

**COMPARISON OF SELF-ESTEEM OF WOMEN BEFORE AND AFTER
MAMMAPLASTY SURGERY IN HOSPITAL IN KERMANSHAH PROVINCE YEAR
(2013)**

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Abstract

Background and Purpose:

One of the goals of surgery mammoplasty pursues women to increase their self-esteem. Because breast, ideal size and shape for women is dependent on the structure of individual and cultural characteristics of each community, So our findings in this study indicates a positive or negative impact of the surgery on self-esteem of women in the Statistical Society studied, and it can be very helpful. The present study aims to investigate the self-esteem of women before and after mammoplasty in hospitals in Kermanshah Province was performed in the year (2013).

Research method:

This research is a descriptive-comparative study with the participation of 100 women who were undergoing surgery was performed Mammoplasty. In order to collect data from the two individuals questionnaire and Rosenberg self-esteem. Women filled the questionnaires before surgery, and two months after surgery.

Findings:

Of the 100 women surveyed, the average self-esteem, preoperative 18.77, and 17.96 was after surgery Paired t-test based on this difference was not statistically significant.($p>0.05$) .

Also in the demographic profile female employment status, and predict a better-looking, expression (0.19) changes to the act of self-esteem ($p>0.05$). In addition, demographic characteristics, duration of marriage, female education, employment status woman, wife and children, explain (0.42) changes women's self-esteem after surgery, which is statistically significant. ($p<0.05$)

Conclusion:

Mammoplasty surgery to increase women's self-esteem has no significant impact.

Keywords: Mammoplasty, self-esteem

Introduction:

Self-esteem, respect and value that person to distinguish him, and several factors including, she can be found on the formation of the affect it (mirhadi et al., 2012). For many women, self-esteem is only based on mind image of the body shape, so getting the picture, with a mix of social and interpersonal relations function which in turn affected their self-esteem will be affected (benti et al., 2009). In the service of basic compatibility. based on the theory of mazlu, the one that looks to its prosperity, and basic needs of the hierarchy, including self-esteem, partly to satisfy the self-esteem (Izadi ajirlo et al., 2012) In fact our image of our body under the influence of the daily information that is beautiful and attractive about what is and what is not we get beautiful and attractive this information is deeply in the culture of every country (Movahed and colleagues, 2011). Psychologists believe that the spread of undesirable aesthetic surgery in a community of cognitive and emotional motivations people have for it. On the other hand research have shown, the effect of cosmetic surgeries in the removal of unsightly appearance of people and increase their self-esteem has much impact (Browning et al., 2010). Cosmetic surgery may have many benefits, which most of them are better off physically that is ugly (toosi et al., 2007). In the United States alone more than 500,000 women annually undergo cosmetic surgery of the breasts belong (kelsen et al., 2009) Also, with the economic development in Asian countries, the demand for cosmetic surgeries is increasing quickly, cosmetic surgery of the breasts in the midst of this high hit apply (Ming Hueicheng et al., 2009). Cosmetic surgery in Iran are also the most common surgery is done to a variety of factors such as self-esteem, mental image of the body and is dependent on compliance with the appearance (farshidfar et al., 2003). Since

the bust as a vital part of the impression of a woman's body is considered, so any anomalies in the appearance of the breasts can imagine the negative physical and low self-esteem in the lead female (naghipour and Associates, 2012). The beauty of the shape and size of breasts, it's ideal for women, the structure of individual and cultural features of each community. Breast development occurs when enough compromised, breast surgery is an important and positive impact can capitalize on the mental image of the person have his (Rama et al., 2008). Mammoplasty called to cosmetic surgery to enlarge the breasts, minimize, and remove or otherwise being here, and drooping of the breasts done. It operates in three ways Mammoplasty increasing, decreasing, and Mastopexy done (Breuning,E and et al; 2010). Incremental mammoplasty surgery can be a way to increase the attractiveness and self-esteem for women. Moreover, this practice can lead to increased sexual satisfaction and satisfaction as well as improve the physical appearance of the person and the quality of his life. (Brook et al., 2011). Studies also have shown that a reduction mammoplasty surgery, on satisfaction (emotional - sexual) Will have positive impacts (Sanja et al., 2005). For women who are always shy than their breasts Enlarge or shrink them can help them to have a new self-image and gain more confidence through the opposite sex And dared to wear more clothes liking. Women have concluded that by changing the shape of the breast; raise the value of your personality and good sense on their own. This confidence and a positive impact on the improvement of the appearance, on the level of personal satisfaction from their gender and their sexual satisfaction (Cynthia et al., 2007).Self-esteem, positive or negative attitude towards your relationship and is dependent on the individual's assessment of his personality traits. For many women self-esteem based only on

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mental image of the body takes shape So confusing picture of social performance So confusing picture of social functioning, and interpersonal relationships, which in turn are influenced by the self-esteem affected (izadi, ajirlo et al., 2012). In a study, it found that women are more objectives to increase self-esteem, body image, increased sense of femininity, and improve sex life, breast surgical attempt to Maximize (Nicolic et al., 2013). Studies show that women, who use breast conservative surgery, generally have a better body image and more will feel the charm and femininity (bahmani et al., 2010). Given that in today's society women than men under more pressure to the body and its physical appearance, as well as compliance with the ideals of beauty (Wade et al., 2010) and due to the increasing rate of this surgery in the country to investigate the effect of surgery on women's self-esteem seems essential.

Analysis method:

This study was a cross-sectional study. The subjects in this study all patients undergoing mammoplasty surgery in hospitals related to Kermanshah University of Medical Sciences was in the year of 2013. The clients were married women, have been living together with her husband, and were literate

In addition, were referred for surgery mammoplasty to hospitals in Kermanshah Province. In this study, women with a known history of mental illness, drug and mental unpleasant complications after surgery were excluded from the sample. For the study after agreement with the Research Unit of University of Medical Sciences and permission, and agree with subjects related questionnaires in a suitable environment The subjects were given questionnaires, and then explain the objectives of the study and how to fill out a questionnaire was given to samples. The sample was 100 women and samplings were targeted. Sampling by visiting the University Hospitals of Medical Sciences and consent of the subjects was

carried out. So that samples before surgery and two months after surgery were studied and the results were analyzed.

Data collection tools included two questionnaires: The first questionnaire contains specifications and individual variables including age, husband's age, duration of marriage, the woman's education, father's education level, female employment status, employment status spouse, Number of children, type of surgery, predict beauty, cosmetic surgeries in the history of surgery in first-degree relatives and his friends and acquaintances. The second part of the Rosenberg self-esteem questionnaire consists of 10 items total, 5 of them with negative words and given 5 sentences with positive words. In this study four options for each question on a scale of strongly agree, agree, disagree, or strongly disagree with a score of 3-0 is answered. Individual scores ranging between 0-40 score 0-10 very low self-esteem, self-esteem 20-10 average, 20-30 high self-esteem, and 30-40 show high self-esteem.

To determine the validity of the questionnaire demographic or content validity were 10 university professors and through test-retest, reliability was assessed. The validity of self-esteem (Rosenberg) in research Gharagouzlo (2008) in Turkey (76%) and Alizadeh in Iran (2005) obtained 77%. Determine the reliability of the questionnaire through Cronbach's alpha test (2006), 86% in Turkey and by Rajabi (2007) in Iran, and 84% is obtained. In this study, the internal consistency by Cronbach's alpha of the instruments on a sample of 20 students was 82%. All information obtained in this study is completely confidential, and participants were assured that the information is confidential and will not need to mention their names.

The data is analyzed for statistical software SPSS. In addition, descriptive statistics such as absolute and relative frequency, mean, standard deviation, and inferential statistics

such as t-test and linear regression were used 0.05 significantly.

Findings:

Of total 100 couples reviewed 3% of women under 20 years, 17% of women 20-30 years, 30-40 years, 49% women, and 31% were older than 40 years. Farshidzadeh and associates study (as acceptance of cosmetic surgery: body image, self-esteem and compliance) in 2013, Iran indicated that perform cosmetic surgery in women aged 18-20 years have the highest frequency. Also in this study, 7% of the patients were women; 20-30 years, 45% of 30-40 years, and 48% of them were older than 40 years. 20% of couples married for 1-5 years, 28% of the 5-10 years and 52% of the time married more than 10 years. Three% of women under diploma, diploma 10%, 43% BA, and 47% had graduate level. 30% of their spouse's diploma, 50% BA, and 20% had graduate level education. 43% of homemakers, 50% of employees, and 7 percent were self-employed. 57% of employees, their spouses, and 43% were

self-employed. 19% of couples without children, 19% have one child, 55% have 2 children and 7% of them have more than 2 children 66% of women had surgery to shrink a breast augmentation surgery 19% cases breast, and 15% of them had to have surgery to repair drooping breasts.

19% Of women less than 30% Beauty, beauty 41% of 30-50%, 50-70%, 34% of beauty, and 6% of more than 70% of its predicted cosmetic surgery.

16% of women had a history of cosmetic surgery, and 84% of them did not mention such a history. 5% of women had a history of cosmetic surgery in first-degree relatives, and 95% did not mention such a history. 53% of women in their friends and acquaintances were given surgery, and 47% did not mention such a history.

Based on the information contained in table 1- of total 100 women, the average self-esteem prior to surgery (average 77/18), respectively. This means that on average women have average self-esteem, and self-esteem after surgery, remains average. (Average 96/17) .

Table 1. Table of average and standard deviation self-esteem of women before and after surgery mammoplasty

Variable	number of samples	Average	Standard deviation
Self-esteem in women before surgery	100	18.77	4.50
Self-esteem in women after surgery	100	17.96	3.39

Based on the information contained in Table (2) Paired t-test, No statistically significant difference in self-esteem of women before and after surgery mammoplasty not show. ($p>0.05$) This means that after the surgery mammoplasty no significant change in self-esteem in women. Cynthia L. et al study (Mammoplasty the impact of increasing the self-esteem and sexuality of women) in 2007

in America showed that a direct relationship between self-esteem and practice Mammoplasty there is a significant increase. .in NikolicJelena and associates study (as motivational factors and psychological characteristics, social breasts for cosmetic surgery in women) in 2013 in America showed that 75.5% of women and 11.1 percent were motivated by increasing self-

motivated easier to find a partner to have breast surgery. Study Farshid Zadeh and colleagues (as acceptance of cosmetic surgery: body image, self-esteem and

compliance) in Iran in 2013 showed that there is no direct relationship between self-esteem and attempted cosmetic surgery.

Table 2 . Comparison of scores collected from the self-esteem of women before and after surgery mammoplasty

	p	T	before surgery		after surgery		D f
			Standard deviation	average	Standard deviation	Average	
Women's self-esteem	0.94	1.69	17/96	3.39	18/77	4.50	99

According to Table (3) to (8) In this study, the impact of demographic variables on women's self-esteem is examined. The self-esteem of women to practice, working wife, and beautiful predict increases. These demographic changes in self-esteem explain 19% of women before surgery. That is statistically significant, ($p < 0.05$). And after

the operation, with the length of marriage, have fallen, but their level of education, employment and wife as well as the number of children increases these characteristics explain that in general women's self-esteem changes after surgery is 42% and is statistically significant ($p < 0.001$).

Table 3 - Summary of regression coefficients, standard and non-standard demographic variables in predicting women's self-esteem before Mammoplasty

<i>Variables</i>	<i>Non-standardized coefficients</i>	<i>Standardized coefficients</i>	<i>T</i>	<i>Significance level</i>	<i>Summary regression model</i>
Constant	4.46	-	0.77	0.44	R= 0.43 R ² =0.19 R ² =0.10 justified F=2.11 P=0.001
Employment wife	2.89	0.31	2.15	0.034	
Forecast (percent better-looking)	1.35	0.25	2.38	0.019	

Table 4- summarizes the regression coefficients, standard and non-standard demographic variables in predicting women's self-esteem after mammoplasty

<i>Variables</i>	<i>Non-standardized coefficients</i>	<i>Standardized coefficients</i>	<i>T</i>	<i>Significance level</i>	<i>Summary regression model</i>
Constant	2/27	-	0/61	0/53	R= 0.65 R ² =0.42 R ² =0.36 justified
Duration of marriage	-1/27	-0/31	-1/98	0/051	
The female	1/54	0/30	2/29	0/024	

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education					F=6.58 P=0.001
Employment wife	2/43	0/35	2/87	0/005	
Employment status of husband	4/06	0/59	4/76	0/001	
Number of children	1/71	0/44	2/96	0/004	

Discussion and conclusion:

According to the study, women's self-esteem after surgery has not significant changes in statistical testes, in other words, breast surgery could cause a change in self-esteem. As far as the study was done, a lot of research before and after the surgery-compared self-esteem is not found. The only study Cynthia L. et al (2007) as well as study (NikolicJelena et al (2013), a different result is an improvement in self-esteem after surgery showed Mammoplasty. In a study (Farshidzadeh ., et al) Also 5/75% of volunteers Mammoplasty, increase self-esteem motivated to have this surgery. However, according to psychological theories, the following points about the findings, to address the changing self-esteem, it can be seen that self-esteem is a multi-dimensional structures. Moreover, changes in one of its dimensions, namely beauty does not cause a change in the entire structure, On the other hand, according to the findings of psychoanalysis, it concerns physical manifestation of deeper psychological issues considered that a person is unaware of them, Nevertheless, the lack of self-esteem after surgery is not unexpected. Accordingly, it is possible with the right policies to increase women's awareness, through increased cultural and social capital, escalation procedures realistic appearance can be prevented. It is hoped that in the future, studies and further research in the field of fundamental motives and causes a variety of cosmetic surgery, a major step in the development of preventive measures

to avoid doing unnecessary cosmetic surgery to be removed.

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