EFFECT OF SELFIE ON MENTAL STRESS ON DIFFERENT AGE GROUP.

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Abstract

Selfie is a self portrait digital photograph taken by a digital camera or by smart phone which held in the hand or taken by selfie stick. Many people have done lots of research on selfie such as S M Bergman, M E Fearrington have done research on social networking sites and why personality and individual differences. C.N.Dewall Narcissism and implicit attention seeking: Evidence from linguistic analyses of social networking and online presentation Personality and Individual Differences has mention the effects of selfie in their researchs. Selfie the word just make you eager to see what are the thing pictures, images persons have taken snap or uploaded photos. We like to see how many of them have made faces, which type of faces, which type of styles, where is the place, with whom they have taken the selfies, how is the picture quality, Is the picture quality good or not, are photos have glare, from which angle they have taken photos, are the photos have latest technicality, who have taken the selfi and many more question arise in the mind while watching the selfies.

Now a days new thing has come out of selfies that is known as welfies that is taking your own videos by doing some activities.

On selfies and welfies many films like "Selfie", "Selfie 69", "Selfie Raja","Selfie Form Hell" etc are already released and many more to come in Bollywood and Hollywood.

These all have made a huge impact on mankind on their mental status many people are so crazy about these things that they give their lives for just on selfie or welfie. So that brought my attention on this topic.

On this topic I have taken one survey with Google questionnaire that is primary data for the research work was done on the basis of the questionnaire and outcomes were analyzed.

In this paper I have consider different age group and mental stress due to selfie effect and on that basis data was analysed and I have conclude that shows that there is no impact of selfie on mental stress due to selfie on different age group.

KEY WORDS: Selfies, Welfies, Mental status, Mental Stress, Smart Phone, Photos, Mega pixel, Google questionnaire, age etc.

INTRODUCTION

The term selfie is a common word now a days from kids to older people every one like to have a selfie in their day to day work even when you are sad, when you are at certain place when you enjoying something when you feel bad for something when you feel happy, when you feel sad, when you feel alone in all the situations people now use to take selfie and they put it on social media. The history is not too old for the selfie. The world selfie was used first in Austraila in 2002 as an official word on the world level.

Selfie means a person use to take own photo using digital camera or with mobile or a smart phone is known is selfie. People uses mobile phone more for the selfies using the front cameras now even the mobile companies gives more attention to front cameras as people buys mobile with high quality of front camera with high mega pixel than the back cameras.

LITERATURE REVIEW

A review of literature discusses published information of a specific subject in that direction and many times information in a specific subject within a certain time being. The selfie trend has started philosophical debates and headline news over the time as selfie are shared on social media seemingly at any location, any time, and at any cost. That has created many social issues. In a cultural country like India when ethics, and culture plays more important role this type of new thing has crossed many unwilling boundaries. Even due to selfie many accidents happened due to which many people have lost their lives in taking selfie. So selfie awareness is also an Important topic now a days for the persons. For parents its very essential to have a watch on child.

RESEARCH METHODOLOGY

Research Methodology defines the process and methods, the researcher shall undertake to accomplish the objectives. The research methodology chosen are proper as there has been a detailed study undertaken through which literature and the null hypotheses and alternative hypotheses have been different depending on the methods and tools used.

The advance learners’ dictionary says that the meaning of research as “a careful investigation or inquiry specially through search or new facts in any branch of knowledge.”
In this paper using Google Form I have collected the responses of about 178 respondents and their responses were analyzed using the "R-Studio" and "R-Software" and the conclusion was drawn. Here I have used Pearson's chi square (\(\chi^2\)) distribution test for analyzing the collected data.

**SCOPE OF RESEARCH STUDY:**

The scope of research study is very large now a days each and every person is taking selfie so here I have taken primary data of 178 persons and on those primary data bases I have carried out my research here. Further after selfie we have Welfie that is own video is also a subject of new research.

If the research is carried out on large number of people the out come may give some unbelievable results. Here I have considered all age groups and its impact but if the same research is done o specific age groups with given constraints then results may give you some different aspects of the study in detail.

**NATURE OF RESEARCH STUDY WORK:**

The nature is exploratory (Formulative) in nature. The researcher has found out various problems for reporting segments information by data collections.

**OBJECTIVES OF THE STUDY:**

1. To study the significant mental stress effect among different age group of people.
2. To through focus on selfie taking habits.

**FORMULATION OF HYPOTHESIS:**

The Study is depend on the following hypothesis:

- \(H_0\): Selfies have no significant mental stress effect in different age group of people.
- \(H_1\): Selfies have significant mental stress effect in different age group of people.

**TYPES OF DATA:**

The study is depend on primary data only.

**SOURCES OF DATA COLLECTION:**

For the present research I have considered the following questions the link is given as: [https://docs.google.com/forms/d/e/1FAIpQLSejXtG5Mv7qSuipo46XJJFBIK5xJQVM84S0qKiJZVjogH-ghg/viewform?usp=pp_url](https://docs.google.com/forms/d/e/1FAIpQLSejXtG5Mv7qSuipo46XJJFBIK5xJQVM84S0qKiJZVjogH-ghg/viewform?usp=pp_url)

**ANALYSIS OF DATA:**

Data and information received through Google form is converted in to M.S.Excell sheets. Using the R Studio and R Software we have presented in the form of tables like age groups vs Mental stress and the data is analyzed further using Pearson's \(\chi^2\) distribution test and interpreted and conclusion is drawn which is given in following steps. The data have been presented in the form of tables, graphs and figures. The data has also analyzed and interpreted.

**RESEARCH TOOLS:**

1. GoogleForm [https://docs.google.com/forms/d/e/1FAIpQLSejXtG5Mv7qSuipo46XJJFBIK5xJQVM84S0qKiJZVjogH-ghg/viewform?usp=pp_url](https://docs.google.com/forms/d/e/1FAIpQLSejXtG5Mv7qSuipo46XJJFBIK5xJQVM84S0qKiJZVjogH-ghg/viewform?usp=pp_url)
2. After taking data from google form its converted in to M.S.Excell form for the further analysis.
3. I have used Pearson's Chi-squared test for the findings.
4. Software "R" is used when ever needed.

**LIMITATION OF THE STUDY**

1. This study is depend on primary data of 178 people only.
2. If number of persons increases the study may give different results. Here
   maximum participations are from urban area so if area changes the result may vary.
3. Maximum number of participations are of young generation if we have consider all persons equal from all age group the result may change.
4. As place of study is western region of India the study may vary in all other part of the country and other than the country.
5. Here I have considered all the age groups all together in different age groups results may come different.

**DATA ANALYSISI AND TESTING OF HYPOSTHESIS**

Responses can be viewed from
Here Data analysis was done using R-Studio and R-Software and graphs are as follows and using Pearson's $\chi^2$ test analysis is as follows.

```r
> summary(Dataset)
        HOW.OLD.ARE.YOU X19..SELECTED GIVES.YOU.MENTAL.STRESS.
           10-20 :27       NO :101
           20-30 :56       YES : 14
           30-40 :47       NA's: 63
         MORE THAN 40:43 NA's : 5

Pearson's Chi-squared test data: Table
X-squared = 1.4546, df = 3, p-value = 0.6928
```

**CONCLUSION**

1. As Pearson's Chi-squared test p value is more than 0.05 level so null hypothesis is accepted.
2. There is no significant mental stress effect in different age group of people.

**SUGGESTIONS:**

1. This study is done on the primary data of 178 persons only if the study is done over more persons of people result may change even on the age group also the result may vary.
2. If number of persons increases the study may give different results. Here maximum participations are from urban area so if area changes the result may vary.
   The maximum number of participations are of young generation if we have consider all persons equal from all age group the result may change.
3. Here I have considered all the age groups all together in different age groups results may come different.

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