



# A Study To Assess Selfie Addiction Among Adolescents In Selected Colleges In Aluva.

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## CHAPTER 1

### INTRODUCTION

Technology is seen as the primary cause of changes in society. Technology has improved in many areas such as communication, transportation, education, learning process and many other infrastructure areas. Technological products considerably influence human life in this digital era. Arrival of mobile phones has become a pivotal turning point in the fate of technological life. One of the bestowals of the mobile era is the introduction to the selfie world. It has become a sensation to all.

Selfie is a term used to describe taking photos of oneself to share on social media platforms. It is hard to find people in this world who have never taken any selfies. The art of taking selfies is practiced by many but for some, the behavior can become addictive.

Nowadays, selfie has become an inevitable part in every aspect of life especially for youngsters. Craving for taking selfies is increasing day by day. Introduction of high resolution-cameras added more impact to this situation. Taking excessive selfies can cause a mental disorder called 'selfitis'. Selfitis is an obsessive compulsion to take photos and display it through social media.

People try to take selfies even in dangerous ways in order to get more attention from others. The youngsters consider taking selfies by standing on top of building edges, Mountain tops or while operating vehicles as trending and these trends can put their life at risk.

A cross sectional study conducted by Dr. Somnath and Dr. Rajesh Kumar in 2022 to assess selfie addiction among UG medical students shown that; among 220 students 14% take 3-5 selfies and to post on

social media daily, 8% takes selfies in dangerous ways in which number of males is more than females. Outcome shows that age and gender affect the number of selfies one takes. This is developing as a new mental disorder ‘selfitis’.

Although not an officially recognized mental health disorder’s ‘selfitis’ is a growing trend. There is a huge difference between the act of taking selfies occasionally and selfie addiction. Taking and posting selfies is nowadays considered as an important part of online self-representation. The actual aim of this self-representation is to get attention, approval and praise by others. When they do not get expected attention or appreciation they usually go on to depression and other psychological disorders. Some may go to their extreme in dangerous ways, merely to get a good photo. But these behaviors are dangerous and life threatening. On this background, the researchers have undertaken this study to determine selfie addiction among adolescents.

## **PROBLEM STATEMENT**

A study to assess selfie addiction among adolescents in selected colleges in Aluva.

## **OBJECTIVES**

1. To assess the level of selfie addiction among adolescents in selected colleges in Aluva.
2. To find out the association between selfie addiction with demographic variables.

## **OPERATIONAL DEFINITION**

**Selfie:** A photograph one has taken oneself with a smartphone or webcam and shared through social media.

**Addiction:** A strong physical or psychological need or urge to do something or use something.

**Selfie addiction:** Selfie addiction or selfitis is defined as an obsessive compulsive desire to take photos of oneself 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.

**Adolescent:** A person who is in the age group between 13-18.

## **HYPOTHESIS**

There is a significant association between selfie addiction and selected demographic variables.

## **DELIMITATION**

The study is delimited to adolescents of age between 10 to 19 years studying in selected colleges in Aluva.

## **SUMMARY**

This chapter deals with background and need of study, problem statement, objectives, operational definition, hypothesis and delimitation.

## **CHAPTER 2**

### **REVIEW OF LITERATURE**

*The review of literature is an important step in the development of a research project. It involves systematic identification of location scrutiny and survey of written material that contain information on research problems.*

[Polit and Hungler, 2004]

## Review of literature is under following headings

### 1. Study related to the effect of selfie addiction in adolescents with demographic variables.

- **Betty Koshy (2019)** has conducted a study on the level of selfitis among adolescents in parul university, Gujarat. Published on May 17<sup>th</sup>, 2019. In this study, descriptive design was used. The study was done on 100 students studying at Parul University using a convenience sampling method. The level of selfitis was measured using the Selfitis Behavioral Assessment Scale. The findings showed that 15%, 80% and 5% of students had an acute, borderline or chronic level of selfitis respectively.
- **Eliana and Laurie A Manwell (2019)** has conducted a study on effects of excessive screen time on neurodevelopment, learning, memory, mental health, and neurodegeneration in Canada. The purpose of study is to investigate the literature regarding the effects of sensory overstimulation from electronic devices on cognitive decline. The study mainly focused on assessing the extent to which experimental studies have confirmed or refuted findings from correlational studies and the extent to which animal models of human behavior were used to address this issue.
- **Sharanya Nagalinkam, Balaji Arumugam (2019)** has conducted a study on prevalence and risk factors of the selfie addiction among adolescents. This study was done as a community based cross sectional study at Pondicherry, Chennai and Kadalur district during November 2015 and February 2016. Published on 14<sup>th</sup> February 2019. A total of 766 college students were interviewed of age 19 years. A direct questionnaire was used as the tool for this study. Among the study participants 87% of them had the habit of taking selfies regularly using mobile phones and the number of selfies per minute varied from 2 to 10 per minute. The prevalence of selfie addiction was present among 111 (14.5%) and it was significantly associated with gender, higher version mobile phone users, early morning selfie takers, chronic mobile users.
- **Helen Sam and Molly Joy (2020)** conducted a study on selfitis among college students. The study was conducted in Bangalore. Published in January 2020. The sample is selected from the population in which the entire young adults are falling under the age group of 18-24 years studying in Bangalore city colleges. Simple random sampling techniques were used to select 140 students from the population. The sample includes 70 boys and 70 girls. To assess the level of selfitis a Non-Experimental descriptive research design is used. Results revealed that the sample had acute level of selfitis. There is no significant difference in selfitis based on gender.
- **Khalid Ismail, Osman (2020)** conducted a quantitative study on underlying factors of selfie addiction among university students at Koya university, Iraq. Published in May 2020. The participants of this study were randomly selected students at Koya University in the academic year of 2013 to 2014. The sample consisted of 300 students, 271 of which responded. The study uses standardized questionnaires to collect data. The result suggests the existence of three common elements of the students' Self-acceptance, self-obsessed, and intention. In other words, these items measured the extent to which selfie addiction has three inter-correlated dimensions.
- **Dr Dwajini (2021)** conducted a study on the effects of increased screen time on undergraduates on various aspects like sleep, mental health, health and well-being of a person during lock-down for COVID-19 pandemic. The study was conducted in Karnataka. Published in January 2021. The questionnaire-based survey was conducted through Google forms which included questions regarding screen time, mental health (depression, anxiety, mood swings), sleep pattern, time spent on academic activities, etc. undergraduate students aged between 18-24 years. The result shows that there is a significant effect of increased screen time during the lockdown on undergraduates on aspects of mental health, sleep pattern, overall well-being and academic activities. There is a strong association between screen time and depression.

- **Sabiha Iqbal (2021)** conducted a cross-sectional study on the relationship of selfie addiction, selfie posting behavior and Instagram addiction among university students. The study was conducted in Pakistan. Published in June 2021. The data was collected from 200 university students of age 18 to 28 were recruited with purposive sampling technique from the Islamia University of Bahawalpur, Pakistan. The questionnaire method was used for data collection. The results of an independent sample t-test found that the average (mean) score of selfie addiction, selfie posting behavior and Instagram addiction were significantly higher among female respondents as compared to male.
- **Somnath, Rajesh Kumar, and Manjusha Nath (2022)** conducted a cross sectional study on Selfie addiction among undergraduate medical students. The study was conducted in Uttar Pradesh published in 2022. The sample size is 220 students using smartphones. Out of this male and female study subjects from MBBS students were 116, 104 respectively. The result shows that male students of middle class families in urban areas were more involved in taking a selfie. Females were comparatively spending more time (2-3 hrs) on Internet ( $X^2$  equals to 19.494 and  $p = .001$ ). Total 14% students were taking 3-5 selfie and posted on social media (Statistically significant,  $X^2 = 7.882$ ,  $p = 0.019$ ). 19(8.63%) participants admitted to taking a dangerous selfie of which male is 13(14.0%) .
- **Sarit Kang Antonie Lewin (2022)** conducted a study on the effect of the COVID-19 pandemic on trends in selfie-related mortality . Study was conducted in September 2022, Canada. The purpose of study is to assess temporal trends in the monthly number of selfie-related deaths during the pandemic. This study suggests that selfie-related mortality decreased during the first year of the pandemic, owing to lockdowns and travel restrictions that limited the number of selfies taken in risky locations. The findings of this study can help inform strategies to prevent selfie-related mortality in the post pandemic period respondents.
- **Yixuan Liu , Jiayu Zhu, Jianping (2022)** conducted a study to investigate the current situation of selfie behavior, body image and social anxiety among young people in China. Published on 15<sup>th</sup> November 2022. A questionnaire Survey was conducted on the Chinese mainland. The findings of the study provide innovative ideas and directions for exploring the intervention paths of youth social psychology in the era of image socialization.

## CHAPTER 3

### METHODOLOGY

**The techniques used to structure a study to gather and analyze information in a systematic fashion**

**-Polit and Beck**

This chapter gives a quick rundown of the various steps involved in doing the research. It includes research approach, research design, setting of the study, population, sample and sampling technique, inclusion criteria and data collection instrument, content validity of the tool, data collection process and plan for data analysis.

#### RESEARCH APPROACH

Research approach is the basic procedure for the conduct of a research inquiry and also mention to us what is to be collected and how to analyze it.

In the view of the nature of the problem under study and to accomplish the objectives of the study, a quantitative approach was found to be appropriate to determine the relationship between adolescents and selfie addiction under selected demographic variables in selected colleges in Aluva.

#### RESEARCH DESIGN

Research design is a framework of research methods and techniques chosen by a researcher to conduct a study.

Research design selected for the present study is a standardized questionnaire method.

## ASSUMPTIONS

In the present study it is assumed that:-

- Demographic variables have some influence on selfie addiction.

## HYPOTHESIS

There is a significant association between selfie addiction and selected demographic variables.

## VARIABLES

Variables are the qualities, properties or characteristics of persons, things or situations that change or vary and are manipulated or measured in research.

Socio-personal variables included in the current study are :-

- Age [in years ]
- Gender
- Religion
- Department
- Type of residence
- Occupation of father
- Occupation of mother
- Duration and availability of phone

## ATTRIBUTE VARIABLES

In the present study, attribute variables are to assess the addiction among the adolescents under the demographic variables.

## SETTING

The research settings were Carmel College of Nursing, Aluva and Union Christian College, Aluva.

## POPULATION

The population in the present study consists of adolescents studying in different colleges.

## SAMPLE AND SAMPLE SIZE

The study was conducted among 100 students who are in the age group of adolescents.50 students studying in Carmel College of Nursing, Aluva and 50 studying in UC College, Aluva.

## SAMPLE TECHNIQUE

Sampling technique used in the present study is purposive sampling.

## SAMPLING CRITERIA

The inclusion criteria:-

- Adolescent of age between 13 to 19 years studying in selected college in Aluva.
- Students who are available at the time of data collection.
- Students who are willing to participate in the study.

## DATA COLLECTION TOOLS



Data collection tools refer to the device to gather information or data to resemble the information regarding the research study. It is used by the researcher to observe or measure the key variables in the research problem. In the study, the data was collected using Griffith's selfie addiction scale and demographic proforma .

### **TOOL 1: DEMOGRAPHIC PERFOMA OF ADOLESCENT**

It consists of 8 demographic variables such as age, sex, religion, department, type of residence, occupation of father, occupation of mother, duration and availability of phone.

### **TOOL 2: RATING SCALE TO ASSESS THE LEVEL OF SELFIE ADDICTION**

Griffith's selfie addiction scale is used in the study. It contains 20 questions to assess the selfie addiction and each item consists of 5 ratings such as never-0, rarely-1, sometimes-2, often-3, always-4. The tool was prepared by the researcher and validated by 5 experts.

The minimum score is 0 and the maximum score is 80. Score ranging from 0- 19 indicates no selfie addiction, 20- 39 indicates low selfie addiction, 40-59 indicates moderate selfie addiction, 60-80 indicates high selfie addiction.

### **DATA COLLECTION**

Data was collected using Griffith's selfie addiction scale and demographic proforma.

### **DATA ANALYSIS**

Data analysis is the process of systematically applying statistical or logical techniques to describe and illustrate, evaluate data. Data analysis summarizes collected data. It involves the interpretation of data gathered through use of analytical and logical reasoning to determine the patterns, relationship or trends.

The data was analyzed using intentional and descriptive statistics. Relationship between selfie addiction and the attitude of adolescents towards selfie addiction was identified.

### **SUMMARY**

This chapter dealt with data collection, tool construction, research technique, sample and sampling technique, research design, research approach, and plan for data analysis. The data was analyzed using intentional and descriptive statistics.

## **CHAPTER 4**

### **ANALYSIS AND INTERPRETATION OF DATA**

Analysis is referred to as a method of organizing data in such a way that research questions can be answered and hypotheses can be tested.

Interpretation is the act of explaining, reframing or otherwise showing your own understanding of something.

The data collected were coded and summarized in a master data sheet and analyzed manually based on the study objectives. Both descriptive and inferential statistics were used to analyze the data.

**Objectives of the study:-**

- To assess the level of selfie addiction among adolescents in selected colleges in Aluva.
- To find out the association between selfie addiction with demographic variables.

**Hypothesis:**

All the hypotheses were tested at 0.05 level of significance.

There is a significant association between selfie addiction and selected demographic variables.

**Organization of study findings:**

The data was tabulated, analyzed and interpreted using descriptive and inferential statistical methods. The data is presented under the following headings.

Section 1: Description of demographic variables.

Section 2: Description of selfie addiction among adolescents.

Section 3: Association between selfie addiction and selected demographic variables.

**SECTION 1: DESCRIPTION OF DEMOGRAPHIC VARIABLES**

Table 1: Frequency and percentage distribution of demographic variables.

SI. No	Demographic variables	Frequency	Percentage
1	Sex		
	a) Male	35	35.0
	b) Female	65	65.0
2	Religion		
	a) Christian	59	59.0
	b) Hindu	27	27.0
	c) Muslim	14	14.0
3	Department		
	a) Science	49	49.0

	b) Commerce	51	51.0
4	Type of residence		
	a) Living in hostel	39	39.0
	b) Living with parents	61	61.0
5	Occupation of father		
	a) Unemployed	6	6.0
	b) Coolie worker	11	11.0
	c) Self employed	56	56.0
	d) Government employee	13	13.0
	e) Private employee	14	14.0
6	Occupation of mother		
	a) Unemployed	56	56.0
	b) Coolie worker	0	0.0
	c) Self employed	11	11.0
	d) Government employee	18	18.0
	e) Private employee	15	15.0
7	Duration and availability of phone		
	a) Full day	41	41.0
	b) Half day	16	16.0
	c) Above 1 hour	11	11.0
	d) Below 1 hour	32	32.0

## SECTION 2: DESCRIPTION OF SELFIE ADDICTION

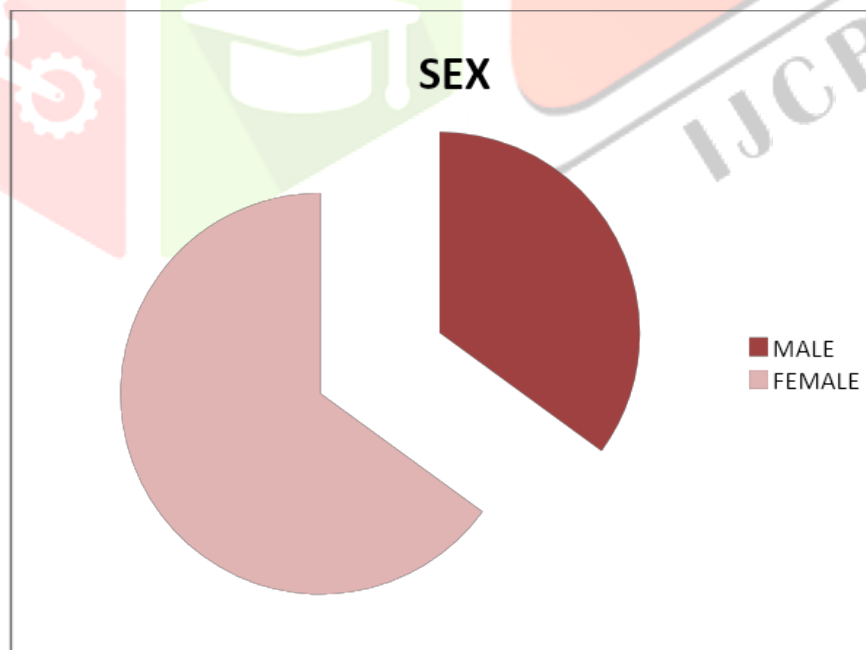


Figure: 4.1 pie diagram showing distribution of sex.



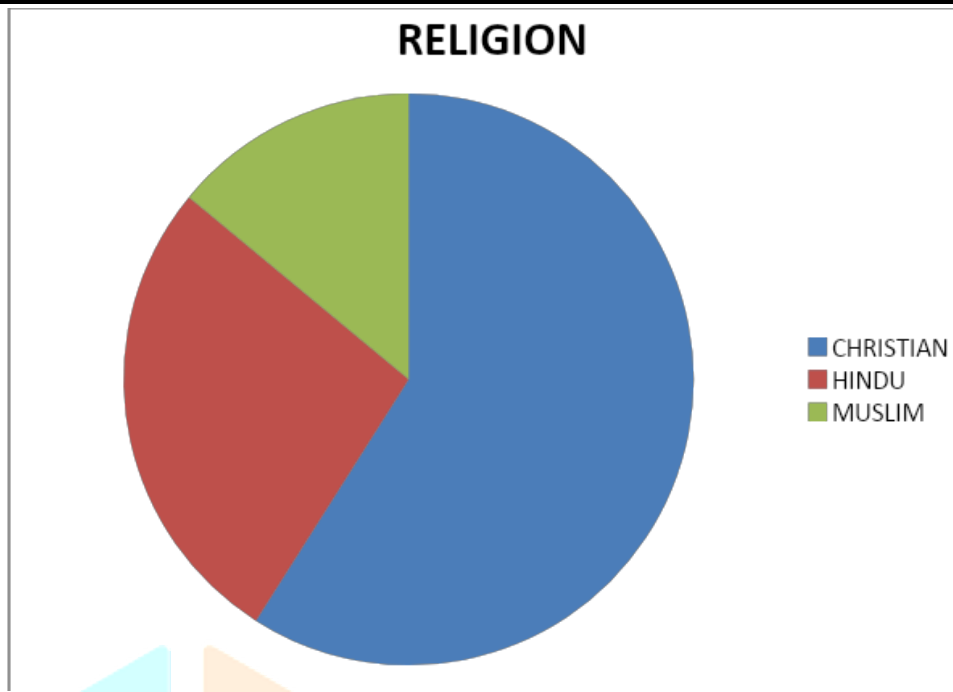


Figure 4.2: Pie diagram showing distribution of religion

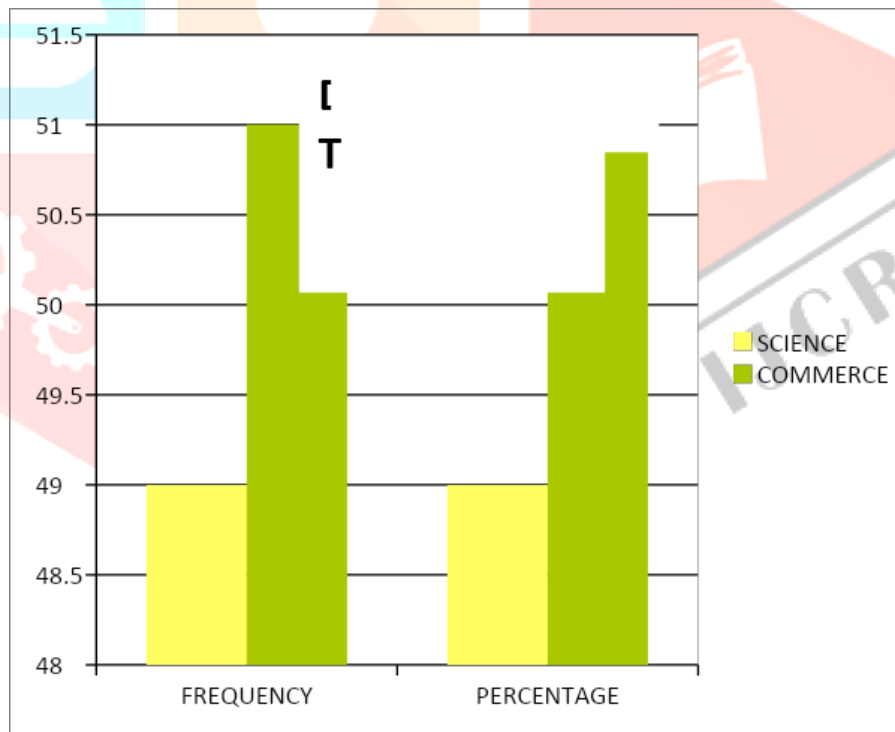


Figure 4.3: Bar diagram showing distribution of department

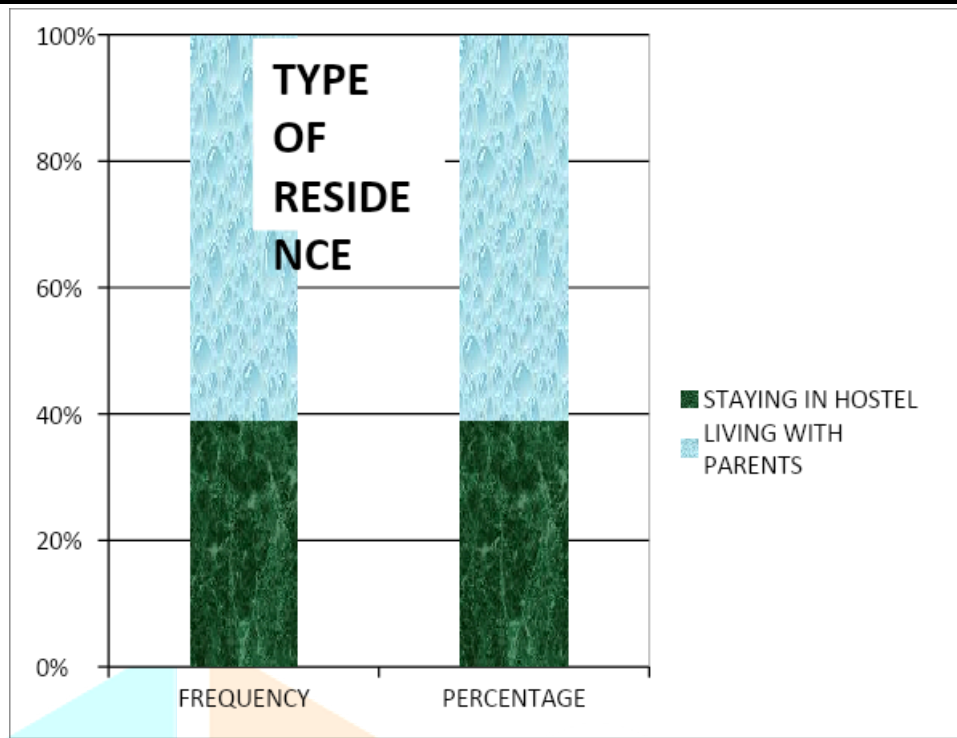


Figure 4.4: Cylindrical diagram showing distribution of type of residence

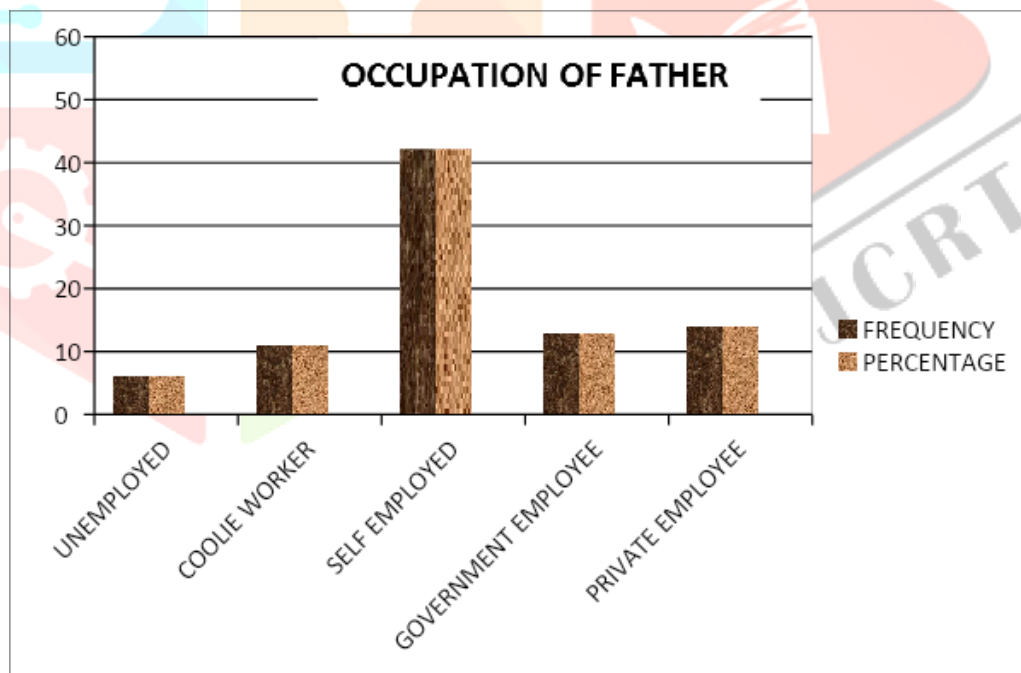


Figure 4.5: Cylindrical diagram showing distribution of occupation of father.

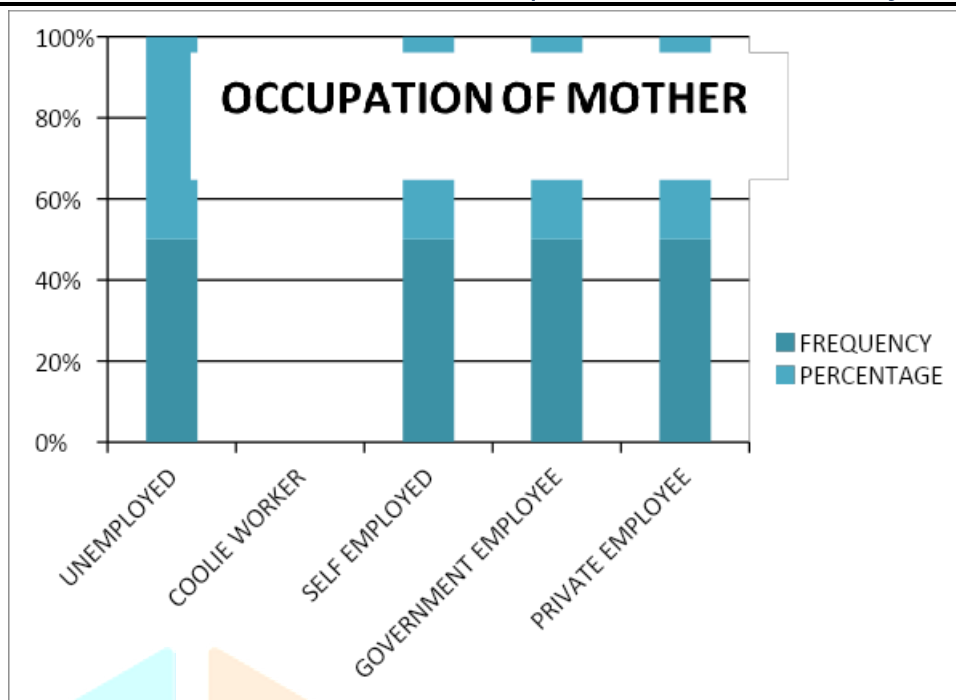


Figure 4.6: Cone diagram showing distribution of occupation of mother

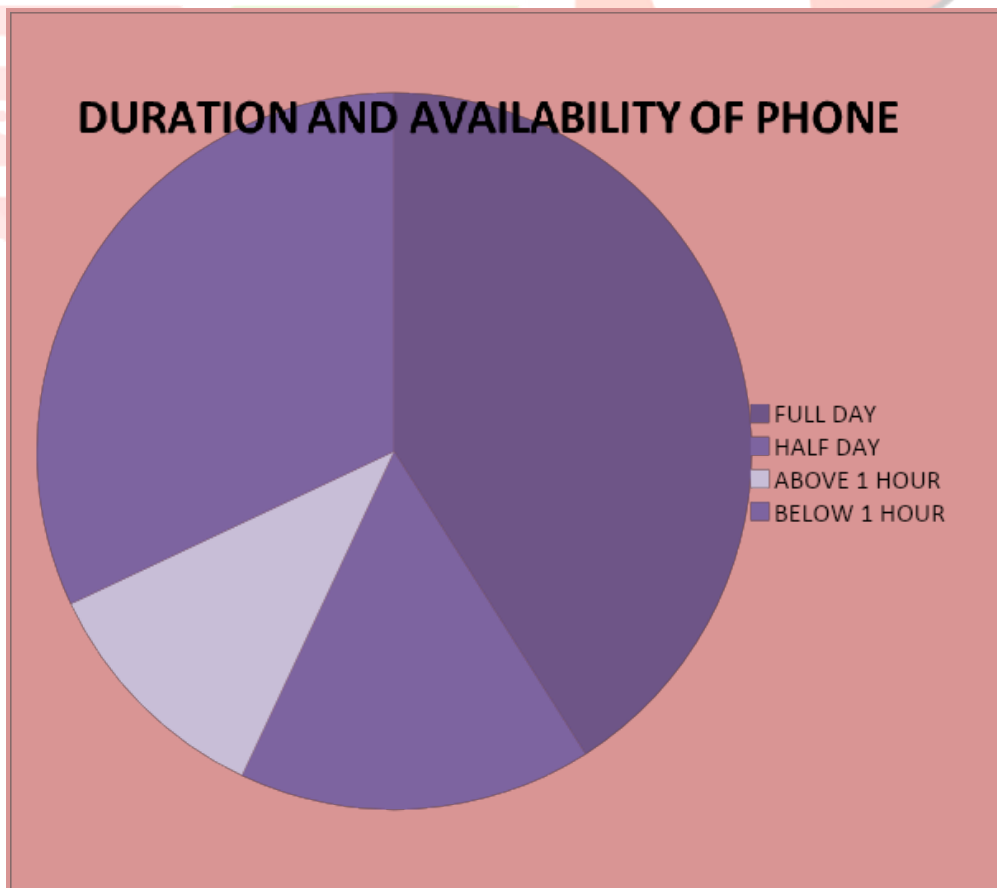
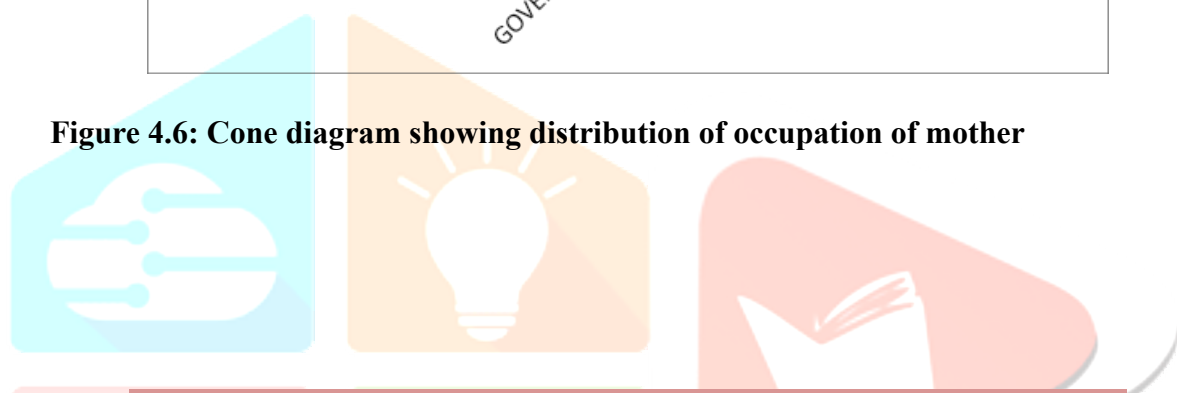


Figure 4.7: Pie diagram showing distribution of duration and availability of phone

### SECTION 3: ASSOCIATION BETWEEN SELFIE ADDICTION AND SELECTED DEMOGRAPHIC VARIABLES

n=100

Sl.no	Demographic variables	X <sup>2</sup>	Table value	df	Significance
1	Sex a) Male b) Female	.703	3.84	1	Not significant
2	Religion a) Christian b) Hindu c) Muslim	.510	5.99	2	Not significant
3	Department a) Science b) Commerce	.007	3.84	1	Not significant
4	Type of residence a) Living in hostel b) Living with parents	.233	3.83	1	Not significant
5	Occupation of father a) Unemployed b) Coolie worker c) Self employed d) Government employee e) Private employee	11.382	9.49	4	Significant
6	Occupation of mother a) Unemployed b) Coolie worker c) Self employee d) Government employee e) Private employee	.233	7.82	3	Not significant
7	Duration and availability of phone a) Full day b) Half day c) Above 1 hour d) Below 1 hour	1.47	7.82	3	Not significant

Chi-square test was used to find the association between selfie addiction and selected demographic variables and the hypothesis was tested at 0.05 level of significance. There is only significant association between selfie addiction and occupation of father.

### SUMMARY

This chapter dealt with analysis and interpretation of data. The findings were organized under the headings such as description of demographic variables, description of selfie addiction among adolescents and association between selfie addiction and selected demographic variables. Significance had been stated and hypothesis was tested at 0.05 level of significance.

## CHAPTER 5

### DISCUSSION, SUMMARY AND CONCLUSION

#### Introduction

The present study was intended to determine the selfie addiction among adolescents in selected colleges in Aluva, and to find the association between selfie addiction and demographic variables.

#### Objectives of study were to:

1. To assess the level of selfie addiction among adolescents in selected colleges in Aluva.
2. To find out the association between selfie addiction with demographic variables.

The present study adopted a non-experimental quantitative study using standardized questionnaires. The sample consisted of 100 adolescents enrolled in Carmel College of nursing and UC College in Aluva. Purposive sampling techniques were used for the study. For assessing the selfie addiction, standardized questionnaire, Griffith's selfie addiction scale and demographic proforma was developed by the researcher after reviewing research and discussion with experts.

#### Major Findings of The Study

##### Section 1: Description of demographic variables

The findings of the study show that:

- Sex: Majority 65% students are females and minority 35% are males.
- Religion: 59% students are Christians, 27% students are Hindus and 14% students are Muslims.
- Department: Majority 61% are from commerce and minority 39% are from science.
- Type of residence: Majority 61% students live with parents and minority 39% are staying in hostels.
- Occupation of father: Majority 56% is self-employed and minority 44% is unemployed.
- Occupation of mother: Majority 56% is unemployed and minority 44% is coolie worker.
- Duration and availability of phone: Majority 41% have a full day and minority 59% have above 1 hour.

## Section 2: Description of selfie addiction among adolescents

Level of selfie addiction		
Categories	Frequency	Percent
No selfie addiction	69	69.0
Low selfie addiction	31	31.0
Total	100	100.0

## Section 3: Association between selfie addiction and demographic variables

There is a significant association between selfie addiction and father's occupation.

## Discussion

- **Dr. Dwajini (2021)** conducted a study on the effects of increased screen time on undergraduates on various aspects like sleep, mental health, health and well-being of a person during lock-down for COVID-19 pandemic. The study was conducted in Karnataka. Published in January 2021. The questionnaire-based survey was conducted through google forms which included questions regarding screen time, mental health (depression, anxiety, mood swings), sleep pattern, time spent on academic activities, etc. undergraduate students aged between 18-24 years. The result shows that there is a significant effect of increased screen time during the lockdown on undergraduates on aspects of mental health, sleep pattern, overall well-being and academic activities. There is a strong association between screen time and depression.
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## Implications

### Nursing Education

Technology addiction, especially selfie addiction, selfitis is a growing trend and a glaring health issue faced by new generation adolescents. Active discussions are on progress among the health care workers to assess depression and other psychological disorders Associated with selfie addiction. The upcoming nurses should be made aware regarding the behavioral changes, and life threatening situations associated with technology and the internet. The present study should be a vision to sensitize nursing students regarding such issues like selfie addiction.

### Nursing Practice

Adolescent health is a significant aspect of public health that is an essential to be addressed by practicing nurses. The nurses should be aware of the newly emerging psychiatric disorders related to media influence and selfie addiction. This helps in effective identification and interventions to prevent the exact root of psychological problems. The present study focuses on the significance of selfie addiction among the newer generation adolescents and helps nurses to develop effective interventions to prevent selfie addiction.

### Nursing Research

Psychosocial aspects play an important role in foreseeing the pattern of selfie addiction and a major factor. Various studies assessing the relationship between selfie addiction and demographic variables will be helpful in identifying the significance of selfie addiction. The current study will be a basic step that will help the nurse researchers to identify the effects of selfie addiction, which would enable them to make further interventions regarding this aspect.

### Limitations

The study was conducted only among adolescents from selected colleges in Aluva .Hence the result cannot be generalized.

### Recommendations

A similar study can be conducted in a different group with a large sample size.

An experimental study can be conducted to assess the knowledge of students regarding selfie addiction and psychological problems.

A similar study can be conducted to find out the relation between selfie addiction and screen time addiction.

### Summary

The chapter mainly dealt with discussion of findings and summary.

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