**How Selfies Influence Expectations of Self and Others**

Name:

Institution:

Course:

Professor:

Date:

**How Selfies Influence Expectations of Self and Others**

A selfies is a self-portrait or photograph that an individual takes using the cameras on their phones at an arm’s length that people share via social media sites. Selfies have become enormously popular in the world today, especially among youths and teenagers. It is impossible to visit any social networking site without meeting our friends’ faces in close-up. Through selfies, people can constantly modify and rewrite themselves to become the version that they desire to be. In other words, selfies have the potential of creating a warped reality, creating unrealistic expectations of others and selves.

Recently, when I was going through a friend’s Instagram’s posts, I noticed that her pictures had a certain glow on them, and I was eager to find out the secret to staying this beautiful. I quickly sent her a direct message, praising her since her face had shown significant improvement from her recent photos. I wanted to know what she was using on her face to glow. She surprised me when she replied that it was nothing but an app that she was using to make the glow happen. According to her, there is an app that has a magical tool, and when applied to a selfie, it airbrushes everything away. The magic of selfies is that it removes all blemishes and makes one to look perfect.

In the above example, I set my expectations high of my friend, and I wanted her to show me the secrets so that I can use it as well to enhance my face. But, after finding out that it was an app, I was disappointed because these selfies sets one expectations so high yet what I wanted to achieve was not realistic. Selfies can make one to lose touch with the reality, creating expectations that we are supposed to look in a certain way and primped at all time. Selfies create a distorted lens through which we view the world, others, and ourselves. If we focus on these lens; viewing a particular body type or beauty standard, it can cause negative self-evaluation (Diefenbach & Christoforakos, 2017). Viewing other people’s selfies often make me feel inadequate and disconnected, and I feel the pressure to change myself to look perfect like the self in the selfie. I always feel the desire to look good about myself, even though I know very well that the selfie portraits are not realistic.

Selfies also color our perceptions of others regarding their identity, culture, and sex. Our concepts of self are created as a result of the reaction and evaluation of others in the environment. How a person perceives their selves is influenced by others (Diefenbach & Christoforakos, 2017). For many young people, selfies are a representation of who they are at a particular time, working self-portrait that they deem fit. But determining what deems ‘fit’ is often related to how others respond to it. For instance, through a selfie, others can tell if one is of a particular sexual orientation or culture. People who belong to a specific sexual orientation group may use selfies to gain affirmation from others who have similar identifications. For example, through exchanging selfies on Snapchat, this site allows interaction with friends where selfies represent shared experiences, in-group photos, and common acquaintances.

While selfies can make one to feel good about themselves, using them to determine one’s identity can be misleading. It is only the person who took the selfie who can determine the authenticity of the selfie and their true identity.

**Reference**

Diefenbach, S., & Christoforakos, L. (2017). The selfie paradox: Nobody seems to like them yet everyone has reasons to take them. An exploration of psychological functions of selfies in self-presentation. *Frontiers in Psychology*, *08*. https://doi.org/10.3389/fpsyg.2017.00007