using 10 items and validated the scale by content validity index.<sup>2</sup> Similarly an author Michael Daws<sup>3</sup> warns the people by writing an article on selfies can harm you according to researchers. He has quoted that many instances where people ended up their life by trying to take a very risky selfies. It seems that people are so obsessed to take selfies. Selfie addiction also was considered as obsessive compulsive disorder and Body Dysmorphic Disorder (where the sufferer obsesses over perceived flaws with their body<sup>3</sup>).

## 2. EMBRACEMENT OF SELFIES

Selfies have become inevitable part of life. Everyday dawns and sets with selfies. Incredible creativity in taking self-portraits has launched "Selfie – Culture". Earlier, people wanted to celebrate occasions that stays memorable even after several years. They made the occasions special with great outfits, decorations around their houses, inviting families and friends to embrace the magical moment. But now people are inspired to immortalise their beauty by taking innumerable selfies.

## 3. SELFIES – AN AFFLICTION

Taking photos for memories or selfie's for admiration can be encouraged when it is bounded to limits. Publicizing personalised stuffs through social networking sites cannot be encouraged all times. Especially, when there exists no reluctance for sharing their explicit selfies. Revolutionary thoughts of helping others can be supported but promulgating during devastation shows inhumanity. When the suffering is heard all over the surroundings and agony of the poor without basic amenities, do not indulge in taking selfies particularly in insensitive environments like funerals and natural disasters.

### RATIONALE BEHIND TAKING SELFIES:

1. Feeling of pride to admire their beauty
2. Taking Selfies gives feeling of overwhelmed and gratification
3. Feeling of high Self – Esteem
4. To publicize themselves

5. To Share selfies in social networking sites

**SELFIES – PERILOUS:**

1. Harming your health status by not eating properly to lose weight
2. Increased Derogatory Attitude
3. Projection of our identity onto others
4. Taking Selfies during Dangerous Situations
5. Putting others Life into risk to take selfies
6. Suicidal tendency – due to inferior feeling overwhelming

Sharing of emotional feelings with family and friends gradually decreased when social networking sites came into our lives. Now, art of understanding an individual’s mood through his/her selfies with a hashtag is popping out “Empathy Culture of Selfies”.

**4. CONCLUSION**

We wonder to know whether selfie taking has initiated others to highlight the selfie component in their marketing skills, selfie-encouraging spaces, selfie-frames, and selfie-sticks, front cameras ensuring high megapixels, selfie-apps or inversely these components as promoted selfies. On reaching the zone of conviction, selfies taken and shared with proper demarcation would not lead to predicament.

**REFERENCES**

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