

SAVING SELF FROM SELFIES

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ABSTRACT

This article aims to provide detailed information about trend of selfies all over the globe and its impact towards human life especially teenagers. Experts feel that electromagnetic radiation from mobile phones ages skin by damaging the DNA. It can cause breaks in the DNA strand which can prevent skin repairing itself and place oxidative stress on cells, ultimately promoting wrinkles. "You start to see dull dirty looking texture that you cannot identify on one side of the face," said Zein Obagi, who founded the Obagi Skin health Institute in the US. Doctors can tell which hand a person holds their phone in just by looking at which side of the face is most damaged. In this article we also learn about psychological behavior of humans, addicted towards selfies including safety measures.

EVOLUTION OF SELFIES

A selfie is a self-picture photo, commonly taken with a cell phone which might be held in the hand or bolstered by a selfie stick. Selfies are frequently shared on long range informal communication administrations, for example, Facebook, Instagram and Snapchat. A selfie, however, may include more than one individual. 'Selfie' was the Oxford dictionary word of the year in 2013 and it doesn't look like its being forgotten any time soon, there is even a national selfie day (June 21st) by the way! We clearly live in the age of the selfie and we have to face it, we've all had that shameless selfie moment, even if we don't want to admit it. Right? Well let's figure out selfies under various dimensions.

SOCIAL MEDIA

Websites such as Instagram, Facebook, and Twitter are becoming widely well-known and

used on a day to day basis in today's generation. Through social media people are able to keep in touch with friends, family and people in general. Well-known celebrities and marketers are using social media accounts to self-promote and advertise their products. There has been an overwhelming trend of self-promotion on social media. This is expressed through 'selfies'. The generations of teenagers to young adults have been actively participating in the new trend of promoting their appearance by taking selfies and posting them on social media. With no platform to share your perfect pout, would there be any need to even take the picture in the first place? In 2013 a search in Instagram for selfie brought up over 23 million results and today the same search brings up over 294 million! Now more than ever, people are excited at the prospect of documenting where they're going and what

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they're up to and sharing it with the rest of the world. It seems that if you haven't taken a selfie, were you even there?

MORE THAN VANITY

Selfies aren't just a way to show off on social media. An Australian National University (ANU) consider breaking down in excess of 5,000 Instagram selfies has discovered that 75 for every penny of selfies are posted by ladies, and around one out of 10 is posted by clients simply hoping to construct a group of people, typically in the expectation of pulling in paid supports or 'insta-popularity'.

The co-creators, Dr Toni Eagar and Dr Stephen Dann of Business and Economics, said they likewise discovered clients are effectively emulating the advertising practices of organizations in an offer to assemble their profile. The objective for these clients was frequently to draw in organizations hoping to advance their items. This is being driven by a pattern of advertisers moving far from conventional superstar supports and towards online life influencers to offer their items. The investigation discovered seven particular kinds of selfies rose up out of examination of the dataset.

A) THE AUTOBIOGRAPHY SELFIE-35%

Used to archive a man's life, running from the pivotal turning points, for example, graduations or weddings, to the unremarkable, for example, shopping, eating and essentially being exhausted.

B) THE ROMANCE SELFIE-20%

Used to celebrate being with noteworthy others. This classification likewise included selfies which celebrated being single, frequently after an ongoing separation.

C) THE PARODY SELFIE-12%

Used to express humor, frequently ridiculing internet based life patterns or current occasions.

D) THE PROPAGANDA SELFIE-11%

Used to convey physical engaging quality for the sole reason for looking for supporters. This type most intently takes after the media studies of the narcissism of selfie conduct.

E) THE COFFEE TABLE BOOK SELFIE-9%

High workmanship selfies used to express masterful photography. This sort centers around the control of the picture with hash labels about the kind of camera and focal points utilized and so on.

F) THE SELF-HELP SELFIE-7%

Used to show off knowledge in a particular area such as diet, fitness or beauty. Often focusing on the idea that personal success is available to anyone willing to work long and hard enough to achieve it.

G) THE TRAVEL DIARY SELFIE-6%

Used in place of a post card to celebrate being in a location. For example a trip to Italy, or the beach.

EFFECTS OF SELFIES

MARKETING STRATEGY: Likely the main favorable position of selfie is for the big names as they get associated with their fan following by sharing authentic minutes. It's not possible for anyone to deny how online life encourages the stars to remain pertinent in the cutting edge world. Presenting selfies likewise help on control your picture in the online world. A few people feel that their fearlessness is supported when they take a pretty selfie, transfer it on the Instagram and get likes.

EMPHASIS ON PHYSICAL APPEARANCE: It is true that people want to be appreciated by others and Selfie is a perfect tool to realize the dream. Teenagers and adults are addicted to taking the photos and post on Instagram as well as

Facebook to show how happy they are. In fact, it has become the latest fad among the online users. They portray as if their life is at the cusp of happiness however the reality might be different. A selfie just shows how a person looks on the outside. It's so easy to fake oneself with the help of a picture. And with ridiculous trends like bottom selfies or belfies, it has all come down only to physical appearance of a person.

SIGN OF NARCISSISTIC BEHAVIOR: Researchers have shown that people who take more selfies have narcissistic tendencies. This may be the outcome of being really photogenic or getting hundreds of likes on your pictures. On the other hand, people who don't receive much likes, start developing an inferiority complex which leads to unnecessary pressure and also anxiety among people. Narcissism is not just a single trait, but a confluence of several related qualities.

A) SELF-SUFFICIENCY

Thinking you can do things on your own and don't need other people.

B) LEADERSHIP

Believing that you should have authority over other people and being willing to exploit others if necessary.

C) ADMIRATION-DEMAND

Exhibitionism, feeling entitled to special status or privileges and feeling superior to others.

DOING WEIRD THINGS: In an attempt to capture every moment of life through selfies, both good and the bad. Some even take selfies while sleeping, in the bathroom, driving or even when someone dies. This is a sign that the good selfie habit has become a bit too much, don't you think so? And would you believe some people take a selfie with the dead body of their loved ones? Recently, it was in the news that a lady found an intruder in her bed. But before calling the police,

she preferred to click a selfie with the sleeping stranger just because she wanted to be in the news, talk-of-the-day and be the one who did something different. However, weird selfies can cause embarrassment and loss of reputation.

PUTS LIFE TO DANGER: Taking selfies has become an obsession among some individuals. Taking the photo with shark approaching in the background is not a sane idea but some attempted and lost their lives. Some tried taking selfies with gun pointing on their head and ended up accidentally shooting themselves. Recently, there was another case, where a teenager tried to commit suicide because he was not able to take the desired selfie even after trying for 10 hours. Weird, isn't it?

DAMAGE REAL RELATIONSHIPS: As indicated by another investigation from Cyber brain science, Behavior, and Social Networking Journal, posting too many selfies can demolish your relationship. Normally individuals who were more happy with their self-perception, posted more selfies, however they additionally experienced more issues with their accomplices. For example you're at the shoreline having a great time with companions. You snap an inadequately clad selfie and post it to Instagram. When you return home that night, you've just got 50 likes. Half of them are from folks. Your sweetheart, be that as it may, isn't one of them. What's up, you ponder, and call him. He's seen your photo and the remarks of the folks who preferred it. Despite the fact that he endeavors to hold his desire in line, it's a battle. He needs to know their identity and you wind up belligerence about whether you ought to need to let him know.

SAFETY MEASURES FOR SAFE SELFIES

Russian police have propelled a battle asking individuals to take more secure selfies after around 100 were harmed and handfals passed on in horrifying mishaps while striking high-hazard postures. "A cool selfie could cost you your life,"

the inside service cautioned in another pamphlet pressed with tips, for example, "a selfie with a weapon slaughters". Before taking a selfie, everybody should consider the way that dashing

after a high number of 'likes' could lead him on a trip to death and his last outrageous photograph could end up being post mortem.



These above images suggest avoiding taking selfies while near trains, on boats, near wild animals, with weapons, on roofs, on hills/mountains, on stairs, while driving, in the middle of the street and near electrical posts. This is not an exhaustive list of unsafe environments, though. Any selfie situation can quickly become an unsafe one if you are not using your best judgment. Let's figure out 10 Questions to boost teens Selfie Safety IQ.

1. Does this facility allow (Museums, Sporting events, Academic events) photography, smart phones or use of a selfie stick?
2. Am I creating a danger to myself or someone else by taking a photo here (zoos, theme parks, crowded public areas such as malls, subways, streets, airports, driving a car)?
3. Am I blocking someone's view or impeding traffic flow by stopping to take this photo (concerts, public events, ceremonies, and celebrations)?
4. Do I run the risk of offending someone's religious views by taking a photo here (cathedrals, religious landmarks)?
5. Even though I can't see a threat, is there a potential danger in taking a photo here (severe weather conditions)?
6. Did I get the permission to post from the main people in my photo?
7. Is it in poor taste to take a photo here (funeral, accident scene, compromising position)?
8. Is this selfie embarrassing to another person?
9. Is this selfie of me too intimate (clothing, facial expression, inference, caption)?

10. Am I overdoing it on the selfies? How many are too many selfies to post in a week?

CONCLUSION

So while it's anything but difficult to esteem the present selfie-crazed age as vain or self-retained, it's imperative to see the selfie slant in its actual light. For some, teenagers, selfies have turned out to be well known devices of self-articulation much the same as patterns of the past, for example, tattoos, hairdos, music, and garments. Selfies (done right) can be creative, inspiring, and an important piece of a teen's developing identity. For instance, if you are good in drawing sketches, create a portrait according to your interest and upload it on social media.

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