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## A Study on Various Effects of Internet and Selfie Dependence among Undergraduate Medical Students

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### Abstract

**Background:** We are often detached from the human world in this fast paced internet technology and getting depended to it. Self portrait of oneself has turned out to be selfie dependence. The objective of the study is to know the prevalence and various effects of internet and selfie dependence among under graduate medical students, and the association between Internet dependence and selfie dependence. **Methods:** Across sectional study done on 402 students, by simple random sampling among undergraduate medical students from 2<sup>nd</sup> year MBBS to 4<sup>th</sup> year MBBS. The study was carried from February -April 2017. A self structured questionnaire and 20 item Young's likert's scale is used. **Results:** All the students use internet for educational purpose of which most of them rely on Wikipedia 67%, 3% journals and scholars. 24% are normal, mild 61%, 15% moderate to severe internet dependence was found. Usage of what's app was 97% and 67% of what's app users complains it affects their rest time. 77% of the study sample take 1 to 2 selfies per day. Risking for selfies found to be 7%. There was significant association observed between selfie and internet dependence ( $P < 0.05$ ) and between sex and internet dependence ( $P < 0.05$ ).