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Turn your head down, tilt your head to the best side, and smile. The art of selfie taking is undeniably a growing trend in the United States. The appeal of selfies comes from how easy they are to create and share, and the control they give self-photographers over how they present themselves. Today I will snap into the reasoning behind why we take selfies, then I will click into the negative aspects behind selfie taking. Finally I will post how big of a trend Selfies are.

Let’s snap to the reasoning behind why people take selfies. There have been various studies and reasoning behind why we take selfies, but one of the most prominent reasons is because it boosts our self-esteem. Everyone wants to feel better about themselves and selfies have become a thing to help that. When posting a selfie on any social media site we enjoy knowing that other people think we are attractive. Social media is all about how we want people to perceive us ("Psychology Explains”). So by posting that selfie and getting positive feedback in the form of Facebook likes, Instagram hearts, or a positive comment that one selfie and the reaction it causes can greatly affect your perception of yourselves and boost your self-esteem. Research from the University of Indiana found that the way we project ourselves on social media can actually make us feel better about ourselves, precisely because we're the ones in charge.

Now clicking into the negative aspects of selfie taking just as I mentioned earlier that a selfie and positive reaction can boost your confidence and self-esteem but a negative reaction can have an exact opposite reaction by making your self-esteem go down. Too much selfie taking can also have a negative effect on your relationships with friends and family. After too much selfie taking and posting people can start to view you as narcissistic, vain, and shallow. The mental health expert quoted an American psychiatrist as saying that that selfies could undermine or erode one’s self-confidence and self-esteem. Dr Panpimol said self-confidence is crucial as it enables people to have self-satisfaction, happiness, accept truth and not hunt for love or attention from others ("A Psychiatric Study “).Those losing self-confidence can feel nervous, hesitant and not happy with their life. Living under such conditions for a long time could lead to mental and emotional disturbances such as paranoia, jealousy, nitpicking and depression.

Now posting how big the trends of selfie are, a survey commissioned by PicMonkey suggests that nearly half of all U.S. adults have taken selfies — making enough of a cultural impact that "selfie" was crowned as Oxford Dictionaries' word of the year for 2013 ("Selfies Are Now the Most Popular Genre”). The reasoning behind why selfies are growing trend is because selfies are of regular people ("The Good, the Bad, and the Unexpected Consequences). Nowadays magazines edit models so they aren’t even a realistic image. Selfies are a trend that celebrate real people taking real pictures. There are filters but even with one of them it is nothing compared to the drastic changes made to a magazine photo.

In conclusion I have snapped into the reasoning behind why we take selfies, then I clicked into the negative aspects behind selfie taking. Finally I posted how big of a trend Selfies are. Selfies are obviously a growing trend in our culture. If the positives outweigh the negatives is still unsure but as a society we will continue to see the effects of this growing trend.

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