



# Digital Narcissism and Its Impact on Our Children

Hager Gawwad



**When your digital image becomes  
more important than your real life.**

After reviewing the valuable study conducted by **Dr. Khaled Al-Najjar** on digital narcissism, I felt compelled to write this article to shed light on this modern phenomenon, its direct impact on adolescents, and the crucial role parents and educators play in addressing it with awareness.

## What Is Digital Narcissism?

Digital narcissism describes a state in which individuals live as if constantly performing on social media. Their sense of worth is measured by likes, followers, and comments rather than by their authentic selves or real-life relationships. It is an extension of traditional narcissism, but today it is deeply tied to screens and algorithms rather than a simple reflection in the mirror.

## How Can We Recognize It in Teenagers?

- Excessive focus on selfies and images: Teens take endless photos, obsessing over filters and angles more than the actual moment.
- Emotional dependence on likes: Joy when engagement is high, sadness or anger when it drops.
- Constant comparison: Measuring themselves against peers' follower counts or comments.
- Sensitivity to online criticism: A single negative comment feels like a direct threat to their self-worth.
- Neglect of real-life connections: Preferring digital interactions over face-to-face communication with family or friends.

إلکم رابط الدّراسة لمن أراد الاطلاع.

## How Can We Help Them Overcome It?

- Open dialogue: Listen to their feelings and remind them that their value is not defined by numbers on a screen.
- Balance between online and offline life: Encourage sports, hobbies, and real-world activities.
- Model healthy behavior: Parents who manage their own screen time set the best example.
- Real-world appreciation: Praise effort, character, and achievements beyond social media posts.
- Digital literacy: Teach them that social media is a tool for connection, not a measure of identity.

### A Note of Importance

**Dr. Khaled Abdel-Razek Al-Najjar's study on digital narcissism is a vital resource for parents, coaches, and educators. Exploring it provides deeper insight into this phenomenon and offers practical strategies for guiding adolescents in the age of screens. For me, this study was the inspiration behind writing this article, and I strongly recommend it to anyone committed to conscious parenting.**

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