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Posting selfies on social media can be bad – 13th November, 2018

Level 0

Posting too many selfies leads to narcissism - the feeling you are better than you are and that you think you are better than everyone else. Researchers said young people who upload many selfies showed a 25 per cent rise in narcissism in four months. Their personality changed. Sending text messages did not do this.

A researcher said there wasn't much research on this topic. The results of his study show that posting selfies can increase narcissism. He said about 20 per cent of people may be at risk of developing narcissism. They want likes from other people after they post a selfie. They want to show others how their life is better.

Level 1

Posting too many selfies can lead to narcissism. This is selfishness and the belief you are better than you are. You think you are better than everyone else. Researchers found that people who used social media sites a lot showed a 25 per cent rise in narcissism in just four months. The researchers studied people aged 18 to 34 and how their personality changed. Posting selfies seemed to increase levels of narcissism; sending text messages didn't.

A researcher said there were links between narcissism and the use of selfies. He said there wasn't much research on this topic. The results of his study suggest that posting selfies can increase narcissism. He said that "about 20 per cent of people may be at risk of developing" narcissism. They want attention and likes from other people after they post a selfie. They want to show others how their life is better.

Level 2

Posting too many selfies may cause a rise in narcissism, say researchers. Narcissism is selfishness and the belief you are very talented and beautiful. You need attention from others and think you are better than everyone else. Researchers found that big users of social media sites like Facebook showed a 25 per cent rise in narcissism in just four months. The researchers studied how people aged 18 to 34 used social media and looked at how their personality changed. Posting selfies seemed to increase levels of narcissism in a way that text messages do not.

Professor Phil Reed, from Swansea University, said: "There have been suggestions of links between narcissism and the use of [selfies] on social media...but until this study, it was not known if...[this] is associated with the...growth in narcissism. The results of this study suggest that...posting selfies can increase narcissism." He said that "about 20 per cent of people may be at risk of developing" narcissism. 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 attractive.

Level 3

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 Reed 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.

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