

Department of Psychology

College of Arts and Sciences

Central Luzon State University

Science City of Munoz, Nueva Ecija


An undergraduate thesis entitled **“TAKING SELFIE AND ITS INFLUENCE ON ENJOYMENT OF EXPERIENCES”** prepared and submitted by **AERIS CHERISSE CATA CUTAN DELOS REYES** in partial fulfilment of the requirements for the degree **BACHELOR OF ARTS IN PSYCHOLOGY** in hereby approved and accepted.

May 2017

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NIXON V. AGASER
Adviser

06-13-17
Date

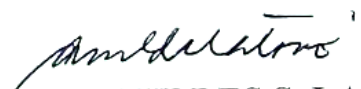

WAWIE DG. RUIZ
Critic

06-13-17
Date

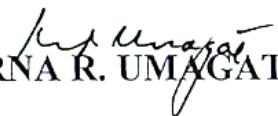
Accepted in partial fulfilment of the requirements for the degree BACHELOR OF ARTS IN PSYCHOLOGY


NIXON V. AGASER
Department Chairperson

06-13-17
Date


ANNA MA. LOURDES S. LATONIO, Ph. D
College Research Coordinator
College of Arts and Sciences

06-13-17
Date


MYRNA R. UMAGAT, Ph. D
College Dean
College of Arts and Sciences

Date

THE AUTHOR

PERSONAL INFORMATION

Name	Aeris Cherisse C. Delos Reyes
Birthday	June 14, 1997
Address	Guimba, Nueva Ecija
Religion	Born Again Christian
Father's Name	Ariston S. Delos Reyes
Mother's Name	Elvira A. Catacutan

SCHOOLS ATTENDED

Elementary	Baguio Central School Baguio City
	March 2004
	Pinyahan Elementary School
	Pinyahan, Quezon City
	March 2005
	Quirino Elementary School
High School	Project 6, Quezon City
	March 2006
	Guimba West Central School
	Guimba, Nueva Ecija
	March 2009
	Our Lady of the Sacred Heart College of Guimba, Inc.
Guimba, Nueva Ecija	
March 2013	

College

Bachelor of Arts in Psychology,
Central Luzon State University
Muñoz, Nueva Ecija
June 2017

AFFILIATIONS

Delta Pi Omicron Sorority

Member 2014 – Present

Secretary – 2014-2015

Lakas Angkan Student Organization

Junior Affiliate, 2015- Present

Baguio General Hospital and Medical Center (Psychiatry Department)

Intern

June 2016 – August 2016

VMA Kids Tutorial and Learning Center

Science City of Munoz, Nueva Ecija

Tutor

September 2016 – April 2017

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"Do not be afraid, I will help you, You just gave to be still."

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TABLE OF CONTENTS

TITLE	i
APPROVAL SHEET	ii
THE AUTHOR	iii
ACKNOWLEDGEMENT	v
TABLE OF CONTENTS	vii
LIST OF APPENDICES	ix
ABSTRACT	x
INTRODUCTION	1
Taking Selfie and Its Influence on Enjoyment of Experiences	2
How to Make Experiences More Enjoyable	5
Photo-Taking as Means to Enjoy Experiences	7
One Type of Photo-Taking is Selfie	10
Selfie and Enjoyment	14
 METHODOLOGY	
Design	17
Materials	17
Participants	18
Procedure	18
Data Analysis	19

RESULTS	20
DISCUSSION	23
CONCLUSION	28
RECOMMENDATIONS	29
APPENDICES	30

LIST OF APPENDICES

Appendices	Title	Page
A	Inform Consent	29
B	Picnic Experiment Program Script	30
C	Bippity Boppity Boo (Icebreaker)	32
D	Questionnaire	33

ABSTRACT

DELOS REYES, AERIS CHERISSE C. Bachelor of Arts in Psychology, Department of Psychology, College of Arts and Sciences, Central Luzon State University, Science City of Muñoz, Nueva Ecija. **TAKING SELFIE AND ITS INFLUENCE ON ENJOYMENT OF EXPERIENCES**

Adviser: NIXON V. AGASER

This quantitative study aims to find out if taking selfie has positive influence on enjoyment of positive experiences. The participants are volunteer college students of Central Luzon State University. Picnic activity has been conducted for the participants as the experimental scenario wherein they can experience enjoyment. The experiment happened at the CLSU Oval during late afternoon. The participants are divided into two conditions. The group that will take a selfie, and the group that will not. Each group was divided into two sessions resulting to have a total of four sessions. The study have found out that taking selfie can improve enjoyment and engagement of positive experiences.

Keywords: Selfie, Enjoyment, Positive Experiences

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