

Navigating Professional Boundaries: A Study of Selfie Taking Behavior among Medical Graduates

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ABSTRACT

Introduction: Selfies, a social phenomenon that has recently gained popularity, have been gaining in popularity. Recent studies on "selfitis" (the obsession with snapping selfies) highlighted the potential for addiction, compulsiveness, and obsessive behavior in young people, sparking more scholarly discussion on the dangers of medicalizing everyday behaviors. The present study was carried out to determine selfie taking behavior among first year medical students.

Materials and Methods: The study was an institutional cross sectional conducted among first year graduates. Selfitis Behaviour Scale, a six-component scale developed by Balakrishnan & Griffiths, was used to assess selfie-related behavior. Components of the scale are environmental enhancement, social competition, attention-seeking, mood modification, self-confidence, and social conformity. Each item has a different response on a 5-point Likert scale (1 –strongly disagree; 2 –disagree; 3 –neither agree nor disagree; 4 –agree; 5 –strongly agree). The total scores ranged from 20 to 100. The behavior was categorized as normal, borderline, acute, and chronic selfitis with scores ranging from 20 to 39, 40 to 59, 60 to 79, and 80 to 100, respectively.

Results: A total of 111 students participated in the study. In the present study, the majority of the students (51.36%) were found to be under normal and scored between 20-39. This was followed by borderline selfitis 50 (45.04%). Two participants scored in the range of 60-79 and were found to have acute selfitis. No student in our study had chronic selfitis. A preponderance of female students was observed under borderline selfitis (n=37)

Conclusion: The problem of selfie addiction among medical students has to be addressed. it's critical to spread knowledge about the hazards and potential repercussions of excessive selfie-taking.

Key words: selfie, selfitis , medical graduates.

1. INTRODUCTION

A self-portrait made with a smartphone or digital camera and uploaded to social media is referred to as a "selfie."1 The Oxford English Dictionary named the term "selfie" "the Word of the Year" in 2013 because of its widespread use.2. In 2015, according to Google's estimate, 24 billion selfies were uploaded to Google Photos. 3 The 18 to 24 age group clicks on almost 1 million selfies every day. According to a few Research Centres, almost 55% of millennials have shared a selfie on social media.4

The "selfie" trend has also been aided by technology. Some websites share advice on "the best selfie poses" and "how to take the perfect selfie." Koolfie, restaurantfie, musciefie, dentistfie, and many other new words have been coined. The invention of "selfie sticks" and "selfie shoes" has increased peoples' fascination with taking selfies. Nowadays, people choose their smart phones based on the quality of their selfie pictures. Additionally, there are activities performed at the high school or college level that encourage "selfies," such as the "best selfie" award.⁵

Recent studies on "selfitis" (the obsession with snapping selfies) highlighted the potential for addiction, compulsiveness, and obsessive behaviour in young people, sparking more scholarly discussion on the dangers of medicalizing everyday behaviours.⁶

Naturally, the media, which is usually eager to capitalise on anything "novel" and exciting, took notice of the advent of selfitis in the scientific literature. Accordingly, one publication claimed that selfitis, or "the obsessive need to post selfies," was a "genuine mental disorder" and quoted one of the writers of the aforementioned piece as saying that the existence of selfitis appeared to be established. Eureka! As a result, there is now another "condition" to add to the word's richness, along with a tool to determine its severity and a warning that those who have selfitis may require medical attention.⁷ students who have a selfie addiction may be unaware that it manifests as attention seeking, narcissism, self-obsession, and relationship issues.⁸

In 2018, 259 people lost their lives while snapping selfies, according to a BBC article that was released on October 4th.⁹ India, which has been claimed to have the most selfie-related injuries and fatalities (almost 50% of all selfie-related deaths reported internationally), is followed by Russia, the United States, and Pakistan. India has double the number of casualties per incidence as other nations.¹⁰ In the youngest age bracket, those under 25, three out of every four selfie deaths take place.¹¹

The present study was carried out to determine selfie taking behavior among first year medical students.

2. MATERIALS AND METHODS

The current study was conducted among first-year medical students. An institutional cross-sectional study has been carried out. The institutional ethics committee approved the project. The study's necessity, goals, and objectives were described to the students, and participants were assured of their secrecy and anonymity to the organization. Every participant provided verbal, fully informed permission.

Every participant had to be a first-year medical student and have a smartphone with a selfie mode to fit under the inclusion criteria. Major physical or mental conditions that would impair participation in the study or the ability to respond to the questionnaires were the exclusion criteria.

Selfitis Behaviour Scale, a six-component scale developed by Balakrishnan & Griffiths, was used to assess selfie-related behavior. Components of the scale are environmental enhancement, social competition, attention-seeking, mood modification, self-confidence, and social conformity. It consists of 20 items. There are four items in each domain viz. environmental enhancement and social competition and three items each from domains of attention-seeking, mood modification, self-confidence, and subjective conformity. Environmental enhancement is related to "selfie taking provides me a good feeling to enjoy my environment more". While social competition is likely to be related to "Taking a selfie in a different possess upgrades my social status" showing social competition. Each item has a

different response on a 5-point Likert scale (1 –strongly disagree; 2 –disagree; 3 –neither agree nor disagree; 4 –agree; 5 –strongly agree). The total scores ranged from 20 to 100. The behavior was categorized as normal, borderline, acute, and chronic selfitis with scores ranging from 20 to 39, 40 to 59, 60 to 79, and 80 to 100, respectively.

After being completed in one sitting, the questionnaire was given out and collected. The lecture gallery was chosen as the site for the investigation. Participants who meet the criteria for participation were made available in the lecture gallery. Statistical analysis was done by the simple percentage method.

3. RESULTS

A total of 111 students participated in the study. Female students (63.97%) were found to be the predominant respondents compared to male students (36.03%). In the present study, the majority of the students (51.36%) were found to be under normal and scored between 20-39. This was followed by borderline selfitis 50 (45.04%). Two participants scored in the range of 60-79 and were found to have acute selfitis. No student in our study had chronic selfitis. Preponderance female students was observed under borderline selfitis(n=37) compared to male students(n=13). Acute selfitis was equally distributed among male(n=2) and female(n=2) students Overall female participants were the majority of respondents in our study. (Table.1)

Gender wise distribution of score (Table.1)

Grading	Score	Male (n=40)	Female (n=71)	Total (n=111)
Normal	20-39	25	32	57 (51.36%)
Borderline	40-59	13	37	50(45.04%)
Acute Selfitis	60-79	2	2	4(3.60%)
Chronic Selfitis	80-100	0	0	-

In our study, the majority of participants preferred Instagram to upload selfies followed by whatsapp (32.4%), Snapchat (11.7%). Least number of students chosen facebook (3.6%) to upload a selfie. (Table.2)

Social media platforms used to upload selfie (Table.2)

Social media platforms	Percentage
Instagram	52.3%
Whatsapp	32.4%
Snapchat	11.7%
Facebook	3.6%

4. DISCUSSION

Like many people, recent medical graduates utilize social media to interact with colleagues, exchange experiences, and create professional networks. The development of too selfie-taking habits, however, may be influenced by the continual availability of cell phones and the pressure to maintain an online presence. Selfie addiction among medical graduates may be influenced by several reasons. These could include the need for recognition, the desire for attention or praise from others, peer pressure, comparison to others, or the use of selfies as a

form of expressing themselves or building an identity. Furthermore, the added pressure and exhaustion that come with studying medicine may result in excessive selfie-taking and social media use as a form of escape. 6

In our study, the majority of students scored between 20-39 (51.36%) followed by borderline selfitis 40-59 (45.04%). This is inconsistent with the observations of Hashem et al. As per their study, 49.5% of the sample exhibited borderline selfitis. But, in our study, acute selfitis was observed in 3.60%, and no chronic selfitis was seen As per Hashem et al, 33.5% acute selfitis, and 9.5% chronic selfitis. 12

The majority of the students in the present study scored borderline were female. This was in line with other researchers conclusions that women are more likely to become addicted to social media since they spend more time there and post more selfies. It is believed that this finding may be because women are more likely to use photo-editing apps like Photoshop, Snapchat, or even plastic surgery to improve their appearance and feel more at ease posting selfies on social media. 13,14

Som et al. found that female respondents were more fascinated with selfies than male respondents, and the majority of respondents thought that selfies increased their confidence. a person who is so consumed with themselves that they constantly upload selfies on social media as a way of saying, "Look at me!" 15 Our study's findings, however, do not support Dhir et al.'s findings that men highlight their status to gain more Likes, Comments, and Popularity while also worrying about their self-image.16

According to a study on obsessive-compulsive disorder (OCD) and excessive selfie behavior, taking excessive selfies may have unfavorable impacts in addition to good ones, such as body dysmorphic disorder and fixation with taking selfies.17 Women compare themselves disproportionately to others more as a result of their increased exposure to selfies and other social media images. According to Tajuddin et al., researchers concluded that the phenomenon of the selfie is more about one's self-image, self-confidence, and self-esteem.17 The following are some of the limitations of our study: the use of convenience sampling may restrict the applicability of the results. To increase the external validity of future investigations, a more representative and heterogeneous sample may be used. Participants may give comments that are socially acceptable or incorrectly recollect their selfie-taking behavior when it comes to self-reporting bias. A more complete insight might be obtained by combining survey data with additional techniques like interviews or observational research.

5. CONCLUSION

Over fifty percent of the students in the current research had selfitis that was borderline. The problem of selfie addiction among medical students has to be addressed. The doctor-patient relationship may be badly impacted by selfie addiction. It is required of medical practitioners to uphold a high standard of professionalism and concentrate on patient care. To combat selfie addiction among medical students, it's critical to spread knowledge about the hazards and potential repercussions of excessive selfie-taking. Medical colleges and other educational institutions should include teaching on ethical social media use and the effects of selfie addiction in their curricula. In general, overcoming selfie addiction among medical students necessitates an integrated approach that includes awareness, education, and support. We can facilitate a more approachable and concentrated setting for learning for medical students by addressing this problem, allowing them to achieve academic and professional success while preserving their well-being.

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