

ABSTRACT

The researchers conducted study on "A descriptive study to assess the selfie addiction behavior and emotional dysregulation among the undergraduate students of selected departments in Brainware University, Barasat, Kolkata, West Bengal, with a view to develop an information booklet on Emotional Regulation Strategies "as a partial fulfillment of the requirement for the degree of Bachelors in nursing at Institute of Nursing, Brainware University.

The Objectives of the study were i)To assess selfie addiction behavior among undergraduate students of selected departments in Brainware University, Barasat, Kolkata, West Bengal, ii)To assess emotional dysregulation among undergraduate students of selected departments in Brainware University, Barasat, Kolkata, West Bengal, iii)To determine the relationship between selfie addiction behavior and emotional dysregulation, iv)To generate awareness through developing & validating an information booklet on Emotional Regulation Strategies. A qualitative approach with descriptive survey design was adopted for the study. Cluster sampling method was used for selecting total 100 sample by using background information. Selfitis Behavioral Scale and Difficulties In Emotional Dysregulation Strategies. Data indicate that out of 100 samples maximum (73%) of samples belonged to age group of 18-20 years, followed by 25% in 21-24 years, 2% in more than 24 years. The data also showed maximum of samples (58%) were male, 42% were female. The data showed that maximum (62%) of sample takes zero selfies per day, followed by 31% takes 1-3 selfies per day, 5% takes 4-6 selfies per day & 2% takes more than 6 selfies per day. The data showed that maximum (78%) of sample post zero selfies per day, followed by 20% sample post 1-3 selfies per day & 2% post 4-6 selfies per day. Data shows that the mean of selfie addiction behavior is 58 and SD is 7.61, where students had obtained maximum score of 100 and minimum score 20. It was also found that students had obtained more score (mean=13.15, SD = 3.387314571) in environmental enhancement, followed by in social competition (mean=11.69&SD=3.06063189), self-confidence (mean= 8.82, SD= 2.05302286), attention seeking (mean= 8.63, SD= 2.335187359), mood modification (mean=8.33 & SD= 2.437437179), subjective conformity (mean=7.96 & SD= 2.28875512). Data also shows that Mean of Emotional dysregulation is 100.32 and SD is 19.97, where students had obtained maximum score of 180 and minimum score of 36. We also found that students had obtained more score (Mean-20.92, SD= 6.29) in Strategies, followed by in Awareness (Mean-17.45 & SD-4.23), Impulse (Mean 15.47 & SD-5.06), Non acceptance (Mean 15.45 & SD-5.43), Clarity (Mean 14.99 & SD 3.30), and Goals (Mean 14.54 & SD-4.59), which concludes that, they had more difficulty in emotion regulation strategies. In association between selfie addiction behavior with emotional dysregulation, there was moderately positive correlation between selfie addiction behavior and emotional dysregulation ($0 < 0.072(r) < 1$). There is insufficient evidence to conclude that there is a significant linear relationship between selfie addiction behavior and emotional dysregulation because p value (0.69) is more than 0.05. Therefore, null hypothesis is accepted.