

LETTER TO EDITOR

A call for more nuanced approaches to understanding selfie use among medical students

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Sir,

I am writing to express my views on the recently published article titled "Assessment of Selfie Addiction Among Undergraduate Medical Students" in your esteemed journal. As an assistant professor in a physiotherapy college with eight years of experience, I have been closely working with undergraduate medical students to improve their physical well-being and mental health. Given the rising trend of social media use among students, including the excessive use of selfies, I strongly believe that it is important to critically evaluate the potential consequences of such behaviour. My experience in the field of physiotherapy has allowed me to observe the negative impact of excessive social media use on both physical and mental health.

Summary

The prevalence of selfie addiction among undergraduate medical students in northern India is an important issue that needs to be addressed. This study will help to understand the demographic profile of selfie users among medical students and the association between risky/dangerous selfie behaviour and selfie taking/posting. The use of smartphones and social media platforms has increased dramatically in recent years, and selfie addiction is a growing concern among young adults. Medical students, in particular, may be at risk due to the high levels of stress and pressure associated with their studies, which could lead to unhealthy coping mechanisms such as excessive selfie taking and posting. The study's objectives to determine the prevalence of dangerous selfie behaviour among medical students and its association with demographic factors, as well as to

assess the behaviour of selfie-related behaviour using the Selfitis Behaviour Scale, are important steps towards understanding the nature and scope of selfie addiction in this population. The study's methodology, including the use of purposive sampling and a self-prepared questionnaire based on a review of the literature, is robust and will help ensure the validity and reliability of the findings. The study's findings may have important implications for the development of interventions and programs to address selfie addiction among medical students in northern India, as well as for the broader understanding of this phenomenon in other populations and settings.

Therefore, I feel compelled to share my thoughts and insights on the matter with your readers. I hope that my perspective will add value to the ongoing conversation surrounding the impact of social media on the well-being of undergraduate medical students.

I believe that this letter would be a valuable contribution to your journal and would generate discussion among the scientific community. Please let me know if you have any questions or require any additional information.

Thank you for considering my submission.

Recommendation

I urge the concerned authorities to take necessary steps to address this issue, such as implementing educational programs in schools and universities to raise awareness about the dangers of taking dangerous selfies. It is essential to protect our youth from the dangers of such behaviour and ensure their safety. Thank you for considering my thoughts on this matter. I look forward to your response.

Limitation of the study

- Limited sample size: The study was conducted among undergraduate medical students of a single government medical college in northern India, which may limit the generalizability of the findings to other populations and settings.
- Self-reported data: The data collected for this study relied on self-reporting, which may be subject to recall bias and social desirability bias. Participants may not have been entirely truthful in their responses, particularly with regard to sensitive topics such as selfie addiction and dangerous selfie behaviour.
- Cross-sectional study design: The study design only captured data at a single point in time, making it difficult to determine causality or the direction of the relationship between selfie addiction and dangerous selfie behaviour.
- Limited assessment of dangerous selfie behaviour: The definition of dangerous selfie behaviour used in this study may not be comprehensive, and there may be other types of dangerous selfie behaviour that were not captured.
- Possible confounding variables: The study did not account for other factors that could influence selfie addiction and dangerous selfie behaviour, such as personality traits, mental health conditions, or social media use patterns.
- Purposive sampling method: The study used a purposive sampling method, which may have introduced selection bias and limited the representativeness of the sample.

Relevance of the study

The relevance of this study lies in the growing trend of selfie-taking and sharing on social media and its potential impact on the behaviour and mental health of young people. The study provides insights into the extent of selfie addiction and dangerous selfie behaviour among medical students, who are considered to be a highly

educated and responsible group. The findings of this study could help in developing interventions to address selfie addiction and promote responsible selfie-taking behaviour among young people. Additionally, the study could also serve as a baseline for future research on this topic.

Acknowledgement

I would also like to acknowledge the support and guidance provided by the faculty members of the school of physiotherapy without whose mutual understanding related to work adjustments, this letter would not be possible to prepare. Their valuable inputs and feedback helped us in conducting this small review in an efficient and effective manner. In addition to it I would like to express my gratitude to the authors of the present study on which this letter to the editor is written, without their effort to bring out this matter in depth, this would not have possible.

Lastly, I would like to thank the journal for considering this letter to the editor for publication. We hope that our findings will contribute to the growing body of knowledge on selfie addiction among medical students.

Further Reading

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