Me, MySelfie and I: Experimental Evidence of the Value of Self-Esteem and Selfies

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With the increase in technology in our society, social media and "selfies" have become a trend that most teenagers participate in. For this experiment, we surveyed 556 High school students using a questionnaire that was administered by teachers at Fort Morgan and Weldon Valley High school. Our survey studied the relationship between self-esteem levels and the number of selfies teenagers capture and post, as well as the coorelation of this information to different personalities. After analyzing the surveys, we concluded that the highest number of selfies is taken by teens with high self -esteem with 53% taking 1-10 selfies each week, proving our hypothesis correct. Also, teens with low self -esteem take less selfies but post them more often, which showed that our second point of our hypothesis was incorrect. We also found that teenagers with the personality of an extrovert had a higher self -esteem than teens that identified as an introvert, which proved the last point of our hypothesis was indeed true. The conclusions drawn in our experiment show that social media does more than just allow individuals to post pictures. According to our ANOVA data, there is a direct coorelation between taking selfies, higher self-esteem, and an extrovert personality. This information can help teens analyze their own self-esteem and learn how to examine how they feel about themselves. Future studies can analyze better ways to build self-esteem instead of relying so much on social media.

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