

## Perception of Body Image and Knowledge, Attitude and Practice of Cosmetic Procedures among Students of Higher Education, Manipur

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### Abstract:

**Introduction:** Body image is a multidimensional aspect describing internal, subjective representations of physical appearance and our attitude towards body particularly size, shape and aesthetic. There are limited studies on knowledge, attitude and practice about cosmetic surgery among students of Universities and Institute in Imphal, Manipur. Therefore, the present study was taken up to determine the proportion of those students who are worried about their body image and the knowledge, attitude and practice of cosmetic procedures among the students of Universities and institute in Imphal, Manipur.

**Methods:** A cross sectional study was conducted among five departments of Manipur University Canchipur, Imphal, National Institute of Technology, Imphal and Central Agricultural University, Imphal, Manipur from 27<sup>th</sup> March, 2019–24<sup>th</sup> April, 2019. Data was collected using pre tested and structured questionnaire. Data was analyzed in IBM SPSS Statistics for Windows, Version 21.0. Armonk, NY.

**Results:** The study found that 52% of the participants were dissatisfied with their body image. Those participants approved of undergoing cosmetic surgery to increase their self-esteem were 47.6%. Only 5.4% of the participants had done cosmetic surgery.

**Conclusion:** Half of the participants were dissatisfied with their body image. Nearly half of the participants agreed to the approval of persons undergoing cosmetic surgery to increase their self-esteem.

**Keywords:** cosmetic procedure, body image.

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### I. Introduction

Positive or healthy body image may mean that a person is able to engage in daily routine without their body image concerns getting in the way and accepting some dissatisfaction with one's body image. Strong body image dissatisfaction can be a symptom of a number of recognized psychiatric disorders like eating disorders and body dysmorphic disorder. India was ranked 6<sup>th</sup> in terms of number of plastic surgeons (4.9% in world) according to ISAPS 2017 survey. According to RIMS Plastic Surgery Department, a total number of 98 cosmetic surgeries have been done from 2018 to 2019, which included 88 blepharoplasty surgeries, seven rhinoplasty surgeries and three breast augmentation surgeries. To date, knowledge, attitude and practice about cosmetic surgery have largely been unexplored among students of higher education in Manipur. Therefore, the present study was taken up with the first objective to determine the proportion of those students who were worried about their body image. The second objective was to determine the knowledge, attitude and practice of cosmetic procedures among the students of higher education in Manipur.

### II. Material and Methods

**Study design:** Cross sectional study

**Study setting:** Universities and professional Institute in Imphal, Manipur

- ❖ Five departments of Manipur University Canchipur, Imphal
- ❖ National Institute of Technology, Manipur
- ❖ Central Agricultural University, Imphal, Manipur

**Study duration:** 27<sup>th</sup> March, 2019 – 24<sup>th</sup> April, 2019

**Sample size:**  $N = \frac{4PQ}{L^2}$

Where, P= prevalence, Q=100-P, L(Absolute allowable error)=5%

Taking the prevalence as 66.7% from a previous study<sup>1</sup> conducted among the female medical students at Mangalore in 2007 and considering a non-response rate of 20%, the calculated sample size was 426

**Study population:** Students of Higher Education in Manipur

❖ **Inclusion criteria:** Students of Manipur University, Central Agricultural University and National Institute of Technology

❖ **Exclusion criteria:** Those who refused to participate in the study  
Those who were absent on the day of visit

**Sampling:** Convenience sampling

**Study tool:**

-A pretested and structured questionnaire was used

-Questionnaire consisted of following five sections

A. Background characteristics

B. Body image perception - Body Comparison Scale and Body Dysmorphic Disorder Questionnaire<sup>9</sup>

C. Knowledge about cosmetic surgery

D. Cosmetic surgery attitude questionnaire

E. Practice about cosmetic surgery

**Operational definition:**

**Never worried:** Those participants who had given a score of 1

**Ever worried:** Those participants who had given scores of 2, 3, 4 and 5

**Data collection:** A written permission from the concerned departments of three Institutes was taken prior to the study. After explaining the purpose of the survey, an informed verbal consent was taken from the participants and the importance of giving honest answers was emphasized. The questionnaire was distributed in the classroom to all the participants and collected back after checking for completeness

**Statistical analysis:** Data were entered IBM SPSS Statistics for Windows, Version 21.0. Armonk, NY. Descriptive statistics like mean with standard deviation, percentage were used to summarize the data. Analysis was done using Chi-square test for proportion. A p-value of less than 0.05 was considered statistically significant.

**Ethical issues:** Ethical approval was obtained from the Research Ethics Board, RIMS, Imphal, before the beginning of the study. Written permission from the authorities and verbal consent from all the participants was obtained. All the information collected for the study was utilized only for the purpose and was not disclosed to anyone. Steps were taken up to maintain confidentiality. Identifiers like name and address was not taken and a code was allotted for each participant. Only the investigators and the supervisors have access to the data.

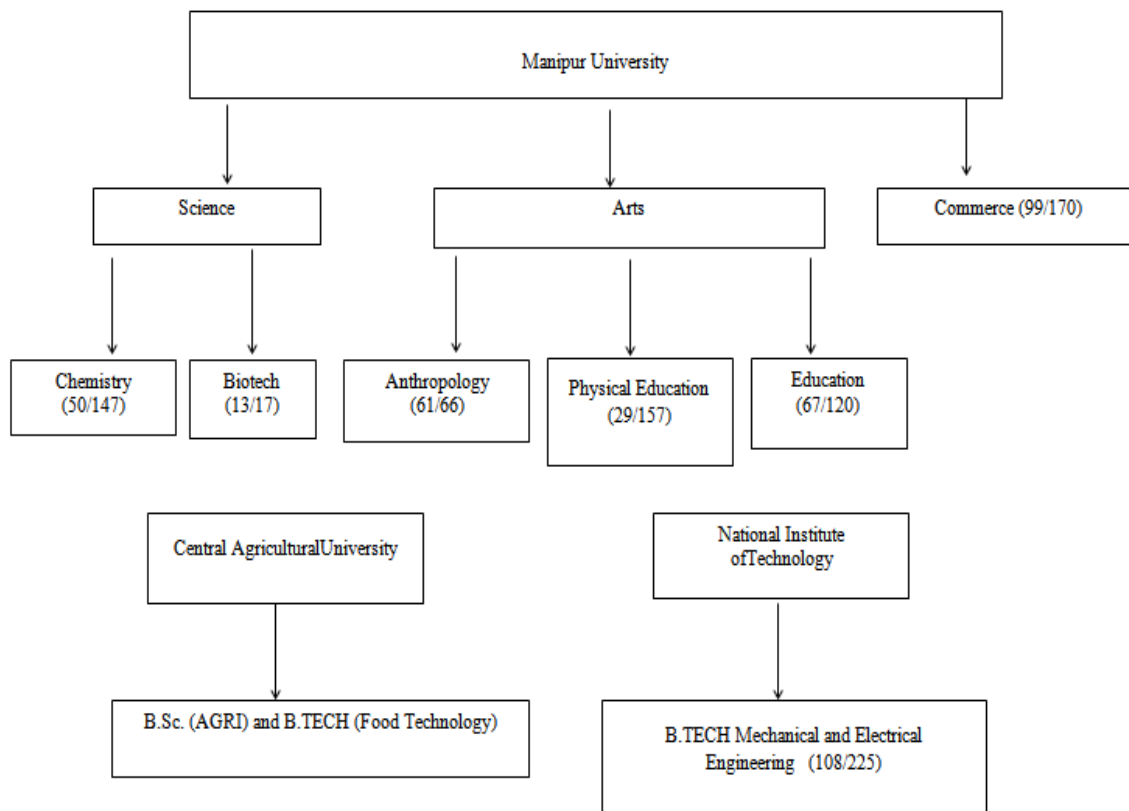
### III. Results

Total number of participants=521

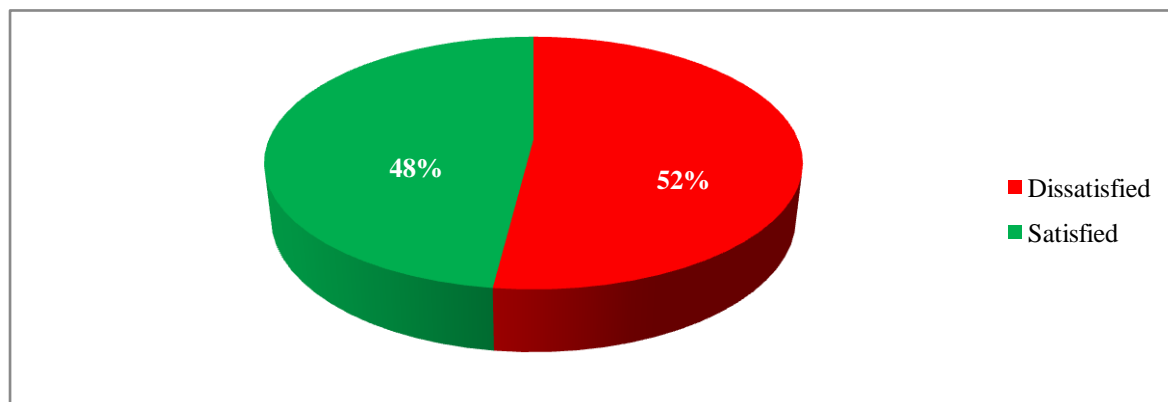
Mean age of the participants=22.17±2.56 years

Minimum age of the participants=17 years

Maximum age of the participants=39 years



**Figure 1:** Flow chart showing selection of participants from three institutes



**Figure 2:** Distribution of participants by perception of their body image (N=521)

Figure 2 shows that half of the participants were dissatisfied with their body image.

**Table 1:** Distribution of participants dissatisfaction level about their body parts (N=271)

Body parts	*Ever worried n (%)	Never worried n (%)
Teeth	165 (60.1)	106 (39.1)
Hair	155 (57.2)	116 (42.8)
Stomach	146 (53.9)	125 (46.1)
Shape of face	114 (42.1)	157 (57.9)
Nose	113 (41.7)	158 (58.3)
Thigh	93 (34.3)	178 (65.7)
Chest	92 (33.9)	179 (66.1)
Waist	83 (30.6)	188 (69.4)
Eyelids	80 (29.5)	191 (70.5)

Hips	79 (29.2)	192 (70.8)
Buttocks	78 (28.8)	193 (71.2)
Back	77 (28.4)	194 (71.6)
Lips	77 (28.4)	194 (71.6)
Forehead	75 (27.7)	196 (72.3)
Cheeks	73 (26.9)	198 (73.1)
Calves	67 (24.7)	204 (75.3)
Upper arm	64 (23.6)	207 (76.4)
Shoulder	63 (23.2)	208 (76.8)
Chin	63 (23.2)	208 (76.8)
Forearm	56 (20.7)	215 (79.3)
Ear	36 (13.3)	235 (86.7)
Muscle tone of upper body	171 (63.1)	100 (36.9)
Overall shape of upper body	152 (56.1)	119 (43.9)
Muscle tone of lower body	160 (59.0)	111 (41.0)
Overall shape of lower body	156 (57.6)	115 (42.4)
Overall body	132 (48.7)	139 (51.3)

\*Ever worried includes those participants replied rarely, sometimes, often and always

**Table 2:** Attitudes of participants towards cosmetic surgery (N=449)

Statements	Strongly agree n (%)	Agree n (%)	Neutral n (%)	Disagree n (%)	Strongly disagree n (%)
1. I approve of persons undergoing cosmetic surgery to increase their self-esteem	47 (10.5)	214 (47.6)	119(26.5)	43 (9.6)	26 (5.8)
2. I think cosmetic surgery is a waste of money	43 (9.6)	43 (9.6)	160 (35.6)	105 (23.4)	16 (3.6)
3. If I had cosmetic surgery, I would be embarrassed to tell people other than family and close friends	39 (8.7)	121 (26.9)	114 (25.4)	141 (31.4)	34 (7.6)
4. I think I might have cosmetic surgery when I reach middle-age	10 (2.2)	63 (14.0)	77 (17.2)	185 (41.2)	114 (25.4)
5. I think people should do whatever they want to look good	74 (16.5)	191 (42.5)	100 (22.3)	53 (11.8)	31 (6.9)
6. I would have cosmetic surgery if my partner wanted me to	16 (3.5)	41 (9.1)	78 (17.4)	188 (41.9)	126 (28.1)
7. If I had sufficient amount of money I would have cosmetic surgery	27 (6.0)	58 (13.0)	92 (20.5)	162 (36.0)	110 (24.5)

**Table 3:** Participants response on practice of cosmetic surgery (N=521)

Questions	Yes n (%)	No n (%)
1. Have you ever had cosmetic surgery?	28 (5.4)	493 (94.6)
2. Do you plan for cosmetic surgery in future?	71 (13.6)	450 (86.4)

Table 3 shows that majority of the participants had not undergone cosmetic surgery.

**Table 4:** Association between age and body image dissatisfaction of eyelids (N=271)

Age (Years)	Eyelids		p-value
	Never worried n (%)	*Ever worried n (%)	
<25	160 (68.1)	75 (31.9)	0.027
≥25	31 (86.1)	5 (13.9)	

\*Ever worried includes those participants replied rarely, sometimes, often and always

**Table 5:** Association between sex and body image dissatisfaction of nose (N=271)

Sex	Nose		p-value
	Never worried n (%)	*Ever worried n (%)	
Male	78 (68.4)	36 (31.6)	0.009
Female	80 (51.3)	76 (48.7)	
‡ Transgender	0 (0.0)	1 (100.0)	

‡ Excluded transgender from analysis

\*Ever worried includes those participants replied rarely, sometimes, often and always

**Table 6:** Association between relationship status and body image dissatisfaction of chin (N=271)

Relationship status	Chin		p-value
	Never worried n (%)	*Ever worried n (%)	
Single	181 (79.4)	47 (20.6)	0.018
In a relationship	27 (62.8)	16 (37.2)	

\*Ever worried includes those participants replied rarely, sometimes, often and always

**Table 7:** Association between stream and appearance concern (N=521)

Stream	Worried about looks		p-value
	Yes n (%)	No n (%)	
*MU (Arts)	82 (52.2)	75 (47.8)	0.000
*MU (Science)	40 (63.5)	23 (36.5)	
*MU (Commerce)	66 (66.7)	33 (33.3)	
‡ CAU	33 (35.1)	61 (64.9)	
^NIT	50 (46.3)	58 (53.7)	

\*MU- Manipur University, ‡ CAU-Central Agricultural University, ^NIT-National Institute of Technology

#### IV. Discussion

In the present study, half of the students were dissatisfied with their body image which was not comparable with a study conducted by Priya et al<sup>1</sup> where 33.3% of the female participants were dissatisfied with their body image. Among those participants who were worried about their body parts, majority were worried about their teeth, followed by hair, stomach etc. and they were worried most about their ears. In this study, majority of the participants have heard of cosmetic surgery and 1/3<sup>rd</sup> of the participants were aware of the availability of cosmetic surgery in Manipur. While a study conducted in Nigeria by Oteneet al<sup>7</sup> showed dissimilar findings where majority of them were not aware of the availability of cosmetic surgery in their country. In the current study nearly half of the participants approved that people should undergo cosmetic surgery to increase their self-esteem while in a study conducted in Nigeria by Oteneet al<sup>7</sup> found that majority did not approve cosmetic surgery. A very few (5.4%) of the participants had done cosmetic surgery in the past with 13.6% of participants planning for cosmetic surgery in future. Similar percentages of participants have undergone cosmetic surgery in a study conducted in United States by Sarwer et al.<sup>6</sup> Family income, parents' education and job were not considered as factors influencing body image perception and knowledge, attitude and practice of cosmetic surgery. The generalizability of study findings was limited because of using convenience sampling.

#### V. Conclusion

Half of the participants were dissatisfied with their body image. Nearly half of the participants would undergo cosmetic surgery if it increases their self-esteem. Every 9 out of 10 participants had not done cosmetic surgery and they were unwilling to undergo in their future life as well. There was association between independent variables like age, sex, relationship status, religion and body image dissatisfaction of different body parts. There was association between stream and appearance concern too. Further studies need to be conducted among other population beyond educational institutions like working population, home makers etc or community based studies.

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