

**Selfie Addiction and Its Ties with Anorexia Among Sports
And Non-Sportspersons**

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Abstract

Smart phones have become inseparable part of life these days. Many researchers presented that social networking and selfie taking is becoming an obsession and are resulting as addiction. Which further act as a root of so many problems like phobia of thinness and skipping foods or snubbing cravings to eat etc. Anorexia is also one of them. Excessive use of everything gives bad result so has the selfie obsession done. Taking too many selfies are considered as selfitis. The main purpose of this descriptive study was to assess the relationship of selfie addiction with Anorexia among sportspersons and non sportspersons. To fulfill the purpose a study named as Selfie Addiction and its ties with Anorexia among sports and non-sportspersons was conducted. Through multistage purposive sampling a total of 198 volunteer stratified into two divisions sports persons (N=109) and non sports persons (N=89) as the subjects of the study. Selection of volunteers was done from Punjab Region. The range was 15-24 years. The data was collected through self made selfie addiction scale and Anorexia test by Vijaya Lakshmi Chouhan and Aditi Banerjee (1971) and was analyzed through statistical package (trial version of SPSS Ver. 16). The qualitative analysis depicted the significant connection between selfie addiction and anorexia among sports and non-sports persons. Though the smart phones and selfie taking are helping people for their emotional outlet but obsession of taking selfies is also making a big dig for physical health of people. This could pose as a primary psychiatric condition that requires future studies.

Keywords: Selfie, Addiction, Anorexia, sports persons, non-sports persons

Introduction

Internet is turning into a broadly acknowledged channel for data trade and systems administration. It is encountering incredible development and improvement in its size and quantities of clients everywhere throughout the world. So far, improvement of technology has provided latest addictions which are becoming disorders. Latest disorders were related with computer and internet uses. Use of Smartphones has become an integral part of the life that without use of it life look like incomplete. Phones now days come with better camera resolutions and pixels and some of them are specially prepared for selfies. It is true that people were keen to click pictures of them and others since a long time but front camera has taken it in to tremendous effect. Social networking like Facebook, Twitter and Instagram comes with attached features of uploading pictures directly. Not only uploading but people keenly wait for likes and comments of other people. This has direct to series of reactions which lead to an addiction which can be known as Selfie addiction. In “Oxford English Dictionary the word selfie came in to existence in 2013” (Wade, 2014)⁽¹⁰⁾. The word “selfitis” was initially invented in 2014. It increased like forest fire among the internet users and American Psychological Association named it as “selfitis” which becomes a mental disorder. But now two psychologists have published a study they say establishes the obsession with taking selfies as a real mental “illness.” 2.45 billion facebook users, 210 million sanpchat users, 120 million users of twitter, Instagram boast of five hundred million daily active users ((Clement, 2019). All these social media apps give chance for social comparisons which given that social media provide the opportunity for social comparison, as well as exposure to idealistic beauty prospects, body discontentment is an obvious outcome of the regular practice of these social networking sites (Fardouly, Pinkus, and Vartanian, 2017, Tiggemann and Slater, 2013; Want and Saiphoo, 2017). These channels of social networking are providing countless unrealistic pictures of slender, toned, full of beauty, and photoshopped females and these thinspirated and athletic bodies are shown as a standard, attractive, and achievable physique type for each female (Kim and Chock, 2015; Meier and Gray 2014; Robinson et al., 2017).

This desire of achieve unrealistic thinness of body leads female ti indulge in wrong dietary practices. The desire and the practices of excessive dieting, and a threat of gaining fat, an unwanted body representation, or the use of diuretics and enemas leads to the disorder of eating

named as Anorexia. The meaning of a dietary disorder is the over-utilization or under-utilization of nourishment. Dietary problems are exceptionally common, particularly in young females. They are regularly the reason for genuine physical and mental medical problems. Usually individuals with dietary issues start by eating less or with more control, and a specific occasion or course of occasions makes their eating inconsistency become outrageous. The sufferer at that point loses control and a dietary issue will frequently show itself.

There is a wrong aspect to selfies. As indicated by an investigation published in the Journal of Eating Disorders, young ladies who post selfies via web-based networking media have fundamentally more elevated levels of body disappointment and dietary limitation contrasted with the individuals who don't share selfies via web-based networking media. The more the subjects controlled their selfies before posting them—expelling imperfections, cutting off pounds—the higher their overvaluation of shape and weight and the more sharp their disappointment with their body. Scientists state these discoveries point to sharing selfies via web-based networking media as a supporter of cluttered eating, including anorexia nervosa, bulimia nervosa and binge eating disorders.

Significance of Study

The enthusiasm of selfies begins from the way that they are so normal to click and share, and the control on which angel to click and show them. Various selfies are proposed to present a praising image of the individual, especially to friends whom the photographer plans to be solid. Those selfies would be gone facing trips, in the midst of activities that are seen as interesting or as a get-together selfie with captivating or charming people. In any case, a 2013 investigation of Facebook clients found that posting photographs of oneself corresponds with bring down levels of social help. From 2014 to 2016 60% of deaths were reported to be due to selfie in India. In a common people those carry on prize slenderness, actually stress over their weight at any cost on one occasion. Individuals with eating disorder take such worries to extremes, creating anomalous dietary patterns that undermine their prosperity and even their lives. Having a contorted body image among youthful young ladies has been connected to the advancement of useless eating designs and even clutters, for example, Anorexia Nervosa, Bulimia Nervosa, or Binge Eating Disorder (Ata, et al., 2006). Shockingly little research has been focused on looking over

impartially the method for the eating unsettling impacts in these jumbles, to clearing up what segments add to the change and inventiveness of these aggravations, or to depicting how they change with treatment. A collection of risk parts appears to make females more weak than males to self-perception and eating unsettling influences impacts. Sways that array from character vulnerabilities to undesirable media representations of females have been establish to add to female's blunder with their bodies (Cash, 2003; Field et al., 1999; Leon, Fulkerson, Perry, and Cudeck, 1993; Markey, 2004; Thompson and Smolak, 2001; Wiseman, Gray, Mosimann, and Ahrens, 1992).

Objectives of the study

To find out the relationship of selfie addiction with anorxia, among sports and non-sportspersons.

Hypothesis

There would be a significant relationship of selfie addiction with anorxia among sports and non-sportspersons.

Delimitations of the Study

The study was delimited to only 15-24 years of age group. The study was restricted to one hundred ninety eight female sports person and non-sports persons from Punjab only.

Review of Related Literature

Cohen et. al. (2018) explored a research project to assess the association between social networking sites photograph tricks and physique-related and eating concern in a population of adolescent females. Two hundred fifty nine adolescents female were the volunteers for filing the questionnaire of social networking site uses and eating disorders. Outcome showed that social networking sites 'selfie' behavior, relatively than common social networking handling, were linked with body-related and eating disorders. The more the selfie involvement the more the body dissatisfaction.

Design of the Study

This study is a descriptive kind of survey. 198 subject were selected as a sample of the study with purposive sampling technique from Punjab state. The subject is from 15-24 years of age.

Variables and Tools

The following variables and tools were selected for the present study: -

- Self-made Selfie addiction scale
- Anorexia test by Vijaya Lakshmi Chouhan and Aditi Banerjee (1971)

Collection and Analysis of Data

Trial version of Software, SPSS (ver.16) was used to analyze the collected data. Mean, standard deviation and Pearson product moment correlation were performed to see whether any significant relationship exist between selfie addiction and anorexia among sports persons and non-sports persons. Level of significance was set at 0.05.

Findings

Table. 1 Relationship of Selfie addiction and Anorexia among Sportsperson

Group	Number	Mean	S.D.	r' value
Selfie Addiction	109	56.45	16.74	.372
Anorexia	109	16.30	5.09	

The table.1 reveals the relationship of selfie addiction and Anorexia variables among sportsperson. The table shows calculated mean of selfie addiction and Anorexia i.e. 56.45 and 16.30 and the standard deviation is 16.74 and 5.09 respectively. The calculated r value is .372 which shows a strong positive relationship between selfie addiction and Anorexia of sportsperson. So, the hypothesis, which states that there is a significant relationship of selfie addiction with Anorexia among sportspersons, has been accepted.

Fig.1 Relationship of Selfie addiction and Anorexia among Sportsperson

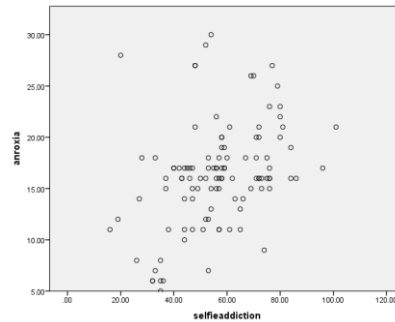
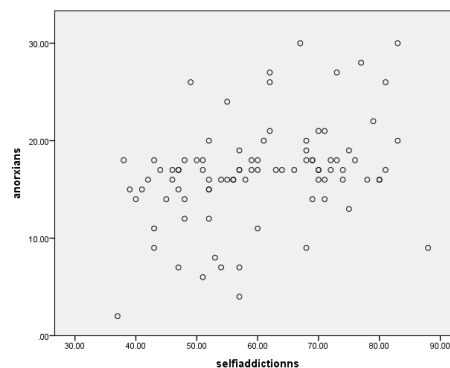


Table. 2 Relationship of Selfie addiction and Anorexia among Non-Sportsperson

Group	Number	Mean	S.D.	r' value
Selfie Addiction	89	60.31	12.62	.354
Anorexia	89	16.68	5.20	

The table.2 reveals the relationship of selfie addiction and Anorexia variables between among non-sportsperson. The table shows calculated mean of selfie addiction and Anorexia i.e. 60.31 and 16.68 and the standard deviation is 12.62 and 5.20 respectively. The calculated r value is .354 which shows a positive relationship between selfie addiction and Anorexia of non-sportsperson. So the hypothesis, which states that there is a significant relationship of selfie addiction with Anorexia among non-sportsperson, has been accepted.

Fig. 2 Relationship of Selfie addiction and Anorexia among Non-Sportsperson



Conclusions

The relationship of selfie addiction and Anorexia variables among sportsperson. The calculated mean of selfie addiction and Anorexia i.e. 56.45 and 16.30 and the standard deviation is 16.74 and 5.09 respectively. The calculated r value is .372 which shows a strong positive relationship between selfie addiction and Anorexia of sportsperson. So, the hypothesis, which states that there is a significant relationship of selfie addiction with Anorexia among sportspersons, has been accepted.

The data reveals the relationship of selfie addiction and Anorexia variables between among non-sportsperson. The table shows calculated mean of selfie addiction and Anorexia i.e. 60.31 and 16.68 and the standard deviation is 12.62 and 5.20 respectively. The calculated r value is .354 which shows a positive relationship between selfie addiction and Anorexia of non-sportsperson. So the hypothesis, which states that there is a significant relationship of selfie addiction with Anorexia among non-sportsperson, has been accepted.

Discussion

This research is an innovative piece of work in the sports field. The findings supported the hypotheses which stated that there would be a significant relationship of selfie addiction with anorexia. It gives view point of connection between selfie addiction and anorexia that is a phobia of slenderness. The results are worrisome and should be acted upon in future studies. The results of the study are inline with the report of Bingham (2015) where it was reported the due to competitiveness in clicking and posting selfies there is a increase in eating disorders. The study is further in pace with Mills et.al (2018) which stated that taking selfies and posting on web linked media also increase bad mood and body image. People feel competitiveness and they try to post the best pictorial body representation and they strive for slenderness. Further research is required to find out the solution for the people who are affected by it. No doubt athletic body is always appreciated but to gain the same people skip their food which further brings so many problems or diseases.

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