

# **THE RELATIONSHIP AMONG SELFIE TAKING BEHAVIOR, NARCISSISM AND MINDFULNESS OF ADOLESCENTS**

**A Dissertation Submitted to the domain of psychology.**

In partial fulfilment for the award of degree of

**MASTER IN GENERAL PSYCHOLOGY**



*Transforming Education Transforming India*

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## DECLARATION

I do hereby declare that the dissertation entitled “ RELATIONSHIP AMONG SELFIE TAKING BEHAVIOR, NARCISSISM AND MINDFULNESS OF ADOLESCENTS ” submitted in partial fulfillment of the requirement for the award of the degree of Master in General Psychology is entirely my original work and all ideas and references have been duly acknowledged. It does not contain any work that has been submitted for the award of any other degree or diploma of any university.

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## CERTIFICATE

This is to certify that Ms. Rose Basra has completed her dissertation entitled **“RELATIONSHIP BETWEEN SELFIE TAKING BEHAVIOR, NARCISSISM AND MINDFULNESS OF ADOLESCENTS”** under my guidance and supervision. To the best of my knowledge, the present work is the result of her original investigation and study. No part of the dissertation has been submitted for any other degree or diploma to any other university. The dissertation is fit for the submission for the partial fulfillment of the requirement for the award of Master of General Psychology degree.

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Ms. Rose Basra

Investigator

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## ABSTRACT

Adolescence is always an interesting phase for doing research as they themselves is in search of new things as well as self-identity. This study aims to study the relationship between selfie taking behaviour, narcissism and mindfulness of adolescents. A sample size of 200 (100 boys and 100 girls) was taken for the study. 15 to 19 years old was the age group of the sample. First scale is “Narcissistic Personality Inventory” by “Personality- Testing. Info”. This is personality test scale to learn more about yourself or ourself. There are 40 paired statements in this scale. Second is “Five Facet Mindfulness Questionnaire” developed by “Baer, R.A; et.al (2006). There are 39 items in this scale. Third is Selfie Questionnaire, developed by “Tanya Gill”, student of Punjab University, Chandigarh. These were the three tools used for the scale. This study found that there is no gender difference in mindfulness. There exist a gender difference with narcissist which is significant at 0.12, which makes males are little higher than females in narcissist. Selfie taking and gender difference is highly significant which is 0.00, which makes females are higher than males in selfie taking. Mindfulness and Narcissism has no correlation. Mindfulness and Selfie Taking has a positive correlation (0.188) of 0.01 level which is significant. Narcissism and Selfie Taking is highly significant which is 0.00 level and it is positively correlated ( 0.303). Thus it is concluded that there is a relationship between Selfie taking behavior and Narcissism, which shows that more of the people if they are males or females they have narcissistic symptoms which is related to their habit of selfie taking, but study shows that females are higher than males in selfie taking as well as males are higher than females in narcissism. Also mindfulness and selfie taking behavior have significant relationship with each other. But mindfulness and narcissism has no relation with each other.

**Keywords:** Selfie, Narcissism, Mindfulness, Gender.

# INTRODUCTION

Today selfie becomes more popular and essential in every person's life. People shows their interests in taking selfies and posting on the social networking sites like facebook, twitter, whatsapp etc. so, in this research my ambition is to determine whether the selfie taking behavior having the impact on narcissistic people or not, ' if yes' then how? And how mindfulness of adolescents relate with these two variables. So, in this way there are three variables in my research i.e. Selfie, Narcissism and Mindfulness.

Selfie is defined as when we take a picture of ourself without taking any help of others that is known as "selfie". From the last 3 years so many people followed this trend of taking and posting selfie. From 2012, a report shows that the rate of taking selfie is increased 17,000% **(Bennett, 2014).**

Keenan (2014) also published that most of the people taking their selfies in the parties, in the classrooms, during lunch or dinner or taking food, at gym and almost anytime whenever they want they taking selfies, anywhere at any place.

According to Haggard (2014), people believe in self taking pictures and more interests to show or express themselves in front of others.

"Robert Cornelius" was the first person who clicked his own picture by himself, in 1839. He was American pioneer in photography as a result the tradition of selfie began.

" Kodak Browniebox camera" in 1900 was the debut of the portable which is used for photographic self- portraiture became very famous all over the world. After that in 1970's "Instant Camera" was published and it also spread all over the world.

Over a period of time, there are so many new addictions which we got by technological advancement. We know about the computer addiction disorder and internet disorder from the last two decades. Now a days smartphones take that much importance in our daily lives that we can't survive without it. Since many decades people were used to taking pictures of their own and others, with selfie camera it has lead to an extreme effect. Today's generation is very edict to taking selfies and posting on the social sites. After that they waiting for the comments from their friends and relatives. This has lead to chain of reactions leading to a complex addictions disorder which we may easily call as Selfie addiction disorder. Oxford English Dictionary had described "selfie" as word of the year in 2013 (**Wade, 2014**).

Selfie is the most significant phenomena in the current mediascape where the issues of networking knowledge investigates the practice of selfie. If we talk about the subjectively, privacy, celebrity and among others they interact between the social networking and the visual self representation in that they are reshaping their traditional notions and selfie is the best deserving example of it. In these days the mobile cameras are very using for taking selfies, selfies contribute to the global circulation of personal images. In the 20<sup>th</sup> century the artists or photographers mostly like to gave their focus to the self portraiture. Selfies also became a recognizable item in the self branding activities carried out by the public figures. Selfies are also very popular in political leaders and entertainment personalities. Sometime media plays the strategy against the political parties or with entertainment personalities with the misuse of selfies.

**Konrath (2007)** described Narcissim as having its origin form Greek myth of a man who refused all lovers and who was cursed by the Gods to fall in love with his own reflection. The DSM-5 Criteria for diagnosis of narcissistic personality disorder, the person should have following kinds of signs and symptoms which will be confirm as a patient of narcissistic personality disorder.

American psychological association (2014) gave certain criteria for narcissism personality disorder which includes grandiose, superficial and subject being attention seeker. Narcissistic personality have its two subtypes namely Vulnerable Narcissistic Personality and Grandiose Narcissistic Personality.

Vulnerable Narcissistic Personality is that in which a person is experiencing in day to day life more interpersonal distress, because of his vindictive behavior (jealous or revenge behavior) that is known as “Vulnerable Narcissistic Personality”. This personality is having highly rate trait related to “Avoidant Personality Disorder” (**Dickinson and Pincus, 2003**).

Grandiose Narcissistic Personality are very dramatic personalities just like “Histrionic Personality Disorder”. They never show their interpersonal distress (**Dickinson and Pincus, 2003**).

We can oftenly heard about the concept of “Selfishness”, which is also recognized in the history. The term “Narcissism” comes from or derived from the “Greek Mythology of Narcissus”, and it is discovered at the near 19<sup>th</sup> century.

The United States of America currently suffering from an epidemic of narcissism. 37,000 college students according to the data are suffering with narcissism, as just like the trait of obesity increasing fast from the 1980’s to the present, which generally pronounced like it shifts to the women.

Narcissistic personality disorder is more diagnosed in the people comparatively the other’s disorders. Approximately 1 out of 10 of the Americans in their age of twenties and 1 out of 16 of those of all ages, has experienced with the symptoms of Narcissistic Personality Disorder.

Narcissism is spread all over the cultures, where it affects both on narcissistic and not narcissistic people.

Like the obesity, the narcissism is also affected to the every person in the same way. Because just like the obese people, they eat very much and as same as are narcissistic people, they may not be eat that much but their obesity of taking or seeking attention of others are more than the common people.

Narcissism is the attention getting term, which we do not use it lightly. Narcissism is not a healthier feeling or confident attitude of any person, it is actually a over confidence, not just a confidence- unlike most people have in high self esteem, and those people gives values to the close relationships. Most of the people also have such kind of myths that the people who are suffering with narcissism they are very insecure from inside, but typically they are not. The another myth is all the narcissistic people have necessary to success, but in reality the narcissists are very deterrent to success.

It is not compulsory that if anybody wanted a big house, it means that he is narcissistic but it is not like that ( it is just like that somebody wants plastic surgery). If we can say that parents should not tell to their children that they are special, then it doesn't mean that instead of that they should tell them that they are not special.

If we can say narcissism are related to aggression then it doesn't mean that each and every crime have held by narcissistic personalities only. Some religion now days promote the Self admiration, then it doesn't mean that those religions are bad.

Mindfulness is the psychological process in which a person experiencing fully attention internally and externally. This kind of attention a person can be experienced with the help of meditation and other training.

The term “mindfulness” derived from the word “pali” which means “sati or smrti”. It is very significant element of the Buddhism.

Mindfulness Meditation is the Buddhist’s term which is translated and become “mindfulness”. According to the tradition of Buddhism the word “mindfulness” comes from the word “Pali” which is the term of “Sati” which is also known as “Smrti”.

According to “Robert Sharf”, the term “mindfulness” established after the extensive debate and discussion.

The real meant for “Smrti” is “to remember” or “ to recollect” or “to bear in mind” and “Sati” also known as “to remember”.

## REVIEW OF LITERATURE

**Wickel (2013)** researched on examining whether the act of taking selfie contributed to the rise of narcissism among the upper socio economic status children and they found that most of the participants agreed that taking selfie's and positing them on social networking sites made them selfish and narcissistic.

**Alblooshi (2015)** researched held on 365 undergraduate students. This study revealed that the high self esteem people are posted high no. of selfies. On the other side the low self esteem people are taking and posting low no. of selfies. At last study found the relevant relation between the people who are taking selfies and post them, encouraged themselves.

**Campbell (2016)** researched that how the self- photographs effects on viewer's mood, self esteem and motivation. As a results they found that the participants who were more attractive to his/her self photographs they found their hypothesis is low self esteem. And those who were engaged with prosocial behavior photographs they have high hypothesis in their self esteem.

**Reed (2015)** researched on "Narcissism and selfie: investigating millennial narcissism on instagram." This study found the correlation between self promoting images on social media and higher level of narcissism and also they studied the relationship between the narcissism and use of social media by investigating millennial narcissism on instagram.

**Ler et al. (2016)** researched to examine the narcissism and selfies on networking sites. In this study they found that how narcissism and selfies related behavior relates to each other and also they found that the relation between the selfie posting behavior and intentions to post selfie in the future time. Study found that the person whose having narcissistic personality they mostly

evaluate their selfie posting behavior, and also taking interests in the replies or feedbacks given by others. They also like to notice other's people selfies. In this study they found that narcissistic people doesn't bother that combination in which other people see or observe other's selfies or not and other people gives comment to others or not.

**Keng et al. (2011)** researched on whether Mindfulness effects on psychological health or not. They revealed that mindfulness brings about so many different positive psychological effects, include increased subjective well being reduced psychological symptoms and emotional reactivity and improved behavioral regulations.

**Bael et al. (2011)** researched that weather Mindfulness and self compassion as predictors of psychological wellbeing in long term mediators and match non mediators. Study revealed that both mindfulness and self compassion plays important role for the betterment in the field of mindfulness training.

**Papies et al. (2011)** researched on weather Mindful attention prevents mindless impulses or not. Then the study revealed that mindfulness very helpful to control impulsive responses and also mindfulness is able or powerful method to make easier and possible our self regulation.

**Robins et al. (2014)** researched on weather mindfulness is an effective coaching tool for improving health. Researched revealed that with practice of mindfulness we can reduced our stress level, enhance quality of life, improved health and health outcomes.

**Stopfer et al. (2016)** researched on weather narcissistic persons plays games or not. Study revealed that the narcissistic people preferred action games and acting as long fighters, they stimulate their imaginations and preferred the role of team leaders. While controlling sex, age, extraversion and agreeableness then the findings were stronger.



**Paris et.al (2015)** researched how personality traits as predictors of travel selfie taking and sharing behaviors. This study revealed that negative opinions towards selfies were negatively related with emotionality and extraversion. They revealed that the individuals who are extroverts they share their selfies on the social networking sites and the higher level of humility results in more broadcasting via social media.

**William et.al (2015)** researched on selfies and the conspicuous presumption of gender and race. This study revealed that males are performed gender role regulation in various ways comparatively to the females.

**Pallesan et.al (2016)** researched on whether the gender and age differences exist in selfie-related behaviors. The study revealed that adolescents are more used to take their selfies and post on the social networking sites rather than the young adults. As well as young adults are more used to take and post their selfies comparatively with the old adults.

**Bertamini et al. (2015)** performed a study on “selfie and the city”: A world wide, large, ecologically a valid data base reveals a two-pronged side bias in value self portraits. They revealed that first style shows left cheeks bias, whereas the second reveals right cheeks bias, so results found that the sides observing are very important in the society or in all over the world.

**Lee et al. (2016)** conducted a study on “understanding motivation for posting pictures on oneself”, the study revealed that the motivation of attention seeking, communication, archiving, as well as narcissism significantly predicted selfie posting intention whereas narcissism was the only significant predictor of selfie posting frequency

**Weiser, (2015)** researched on whether an individual's narcissism and its facets as predictors of selfie posting frequency. This study revealed that narcissistic people can be leaders and grandiose

but they cannot entitlement, exhibited, positive and significant association with selfie posting frequency. It also shows that the age did not affect the narcissism or its dimensions also indicated that the relationship between narcissism and its facets and posting selfie is not depend on age, leadership facets more emerged strongly in females rather than males. On the other hand they reveals that maladaptive entitlement facets predicted selfie posting more in males and not in females.

**Yang et al (2017)**, researched whether there are any psychological effects on posting and doing selfies ad groupies on social media. The study found out that frequent selflie doing behavior has low self-esteem whereas frequent groupie viewing behavior has high level of self-esteem.

## **SCOPE OF THE RESEARCH**

Nowadays taking 'Selfie' is very normal in every individual. It became a trend now. People take their selfies not even in particular time, but they take selfies whenever they want, it doesn't matter where they are or not. People taking their selfies during breakfast, lunch and dinner. Just taking selfie is not enough until someone is not praising us. So, people taking selfies and posting on the social sites like facebook, whatsapp, twitter etc. while posting the selfies, the ambition behind posting selfies is to get more and more likes from others and also comments. My ambition or scope for this research is to know the behavior of the individual behind taking selfie. Because there are so many individuals in our community or in society who are very possessive about their own personalities. Like Narcissistic people or personalities, they always like to be perfect or frontier in front of others. That's why this kind of individuals like to taking and posting more and more selfies in social sites and their focus only on that how many likes theyget,

they never bother on other's selfies. They focus on their selfies only, and they love to get more and more likes and appreciations from others. And this way, with the help of this research the relationship between the 'Selfie taking behavior' and 'Narcissism' was found out.

'Mindfulness' was the third variable in this research and therefore was utilized to find out whether there was any relation between 'Mindfulness' and other two variables i.e. 'Selfie taking behavior' and 'Narcissism'.

## **OBJECTIVES**

1. To assess the relationship between 'Narcissism' of "High selfie taking behavior" and "Low selfie taking behavior".
2. To assess the relationship between 'Mindfulness' of "High selfie taking behavior" and "Low selfie taking behavior".
3. To assess the gender difference.
4. To assess the difference between 'Narcissism' and 'Mindfulness' of "High selfie taking behavior".
5. To assess the difference between 'Narcissism' and 'Mindfulness' of "Low selfie taking behavior".

## **HYPOTHESIS**

1. 'Selfie taking behavior' has no influence on 'Mindfulness'.
2. 'Selfie taking behavior' has an influence on the 'Narcissism'.
3. There is no relationship between 'Selfie taking behavior', 'Narcissism' and 'Mindfulness'.

4. It is expected that there is no significant difference between the three variables.
5. It is expected that there is a gender difference between the variables.

## **METHODOLOGY**

### **TOOLS:**

1. “Narcissistic Personality Inventory” by “Personality- Testing. Info”.  
This is personality test scale to learn more about yourself or ourself.  
There are 40 paired statements, for each choose which one is closest to individual’s feelings.
2. “Five Facet Mindfulness Questionnaire” developed by “Baer, R.A; et.al (2006). There are 39 items in this scale.
3. Selfie Questionnaire, developed by “Tanya Gill”, student of Punjab University, Chandigarh.

**SAMPLE:** A sample of 200 adolescents were selected from both government and public schools, aging from 12 to 19 years from rural and urban schools from Phagwara, Punjab. Random sampling method was used to collect the expected sample size.

### STATISTICAL ANALYSIS:

1. SPSS version 16.0 was used to analyze the data collected.
2. Correlation was used to find the relationship between the variables.
3. t-test used to compare the relationship of variables.

EXPECTED OUTCOME: There is a significant relationship among 'Selfie taking behavior', Narcissism, and Mindfulness of adolescents.

## RESULTS

Table1: Gender mean differences in Mindfulness, Narcissism, and Selfi-taking

Variables	Gender	N	Mean	Std.Deviation	Std.Error Mean	t-value	Sig. (2 tailed)
Mindfulness	Females	100	121.21	6.04	.60	.54	.58
	Males	100	120.77	5.36	.53		
Narcissism	Females	100	26.88	6.05	.60	2.53	.012*
	Males	100	24.92	4.82	.48		
Selfi-taking	Females	100	94.48	3.48	.34	4.91	.000**
	Males	100	92.13	3.27	.32		

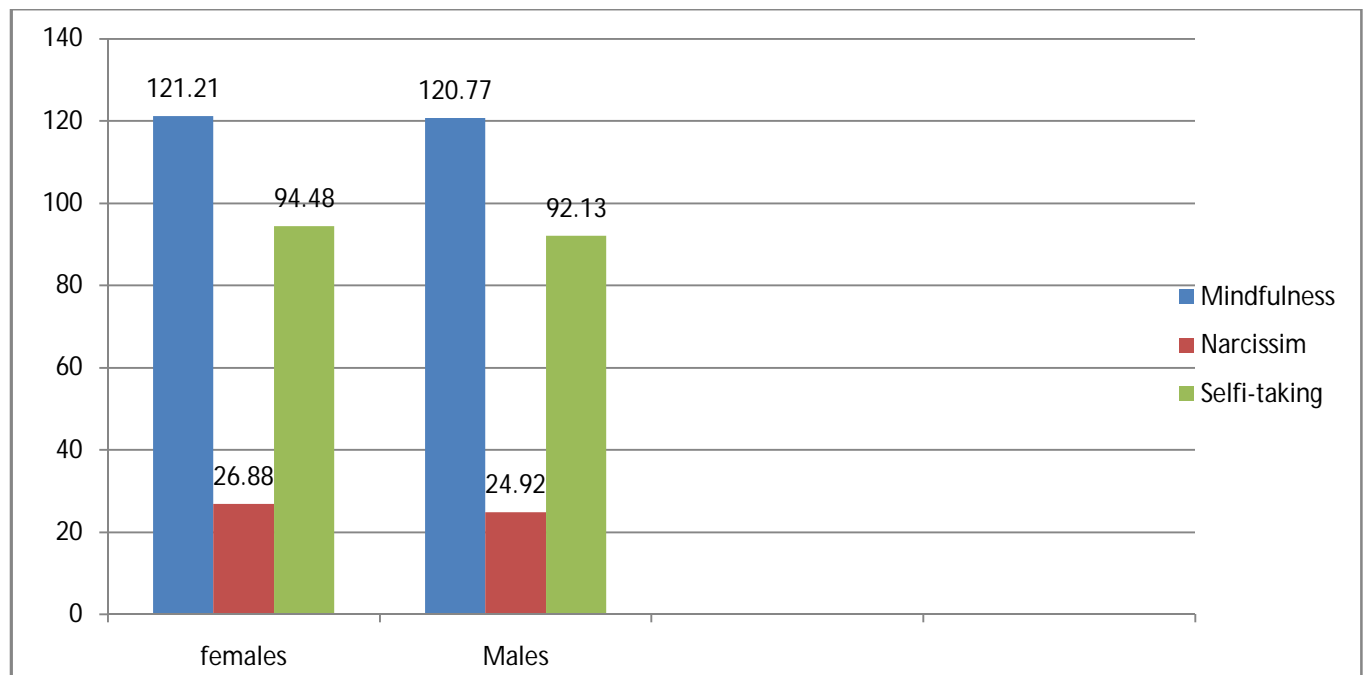
Above Table 1 shows the mean gender differences in Mindfulness, Narcissism, and Selfi-taking.

The mean score for the females in mindfulness is 121.21 with the standard deviation 6.04 and males scores is 120.77 with standard deviation 5.36. The t-value is .54 which is statistically insignificant (p=0.58)

The mean score for Females in Narcissism is 26.88 with the standard deviation 6.05 and males mean score is 24.92 with standard deviation 4.82. The t-value is 2.53 which is statistically significant at 0.05 level ( $p= 0.012$ ).

The mean score for females in Selfie-taking is 94.48 with the standard deviation 3.48 and mean score for male is 92.13 with the standard deviation 3.27. The t-value is 4.91 which is statistically significant at 0.01 level ( $p= 0.00$ )

**Figure 1: Gender mean differences in Mindfulness, Narcissism, and Selfie-taking**



The graph shows the gender mean differences in Mindfulness, Narcissism, and Selfie- taking.

The graph clearly depicts that females are having a score of 94.48, which is little higher on selfie-taking as compared to the males (92.13). In case of narcissism, there is a gender difference, that is females with a means score of 26.88 which is higher than males which is

24.92. However, Mindfulness is showing no significant gender differences. Whereas narcissism and selfie taking are showing significance in gender difference.

Table 2: Shows the correlation between Mindfulness, Narcissism, and Selfie-taking

<b>Variables</b>	<b>Correlation</b>	<b>Sig.( 2-Tailed)</b>
Mindfulness and selfie	.188	.008**
Narcissism and mindfulness	-.86	.227
Selfie-taking and Narcissism	.303	.000**

Above Table 2 shows the correlations between Mindfulness, Narcissism, and Selfie-taking. The correlation between mindfulness and selfie-taking is 0.88 which is significant at 0.01 level (p-value is 0.008).. The correlation between mindfulness and Narcissism is ( $r = -.86$ , p-value = 0.227) which is statistically insignificant. The correlation between Selfie-taking and Narcissism is ( $r=0.303$ , p-value = 0.000). It shows positive correlation and statistically significant.

## DISCUSSION

As expected that there is a significant relationship between either selfie taking behavior and narcissism, selfie taking and mindfulness, whereas narcissism and mindfulness has no significant relationship. According to the interpretation of the results found that selfie taking behavior and narcissism have positively correlation(0.00) or can say that they have significant relationship with each other. On the other hand selfie taking behavior and mindfulness have significant correlation (.008) or they have significant relationship with each other. But narcissism and mindfulness have no correlation (.227) with each other. If talk about the gender differences with all three variables then study found that there is no gender difference in mindfulness. On the other hand there exist a gender difference with narcissism which is significant at 0.12 level, males are little higher than females in narcissism and selfie taking and gender difference is highly significant which is 0.00 level, females are higher than males in selfie taking.

## CONCLUSION

A study will not be completed without a conclusion. It is the final and main part of any study. This part of the study gives a whole total of the research work. Result of the study reveals whether to accept or reject the hypotheses. Conclusions of the study are:

1. There is a significant gender difference on selfie taking behavior.
2. There is also significant correlation with selfie taking behavior and narcissism.
3. There is significant correlation with selfie taking behavior and mindfulness.
4. There is no gender difference on mindfulness.



## **LIMITATIONS**

1. Samples were taken only from schools in Phagwara for the study.
2. Due to duration of time, detailed study on the subjects was not possible.
3. As the board exam of students were going on, only government school students were available for the sample collection.
4. Certain social and psychological factors might also have affected the results.

## **SUGGESTIONS**

1. The study can be conducted on school as well as university students as well.
2. Awareness should be given to the young generations about the bad affects of selfies and also the benefits about the mindfulness in which we can include the meditation.

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