

Comparison of body image and general health of subjects undergoing surgery and applying for cosmetic nose surgery with normal people in Kerman city in 2016

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ABSTRACT

Background and aim: Plastic surgery is a surgical procedure that was initially used for the treatment of congenital lesions, but was later used for aesthetic purposes. Having a psychological problem, such as low self-esteem, anxiety about the body image, leads the person to a cosmetic surgery. Therefore, the present study was conducted to compare the physical and general health of the subjects undergoing surgery and the applicant for cosmetic nose surgery with normal people in Kerman city in 2016. **Materials and Methods:** This study was a comparative causal study. The statistical population of this study was all those who performed the aesthetics of the nose, those who are undergoing surgery and normal people in Kerman city in 2016. The sample size in this study was determined using the Cochran formula, with a 95% confidence coefficient and a test capability of 80 (294). A randomized-classified stratified sampling method was used. To collect information from BICI, General Health Questionnaire (GHQ-28) was used. Following the necessary coordination with the management of the beauty clinics of the province, the license was obtained. The questionnaires were then distributed to the required number of researchers and distributed to the researcher. In addition, the questionnaires were filled out and responses to all the questions were filled out for statistical compilation. Data analysis was performed using SPSS software version 19 and using one-way ANOVA, independent t-test, Kolmogorov-Smirnov method. The significance level for all tests is considered $p \leq 0.05$. **Results:** The findings showed that the mean scores of physical anxiety scores were significantly different between the three groups ($P = 0.03$). No significant difference was observed ($P = 0.77$). One-way ANOVA showed that there was no significant difference between the general health scores of the three groups ($P = 0.20$). Based on the results of one-way ANOVA, the general health score of the subjects was not significantly different between the three groups ($P = 0.20$). **Conclusion:** According to the findings of this study, cosmetic nose surgery has many effects, including effects on general health. To improve this problem and its complications, psychological evaluation of these individuals, such as self-esteem and their physical interpretation, should be focused.

Keywords: Nose cosmetic surgery, body image, general health

Introduction

Plastic surgery is a surgical procedure that was used initially for

the treatment of congenital lesions, but later used for beautiful purposes^[1]. In other words, plastic surgery is a procedural procedure for changing the appearance of the body in the absence of illness, injury, inherited and congenital defects that can improve the quality of life^[2]. There seem to be three reasons for nasal surgeries: 1) Structural dysfunction in the nose that makes breathing difficult, 2) Deformation in the external or internal structure of the nose, and 3) Deformation of the nose for beauty. In general, women are eighty-five percent more likely to be rhinoplasty than nursing, and the majority of nasal cosmetic surgeons are between 20-29 years of old^[3]. Aesthetic surgery has been considered for the creation of beauty and the creation of a desirable mental image. Consequently, the

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concept of beauty is drawn as a natural and devotional matter to the acquired and clinical point of view, and cosmetic surgery has become fashion and determines the social status of Account^[4]. The tendency to beauty is a completely normal and common sense among all human beings, but today it is more likely to be seen in those who feel more dissatisfied with their body^[5].

Cosmetic surgery has grown steadily in recent years in the world. In 2007, Americans had 11.7 million cosmetic surgeries, up from 142% in 1997, and the American Plastic Surgery Association boosted their growth rate from 1997 to 2007, it reported 446%^[6]. In 2010, more than 13 million plastic surgeries have been performed in the United States (American Plastic Surgery Center, 2011). This growth has been remarkable in developing countries, especially among young people^[7]. This increase in motivation was mainly due to the positive attitude toward surgery as a tool for improving appearance^[8]. The rate of cosmetic nose surgery in Iran has been steady. Findings show that only 10% of nasal surgeries are due to impaired function and abnormal nasal appearance, and other cases are just for nose appearance^[9]. About 25-30 thousand cosmetic surgeries are performed annually in Iran. 60% of these cases are related to nose surgery, and the rest relates to other cosmetic and plastic surgeries. This has led that young people and adolescents try to get a better position in this beautiful match by spending exorbitant expenses and they accept physical, psychological and even psychological consequences. Trying to^[10].

There are no reliable surgical procedures available in Iran, but according to some extraordinary amounts of cosmetic surgeries in Iran is 7 times higher than in Europe, and self-concept is the main tendency of individuals to have beautiful beauty surgeries. Nasal surgery in Iran is among the best practices in the first place in the United States and England in the following sections.^[11] These approximate figures, the only unofficial cosmetic surgeries, should be added to the figures of those who are willing to do so, but not afraid of consequences^[12]. Previous studies have shown that cosmetic surgeries in Iranian society have increased in recent years, and an annual amount of 160 billion riyals is spent on performing beauty. Iran also ranked first in terms of the number of cosmetic surgeries performed in the world^[13].

All researchers agree that psychological assessment should focus on their self-esteem and their physical interpretation. Therefore, after completing the history and physical examination, evaluating the psychological health and the individual's motives for surgical intervention is the most effective action before the surgical knife is taken. The existence of a psychological problem such as low self-esteem, anxiety about physical impairment, physical disorientation and some personality traits, such as perfectionism or some disorders such as obsessive-compulsive, bipolar, and even psychotic symptoms, can lead to cosmetic surgery^[3].

The body image is defined as the inner embodiments of the body's facial features. The concept of body image is not constant and has a dynamic essence. The ideal image of the individual changes from variables such as media representation, cultural

practices, and friends' attitudes. This change of views is usually accompanied by a change in feelings and thoughts, and even in certain situations, it changes behavior^[14]. In other words, the body image has a dynamic and dynamic nature, since it is constantly altered or moderated by new downloads and tutorials. The body image is the target of a person or an indication of one's anxiety and its values^[15]. The increasing demand for cosmetic surgery in Iran and the world as a social and non-medical behavior has, more than anything else, addressed social personality variables^[11]. So that the variables such as self-concept, self-esteem, can affect the body image in a variety of ways and affect it, and ultimately impairment in the body image can lead to issues such as appetite, mental disorientation, imbalance in weight, sleep disturbance, lack of strength, Anxiety and psychological distress and cause self-blame and guilty feelings without reason, all of which indicate a disorder in general health^[16].

The results of research conducted by Tahmasebi and colleagues showed that there is a correlation between attitude toward the body and the amount of tendency to perform cosmetic surgeries. In other words, the more people have a more positive attitude towards their body, they tend to be less likely to perform cosmetic surgery, and there is a reverse relationship between the satisfaction of various body organs and the willingness to perform cosmetic surgery. In this way, the less satisfaction is, the tendency for cosmetic surgery to increase^[3]. Considering that cosmetic surgery has many effects, including effects on general health, and so far no studies have been done in this field, this study aimed to determine the severity of complications and problems in those who performed nasal congestion. done. The pursuit of cosmetic surgery in today's modern society has become so entangled that it can even be considered an epidemic that will cost a lot.

However, there are few comprehensive studies that examine this practice from the psychological domain, and most studies have been based on the outcomes of cosmetic surgery without control group. Therefore, in consideration of these issues, it is essential that this study aimed at comparing the comparison of the body and general image of people who performed the aesthetic surgeries with those who are undergoing surgery and normal people.

Methodology

This study was a causal comparative study. The statistical population of this study was all those who performed cosmetic nasal surgery, who are undergoing surgery and normal people in Kerman city in 2016.

The sample size in this study was determined using the Cochran formula, taking into account the 95% confidence coefficient and the test power of 80 (294), and using a random-classified sampling method. To collect information from BICI, General Health Questionnaire (GHQ-28) were used.

Body Image Concern Inquiry (BICI)

In this research, the BICI is used. This inquiry, which consists of 19 articles, is required to answer a 5-point Likert scale and answers between 1 (never) and 5 (always). The questionnaire, in the research conducted by Littleton and the results of this study showed that the reliability of this questionnaire was (93%) by Cronbach's method; and the correlation of the substance with 32% to 73%, which indicates the acceptable level of reliability.^[17]

Validity (validity coefficient) of this questionnaire was reported through a constant calculation of 19 BSCI scales with a significant BDD-SR ($P = 1\%$ and $r=83\%$).

General Health Questionnaire (28 GHQ-)

In this research, the General Health Questionnaire (GHQ-28) and Holberg and Hiller are used. This questionnaire is specific to 28 scales, which summarizes the questionnaire of 90 questions. The questionnaire has four types of scales: physical symptoms, anxiety, social dysfunction and depression. The General Health Questionnaire has four options, with a score of one to four (more scores indicate more problems in general health Individuals). In Iran, the validity of the General Health Questionnaire (GHQ-28) was assessed by Taghvi^[18].

The correlation coefficient of the general health questionnaire (GHQ-28) with the questionnaire of Middlesex Hospital (55%) and the correlation coefficient between subscales of this fifteen questionnaire was between 71% and 87%, as well as the reliability of this questionnaire by a reminder (Yadavar-2004) This scale is scored with a score of Cooper Stepp's self-esteem, which was significant at the level ($K = 0.48$ and $P > 0.0001$). The rate of reliability of the general health questionnaire has been calculated by Taghavi (2001) in Iran, according to Pasha, Fozadeh and Moshak, (2007). The reliability coefficient is reported 0.70, 0.93, and 0.90, by Cronbach's alpha.

Following the necessary coordination with the management of the beauty clinics of the province, the license was obtained. The questionnaires were then distributed to the required number of researchers and distributed to the researcher. In addition, the questionnaires were filled out and responses to all the questions were filled out for statistical compilation.^[19]

In this research, descriptive statistics (frequency, percentage, graph, and mean) were used to describe and categorize the information. To determine the reliability of the questionnaires, we used Cronbach's alpha and to test the hypotheses of the research, one-way ANOVA tests were independent and normal. Data were analyzed using Kolmogorov-Smirnov test. The above calculations were performed with Spss software version 19. And the significance level for all tests is considered $p \leq 0.95$.

Findings

Findings showed that the mean scores of body anxiety scores were significantly different between the three groups ($P = 0.03$). The LSD post hoc test showed that the mean scores of anxiety in body image were significantly lower in normal individuals than those in operation ($P = 0.03$) and in practice (P

$= 0.02$), but the difference between the actors and the applicant No significant difference was observed ($P = 0.77$). One-way ANOVA showed that there was no significant difference between the general health scores of the three groups ($P = 0.20$).

Table 1: The mean scores of concerns for body image and general health of the subjects in three groups

Score	Operated		Those who are undergoing surgery		Normal people		Analysis of variance	
	Mean	SD	Mean	SD	Mean	SD	P	F
Concerning about the body image	38.6	13.8	39.2	11/8	34.9	11.6	0.03	3.51
General health	63.1	13.1	65.6	10.9	63.03	10.9	0.20	1.61

Discussion and Conclusion

Based on the results of Table 1, the mean score of body image was significantly different between the three groups ($P = 0.03$). The LSD post hoc test showed that the mean scores of anxiety in body image were significantly lower in normal individuals than those in operation ($P = 0.03$) and in practice ($P = 0.02$), but the difference between the actors and the applicant No significant difference was observed ($P = 0.77$).

Findings of this study about body image are consistent with Ali Reza Rahimi and his colleagues (2013), Tahmasebi et al. (2013), Abaszadeh (2009), Asadi (2013), Heidari Chordeh (2011).

Also, the results of the research about the relationship between body image and self-concept are consistent with the Raqibi's research results in 2011. The results of Hosseini et al. (2010), Amidi et al. (2006), Marie et al. (2013), Wilson, Tripp and Blond (2005), Sotoudeh et al.^[19]

Based on the results of Table 1, one-way ANOVA showed that there was no significant difference in the general health score among the three groups ($P = 0.20$).

The findings are consistent with the results of the research by Beiglar et al. (2014), Pasha et al. (2010), in the "Comparison of Physical Characteristics, Physical Volume Index, General Health and Self-Concept." Also, the results were compared with the studies conducted by Hunigamander (2004) and Correa^[20].

Based on the results of Table 1, Pearson correlation coefficient showed that there was an inverse relationship between the scores of body anxiety scores and general health scores of the subjects in all three groups ($P > 0.05$). In other words, the general health of those who had less concern about the body image was better.

The body image can be a set of self-conscious and unconscious attitudes of the individual towards his body, including present and past acquaintances and feelings about the size, function, appearance, and potential capabilities. The body image has a dynamic entity and entity, because it is constantly modified or modified by new acquisitions and experiences. The body image is the sign of personal feelings, anxieties, and values^[21].

Stemdel (2002) believes that the difference between an existing image of the body and an ideal image of it can be of varying degrees to the troublesome or problematic person, and consequently the possibility of causing a variety of mental disorders. The significance of the ideal image of the body is mainly manifested in the way the appearance manages and the pattern of consumption affecting this appearance. According to Lagman (2003), the body can be considered as a mirror for representing differences in the lifestyle and forms of identity. In today's world, people have the opportunity and even the feeling of having to adapt their appearance to ideal images in a variety of ways, with numerous and varied applications in their bodies.^[22]

Therefore, it is no longer possible for the body to take biological biology. In such a situation, his body was regarded as a social subject of interest to sociology. Gimlin (2006) argues that in the case of a prognosis for surgery in people with a mild deformity, even those who are in bad shape also benefit from surgery and feel better after the surgery, but surgery is difficult for people with normal appearance, and in these people, the lack of satisfaction with appearance will continue after surgery and there is a possibility of re-applying for surgery.

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