

## Question:

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Does posting more selfies in social media make people feel happier?

I have many friends on Facebook and many of them post selfies very often. They always smile brightly in their selfies and I wondered whether posting selfies makes people happier.

## Scientific study:

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The study by Wang, Yang, and Haigh (2017) looked at the relationship between selfie posting (and viewing), self-esteem, and life satisfactions. They did an online survey on Amazon's Mechanical Turk where 275 people participated. They found that frequent selfie viewing decreased self-esteem and life satisfaction. Selfie posting, on the other hand, was associated with neither self-esteem nor life satisfaction.

## Revised question:

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Wang et al. (2017) found that selfie posting was not related to life satisfaction, but I wondered whether it was because of seasons. I wanted to find out whether posting selfies in Winter makes people feel happier whereas posting in Summer doesn't. Therefore, I revised my question as follows:

Do seasons have an effect on whether posting selfies makes people feel happier?

## Reference:

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Wang, R., Yang, F., & Haigh, M. M. (2017). Let me take a selfie: Exploring the psychological effects of posting and viewing selfies and groupies on social media. *Telematics and Informatics*, 34(4), 274-283.