

A comparative survey on the effects of rhinoplasty on confidence and happiness

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Abstract

Introduction: With regard to the increasing aesthetic solutions through makeup and plastic surgeries, high rate of cosmetics sales in Iran, and increased office visit for plastic surgeries, the purpose of this study is to analysis the effect of rhinoplasty on self-confidence and happiness of women aged 16 to 35 who were visited in private clinics in Urmia city in December 2014.

Materials and Methods: The study performed on 40 women who have undertaken rhinoplasty, 40 women who were waiting for rhinoplasty, and a group of 40 women who have not undergone rhinoplasty. Copper Smith self-esteem questionnaire including 58 questions and Oxford Happiness Questionnaire including 29 questions have been used in this study.

Results: The results of student's t-test for independent groups showed that from the aspects of self-esteem and happiness, there was a difference between the group who have done surgery and those who were standing by.

Discussion and Conclusion: The findings show that self-esteem and happiness of the people who undergone rhinoplasty is equal and even more than those who were standing by for this operation or have not taken the operation.

Keywords: Confidence, Happiness, Plastic surgery.

Introduction

Regarding the importance of beauty in today's world and the rise of plastic surgery techniques, the desire to enhance the beauty has been increased (1). The fact that whether cosmetic surgery really has impact on increasing satisfaction and mental health should be scientifically investigated and public awareness should be increased in case of absence of this effect. Considering the few studies conducted in this area and different results acquired, the need for researches in this field is felt. Therefore, the aim of this study is to investigate the effect of cosmetic surgery on self-confidence and happiness of people. Since this matters are psychological factors affecting individual lives and people's satisfaction from cosmetic surgeries, these two components are of the matter of importance and therefore are emphasized in this study. Frequency of this surgery is very high, especially in Iran that is known as the center of rhinoplasty surgery (4). Statistics show that more than thousands of women demanding for plastic surgery; besides people are trying to be what they want to be (2). John Peter Mettauer, the first American plastic surgeon performed the first operation on cleft palate in 1827. Some common types of plastic surgery are phalloplasty, chin treatment, Otoplasty, and liposuction. Cosmetic surgery is the best-known type of plastic surgery that is merely done for beautification of healthy limbs. In America, 15% of the clients of cosmetic surgeons and dermatologists are impaired from body-dysmorphic disorder and half of these people are not satisfied with the outcome of their surgery which sometimes leads to suicide. Rhinoplasty surgery is a safe surgery in general, although in some cases secondary effects may occur. Infection and bleeding are rare complications that are possible to prevent and treat easily. In some cases there is also the possibility of deformation of the nose (5). The findings suggest that plastic surgery is done to eliminate people's discontent with their appearance and sometimes to increase the self-

esteem. Those who are more satisfied with their appearance have more mental health. According to the results, 39 % of those who undergone surgeries were very satisfied with the result, 18 percent were satisfied, and 27 percent were dissatisfied. In the personality pattern studies on applicants of rhinoplasty, obsessive-narcissistic personality patterns were significantly higher than the other patterns (Rahimy, 2013). Studies show that people who have high self-esteem are successful in their relationship with others and often are selected as leaders (3). Cooper Smith defined self-confidence as a trait of people who believe in their abilities and capabilities. Schwarz and Stark (1991) believed that the happy people are inclined toward happiness and felicity; this means that they process data in the way that leads to happiness (1991). Seligman believed that by 2015, one out of every two people would be depressed (9). Therefore, exploring the importance of happiness and ways to increase it is among priority of psychologists. Regarding the dramatic increase in cosmetic surgeries, especially rhinoplasty, it seems important to study the psychological effect of these surgeries in patients (2003).

Methodology

Participants

This study follows t-test and group comparison designs. The study is performed in educational year of 2014 through available sampling with 120 women patients from a private clinic in the Urmia city of Iran. Participants were divided into three groups of rhinoplasty (40 women), standing by for surgery (40 women), and people who have not taken surgery (40 women). The average age of participants were 28.11 years ($9.76 = SD$). The findings of this study can be generalized to all women in Urmia.

Methods and Materials

Two questionnaires were used in this study:

A- Cooper Smith Self-esteem questionnaire including 58 yes/no questions that measures public, parental, educational, and social self-esteem and shows the overall self-esteem in general. Minimum and maximum scores are 0 and 50. This questionnaire includes 8 lie detector questions (i.e. No. 20, 13, 6, 41, 34, 27, 48, 55) which means if participants get more than 4 score in these questions the results are invalid and shows that the responder have pretended to be good. Studies from Horson (1965) and White (1969) confirm the validity and reliability of the test (Cronbach alpha: 829%).

B- Oxford's Happiness Test: Argyle's revised Happiness Test (2001, quoted from Kare, 2004), include 29 multiple-choice questions, scored 0 - 3, with total score of 0 - 87. Alipour (1386 confirm the validity of this test with Cronbach alpha: 91%) in Iran.

Practice

After selecting the subjects to run the questionnaire in a consecutive term of four months, questionnaires were given to subjects, individually and in groups. Some information on objectives of research and the way to answer questions were given to subjects in order to increase their interest. Also the possibility to know results was presented to them. The obtained data was analyzed through SPSS software.

Results

In order to test self-esteem hypotheses of group members, Student t-test was used for independent groups. Results are presented as follow:

Table1. Independent t-test results to compare self-esteem of group members

	Groups	Mean	SD	Difference of SD	Difference of mean	Observed T	Degree of freedom	Level of significance
Undertaken operation	Undertaken operation	42.32	8.14	2.1	3.77	3.76	78	0.000
	Standing by	28.13	7.11					
Undertaken operation vs. Normal people	Undertaken operation	42.32	8.14	1.54	- 0.56	- 0.8	78	1.55
	Normal people	43.35	5.11					

In order to test group happiness comparison hypotheses, Student t-test for independent groups was used that is presented as following:

Table2. Results of t-test for psychological happiness of group members

	Groups	Mean	SD	Difference of SD	Difference of mean	Observed T	Degree of freedom	Level of significance
Undertaken vs. Standing by	Undertaken operation	62.13	21.43	1.34	2.76	2.76	78	0.000
	Standing by	40.1	20.15					
Undertaken operation vs. Normal people	Undertaken operation	62.13	21.43	2.56	0.45	0.437	78	0.9
	Normal people	61.55	18.21					

Discussion

Rhinoplasty is known as the most elegant, difficult, and controversial plastic surgery in the world and it is the most common and popular reconstructive surgery in the world according to many sources. In terms of official sources, Iran is the world's leading country in rhinoplasty and it has been facing incredible acceptability among younger adults of this country. Rhinoplasty may involve a wide range of changes including small changes to full restoration.

The results show that there is a difference between self-esteem and happiness of participants who have undertaken surgery and those standing by. These findings are consistent with Arculani (1999), Black (1991), Haroldson (1999), Sheard (1996), Kelson (1996). All of these researchers believe that rhinoplasty may improve self-esteem. Lack of funding and limited time was one of limitations that failed us doing extensive sampling in a wider region. Besides, lack of consideration to the religious, cultural, social and economic standpoints of participants was other restrictions of this study.

Conflict of interests

Authors declare no conflict of interest.

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