

**ROLE OF SOCIAL SUPPORT, SELF-ESTEEM AND SELFIE-OBSESSION IN
PSYCHOLOGICAL WELL-BEING AND STRESS AMONG YOUNG ADULTS**

A

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CERTIFICATE

This is certify that the thesis entitled “**Role Of Social Support, Self-Esteem And Selfie- Obsession In Psychological Well-Being And Stress Among Young Adults**” being submitted in partial fulfillment of requirements for the award of degree of **Master of Arts in Psychology**, submitted in **the School of Humanities and Social Sciences, Thapar University, Patiala** is a bonafide work carried out under the supervision of **Dr. Santha Kumari**, Professor, School of Humanities and Social Sciences, Thapar University, Patiala and that no part of this project has been submitted for the award of any other degree.


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CANDIDATE'S DECLARATION

I hereby declare that the work presented in this thesis entitled, "**Role Of Social Support, Self-Esteem And Selfie-Obsession In Psychological Well-Being And Stress Among Young Adults**" in partial fulfillment of the requirement for the award of Degree of **Master of Arts in Psychology**, submitted in **the School of Humanities and Social Sciences, Thapar University**, Patiala, is an authentic record of my own work carried out under the supervision and guidance of **Dr. Santha Kumari**, Professor, School of Humanities and Social Sciences, Thapar University, Patiala and refers other researcher's work which are duly listed in the reference section.


The matter embodied in this thesis has not formed the basis for the award of any other degree of this or any other university.

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ABSTRACT

Self-esteem is the capacity that affects our lives greatly helping us cope better. Understanding psychological wellbeing increases the scope for trying to enhance it. This study aimed at understanding the role of social support, self-esteem, selfie obsession in stress and psychological wellbeing among young adults. The sample consisted of 160 students (80males, 80females) of Thapar Institute of Engineering and Technology (Deemed to be university), Patiala. For this purpose, brief Self-esteem scale developed by Rossenberg, Selfitis behavioural scale by Janarthanan Balakrishnan, Psychological Wellbeing by Ryff's, Social support scale by Cohen & Hoberman, 1983. The data was analyzed using descriptive statistics, correlation and regression. The findings suggested that social support and psychological wellbeing is negatively correlated whereas stress has positive correlation with self-esteem.

Key words: Self-esteem, Social support, Selfie obsession, Stress and Psychological wellbeing

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CHAPTER 1

INTRODUCTION

1.1 Human Health

Health is one of the results of the communication among several facets. Several character traits exist, like self-efficiency, expectations, cognitive resoluteness, positivity along with a humorous feeling, are deemed as having constructive influences over our health. Continual strain causes tiredness of our capabilities of coping through wearying our immunity. Health comprises each of the two scopes, i.e., mental and physical health of an individual's personality. According to the global definition of health, health is an all-embracing picture of physical, emotional and spiritual components which integrates all therapies, philosophies and traditions. On the word of WHO (1948), health is a condition of thorough corporeal, psychological as well as societal welfare and not simply the nonexistence of illness or illness. Such an explanation is yet extensively denoted by accounts like the Ottawa Charter for Health Promotion specified that —health is a means for daily existence, rather than the purpose for existence. It is a constructive notion giving emphasis to communal and individual assets, in addition to bodily capabilities. Usually, 4 overall determining factor of health comprising biology of human kinds, atmosphere, and living and welfare facilities have been recognized.

Psychological health is a situation of emotive as well as mental welfare wherein a person has the ability of utilizing his intellectual and emotive competences, occupation in community, along with fulfilling the regular requirements of daily existence. Financial realisms, social matters, along with national variables are few communal features which impact our health. Communal provision performs as a defense in harmonizing the strain influence. Psychological health explanations are altering continually. Previously, the situation was an individual was deemed as having decent psychological health just in case he displayed zero indications or signs of a psychological disorder. Yet in current times, a further all-inclusive tactic to psychological health has appeared. Currently, it is

acknowledged that decent psychological health is simply not the deficit of psychological disorder; instead it denotes to a person's emotive and mental health.

The progressive element of psychological wellbeing is highlighted once it is acknowledged that psychological health is merely not the lack of psychological illness. Health is deemed as being a constructive condition of welfare, not simply an absence of illness. Individuals in a situation of emotive, bodily and societal welfare accomplish life accountabilities; operate efficiently in everyday existence along with being contented with their own selves as well as their relational associations. Appropriate health is contingent on the situation of mind as well as physique. Health usually suggests wholesome situation, or welfare, or lack of illness. Psychological health, consequently, can denote to a perfect psychological situation or a condition of mental welfare or liberation from psychological illnesses. An individual's physique as well as psychological operation congenially; it is supposed that healthy physique presumes a healthy psychology and a healthy mind subsists in a healthy physique such that all comprehensions of individuality requires appropriate examination of physique and psyche. Psychological health, therefore, is the complete and amicable operation of the entire existence.

Well-being is undeniably an anticipated purpose of the existence of humanity and each of us struggles to accomplish this. Well-being denotes to the well-balanced operation of the corporeal along with mental facet of an individual as the individual sensation of gratification, pleasure, fulfilment, and so on. The feeling of well-being is a compound gauge of biological/bodily, mental/psychological, along with communal well-being. Biological signs of welfare are health condition, health consciousness, application of practices of health care along with health preservation conduct, and so on. Even though psycho-communal signs of welfare consist of psychological health, mental performance, constructive sentiments, modification, gratification with encounters of life, moods of gratification and contentment, feelings of accomplishment, self-assurance and survival abilities, vivacity, amiability, and so on.

1.2 Adolescence

Adolescence denotes a significant period in the course of human advancement, the path between infancy and maturity which includes intellectual, biological as well as socio-emotive vicissitudes. An important job of adolescence is preparing for maturity. Amongst the alterations in biology, are hormonal fluctuations, sexual maturing, as well as growth spurt, which start with adolescence. Intellectual variations reveal the surges in theoretical, principled and rational reasoning. The social and emotive variations the teenagers experience are a mission for freedom, parental struggle, along with a wish to devote further time with friends. This term adolescence originates from the word *adolescere* of Latin origin that suggests growing into maturity. Various academics have delineated the range of adolescent age in a different manner. Although few academics describe adolescence to be the same as the teenage, specifically, the age amid the 13 to 19 years, different ones recommend that adolescence has stretched out during the 20th century. Because of previous bodily development as well as late admission to occupation and wedding, few academics assert that adolescence presently encompasses the ages of ten till twenty years or starting eleven till to twenty years. Adolescence was additionally divided by Steinberg (2011) into primary adolescence (of the age 10 till 13 years), mid adolescence (of the age 14 till 17), lastly, final adolescence (of the age 18 till 21). This notion has as its point of focus for adolescents, including adolescents of the ages 13 till 19 years.

1.2.1 Adolescence stages

Adolescence as a phase of existence does not start at a specific day during a certain era following conception. This phase is quite critical of progress, usually described with the context of different ages of time, like the phase amid infancy and maturity. Taking a different viewpoint, we could state that adolescence starts during adolescence thereby ending during the individual's assumption of mature accountabilities. The cause for adolescence being this tough to describe is that this isn't a phase whatsoever, instead this is a changeover from infancy to maturity. The opinions offered by ecologists highlight teenage conduct chiefly as an indication of the developing of extra systems in a

biologically automated procedure of maturing, either openly or with regards to the modifications resultant from the physical alterations during adolescence, comprising surge in sexual hormones as well as alterations in the operation as well as physical formation. The entire phase of adolescence may be allocated into primary, mid and final adolescence.

1.2.2 Psychological changes in adolescents

Psychological changes throughout adolescence include adolescents' understanding, that is, manners of cognition, that turns out to be further progressive as well as further comparable to a grownup's. While kid's rationale is majorly concerned with the present, teenagers' rational can be concerned with the previous and upcoming happenings along with supposed circumstances or nonconcrete notions (Steinberg, 2011). Changes in Cognition involve meta-reasoning as well that is, the capability of thinking regarding one's individual rational, along with a well-rounded model of cognizance, that is, the capability of thinking regarding different individual's viewpoints. The capability of setting individual aims along with concern with ethical thinking as well as the significance of existence is features of mental advancement which progress beginning at mid-adolescence. The fast cerebral progresses along with the capability of introspecting can result in excess self-preoccupation, a thing which has been denoted as egocentrism of adolescence. Egocentrism of Adolescence is categorized with an amplified self-awareness along with displaying 2 dissimilar yet connected thought processes, the imagined spectators along with the individual parable. The fantasy spectators denote teenagers' propensity towards believing that one is continuously under observation and judgement from other people. As an instance, a teenager can be apprehensive regarding visiting school while having a stain on his face as everyone will see. The individual parable denotes to the idea that one is exceptional and invincible. Certainly, egocentrism of adolescence brings concern towards the corporeal self, instigating inspection of one's individual physique as well as presence.

1.3 Mental Health

Mental health embodies a mental situation that is categorized by psychological concord, coherence and gratification. This is recognized by the lack of incapacitating and enervating signs, mental as well as somatic within the individual. “Mental health implies the capacity in an individual to form harmonious relations with others and to participate in or contribute constructively to change in his social and physical environment. It also implies his ability to a harmonious and balanced satisfaction of his own potentially conflicting instinctive drives in that it reaches an integrated synthesis rather than the denial of satisfaction to certain instinctive tendencies as a means of avoiding the thwarting of others.”. An individual’s psychological health may be deduced from their conduct. An individual’s conduct can be perceived or understood in a different way by different people, according to their standards as well as principles, Thus, mental health is a situation of emotive, emotional and communal wellbeing established by sustaining relational associations, operative manners as well as surviving, an optimistic self-notion as well as emotive steadiness.

Mental health is an element of all-inclusive well-being that comprises corporal, psychological, emotive, societal, cultural well-being, all of them being linked with another. Aurora and Bhargava (2006) have revealed that mental health exposed the entirety of individual well-being having a value and superiority. Consequently, it is extremely commended that a decent well-being, if corporal or psychological, requires the overall mental health as it is linked with existence as well as competences of the individual on one hand along with power for fighting with difficulties as well as disputes on another.

1.3.1 Mental health in adolescents

Individuals encounter the majorly problematic alterations throughout adolescence. Intense alterations occur in body as well as intellectual capabilities. Adolescence indicates the sexual beginning whereas reasoning aptitudes result in deception required to apply scientific formulations along with using difficult sentences and verses. 1.3. Mental health in Adolescents within the ages of twelve to eighteen, alterations in physical

stature, developing subordinate sexual physiognomies, biochemical as well as hormonal deviations, find the basis for grown-up sexual operation. According to these alterations they undergo, teenagers start to re-evaluate their personal opinion of their own self. Societal associations external to the household begin to take further significance. Rebelling opposing to authority of the parents throughout adolescence is quite common. Peculiar yet accurate, adolescence is extensively viewed as the majorly tempestuous phase of existence and still it is in this where adolescents impatiently look for their individuality

The developmental tasks of adolescence are as under:

- ❖ Acquiring a male or female societal role.
- ❖ Accomplishing novel and further developed associations with cohorts of each genders.
- ❖ Acquiring emotive freedom from parentages as well as grownups
- ❖ Acceptance of their individual stature as well as using the physique efficiently
- ❖ Training for financial profession
- ❖ Grooming for wedding and household life.
- ❖ Craving and accomplishing communally conscientious manners
- ❖ Obtaining a range of standards along with a moral structure as controller of mannerism -- evolving a belief system

This phase of life is normal for adolescent growth for taking on novel tasks as well as parts that may sustain hazards, for renegotiating relationships with grownups within the household as well as the society along with friends, for experimenting with ideas representative of mature life, along with raising queries regarding domestic and social regulations of traditions. Each these causes this phase of adolescence a period of emotive chaos, low-spirited contemplation, excessive drama as well as intensified sensitivity. This

is a phase of rebelling and conduct trialing. Unsurprisingly, adolescent mental health gets increased care because of collective consciousness of disastrous penalties of reduced mental health in youngsters.

1.4 Social Support

From the 1970s, the likely effect of social support to wellbeing and healthiness has fascinated the attention of sociologists, psychologists, epidemiologists, anthropologists, along with the additional civic well-being specialists; rarely has an assorted bunch of communal and well-being experts approved on the significance of a particular element for the promotion wellbeing as well as an amalgamated conceptualization regarding the connotation of social support, the part played by it in mental health and well-being, or rather the manner of measuring this. The possible matter of the social support notion has been affected by several ranges of opinions, including Durkheim's creation of the anomie notion, Cooley's primary group idea along with Bowlby's notion of getting attached. The social support notion creates elucidation of opposing objectives, functioning at extremely diverse degrees. It may be observed with regards to its communal purpose for people, specifically, in fulfilling their requirements. Henderson (1980) resolved that a deficit in societal connections can, liberated of additional features, be a reason for certain types of social dysfunctionality. The texts regarding the disposition and part played by social support with regards to occurrences of existence is factually expanding. Presently, overabundance of discoveries according to a diversity of actions exist that social support occasionally intermingles with life occurrences, and occasionally is openly linked to an immense range of mental as well as corporal health consequences. The connection among mental suffering to that with social support accompanied by several additional health-applicable factors, within a countrywide demonstrative trial of about 2050 females and 1873 males. The connection among familial backing and suffering was decreased, for females, from $-.13$ to $-.04$ and $-.15$ to $-.10$ for males once every additional factor was partly taken off. Proposition of societal support was done as being among the defending features to strain which comprises societal structures as a basis of health specifically in kids as well as adolescent researches, social support is perceived as a demonstration of communal societal center. Social support was described to be the influential one or both

expressive requirements, actual or apparent, offered by the society, communal systems, and close associations. The description comprises diverse viewpoints of the research of social support (physical, practical, and circumstantial), the diverse stages of scrutiny (communal, communal systems, and close associations), along with differentiating among actual versus apparent sustenance. During researching social support using an operative viewpoint, the exploration concentrates on the dissimilar kinds of support which adolescents seek as well as gain. After Cohen and Wills' (1985) standard nomenclature, we may differentiate between emotive support, contributory or substantial support, informative support, and societal camaraderie. Emotive support includes actions which offer emotional health as voicing love, and gratitude and listening. Vollmann et al (2010) discovered the support of this type to be of highest benefit in depression to provide the receivers with a feeling of approval which strengthens their self-confidence. Among adolescents, emotive sustenance from peers and household has been found as being better those different kinds of support as well.

1.5 Self-Esteem

Self-esteem may be described as a person's approach regarding them, including self-assessment according to a constructive adverse element. Utmost usually self-esteem denotes to a person's general encouraging assessment to themselves. This comprises 2 discrete scopes, capability and value. The scope of capability (self-esteem based in efficiency) denotes the level till which individuals perceive him or her as adept and effective. The scope of value (self-esteems based on value) denote the level to which people think themselves are the peoples to be appreciated. According to Nathaniel Branden, (1992) self-esteem is the nature of experiencing oneself as capable for coping to the everyday trials of existence as well as being deserving of contentment. Self-esteem is a huge factor for being successful in life. Developing of encouraging self-notion or fine self-reverence is highly significant for proper societal adjustment. Self-esteem denote to person's awareness or individual assessments of their self-value, individual's sentiments of self-reverence as well as self-assurance in addition to the degree till which the person has constructive or adverse opinions regarding themselves. Once the person widens the affirmative perception of themselves along with developing the constructive perception

regarding the entire community wherein he fits, is known as the communal self-esteem. Communal self-esteem denotes the outlooks and assessments of the value of communal assemblage-like ethnic, cultural, or professional cohorts – among these one can be an affiliate. Few indications demonstrate that constructive mental health like gratification in life along with individual well-being is intensely foretold by communal self-esteem as well as distress. The alternative words of the phrase self-esteem being: 1) self-importance; 2) self-respect; 3) self-love (that can comprise features of arrogance); self-completeness. Self-esteem, nevertheless, is different from self-assurance and self-efficiency; these comprise principle with regards to individual traits as well as upcoming behavior. Maurice Rosenberg along with the enthusiasts of the social learning theory (2) during the mid-1960s, describe self-esteem being the steady feeling of self-value. Conclusively, we can affirm that self-esteem is essential with regards to how we lead our lives the devotion of us regarding improving our own selves along with taking care of others additionally existing at the core of all things which an adolescent will accomplish within their existence. Self-esteem is created within the household through the parentages as well as parental approach being of supreme significance. Self-esteem will impact the adolescent's school functioning; determining their competence, the level of range that adolescent will be recognized by different people along with the kind of approval which will be demonstrated by them in return.

1.6 Selfie Obsession

There is a new kind of addiction disorder to which many people are prone to with the technological advancement that is selfie obsession. Selfie is nothing but taking the picture of you using the Smartphone/web cam. Smartphones has totally interrupted the life of the people so much that people are not able to lead their lives without this device. The best part of selfie is that, it allows people to capture the pictures without the help of anyone and give ample control to the photographer in posing. Selfie is a selfie-portrait that is taken to admire the appearance of oneself with pride. You can take a myriad of selfie without the help of anyone and without putting many efforts. People go crazy in taking thousands of selfies, which is called as selfie addiction. There is a clear cut definition that is given by APA about selfie, which is defined as the obsessive compulsive desire to

capture pictures of one and post them on the social media sites to increase their self-esteem and to bridge the gap in the intimacy. Selfies have become quite popular and a new way to self-express and present oneself with the use of many applications that is compatible on IOS and Android devices. This will give a strong foundation to learn about the selfie phenomenon and the issues that pertain to the late adolescents. The key challenge that is faced by juveniles is to self-define and to form their identity. They will be moving into a phase of questions to a phase where they would be making a commitment without any kind of crises, like identity achievements. The perceptions and social interactions would let them to gain identity in this social world. The most important task for the youngsters is to self-disclose them. The internet is providing the platform for youngsters with the avenues to explore about their identities and exchange their intimate disclosures in the circle. The youngsters would be carrying out social acuity and the ability to talk in a sweet way to create a positive impression. It is very interesting to learn how a miniscule thing of taking selfie would tell about a specific person. Today, we see many people talking selfies everywhere be it in the railway station, parks, malls, historic places, parties, etc. This will not shock or surprise any of us, since many would be from us. It is important to learn the fact that people who have less self-confidence and are self-centered or act like a narcissist would get addicted to take selfies. This is a very critical statement that is made after accumulating the facts and opinions that are taken from the psychologists and conducted various surveys online. When we are doing our research, we can know some bitter facts as many would fall prey to death while taking selfies. India has the highest number of people who died taking selfies.

Today has become the generation of mobile devices that are equipped with high pixel cameras to capture selfie photos. Though, many are interested in taking photos of their own and others since a long time, but with selfie camera that effect has been increased to a greater extent. These selfies after are captured would be posted on the social networking sites to get more likes. In addition, people wait for the comments and likes from their friends for the posted picture. This has given rise to many reactions that are leading to the complications of this addictive disorder, which is famously called as a selfie addiction disorder. There is a key thing that many are worried about. Today's generation is wasting a lot of time on taking selfies. This opinion is formed after self-

experiencing it. This selfie is capture to find out their looks and personalities and know how good and bad their pictures are.

1.7 Psychological Well-Being

Psychological health would refer to the theory and measurement scales that are developed by Carol Ryff. In the seminar paper that is submitted by this person with the title "Happiness is everything, or is it? Explorations on the meaning of psychological well-being." she stated that this is totally contradict to that of the subjective wellbeing as well as or hedonic well-being of an individual. Ryff tried to bring out different perceptions of well-being from the Greek to the current psychological theories that are given by Carl Jung to Abraham Maslow and others. Subjective well-being is considered as the key thing that would promote sound well-being of an individual. From the evolutionary viewpoint, subjective well-being would be playing a great role in driving individual to explore and engage to develop resources that improve them to cope up with the stress that they are undergoing in life and the trauma.

Subjective well-being is very critical to promote the mental wellness of a person. Subjective well-being uses multiple dimensions to construct and refer to evaluate the lives of people, especially their ability to judge like satisfaction in lives and evaluate their mood and emotions like positive and negative emotions. This multidimensional construct would have both affective as well as cognitive components.

Psychological health would be defined by evaluating the current state of mind of the individual, especially when they are happy. This evaluation is referred as affective terms. The psychological wellness where all the participants would talk about how good they are feeling. Psychological well-being is a part of proxy to carry out global affective evaluation. The subjective well-being comprised of many antecedents, but out of all temperament is considered to be most important. Temperament would help the individual to know about their state of happiness and their hedonic set point. Life events would help them to increase and decrease their happiness less and also let individuals to attain their basic level of happiness in their lives. Many individuals would embrace different life events, be those events are negative or positive. Temperament would find out how

sensitive the individual towards their events happening in life. When you consider emotional styles biologically, this can be inhibited or uninhibited and may be both positive and negative impacts. The environmental factors would contribute highly to distinguish about the subjective wellbeing. There are many researchers which have stated to encourage having parenting that is authoritative and maintaining good communication between the family members besides paying high attention to the family giving ample emotional and instrumental support. This helps them to promote subjective well-being in adolescents. The subjective wellbeing would contribute to give many positive results and would act as a buffer to fight against many negative results, especially the psychological disorders. The subjective wellbeing would act as the key element to promote positive development and also as an enabling element to promote mental wellbeing. This well-being is defined as evaluating the lives positively by imbibing positive emotions, engaging people and giving high satisfaction and meaning to lives. Psychological wellbeing is a phenomenon that would give you emotional responses, high satisfaction in domain and life. Every key construct would need to be thoroughly comprehended to know your rights and know the correlations of how sustainable the components are.

1.8 Stresses among Young Adults

Adolescence is the most sensitive and perilous phase in the life of humans. Many youngsters would go through a lot of confusion and self-organization in this phase. The stress for these people come from academic, relationship issues, financial problems, exploration of career and maintaining interpersonal relations. This stress would result in different kinds of problems that may be physical, behavioral or psychological. When you consider all these, there are a lot of efforts put in to learn about the stress and make adjustments emotionally to promote sound health of humans. The study conducted would help students to make better adjustments and boost their performance in academics. Stress is a feeling or a condition that is experienced by the people to perceive the demands that would go beyond the personal and social resources that let the individual to mobilize. The research conducted on how youngsters should manage stress and promote mental health has been clearly explained by letting students know about the stress coping responses as well as depressive symptoms. The coping responses would include

ruminantion that would have a brooding subtype as well as mindfulness. Ruminantion is a kind of passive as well as repetitive action that would pay high attention to depressive symptoms and their consequences and the relation with the depression symptoms.

Stress has become a known term in the fast paced technological world. Stress is experienced by every individual irrespective of their age. The word stress would be risking the lives of people from their early ages and has become a part of everyone's life. The adolescent is the age where children would become independent from their parents. This is the age that is recognized at the age during which you get prone to stress and storm. In addition to the home environment, youngsters would spend ample time in their college and schools. Stress is the word that has become common these days and is experienced by all. The stress is risking the life of every individual. The stress has a positive impact on humans and this is called as Eustress. This kind of stress would motivate the individual to accomplish a goal. With the increase in the stress levels, it goes to the next level of pain and drains out the energy of the person and pushes him to go through different psychological problems. At the young age, the individual who is independent from parents would go through the stress. This person is considered as stress and storm as they would be going through different physical and mental changes. The psychologists would consider this adolescent age as the transition phase during which a child would be transformed into an adult. In addition, the home environment of adults would be changed where they would spend most of the time in the school or college. The school environment, design of curriculum, examination and social support would tend to increase the stress that is prone by the youngsters. The depression, anxiety and stress are a few things that are prone by the young adults across the globe and this range has been increased from 5% to 70%. This is the study that is carried out by India, where they reported no depression is experienced by the college students in the adolescent phase.

Adolescence is the most important phase that helps you to gain the skills to manage stress. This is the second important phase of life where there would increase in the cognitive ability of the children and where they would be able to think, reason and plan. When there is inheritance in the development is the key capacity that helps you to recognize the stress as well as manage it. The stress related research carried out by the

students who are in the adolescent age have focused majorly on the output that is easy to measure in youngsters, i.e. their health issues and health ruining behavior. Stress research in adults has given rise to many health issues. When you want to manage stress in adults, it helps them to improve their health and lifespan.

Stress is something that is experienced by the people due to external and internal pressure where the individual would be unable to cope up with the situation. Many youngsters find college life to be the best phase in their lives. This is the critical phase where they are also prone to depression, anxiety and stress. Students would experience different types of stressors which would check their ability to cope up with stress by embracing a new environment, balance work load, make new friends and stay independent besides dealing with different kinds of issues. When you take a closer look, the college life of the students comes up a myriad of challenges that they would experience in their day to day life. The idea of college life would also come with many challenges where they are prone to stress and if they are not able to deal with stress, then it directly takes a toll on their academic performance, emotional well-being and their social health.

1.9 Social Support in Maintaining Psychological Well-Being and Stress among Adolescents

Social support is the critical and the best way to manage stress levels. There are a few key factors that have explained the impact of stress on the health of the individual. This would be a lot of the people who are socially isolated and the people who get very less and high level of support. Though, the evidence is not clear, but there is a little threshold of social contract that you need to have on the mortality with very less improvements in the outcome of the health and level of support that you get beyond the threshold. Social support would play a critical role in two different situations that would link stress to the health issues. The support would interfere between the stressful events as well as the stressful reactions that would keep the response due to stress at bay. The perception that is offered by others would be important to know about the potential of the situation and its risks along with the individual ability to cope up with the demands. This avoids a specific situation from being getting aggravated and makes you more stressful. The

second is the enough support that would interference between the experiences that are prone by the people due to stress and the pathological outcome that would keep the stress reaction at bay or would influence the physiological processes. The support would reduce the impact of stress by offering a right solution to the problem and by keeping the significance of the problem at bay. This will make your Neuro-endocrine system peaceful so that people would not react so badly when are under stress or would make the people to behave in a healthy way. There are many reasons of why one can observe different socioeconomic backgrounds due to academic stress are that not all the students belong to the same socioeconomic backgrounds. Therefore, they would get very less social support and should gain self-motivation and inspiration or get the compensation from the parents who do not have the ability to meet their needs. The students would be self-imposed, i.e., they would be worrying about them and take academic pressure on them and become frustrated. These are few things that they come across while achieving their dreams and goals. At the young age, students are prone to very less stress levels. The adolescent stress would be caused due to the phase related problems and other external forces. In the middle of adolescent phase is the phase during which many people are prone to adolescent problems. The emotional disturbance, conflicts, ambivalence and coping up with the pressure are the common factors that contribute to stress. The external factors like academic pressure, socioeconomic status would contribute to stress. When comes to socioeconomic background, literature would focus mainly on the higher stress during the adolescent phase by the people who belong to the socioeconomic status. Though, literature would not focus on the adolescents who belong to the moderate socioeconomic background, but it can be understood that youngsters who belong to these families would face financial problems in a few situations and experience different outcomes. The families would not be able to meet all the materialistic pleasures when compared to the youngsters who belong to the higher socioeconomic background. This would be high in youngsters living in urban areas who give high value to materialistic things, which would take a toll on the identity of an individual indirectly. It is found that possession would have a key impact on creating, maintaining and keeping up the identity.

You need to have a social support, since this is a part of functional coping strategy that let you to anticipate the decrease in both internal and external symptoms. These are added to

the cope up scales of youngsters. This is found to be the most critical coping strategy by the youngsters to solve interpersonal problems. The majority of girls would use coping strategies that would have relationships like seeking social support over boys who use others like a distraction. Generally, girls are very sensitive in the relationship matters and they are more prone to stress, but are able to cope up with the strategies that allow them to maintain strong relationships. In addition to this, social support would act as a protector that would reduce stress levels in youngsters. There are different findings observed with respect to dealing with stress by youngsters and support they get in different contexts. Taking support is explained as a key functional strategy that helps adolescents would use to manage stress. This will stand as an impediment to develop an effective social support. Our main study aim is to thoroughly explore about the Basque adolescent narratives related to stress and the major role that it would be playing in giving social support. In addition, the study is carried out to come up with a new conceptual model that would let you to learn how to get social support and seek the support.

1.10 Self-Confidence in Maintaining Psychological Welfare and Stress among Teens

Self-confidence or worldwide self-confidence is described as the psychological evaluation human beings create about themselves that is usually in the type of sanction or unsanctioned. It shows the degree to that human beings consider themselves to be competent, important, flourishing, and valucapable. Self-confidence is a huge portion of teens' perception of human personality and is possible to vary, as it is vulnercapable to interior and exterior effects throughout teenage and formative years. Welfare mentions to a human being's personal evaluation of their contentment and fulfillment with existence. WHO (2003) described psychological fitness as "Ideas of psychological fitness comprise biased health, supposed self-effectiveness, independence, proficiency, inter-generational reliance and acknowledgment of the skill to understand one's logic and skills psychological capacity. It has also been described as a condition of health where human beings understand they are capable to keep up with the usual pressures of existence, job efficiently and effectively, and create participation to their societies". Teenage is

obviously a different and transformation linked time in the situation of existence fulfillment, owing to the huge number of natural, emotional, communal, and understanding transformations happening in this stage, and worldwide self-confidence might work as an pointer of how teens encounter and handle these trials, that additionally might effect on teens' existence fulfillment. A great deal of the study carried out till now on biased welfare in common and existence fulfillment in specific has been conducted mainly on grown-up subjects, even though study inspecting existence fulfillment in kids and teens is growing. The put up "fulfillment with existence" shows the understanding aspect of the multifaceted put up biased welfare. Existence fulfillment in Teens as "a disapproving procedure, in that human beings evaluate the superiority of their lives on the foundation of their personal exclusive conditions." Evaluation of existence fulfillment is thus depended on a understanding assessment of the general superiority of a human being's existence, depending on self-chosen principles. Research account that analogous to discoveries depending on grown-up people, most teens are fulfilled with existence, even though there are inconsistent discoveries about the degree of existence fulfillment in the teenage years.

Self-confidence and existence fulfillment are linked put ups that are possible to transformation and differ with sex and age during teenage depending on the effect of growth transfers, changeovers, and trials happening in this time. Creating a supplementary systematic perceptive of the link among self-confidence and existence fulfillment might so also need inspecting if the power of the link differs among sex and age in teenage. Existence fulfillment is an essential put up in constructive psychology and appraises a human being's general evaluation of superiority of existence depending on their selected condition, counting the consciousness that one is moving ahead to significant existence objectives. Actions of existence fulfillment are responsive to the whole range of conduct related, emotional, and communal results, and are an imperative put ups for learning welfare and general psychological fitness.

1.11 Effect of Selfie Obsession on Adolescent Psychological Health

Emotional welfare has been connected with a optimistic learning and optimistic communal links. In other words, emotional welfare can be described as the skill of a human being to state his contentment without letting the rest to touch the optimistic approach they face. Emotional welfare is personally linked to self-approval, optimistic connections with others, autonomy, ecological mastery, reason in existence and human being's development apart from fit bodily processes with no pressure and other psychological issues. Technology is famous for having a considerable impact on individual existence. In this view, press that is broadcasting a fast development daily has become one of the important info means in day by day existence. Smart phones are one of the significant instances of the press. Making use of smart phones has an essential space in every day commerce and communal existence of human beings. Smart phone business is a marketplace facing large growths and inventiveness that facilitate the beginning of fresh kinds of smart phones that create existence simpler with diverse aspects counting video-calls, computer, net, direction-finding, music player, calculator, camera, and video-recording.

Selfie-taking and publishing is one of the most conventional actions in teens, an essential portion of online self-introduction that is linked to individuality problems and colleague associations. The learned text highlights various but contradictory inspiration for Selfie-conduct, emphasizing more investigation of emotional aspects and the impact of sex and age. Expectancies are “descriptive tools” that could assist us research teenage conduct. But, no tools have been made that specially discover the prospect adolescents have about selfies and their impact on selfie-occurrence. Selfie-taking/sharing surely symbolizes “one of the main types of substance joint in the processor-intervened interaction stages”. The selfie fad has optimistic better attention in investigating the emotional and psychosocial factors of this occurrence, thus feeding the essential discussion on both the psychopathological aspect of this sort of conduct and the rising threats of hyper-pathological ideation of general press usage. Today's formative year's style of living has a prevalence of usage and problems linked to the usage of tools, equipment, and social platforms. Almost 93% of formative years have internet at home while 89% of 18–29

years olds use social sites. The hypothetical prototypes like the conduct prototype highlighted operant training, social education, and the part of relational structure in increasing BDD-linked attitude. The press and net ethnicity has become one of the strong means of explicit knowledge for improving or receiving approval for one's attractiveness and pleasant appearance.

Image types distribute the apparatus that let teens to earn sanction for their looks and challenge themselves with others. For a few, in particular girls, what begins as a fun method to text and split incidents could become a mania. Teens are particularly susceptible as they are going through a lot of bodily, communal and emotional transformations that are a usual portion of growing older. With teenage years, teens' bodies are varying in several diverse ways," clarified Brown. "They are attentive on the views of their colleagues than before. All of these developmental transformations put early teens at larger threat for having harmful body image, and in the worst-case situation, next eating issues. Teens now are frequently called as the "selfie age group." The action of clicking and publishing pictures of your own is a tempting incidence that boils down to physical image. That poses the issue, of whether physical appearance enhances self-belief or reduces self-belief? The response isn't precisely obvious. But, Salomon and Brown stated they revealed clicking and publishing selfies could be connected with adverse results, but not for all adolescents. Parents must recognize that social platform is an extremely pertinent social situation for contemporary teens, and like everything else, it will have prices and paybacks. One price appears to be that uploading a lot of images of one self and on social platform regularly is linked to adverse body appearance for some teens. Parents must have dialog with their youth about body appearance and the threats connected with some kinds of social platform usage.

CHAPTER 2

LITERATURE REVIEW

Orth and Robins (2013) Short level of self-dependence has been connected to behavioural issues and low school concert. In the earlier observations, it came to know that poor self-dependence is associated with thoughtful behavioural difficulties as unhappy leanings and instability. It also came to know that poor phase of self-dependence directs to psychological complications like unhappiness, social nervousness, aloneness, estrangement and many others. It is powerfully related with friendship difficulties and communal conduct. In the modern observation self-dependence along with combined self-dependence has been connected to unhappiness and other glitches. There exist multiple dealing choices such as psychotherapy, psychoanalyses, intended interference package for reduced self-dependence and cooperative self-dependence. Treatment is based on the reason and sternness of the issue and few extended scopes, on individual predilection. Reasoning behavioural treatment (CBT) allows persons to differentiate between glitches where those can be either resolved or not and progress enhanced coping services. Reasoning behavioural approach has showed to be operative having no kind of negative side exertions. Cognitive behavioural approach was really described greater scheduled 9 of 10 resulted events (self-reported) by the conclusion of the therapy. Reasoning behavioural treatment or CBT is a kind of psychotherapy that has been recognized to be effective in the behavior of teenage unhappiness and low-self-dependence.

Orth et al (2014) Self-dependence together with combined self-dependence are vital for persisting as an exclusive individuality and in the group also. Changeover from teenage age to maturity is an important level in the lifetime of every person. At this phase, they might come across multiple issues and moreover they will have the feeling to manage best phase of self-esteem and cooperative self-esteem. In the current investigation concentrates is mainly on emerging an operative interference approach that can elevate the reduced self-dependence together with reduced self-esteem of the teenagers. Both

paternities and educators need to show vital responsibility in the life of an teen-age so in the self-structured approach, educators and parentages are also comprised.

Dunham et al (2017) Self-dependence is the vital section of self-consciousness. It consists of an important position in the edifice of teenage discrete do to the reason it is associated with psychological fitness and meaning of life targets. Procedures connected to the development and expansion of self-dependence regulates the boundaries of the association that is for the teenage and the adjacent biosphere, subsidize to the progress of their capability and the excellence of the happenings those are happened. These procedures has not to be of accidental; they must be flat so that the teenage can develop and satisfactory self-dependence. The more truthful is it, the more malleable the teenage will perform. Self-dependence is the portion of our character and in order or increase it we desire to hold an emotion of individual worth impending from those kinds of life contests those validates our accomplishment.

Branden (2009) sustained that self-dependis is mainly of two sections: (a) to contemplate oneself operative, to believe in one's capability to contemplate, study, select and go with accurate choices, and then to come ahead in the encounters and develop modifications, and (b) to admire oneself, the self-assurance in one's exact to hold happiness, and the self-assurance that individuals are pedestrian of the admiration, close feeling and self-accomplishment those happen in their lives. To the recent time period, Reasoner (2015) observed self-dependence as self-possessed of two separate magnitudes: capability and value. Depending on these two aspects, he states self-dependence as "the involvement of holding the capability of going with life encounters and having extreme happiness".

Deci and Ryan (2015) famed for depending and exact self-dependence. Depending self-dependence corresponds to moods regarding one those outcome from, and reliant on, corresponding few values of superiority or living up to few of the relational or intrapsychic opportunities. It is the type of overstatement of oneself related being ego-consisted in few kinds of results and submissively accomplishing them. It is regularly consists of communal assessment and directs to be related with the type of anarcissism. In divergence, factual self-dependence holds more stability and is dependent on compacted and protected sense of self. Their value will be the combined strategy of one's

personality and might be showed in activity, proactivity, and importance. Because for the review of self-dependence, few of the composers noted for obvious self-esteem (surveys) and implied self-dependence which shows that the introspectively nameless (or imprecisely recognized) influence of the self-attitude on assessment of self-related and self-disconnected aspect.

Stavropoulos et al (2015) an extended phase of self-dependence provides people with the capability to go with pleased experiences, to manage disagreeable circumstances, to fit efficiently with tests, to move in close associations and to enhance their assets. Enhanced self-dependence also taken into consideration to definitely reasonable the appearance of dysfunctional diagrams and gloomy indications at the involvement of undesirable life proceedings. Multiple observations came to know that improved self-dependent people are more tenacious in the aspect of disappointment than compared with the reduced self-dependent people. An enhanced self-esteem person holds more effectiveness in self-governing goal-tended behaviour. Self-esteem holds more vitality for self-management and excellence of life, and the significance of self-dependence for optimistic mindset. Self-esteem offers the oomph to assemble human behaviour together with donating to its way.

Kempke et al (2011) considered an instance of 192 patients having lingering exhaustion condition. They came to know that self-dependence completely arbitrated the connection that is for maladaptive fastidiousness and unhappiness. This outcome might show vital insinuations for the handling and anticipation of unhappiness in those all patients. In regard to the prediction, longitudinal educations propose that reduced self-dependence forecasts unhappiness that happens in future. The maximum projecting clarifications for the connection that is for reduced self-dependence and psychopathology are of: the vulnerability approach (reduced self-dependence enhances the chance of psychopathology), and the mark approach (poor self-dependence is a result of psychopathology somewhat than a reason).

Nemer and Freeman (2015) in their observational researching are recommend self-representations as a method to listen to the speeches of few of the populaces in deprived and relegated locations. In the whole approaches, selfies were engrained in downgraded

individuals' normal lives and apparent as a direction to the enhanced talented future. The observation also came to know that utilization and implementation of digital knowledge's for all the marginalized individuals were not interested by a narrow byline of their interest for performing but rather were located in a contextualized authenticity. The observation has shown that performs of thoughtful, understanding, and undergoing selfies are consolidated in thick sociocultural circumstances. The selfie individuals detected and interrogated in this observation were located in marginalized place (which means the favelas of Gurigica, Itararé, and São Benedito in Brazil) those all were under regular investigation by influential drug aristocrats.

Sorokowski et al (2015) in the observation of them they scrutinized three classifications of selfies where those are own selfies; selfies having a romantic companion; and cluster selfies, supervisory for non-selfie photographs. Women posted more selfies of all types than did men; women's selfie-posting conduct was normally disconnected to their self-admiration notches. The observations of the study show the initial proof that the connection that is for narcissism and selfie-posting conduct is moderately feeble in females than compared with that of male persons, and offer novel details into the communal incentives and operations of communal social interacting. Observation consists a whole of 748 people who are in the age period of 17 and 47 years ($M = 21.64$; $SD = 3.41$). The contributors were employed from multiple university estates all over Poland.

Wickel (2015) performs an observation which is intended to examine how communal media has altered our progressive and behavioural characters, and even how the communal media, mainly the act of captivating and broadcasting selfies that is considered as the vital sponsor to the increase in narcissistic conducts in current generations. The observation emphasizes that 73.5% of 93 Elon University defendants stated that they examine or inform their online silhouettes almost 5 times per every day, 90.2% of the contestants stated they upload their pictures in social media websites for the individual purpose of getting "adores" and commentaries from their connected groups, (87.8%) replied that th

e utilization of social networking stage as a method to uphold and organize communal connections has altered how society interrelates and observes others 55% of members stumbled upon that uploading of pictures to multiple social networking stages heartened their narcissism and selfish conduct.

Luca and few of the other people (2015) stated that 52%, of defendants who had never triggered Face Unlock on their instruments are more, for Touch ID, 24 almost of 158 members (15%) are clear to make use of verification as because of obtainability of the biometric trend. To Unlock a Face almost 20 percent of the people moved with the decision. The absence of information regarding the existence of Face Unlock on their instruments might be incompletely clarified as because of the reason that, with the exclusion of particular media, this aspect was not exposed during the observation. The vitality of this is emphasized by the circumstance that almost 8% of nonusers that stated safety problems for not making use of Face Unlock were not aware of current protection improvements to the method like “Wink to Unlock” that require the user to showy to determine that the camera is not moving with the recording of a static picture.

Kramer and winter (2008) pursued to know the connection that is for self-reported character behaviours and self-performance in communal networking outlines. It is supposed that people of SNS holds more responsibility over their own -presentational conducts rather than in direct communication as because they are provided with the chance to accomplish own-presentation more deliberately than direct discussions. With the initiation of Facebook in the year of 2004, one of the clear aspects of self-revelation or picture edifice was the display photo; the default picture that permits the user the selection of recognizing themselves for the whole people who are in Facebook. In regard to identity enhancement and emotional health, investigation proposes that young people state improved self-dependence and normal well-being tracking up with examples of positive response on communal networking websites. In correspondence with this, outcomes from a 2009 review of college students showed that the weightiest Facebook people were also most pleased with them survives and showed enhanced social and party-political appointment. Individuals who utilize selfies most regularly trust that selfies might enhance their self-assurance. The amount of positive commentaries and likes that

one obtains for their pictures was described to impact phase of one's self-sureness, specifically among users with poor self-dependence. In the view of Dr. Shannon M. Rauch, of Benedictine University at Mesa, Arizona, the most critical reason for individuals utilize communal media is for self-interruption and tediousness liberation. In other terms, social media brings strengthening every time an individual move into the approach of helpful explanations and "likes" And recurrent support allows extermination firm; eventually rotating into an obsession.

Selfies might enhance the self-dependence and self-effectiveness as it highpoints what youth are going through. As per the view of Seiter (2015), uploading selfies imitates enhanced self-dependence levels, and also progresses one's self-dependence due to the reason that those kinds of pictures characteristically highlight a person's perfect and measured picture. The profile photo engaged a main section of online self-performance, and it holds importance for success in business. Selfies might also develop their own presentation by uploading what is communally needed. The halo consequence, an intellectual bias, permits the well-known style bloggers, who regularly goes with well-outfitted and good-looking figure, to be apparent as frugally rich. Bushak, (2015) connected the habit of uploading huge number of selfies to self-admiration, separation, and even recklessness. Selfies acts as a warning for poor self-dependence, social requirement or even consideration that needs behaviour. When in view of the possible negative exertions of communal media, there seems to be jeopardies related with various kinds of online movement apart from SNS convention at large. For instance, social media utilization might be predominantly maladaptive when it happens in the procedure of "passive browsing". It happens, when people invest time on top-most websites such as Facebook and Instagram wholly observing at other people's pictures and profile information; it can activate logic of prohibiting, jealousy, and aloneness. This kind of online "surveillance" movement can also encourage spirits of insufficiency or protectiveness in the aspect of idealistic associations, mainly across people who question themselves to the Facebook-pestering of past love. There also exists a reverse to this compulsion of snapping selfies in the aspect of being self-absorbed. Narcissists move with extended preoccupation having own physical attendance, mental aptitudes, accomplishment, and picture similar to what others have. They regularly discover

satisfaction from narcissism or approbation of their own corporeal entrance. These users are in the requirement of endorsement and authentication, whose self-dependence is completely dependent on “public contingencies”, which means that how those people are apparent by other people. They might display themselves in a more romantic method, directed in the way of receiving multiple comments as conceivable to prop-up a more delicate intelligence of their own.

In the view of Kai-wen (2010) schoolchildren at this phase might occasionally move with the experience of unsuitability of their psychological expansion along with physical fluctuations or communal surrounding and thus agonize from glitches those arrive from insufficient version. These complications might additionally impact emotional dilemmas and might also persuade different performance. Kai-wen in his observation has also claimed regrading aspects those impact pressure across school youth like biological or psychological modifications, school elements, connection that they have with opposite gender and family surroundings. Tung and Chahal (2015) inspected relationship that is for the pressure and modification and came to know that no noteworthy fundamental connection for stress and the modification. Though, the way of the outcomes disguised that phase of modification impacts the amount of stress occupied proceedings and amount of stress veteran by those people. They recognized an optimistic connection for classmate assistance and academic pressure across high school scholars at Norway.

Agolla (2009) have extended recognized stress indications as absence of dynamism, taking over the hostage medicine, enhanced blood pressure, and sensation of high depression, upsurge in hunger, worry absorbed, agitation, stiffnesses and nervousness among other people. A person who has one of these issues is probable to be a prey of pressure. Even this might also is based on how the person assesses the circumstance, and how strong an individual is. Whereas the undesirable exteriors of stress on a person might differ significantly from one person dependent on their preceding happenstance with circumstances and the hardy of the separate scholar. In their conclusions highlight that, the awareness of the person regulates either or not stressor holds a disadvantageous result; that is what it shows influence on corporeal or emotional indications of pressure in the person. Another cause why diminutive have been happened on people’s pressure

might be the reason that students' attendance in the organization have no straight association to the excellence of teaching they receive.

Lee, Cheung and Kwong (2012) in their appraisal on pliability, put advancing its three foremost features, pliability as a volume, as a procedure and as a consequence. With all the volumes the hypothesis of pliability is measured to be significant developing hypothesis for teenagers. Pliability in middle together with late teenagers is definitely connected to PWB. When teenagers observe themselves as rising, increasing and hold the ability to go with selections, the more pliability they have.

Shellenbarger (2013) Resilience directs to optimistic youth expansion and understanding progresses lengthily at the time of youth. Resilience is cooperative for teenagers in ahead of a strong emotion of individuality and understanding assists in the expansion of expressive together with communal competence in teenage and parentage. This exercise determines the association of two variables with emotional existence across teenagers in Indian background as the variables specify for definitely too psychological well-being. Flexibility is termed as "the method of familiarizing well in the direction of hardship, disturbance, disaster, intimidations, and also important foundations of stress like relational and relationship complications, thoughtful health glitches, or office and monetary pressures.

Manczak, DeLomgis and Chen (2016) Understanding holds impact on emotional happiness as captivating others" viewpoint designates responsibility absent with selfish standpoint of one's individual self, and so, benefits in discount of self-centred and unwary behaviour, that underwrites in the way of improved existence. Empathy complements in to mental existence as the reason that vicarious person holds optimistic awareness of one's individual self-subsequent from their vicarious spirits and movements towards other individuals. Positive-action approach performs of compassion and thankfulness towards others improves the existence of a person. Understanding improves self-dependence and determination in life but over tolerance in the feeling can also consequence in augmented physical problems.

In the view of Helen et al (2012) optimistic emotional aspects might impose robust association with fitness as undesirable ones and spread to which these kinds of emotional

conditions are sovereign of each one may differ as per the outside and interior ecological tests people come across and investigations will require to go with selections regarding the worth of calculating both. Though, no specific education in Pakistan has been observed to measure the connotation that is for normal phases of physical movement and happiness in teenagers. Existence, consisting of corporeal movement is measured as the important elements of fitness in a populace, even approaches to enhance corporeal movement are being industrialized, and frequently physical movement is well recognized to upsurge bodily, together with psychological health. The notion of puberty as a separate retro of human growth is still justly modern in Pakistan. The Pakistan populace Association states that 65% of Pakistani families comprise either one or more teenagers. Amongst teenagers, physical movement is related with assistances in the anticipation and regulator of expressive suffering, and development of confidence.

Goldbeck et al (2007) Wellbeing testing has to a great extent concentrated on grown-ups in created nations. There has been little research on oneself detailed (i.e., emotional) prosperity of youngsters and additionally teenagers, especially in creating nations. Additionally, there has been minute research, which centers examinations of abstract prosperity among various pre-adult gatherings (e.g., sexual orientation, age, ethnicity, parental training, financial status and physical action and so forth.) There are an expected 1.2 billion youngsters matured 10– 19 on the planet, including the biggest age of youths ever. Roughly 70 percent of these youngsters live in creating nations where complex monetary, social, political and ecological settings make a wide scope of difficulties for teenagers to surmount as they voyage to adulthood. A considerable lot of these hindered youths have couple of individual assets and minimal social help to defy the conditions that engender neediness, imbalance, and sexual orientation separation. Information demonstrates that the greater part of all adolescent live in neediness around the world.

Jermott and Magloire (2008) inspected the connection of scholarly pressure and social help to salivary centralization of immunoglobulin A. They took an example of 15 sound students 5 days before their last examination period, amid their examination period and 14 days after last examination for S-IgA fixation. Understudies who announced progressively sufficient social help at the pre examination period had reliably higher S-

IgA levels than did their friends detailing less satisfactory social help. These discoveries express that social help improves wellbeing result independent of whether the individual is presented to distressing background.

Cohen and Wills (2015) unmistakably uncover that view of accessibility of help serves to shield the person from pessimistic results of pressure. Social help shields people from the possibly pathogenic impacts of stressors when support is characterized as apparent accessibility of social assets. Conversely, social help is valuable for wellbeing regardless of feelings of anxiety when support is characterized as reconciliation of informal organization. Adapting help and social help seem to have a few basic components. Both are gone for overseeing or changing upsetting circumstances, easing or decreasing negative sentiments that generally go with introduction to stress, and endeavoring to determine issues.

Hoffman et al (2017) evaluated possibilities in the impact of social help from guardians and companions on immature confidence. Polls were managed to 76 Israeli young people with respect to confidence, distressing life occasions and saw dimension of help from mother, father and companions. Maternal help strongly affected confidence. Help from companions was compelling basically when that of moms was missing. Fatherly help had little impact, when other help sources were controlled.

Vaux (2015) found that young ladies utilize social help all the more promptly and legitimately. Young men appear to have less trust and more prominent hesitance to swing to others as a wellspring of help and endeavor to recommend that females might be better social help assets and they are better in giving just as accepting help however they for the most part are less happy with the acquired dimensions of help. In an investigation by Wright (2017), the help looking for method for adapting was identified with better mental prosperity in both genders; anyway it connected essentially with psychosomatic indications and self-saw wellbeing just in young men. Backing looking for adapting ended up being less huge associate of psychosocial wellbeing among young ladies, however social collaborations and social backings were increasingly focal as an adapting technique for them. Social help is the single methodology that is reliably revealed as

being utilized more much of the time by females than guys as a method for adapting. Anyway they may utilize it in an alternate manner.

Cauce et al (2010), in an investigation on life stress and social help amid early immaturity, were intrigued to look at the potential pressure buffering impacts of social help and informative impacts of social help on change. Examination of the buffering speculation proposed that both family and school support served to direct the connection between negative occasions and school fitness. DuBois et al (2012) utilized a 2-year longitudinal plan to look at the connection of unpleasant occasions and social help to mental misery and school execution among 166 early young people (mean age - 13.5 years). Both pressure and bolster factors made a noteworthy commitment to forecast of in this manner mental trouble.

Jung and Khalsa (2018) inspected high contrast American undergrads to decide how every day bothers, adapting methodologies and social help identified with misery. Mean scores of looking for social help were comparative as were accounted for dimensions of sadness. There was no help for the idea that social help fills in as a support against sorrow. The examination issue of unpleasant negative experience side effects and adapting in early immaturity was tended to. The subjects comprised of 1090 secondary school understudies of the metropolitan city of Seoul. The investigation was restricted to green bean and sophomore young people matured 15 to 18. Social help was found to intervene the connection among stress and wellbeing side effects in teenagers.

Gross et al (2017) analyzed in their investigation of center school pressure, social backings, and alteration among 482 6th, seventh, and eighth-grade youths. Different relapse investigations were utilized to relate varying kinds of stress and social help to understudies' self-idea, sentiments of discouragement, and enjoying of school. The impacts of juvenile attributes (sexual orientation, grade level, grade point normal, and training position status) additionally were surveyed. Results demonstrated that higher scholarly pressure and less enthusiastic help from the family were identified with lower scholastic self-idea, and higher friend stress and less camaraderie support from companions were related with lower social self-idea. Enthusiastic help from the family directed the impact of friend weight on sentiments of sadness. Critical thinking support

from grown-ups outside the family directed the impacts of educator/rules weight on teenagers' enjoying of school.

Cutrona et al (2014) tried the degree to which parental social help anticipated school grade point normal among college understudies. An example of 418 students finished the Social Provisions Scale-Parent Form and proportions of family struggle and accomplishment introduction. American College Testing Assessment Program school placement test scores and grade point normal were gotten from the college recorder. Parental social help, particularly consolation of worth, anticipated school grade point normal while controlling for scholastic inclination (ACT scores), family accomplishment introduction, and family struggle. Backing from guardians, yet not from companions or sentimental accomplices, altogether anticipated evaluation point normal.

Rospenda et al (2014) considered the impacts of social help on medicinal understudy's execution. An associate of 153 third year understudies at the college of Illinois College of Medicine at Chicago were approached to finish a poll evaluating job pressure, social help and wellsprings of help. The outcomes proposed that as opposed to the examination's speculation, social help when all is said in done is identified with lower dimension of scholarly execution for the two people and that the antagonistic impacts of help and steady social relationship were viewed as related with the lightening of mental pressure.

Steptoe et al (2016) surveyed the impacts of scholarly examination weight on wellbeing conduct in college understudies. It was theorized that the expectation of examinations would prompt increments in cigarette smoking and liquor utilization, and to diminish in physical action and that impacts would be especially striking in understudies with low social backings. One hundred eighty understudies were isolated into test pressure (51 ladies, 64 men) and control (49 ladies, 16 men) gatherings, and were evaluated at standard and afterward inside about fourteen days of tests, or an identical point for the control gathering. Seen pressure, enthusiastic prosperity and wellbeing practices were evaluated by poll and meeting. The test pressure bunch revealed huge increments in saw pressure and passionate pain among benchmark and test sessions; however reactions were not influenced by social help accessibility. The controls demonstrated no precise changes in wellbeing practices. In the test pressure gathering, smoking expanded by a normal of

54.7% between sessions in ladies with couple of social backings, however stayed stable in men. There was abatement in liquor utilization of 17.5% in understudies with high social help between sessions, while those with low social backings demonstrated a normal increment of 18.5%. Physical action diminished among gauge and test sessions in the test pressure gathering, yet was not influenced by social help.

Torsheim, Leif and Bente (2013) researched the complementary connections among school-related pressure, school-related social help, and pain in an accomplice of 767 auxiliary school understudies (mean age 13.9 years). Stress, backing, and pain were estimated at three events with half year slacks between. Complementary connections were examined with multivariate staggered displaying (MLwiN). Every one of the three variables at standard anticipated change in a couple of different elements at ensuing estimations, demonstrating a mind boggling example of equal connections among stress, backing, and misery crosswise over time. An abnormal state of misery at pattern anticipated a lower dimension of help and a more elevated amount of pressure a half year later. Elevated amounts of worry at standard anticipated a more elevated amount of trouble and a lower dimension of help a year later. The outcomes were steady with a value-based and dynamic model of pressure, backing, and trouble, and showed the need to see school-related pressure, backing, and misery as commonly subordinate components.

Eileen and Steven (2015) inspected the relationship of family social help and social clash to stressors and sadness. Fifty-seven providing care ladies were met with respect to providing care stressors, social help, and social clash. Three elements of social help and social clash were surveyed: instrumental, enlightening, and full of feeling. The discoveries upheld the significance of recognizing social help and social clash, and among the three components of help and struggle. Respondents announced more elevated amounts of help than of contention, however predictable with prior research; social help was not related as emphatically to results as social clash might have been. Albeit instrumental help was connected essentially to sadness, enlightening and passionate help was most certainly not. Social clash, be that as it may, was altogether identified with

melancholy. Both passionate clash and enlightening clash were critical indicators of misery.

Sumi (2017) analyzed the connection between self-revealed scores on good faith, social help and weight on physical and mental prosperity among 176 Japanese female undergrads. The noteworthy collaborations was found among scores on social help and stress, proposing accordingly that person who announced higher on social help additionally appraised themselves higher as for physical and mental prosperity paying little heed to their detailed pressure. Likewise in an investigation of blended example of male and female young people, Valery (2017) detailed that male and female teenagers did not vary in their view of parental help. Anyway females were bound to ask for and bound to get enthusiastic help from moms and fathers. These significant discoveries portray school ladies as more touchy to connections than are school guys. Besides a positive connection was found for females among genuine and saw instrumental and passionate help for the two guardians; while for guys such a relationship existed just for instrumental help from moms. Guys were found to profit more from issue engaged or instrumental help, proposing that they may not see enthusiastic help as accommodating.

Deb and Arora (2011) inspected the versatility and psychological wellness of young people and discover that guys have preferable strength scores over females. Singh, Bassi, Junnarkar and Negri (2015) led an examination on psychological well-being and psychosocial execution in pre-adulthood. Discoveries demonstrated that 46.4% members were totally rationally solid, 51.2% were modestly rationally sound, and just 2.4% were frail. Moreover, rationally solid adolescents revealed lower event of gloom and maladjustment and all the more professional social conduct

Permual (2008) led an investigation of psychological well-being status and locus of control and the discoveries uncovered that there is no critical relationship among emotional wellness status, inside locus of control and accomplishment among understudies of Kerala. Thamodharan (2009) led an investigation of Mental Health and Academic Achievement of understudies. The discoveries recommended that, there is no huge contrast in the emotional wellness of the understudies and scholastic accomplishment has no association with sexual orientation, territory of the foundation

and family pay. Shivane (2011) inspected the job of family condition in emotional well-being among understudies. The example comprises of 300 understudies, 150 urban and 150 inborn understudies each. Bhatia and Chadha's Mental Health Battery was utilized for information accumulation. The outcomes indicated huge contrast in urban and innate students' family condition and psychological well-being.

Shankar and Jabaraj (2016) examined scholastic accomplishment and its connection to psychological wellness of youths. The example comprises of 80 teenagers were tried and as per the outcomes, it is discovered that there exist a noteworthy connection between the psychological well-being and scholastic accomplishment of youths. Srividhya (2017) considered emotional wellness and change issues of understudies. From the outcome, it is obvious that larger piece of understudies had normal emotional well-being while a little part had great psychological wellness and more than 2/fifth had poor psychological well-being. Understudies of different instructive frameworks did not contrast fundamentally by the dimensions of component of psychological well-being, for example, constructive self-assessment, impression of the real world, identity, self-governance, bunch situated disposition and environmental authority. Khan and Srivastava (2008) directed an investigation on emotional wellness of understudies and announced that psychological wellness fluctuates fundamentally as indicated by elements like upsetting life occasions, insight, job disarray, work identity and so on.

Nandana (2011) inspected the emotional wellness of secondary school understudies in connection to their sex. Psychological well-being scale created by the examiner alongside the meeting plans for guardians, educators, and deans was directed. The outcomes detailed that female youths were found to have preferred psychological well-being over male teenagers did. In addition, announced that understudies originate from rustic, urban, and ashram schools had comparable emotional well-being.

Srivastava (2014) directed an investigation to discover the connection of psychological well-being and individual alteration of juvenile and the adjustment in their idealistic and critical nature. The examination was directed among 150 teenagers. The real finding was that the idealistic understudies essentially vary emphatically from negative understudies on identity and their alteration.

Ojiha (2012) led an investigation on nervousness and psychological well-being of ordinary and physically crippled youths. The example comprises of 60 subjects; 15 orthopedically crippled females and coordinated control gathering of ordinary understudies. Psychological wellness stock of Jagdish and Srivastava, (2016) was utilized to quantify the participants' emotional well-being. The outcome uncovered that psychological well-being of ordinary gathering and physically incapacitated gathering has no huge distinction.

Hazen et al(2018) distinguished profiles of abuse encounters in an example of high-hazard young people and to explore the connection between the inferred profiles and mental modification. Youths in the two abuse profiles for the most part have essentially higher scores on manifestation scales contrasted and those in the "low abuse" profile. Discoveries featured the requirement for offices to recognize and give suitable intercession to this age bunch who experience different sorts of abuse.

Garber and Little (2010) analyzed the relations between family brokenness, passionate independence, and juvenile maladjustment. The examination turned out with an end that, issues in the family fundamentally controlled the association among independence of feeling and maladjustment of young people. Voydanoff and Donnelly (2011) analyzed how juvenile assets and parental conduct impact mental modification and grades among youths. The outcomes demonstrated that negative friend conduct is contrarily identified with teenagers. Youthful assets and parental conduct additionally have restricted free compensatory consequences for change and grades.

Gordon, Visconti and Kuntz (2011) examined if the acknowledgment of impression of the fame could be a reason for the school maladjustment of antagonistic youth. 208 early young people were partaken in this investigation. Aftereffects of the examination uncovered that, for understudies with antagonistic nature, impression of the ubiquity initiating maladjustment and cause decrease in scholarly execution. The connection between introduction to brutality and maladjustment among understudies were examined by Ho and Cheung (2011) by utilizing a stock evaluating presentation to savagery through seeing and through direct exploitation in network, school, and home. The

outcomes demonstrated that general introduction to savagery was identified with enthusiastic and conduct maladjustment.

Repinski and Shonk (2012) inspected the differential relationship of mothers' and of fathers' warm/steady and unfriendly conduct with adolescents' school working and maladjustment and to consider both the immediate and aberrant procedures whereby parents' conduct is identified with those spaces of adolescents' change. The outcomes demonstrated that adolescents' self-portrayals, to a limited extent, interceded the relationship between parents' conduct and adolescents' change. Results authenticate the significance of outer and interior impact of guardians on adolescents' alteration. Hampel and Petermann (2006) explored the relationship of saw pressure and adapting to change. Self-report information on saw pressure, adapting, just as passionate and social issues, were evaluated and discover that issue centered and feeling centered adapting were contrarily identified with enthusiastic and conduct issues, though seen pressure and maladaptive adapting was emphatically connected with alteration issues. These relations were more grounded in female than in male young people.

Li (2011) investigated the connections among emotional wellness, fearlessness and physical wellbeing in youths. This investigation uncovered that a noteworthy number of young people are encountering burdensome side effects. The general outcomes demonstrated that fearlessness of youths was associated to and an indicator of their physical and emotional well-being. Human services experts should play a progressively confident job in elevating applicable wellbeing training to the network with accentuation on helping young people to create self-assurance.

CHAPTER 3

MOTIVATION, OBJECTIVES, RATIONALE AND HYPOTHESES

3.1 Motivation for the study

The present research aims to understand the relationship between Selfie obsession, self-esteem, social support, stress and psychological wellbeing in a greater depth. Stress and Self-esteem has major impact on psychological wellbeing whereas selfie obsession is becoming obstacle to concentrate on major aspect of a student life.

This study will help in understanding how we can try to alleviate the negatives while strengthening the positives.

3.3 Rationale of the study

The studies have been interlinking self-esteem, social support and stress from long ago. So far studies have been conducted on higher the self-esteem, lower the stress in individual's life whereas lower the self-esteem there would be chances of increase stress in individual's life. The present study is unique in some aspects. Here I have examined the role of selfie obsession on stress and psychological wellbeing. Most studies have been conducted on western culture this is unique in the sense that it is done in Indian settings.

3.2 Objectives

1. To study the effect of self-esteem on stress and psychological well being
2. To study the effect of selfie obsession on stress and psychological well being
3. To study the effect of social support on stress and psychological well being

3.3 Hypotheses

The proposed hypotheses in the study are:

H₁: Self-esteem is negatively related to stress

H₂: Self-esteem is positively related to psychological well being

H₃: Selfie Obsession is positively related to stress

H₄: Selfie Obsession is negatively related to psychological well being

H₅: Social Support is negatively related to stress

H₆: Social Support is positively related to psychological well being

Chapter 4

METHOD

4.1 Sample

The sample consisted of 160 participants of the age 18-25 years. The data was collected from Thapar Institute of Engineering and Technology, Patiala. Participants were selected using purposive sampling technique.

4.2 Design

‘Stress’ and ‘Psychological wellbeing’ were the dependent variable; ‘Self-esteem’, ‘Selfie Obsession’ and ‘Social Support’ were the independent variable. The data was analyzed using Statistical Package for Social Science (SPSS-20). Mean, Standard Deviation, Correlation and Regression were used to analyze the data.

4.3 Tools Used

Selfitis Behavior Scale

We can study the development of selfitis behavior scale. It was developed by JanarthananBalakrishnan and 20 item scale that measures selfitis behavior.

Social support

A 12-item measure of perceptions of Social support. This measure is a shortened version of the original Interpersonal support evaluation list(40 items; Cohen &Hoberman, 1983)

Rosenberg Self-esteem Scale

Self-esteem scale is one of the most famous and widely used. It was developed by Rosenberg, M. (1965) and a 10-item scale that measures global self-worth by measuring both positive and negative feelings about the self. All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree.

Perceived Stress Scale

Perceived stress scale is the most widely used perceived stress scale. It was developed by Sheldon Cohen (1983) and is a 10 item likert type scale. It has five alternative responses and judges an individual's level of perceived stress.

Social support

Psychological wellbeing

Psychological wellbeing scale given by Carol Ryff's. It's a 42 item version scale. Carol Ryff's model of Psychological Well-Being provides a powerful framework through which to analyze and organize one's life, and to generate ideas about how to live better.

4.4 Procedure

The study has been designed to study the role of social support, stress, selfie obsession, self-esteem and psychological wellbeing. The participants will be informed in detail about the study protocols and written consent will be obtained from them, and they were provided with the scales for stress, social support, self-esteem, psychological wellbeing and selfie obsession and instructed as follows:

“These inventories inquire about your thoughts and feelings in a variety of situations. Read the statements very carefully and then select the alternative that you feel is most true for you. There is no right or wrong answer so try not to take a lot of time and respond as truthfully as possible.”

The responses of the subjects were carefully scored and the statistical analysis was done.

CHAPTER 5

RESULTS

The data was analyzed using descriptive statistics, correlation and regression analysis. Relationship was seen between self Esteem, social support and Selfieobsession, stress and psychological Well Being.

Table 1:

Correlation between Stress, Psychological wellbeing, Self-esteem, Social Support and Selfie Obsession

	Self esteem	Social support	Stress	PWB	Selfie obsession
Self esteem	1	-.298**	.102	-.262**	-.088
Social support		1	-.125	.230**	.098
Stress			1	-.135	.175*
PWB				1	-.478**
Selfie obsession					1

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

To verify the hypothesis relationship between independent and dependent variables was seen product movement correlation shows self-esteem has positive correlation with stress ($r = -.10$, $p = \text{NS}$), and negatively correlated with psychological wellbeing, the correlation ($r = -.26^{**}$) being significant at $p < 0.01$. Social support is negatively correlated with stress ($r = .12$, $p = \text{NS}$) but positively correlated with psychological wellbeing ($r = .23$, $p < 0.01$). Selfie obsession is positively correlated with stress ($r = .17^*$) significant at, $p < 0.05$. Selfie obsession is negatively correlated with psychological wellbeing the correlation being significant ($r = -.48^{**}$ $p < 0.01$). Refer table No.1 for results.

Table 2. Mean and Standard Deviation

Descriptive Statistics			
	Mean	Std.Deviation	N
SelfEsteem	20.2	4.68	160
SocialSupport	35.36	5.58	160
Stress	18.61	5.98	160
Psychological well being	1.92	36.62	160
SelfieObsession	98.93	35.75	160

Descriptive test analysis shows the mean, standard deviation results of the sample for Stress, psychological wellbeing, self-esteem, selfie obsession, social support. The mean self-esteem came out to be 20.2 and standard deviation was 4.68. The mean of social support came out to be 35.36 and standard deviation was 5.58. The mean of stress came out to be 18.61 and standard deviation was 5.98. The mean of psychological wellbeing came out to be 1.92 and standard deviation was 36.62. The mean of selfie obsession came out to be 98.93 and standard deviation was 37.75. See table No2

Table3. Regression analysis for Psychological Wellbeing, Self-esteem, Selfie Obsession, Social support.

Independent Variable	Dependent Variable	B	Std. Error	Beta	t-value	Adj. R Sq.
Self esteem		-2.05	0.60	-0.26	-3.41	0.06
Social support	Psychological well being	1.50	0.50	0.23	2.97	0.05
Selfie Obsession		-0.48	0.07	-0.47	-6.83	0.22

Results revealed that Self-esteem is negatively associated with psychological wellbeing. Self Esteem explains 6% total variance in psychological wellbeing, $F(1,158) = 11.65$, $p=0.001$. There is no significant relation between self-esteem and psychological wellbeing ($B = -2.05$, $p= 0.001$).

Social support is positively associated with psychological wellbeing. Social support explains 5% variance in psychological wellbeing, $F(1,158) = 8.81$, $p=0.003$. Social support is significantly contribute to model ($B=1.50$, $p=0.003$).

Selfie obsession is negatively associated with psychological wellbeing. Selfie obsession explains 22% total variance in psychological wellbeing, $F(1,158) = 46.69$, $p=0.000$.

There is no significant relation between selfie obsession and psychological wellbeing (B=-0.489, p=0.000).

Table 4: Regression Analysis for Stress, Self-esteem, Selfie Obsession, Social support.

Independent Variable	Dependent Variable	B	Std. Error	Beta	t-value	Adj. R Sq.
Self esteem	Stress	0.13	0.10	0.10	1.28	0.004
Social support		-0.13	0.08	-0.12	-1.57	0.009
Selfie Obsession		0.02	0.01	0.17	2.23	0.02

Results revealed that Self-esteem is positive associated with stress. Self-esteem explains 4% total variance in stress, $F(1,158) = 1.661$, $p=0.199$. Self-esteem is significantly contribute to the model (B=0.130, $p=0.199$).

Social support is negatively associated with stress. Social support explains 9% total variance in stress, $F(1,158) = 2.492$, $p=0.116$. There is no significant relation between social support and stress (B=0.130, $p=0.199$).

Selfie obsession is positive associated with stress. Selfie obsession explains 2% variance in stress, $F(1,158) = 4.98$, $p=0.027$. Selfie obsession significantly contribute to the model (B=0.29, $p=0.027$).

CHAPTER 6

DISCUSSION

The main objectives are to study the effect of self-esteem on stress and psychological well-being, to study the effect of Selfie obsession on stress and psychological well-being and to study the effect of social support on stress and psychological well-being. The data was analyzed using descriptive statistics, correlation and regression analysis. Relationship was seen between self Esteem, social support and Selfie obsession, stress and psychological Well Being. Results show social support has negative correlation with hypothesis.

The first hypothesis purposed was 'self-esteem is negatively related to stress', thus the hypothesis is rejected. The results revealed that Self-esteem is positive associated with stress. Some studies in the literature shows that Stavropoulos et al (2015) an extended phase of self-dependence/ self-esteem provides people with the capability to go with pleased experiences, to manage disagreeable circumstances, to fit efficiently with tests, to move in close associations and to enhance their assets. Enhanced self-dependence also taken into consideration to definitely reasonable the appearance of dysfunctional diagrams and gloomy indications at the involvement of undesirable life proceedings. Multiple observations came to know that improved self-dependent people are more tenacious in the aspect of disappointment than compared with the reduced self-dependent people. An enhanced self-esteem person holds more effectiveness and less stress in self-governing goal-tended behaviour. Self-esteem holds more vitality for self-management and excellence of life, and the significance of self-dependence for optimistic mindset. Self-esteem offers the oomph to assemble human behaviour together with donating to its way. Therefore, the literature review and the results do match.

The second hypothesis was Self-esteem is positively related to psychological well-being, thus the hypothesis is rejected. The results revealed that Self-esteem is negatively associated with psychological wellbeing. It has been found by Srivastava (2014) directed an investigation to discover the connection of psychological well-being and Self-esteem of juvenile and the adjustment in their idealistic and critical nature. The examination was directed among 150 teenagers. The real finding was that the idealistic understudies essentially vary emphatically from negative understudies on identity and their self-dependence. Therefore, the literature review and the results do match.

The third hypothesis was Selfie Obsession is positively related to stress, thus the hypothesis is accepted. The results revealed that Selfie obsession is positive associated with stress. The evidence comes from studies by Sorokowski et al (2015) in the observation of them they scrutinized three classifications of selfies where those are own selfies; selfies having a romantic companion; and cluster selfies, supervisory for non-selfie photographs. Women posted more selfies of all types than did men; women's selfie-posting conduct was normally disconnected to their self-admiration notches. The observations of the study show the initial proof that the connection that is for narcissism and selfie-posting conduct is moderately feeble in females than compared with that of male persons, and offer novel details into the communal incentives and operations of communal social interacting. Observation consists a whole of 748 people who are in the age period of 17 and 47 years ($M = 21.64$; $SD = 3.41$). The contributors were employed from multiple university estates all over Poland. Therefore, the literature review and the results do match.

The fourth hypothesis was Selfie Obsession is negatively related to psychological well-being, thus the hypothesis is accepted. The results revealed that Selfie obsession is negatively associated with psychological wellbeing. The evidence comes from studies by Ojiha (2012) led an investigation on Selfie Obsession and psychological well-being of ordinary and physically crippled youths. The example comprises of 60 subjects; 15 orthopedically crippled females and coordinated control gathering of ordinary understudies. Psychological wellness stock of Jagdish and Srivastava, (2016) was utilized to quantify the participants' emotional well-being. The outcome uncovered that

psychological well-being of ordinary gathering and physically incapacitated gathering has no huge distinction. Therefore, the literature review and the results harmonize with one other and no gap exists.

The fifth hypothesis was Social Support is negatively related to stress, thus the hypothesis is accepted. The results revealed that Social support is negatively associated with stress. In the literature we found Cohen and Wills (2015) unmistakably uncover that view of accessibility of help serves to shield the person from pessimistic results of pressure. Social support shields people from the possibly pathogenic impacts of stressors when support is characterized as apparent accessibility of social assets. Conversely, social help is valuable for wellbeing regardless of feelings of anxiety when support is characterized as reconciliation of informal organization. Adapting help and social help seem to have a few basic components. Both are gone for overseeing or changing upsetting circumstances, easing or decreasing negative sentiments that generally go with introduction to stress, and endeavoring to determine issues. Therefore, the literature review and the results do match.

The sixth hypothesis was Social Support is positively related to psychological well-being, thus the hypothesis is accepted. The results revealed that Social support is positively associated with psychological wellbeing. It has been found by Nandana (2011) inspected the social support and emotional wellness of secondary school understudies in connection to their sex. Psychological well-being scale created by the examiner alongside the meeting plans for guardians, educators, and deans was directed. The outcomes detailed that female youths were found to have preferred psychological well-being over male teenagers did. In addition, announced that understudies originate from rustic, urban, and ashram schools had comparable emotional well-being. Therefore, the literature review and the results do match.

CHAPTER-7

CONCLUSION, IMPLICATIONS, LIMITATIONS AND FUTURE SCOPE

7.1 Conclusion

The findings of this study indicate that self-esteem has positive correlation with stress, and negative correlation with psychological wellbeing. Social support is positively associated with psychological wellbeing. Social support is negatively associated with stress. Selfie obsession is negatively associated with psychological wellbeing.

7.2 Implications

Implications of this study:

This study has implications for counselors, mental health professionals and school counselors.

7.3 Limitations

Limitations of this study

The sampling techniques used for this study was purposive and random sampling, which makes it difficult to generalize the results to the population.

7.4 Scope for Future Research

Identifying determinants of self-esteem, social support and selfie obsession can help in lowering the level of stress. A research in this area on students will help in enhancing the psychological wellbeing and they will be able to cope with stress. A comparison across different age groups can also be made. There is also a scope of gender differences as we can see how males and female differ on the level of stress and psychological wellbeing.

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APPENDIX

Appendix A- Percieved Scale Test

1. In the last month, how often have you been upset because of something that happened unexpectedly?	0	1	2	3	4
2. In the last month, how often have you felt that you were unable to control the important things in your life?	0	1	2	3	4
3. In the last month, how often have you felt nervous and “stressed	0	1	2	3	4
4. In the last month, how often have you felt confident about your ability to handle your personal problems?	0	1	2	3	4
5. In the last month, how often have you felt that things were going your way?	0	1	2	3	4
6. In the last month, how often have you found that you could not cope with all the things that you had to do?	0	1	2	3	4
7. In the last month, how often have you been able to control irritations in your life?	0	1	2	3	4
8. In the last month, how often have you felt that you were on top of things?	0	1	2	3	4
9. In the last month, how often have you been angered because of things that were outside of your control?	0	1	2	3	4
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	0	1	2	3	4

Appendix B

Self-esteem scale

Instructions- Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

1. On the whole, I am satisfied with myself.
Strongly Agree AgreeDisagree Strongly Disagree
2. At times I think I am no good at all.
Strongly Agree AgreeDisagree Strongly Disagree
3. I feel that I have a number of good qualities.
Strongly Agree AgreeDisagree Strongly Disagree
4. I am able to do things as well as most other people.
Strongly Agree AgreeDisagree Strongly Disagree
5. I feel I do not have much to be proud of.
Strongly Agree AgreeDisagree Strongly Disagree
6. I certainly feel useless at times.
Strongly Agree AgreeDisagree Strongly Disagree
7. I feel that I'm a person of worth, at least on an equal plane with others.
Strongly Agree AgreeDisagree Strongly Disagree
8. I wish I could have more respect for myself.
Strongly Agree AgreeDisagree Strongly Disagree
9. All in all, I am inclined to feel that I am a failure.
Strongly Agree AgreeDisagree Strongly Disagree
10. I take a positive attitude toward myself.
Strongly Agree AgreeDisagree Strongly Disagree

Appendix C- Social Support

1. If I wanted to go on a trip for a day (for example, to the country or mountains),I would have a hard time finding someone to go with me.

1. definitely false 2. probably false 3. probably true 4. definitely true

2. I feel that there is no one I can share my most private worries and fears with.

1. definitely false 2. probably false 3. probably true 4. definitely true

3. If I were sick, I could easily find someone to help me with my daily chores.

1. definitely false 2. probably false 3. probably true 4. definitely true

4. There is someone I can turn to for advice about handling problems with my family.

1. definitely false 2. probably false 3. probably true 4. definitely true

5. If I decide one afternoon that I would like to go to a movie that evening, I could easily find someone to go with me.

1. definitely false 2. probably false 3. probably true 4. definitely true

6. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.

1. definitely false 2. probably false 3. probably true 4. definitely true

7. I don't often get invited to do things with others.

1. definitely false 2. probably false 3. probably true 4. definitely true

8. If I had to go out of town for a few weeks, it would be difficult to find someone who would look after my house or apartment (the plants, pets, garden, etc.).

1. definitely false 2. probably false 3. probably true 4. definitely true

9. If I wanted to have lunch with someone, I could easily find someone to join me.

1. definitely false 2. probably false 3. probably true 4. definitely true

10. If I was stranded 10 miles from home, there is someone I could call who could come and get me.

1. definitely false 2. probably false 3. probably true 4. definitely true

11. If a family crisis arose, it would be difficult to find someone who could give me good advice about how to handle it.

1. definitely false 2. probably false 3. probably true 4. definitely true

12. If I needed some help in moving to a new house or apartment, I would have a hard time finding someone to help me.

1. definitely false 2. probably false 3. probably true 4. definitely true

Appendix D – Selfitis Behavior Scale

1. Taking selfies gives me a good feeling to better enjoy my environment
2. Sharing my selfies creates healthy competition with my friends and colleagues
3. I gain enormous attention by sharing my selfies on social media
4. I am able to reduce my stress level by taking selfies
5. I feel confident when I take a selfie
6. I gain more acceptance among my peer group when I take selfie and share it on social media
7. I am able to express myself more in my environment through selfies
8. Taking different selfie poses helps increase my social status
9. I feel more popular when I post my selfies on social media
10. Taking more selfies improves my mood and makes me feel happy
11. I become more positive about myself when I take selfies
12. I become a strong member of my peer group through selfie postings
13. Taking selfies provides better memories about the occasion and the experience
14. I post frequent selfies to get more ‘likes’ and comments on social media
15. By posting selfies, I expect my friends to appraise me
16. Taking selfies instantly modifies my mood
17. I take more selfies and look at them privately to increase my confidence
18. When I don’t take selfies, I feel detached from my peer group
19. I take selfies as trophies for future memories
20. I use photo editing tools to enhance my selfie to look better than others