

A Study on Selfie Culture, Social Media Engagement, Self-Image, and Young Adult Mental Well-being

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Abstract : Selfie culture has become increasingly prevalent in recent years, with young adults being one of the most active demographics when it comes to taking and sharing selfies. While some argue that selfies can be a harmless way to express oneself, connect with others, and boost self-esteem, others have raised concerns about the potential negative effects of selfie culture on mental health. This study investigated the complex relationship between selfie culture, social media use, self-image, and mental well-being among young adults. A cross-sectional survey was conducted with over 75 participants aged 18-30. The results of the study showed that there is a positive relationship between selfie culture and social media use and that both of these factors are associated with lower self-esteem, higher self-consciousness, and increased appearance anxiety among young adults. Additionally, the study found that selfie culture was associated with increased narcissistic traits among young adults. The findings of this study suggest that selfie culture may have some negative effects on the mental health of young adults. However, it is important to note that the study was cross-sectional, which means that it cannot establish causality. Future research is needed to further investigate the relationship between selfie culture and mental health. In addition to the findings of the study, it is also important to consider the motivation behind selfie-taking. The study identified four main motivations for taking selfies: to communicate with others, to promote oneself, to express oneself, and to seek attention. It is likely that the negative effects of selfie culture are more pronounced for individuals who take selfies for narcissistic or attention-seeking reasons. Overall, the findings of this study suggest that selfie culture is a complex phenomenon with both positive and negative potential effects on the mental health of young adults. It is important to be aware of the potential risks associated with selfie culture, and to use it in a healthy and balanced way.

Keywords : selfie, social media, psychology, mental health

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