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Neurosis with a new symptom: phenomenon of selfie

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Introduction: Living in today's developing, intense and dynamic society makes it very difficult to be far from stress. Being the result of stress neurosis is nowadays accompanied by a new symptom.

Aim: The goal of the research is to find out whether selfie which is gaining more and more popularity among the youth is a symptom of neurosis or depression.

Materials & Methodology: The methodology involved surveying 105 students via K Heck's and H Hess test; the diagnostics of tendency to neurosis and Zung's Depression tests. Their psychological state was determined by surveys.

Results: According to our evaluation, 45.7% of the students didn't have any neurotic disorder and the number of their daily selfies didn't exceed 2. Intense neurotic disorder was observed in 28.6% of the students and the number of their daily selfies were above normal. 52.6% of the students taking a lot of selfies during the day were narcissists and the remaining 47.4% had problems in personal life.

Conclusion: Excess tendency to selfie is a psychological disorder and is considered as a new symptom of neurosis. To prevent it, special attention should be paid to children and teenagers and they should be kept apart from the virtual world. The youth can more easily prevent neurosis by attending personal development programs, language courses, practicing sports and different styles of culture.

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