

Text N°9: Posting Selfies on Social Media Can Be Bad

Using social media too much and posting many selfies have caused a rise in narcissism, according to a new study. Narcissism is when someone becomes very selfish and believes they are very talented and beautiful. They need attention from other people and think they are better than everyone else. Researchers at universities in Swansea and Milan found that heavy users of social media sites like Facebook and Twitter showed a 25 per cent rise in narcissism in just four months. The researchers studied how 74 people aged 18 to 34 used social media and looked at how their personality changed. They said that posting selfies seemed to increase levels of narcissism in a way that text messaging does not.

Professor Phil Reed, from the Department of Psychology at Swansea University, said: "There have been suggestions of links between narcissism and the use of [selfies] on social media, such as Facebook, but until this study, it was not known if using such platforms is associated with the growth in narcissism. The results of this study suggest that posting selfies can increase narcissism." Professor Read said that "about 20 per cent of people may be at risk of developing" narcissism. This is because they want attention and likes from other people after they post a selfie. They also want to show others how their life is better or how they are more beautiful or attractive.

Sean Banville, www.breakingnewsenglish.com, 13th November, 2018.