

The Comparison of Life Satisfaction, Happiness and Self-Esteem between Men and Women undergone Rhinoplasty in City of Ahvaz

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Abstract: Introduction: Nowadays, people not only want to feel good inside, but are also demanding a good external appearance. Beautiful and desirable faces, makes people feel better about themselves, give them confident and have effects on their life satisfaction, happiness and self esteem. The purpose of resent study was comparison of life satisfaction, happiness and self-esteem between men and women undergone rhinoplasty in city of Ahvaz. **Method:** This study was a causal comparative research and population was all people undergone rhinoplasty in city of Ahvaz. Participants were 212 people (101 men and 111 women) which selected through available sampling in 1388. Oxford Happiness Inventory, Life Satisfaction Questionnaire and Rosenberg Self-esteem scale were used for collecting the data. **Results:** MNOVAs Analysis results indicated that there are significant differences between men and women in happiness. But there were no significant differences between them in self-esteem and life satisfaction. **Conclusion:** There was a difference among men and women, who had rhinoplasty in terms of happiness, but the amount of self esteem and life satisfaction, were similar in both genders.

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Key words: Happiness, life satisfaction, self-esteem and rhinoplasty.

1. Introduction

Beauty, natural and common tendency among all people who seek perfection of their nature stems. However, this innate desire to have a beautiful appearance, beauty and fashion industries affected by increased interest in young, growing individualism, too much attention to the lifestyle, culture and becoming a media – importance of popular culture, which features of modern life is one of the main concerns of people in communities has become today. Considering that the body and spread in the literature of sociology and psychology, the past two decades, various issues around topics such as identity, social movements cultural idealism consumption, lifestyle and ethics, has proposed that the scholars and researchers to as "physical community", or "body age" will remember [1,2]. [Nowadays, people not only want to have a good feeling inside, but they want the external appearance, good looks [3]. Beautiful faces and desirable imagine a person better than his will and trust him to breathe; thus more acceptable social activity and social satisfaction and joy he brings more [4]. But must admit that ugliness and beauty and appearance of individual thought his body, not just individual phenomena and the only person of character and mind are not take but somewhat social phenomena are the result of social life are the person [5]. So that in recent decades, resulting in high investment value – culture, the physical attraction, interest and fascination of his person to the body image, drum has increased dramatically [6].

With the research done in this field, more female body image, body dissatisfaction and the impact of size and shape of the mass media paid body, but recently, men worry about their body image, especially, physical attractiveness and muscularity, is growing. Dallas rhinoplasty, according to research institute, a quarter of all applicants rhinoplasty, are men and about 75,000 men in 2007 in the United States took action to rhinoplasty [7]. Moreover, in both sexes, body image, – can be influenced factors such as age, physical growth, individual interactions with the social environment, accidents and physical injuries, to be exposed and body image concerns in person to make [8]. Following concerns that such a person wants to change in body image will be able to own real picture as possible to the idea of body image beech closer [9].

One way that the youth to change the image body used to be that cosmetic surgery is more actively trying to change the body is considered. Cosmetic and Reconstructive Surgery not only eliminate defects caused by accidents or congenital defects, helping many patients return to normal life, but look beautiful, young and lively, increase confidence and self esteem, creating a lively spirit with freshness and improve the social and working relationships are [10]. For example, Van Svst et al (2008) in a study on 155 women who had attempted to plastic surgery, showed that six months after surgery compared with before, improving the satisfaction of making the eyes appear –, – mental status, cognitive and self-esteem individuals were obtained [11].

Excessive attention to appearance and figure is correlated with self-esteem. External appearance and image of individuals, definitive impact on the behavior and choices on a personal and professional fit puts. Therefore, we can assume that the figures can appear on the selection and employment, growth, and prosperity flourish an impact. In addition, high self-esteem, with positive images and the social optimum, is related [12].

On the other hand, cosmetic surgery, as well as the individual emotional well-being affects to. Feeling of happiness and life satisfaction, emotional well-being of the components are considered. When a person is satisfied with their life expectations, wishes and needs are satisfied and he feels that life moves in the direction that he is expected [13]. People are feeling more satisfied with life, to mentally healthy trend, interaction making cognitive and social psychology are well, are less developed – mental illness are more effective coping styles and more appropriate use and emotions and positive emotions deeper experience [14]. Happiness, happiness and a feeling of freshness, often coupled with pleasant experiences of life, refers to another component of psychological well-being. People who feel their happiness, positive perspective on life issues look, they are satisfied with their performance and positive mood and higher levels of self esteem and life satisfaction have. Some researchers believe that the close relationship between life satisfaction, self esteem and happiness there, so that life satisfaction, one of the components of happiness and prosperity – one of the best pre between self-esteem is considered by be [17, 16.15]. Lyntr et al (2008) the effect of plastic surgery on satisfaction with life and appeared in 82 women and 11 men were examined concluded that rhinoplasty and facial skin stretching, life satisfaction in clients, increase does. Moreover, the different reasons men and women are acting plastic surgery and surgery to various parts of the face, and life satisfaction appeared in their providing [18].

Kmbvrglv and Avskar (2007) also in – prospective study so, to compare life satisfaction, self esteem and body image of girls and boys began the attempt had cosmetic surgery. – Findings showed, that between satisfaction with the practice among men and women, significant differences were observed, but significant way with self-esteem, life satisfaction and body image was associated [19].

This is an attempt to tell the truth like surgery, followed by mental stability and cognitive communities are apparent. In clinical observations it is clear that most users take action to cosmetic surgery during the hospital are living, feel more happiness, higher self-esteem stability and experience. So it is clear that mental stability – cognitive major concern is

these people [20]. Hence, according to background research, the study is to compare the feeling of happiness, self esteem and life satisfaction in male and female attempter's nasal surgery in Ahwaz, was paid.

2. Research Methodology

This type of research study comparing – is Ali. The study population included all men and women referred to clinics – city of Ahvaz in 1388 that action had nasal cosmetic surgery. The study sample consisted of 212 individuals (111 females and 101 males) who see cosmetic surgery had done for their choice of sampling method was used. In the first part of research, visiting clinics and medical centers and – urged cooperation in cosmetic surgery of all action to those who Rhinoplasty October-January 1388 to change the dressing and nasal test referred to the clinic, was asked if you wish, R questionnaire to complete. In the next section, questionnaires were collected after extract data and import it to SPSS version 16 software results obtained from both groups were studied. In order to analyze research results from approach descriptive statistics (frequency, mean, mean deviation, minimum and maximum scores) and inferential statistics (ANOVA) was used.

3. Tools used in research

In this study, measured variables size desired Rosenberg Self-Esteem Scale (1990), satisfaction with life scale Daynr (1985) and the Oxford Happiness Questionnaire (1989) is used.

Self-Esteem Scale. The scale in 1990 was made by Rosenberg and his Article 10 report includes the general sense of his acceptance speech to the positive. Each option includes a choice of scale (completely disagree to completely agree) that the range of 0 to 3 is arranged. For articles 1, 2, 4, 6 and 7 answers agree, scoring three, the answer I agree, scoring two responses disagree, scoring one, and respond completely disagree, scores are zero. The remaining females reverse grading is. The scale of zero to 30 is grading. Score between 15 and 25 is considered normal; score below 15, meaning self-esteem is down. Rastykas et al (2004) Cronbach's alpha coefficients for American students 0.87, Canada 0.86 and 0.83 New Zealand gain [21]. Also Mohammadi Sajjadi Race (2007) coefficients of Cronbach's alpha and two half-building measure self-esteem Rosenberg on Shiraz University 69 / 0.86 and the coefficients of test-retest scale above the Distance week 0.77, two 0.73 and three weeks 0.76 reported that all test-retest coefficients obtained were significant mean [22].

In the present study, to determine the reliability of two methods of self esteem and Cronbach's alpha for the total scale was used to arrange 77 / 0.78 / 0 coefficients which represent the acceptable scale is mentioned. To

determine the scale of the credit score, the questionnaire score was correlated Esteem that was found positive correlation means that you have $r = 0.39$ ($p < 0.004$) between them are reflecting the benefit of self-esteem scale Rosenberg, credit is necessary.

Satisfaction with life scale. Daynr et al (1985) life satisfaction scale for all age groups were prepared [23]. This scale consists of 48 female and feels that living conditions reflect Welfare to. Article 10 of this scale are related to life satisfaction was next review the matter was reduced to five as a separate scale was used. The investment scale score on a Likert scale of 7 (A of a (quite the opposite) to 7 (completely agree) be face.

Daynr et al (1985), in a study on 176 students, the Cronbach's alpha coefficient of 0.87 reported. Ryndl et al (1999) also in a study on a sample of 107 students, the validity and reliability of the scale reported satisfactory [24]. Shbaky (1988) and Cronbach's alpha for the total scale Tnsyf to train 86 / 0.82 got [25]. In the present study, Cronbach's alpha coefficient and the scale in order to Tnsyf 85 / 0.76 / 0 was obtained at the level that was acceptable.

Oxford Happiness Questionnaire. The questionnaire in 1989 by Rgyl and Lou (1990) have produced 29 female and 6 Hyth life satisfaction, happiness or joy, self esteem, comfort, control and functioning measures [26]. Article 3, 5, 6, 8, 9, 14, 17, 24 are related to life satisfaction. Each option includes a choice of scale (completely disagree to completely agree) that the range of 0 to 3 is arranged.

Rgyl and Lou (1990) the reliability of the questionnaire, 0.93 reported. Jolly friends and colleagues (2007) the reliability coefficient based on the questionnaire data, 398 subjects, 0.92 to obtain [27]. Access to credit Francis et al (1998; quoted Jafari et al, 1383) the results of the questionnaire were correlated with the Beck Depression Inventory that correlated significantly (65/0-) achieved. Parsley et al (1383) the validity of this questionnaire using formal credit, was confirmed [28].

In this study the Cronbach alpha coefficients and the questionnaire Tnsyf 92 / 0.87 / 0, respectively. Since R Jafari et al (1383) Oxford Happiness Questionnaire on a sample of 727 people conducted by Iranian students and internal reliability, content validity, while the structure has been confirmed, so this questionnaire will be used to As an adjective scale of happiness among Iranian students acknowledged.

4. Results

Results of this study included descriptive statistical indices such as mean, standard deviation, minimum and maximum for all variables that are presented in Table 1.

[Table 1]

As seen in Table 1 be r , the happiness variable, mean and standard deviation score subject r to 46/47 and 96/13, respectively, in female subjects r 74/45 and 85/13, the subject r 34/49 and 90/13 male to be r . Self-esteem in the variable mean and standard deviation score subjects to arrange r 55/18 and 46 / 4, in female subjects r 32/18 and 46 / 4, the male subjects r 80/18 and 46 / 3 be r be. In the variable life satisfaction, the mean and SD score subjects to arrange r 23/25 and 88 / 5, 69/24 in female subjects and r 28 / 6 and 82/25 in male subjects and 37 r / 5 May - is.

To test the hypothesis r investigation and its decision to confirm or reject the multivariate analysis of variance (Manova) was used. findings relating to this section in Tables 2 and 3 are presented.

Hypothesis: the rate of self-esteem, life satisfaction and happiness of men and women acting in plastic surgery visitors to see there are significant differences.

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As seen in the table above r , the levels of all test means you r feature using multivariate analysis (Manova) r count allowed. This indicated that among the scores of self-esteem, life satisfaction and happiness in both men and women acting nasal surgery visitors, at least one of the variables of mean r significant differences exist. Test results between subjects effects r , in Table 3 is presented.

The findings resulting from can be said of self-esteem scores between men and women acting in plastic surgery visitors to see, there is no significant difference in mean r happiness scores, but between men and women there is significant difference in mean. Considering the average happiness in men (34/49) and females (74/45), happiness levels in men more than women. In the case of life satisfaction in men and women were not significant difference

5. Conclusion

Hypothesis-based research means r significant differences between self-esteem, life satisfaction and happiness of men and women acting in visitors to see plastic surgery, using multivariate analysis of variance, examined. Results showed that happiness levels of men to women are higher. Happiness variable first study on men and women acting community visitors to cosmetic surgery has been studied. In this hypothesis can explain - can be said that the act be r beauty makes a person feel good to have her own life and to experience more positive emotions. Different reasons men and women attempted to plastic surgery and surgery of the face of various parts, different amounts of happiness and satisfaction in their cause to r [18]. For men, the cosmetic surgery done a desirable level of r can bring happiness to women but to achieve satisfaction and happiness is more difficult because what the picture is

close to all ideas are all ideas may change. Polio et al (1990), and Early Mahafy A. (2004) and Astfmm et al (2006), in their study concluded that young women have achieved their physical appearance according to the feedback of others in connection with changes organelle to be plastic surgery can actually widespread negative perception. A are the women of organelle improve. Therefore, the idea of All body image among women and the difficulty in acquiring the idea of All, happiness in women than men will decrease [31, 30, 29.]

Also the results of multivariate analysis of variance indicated no significant differences between mean life satisfaction in men and women acting visitors were expected to plastic surgery. In other words, according to the mean - is life satisfaction for men and women differ means you do not show. These findings with the findings of Astfmm (2006) and Translation (2008) and Haldvn et al (2007) were aligned [31, 32,3]. In explaining this finding should be noted that visitors attempted to apply cosmetic surgery, looking for mental stability and cognitive Psndtr community are apparent. Some researchers believe that the close relationship between life satisfaction, self esteem and happiness there, so that life satisfaction, one of the components of happiness and prosperity - one of the best pre between self-esteem is considered by be [17,16,15]. Therefore, the reasons for cosmetic surgery procedures in both sexes can be downloaded - that both women and men looking better and having the appearance of having a positive body image will see themselves and others in total life satisfaction are higher. On the other hand the rate of attempted - plastic surgery nose almost in both sexes has gone up and this indicated lack of satisfaction is both genders. As a result of surgery can - projected level of equality of life satisfaction in both sexes provides.

Finally, the results indicate no significant differences between mean - esteem in women and men acting visitors were expected to plastic surgery. In other words, between men and women in terms of self-esteem after plastic surgery nose, you have not seen any difference -. Study research, Academy et al (1998), Sylbrstyn et al (1998), Astfmm (2006), and Dahl Jkt Nahmsv findings and Williams (2004), Astrygl and Frank (2002) and Mark and Mark (2005) are be. In explaining this theory can say your idea of beauty and value has risen social acceptance, a person can achieve their goal and be - esteem levels generally are higher in people attractive and this is apparently less dependent on gender [33.]

In the present study sample, according to the type of surgery is Rhinoplasty should be noted that this type of aesthetic surgery can - different impacts on men and women leave. Nose surgery in men almost considered an important - and can be changed much in the face

of the person and make him the psychological variables. But beautiful women - surgery has a lot of variety and satisfaction with their current body image and bring down - surgery will result in more, so happiness after cosmetic surgery in women than men - Low Estimate - can be struck.

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