

Cosmetic Surgery Reasons, Knowledge, Attitude, and Factors Behind it

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Abstract

In recent years, cosmetic surgery in Saudi Arabia, has gained popularity despite evidence of its risk. With the wide increase in proportion of people who undergo cosmetic surgery. It is becoming increasingly important to explore the various internal and external factors that motivate people to undergo cosmetic surgery. This study aim to describe the people's awareness, attitude and the reasons that motivate them to undergo cosmetic surgery and to measure the proportion of population who underwent cosmetic surgery in both gender. The study was done in Almaarefa University, and it took place from 13 February 2017 until 28 December 2017. The study was an observational descriptive cross-sectional study design. The data was collected by an online link from 250 students by quota sampling technique. The data was analyzed using PSPP. Confidentiality was maintained. The study found a group between 20 - 24 years old have a moderate awareness more than others. Good level of knowledge about cosmetic surgery was found to be 3% between males, Among females the corresponding figure was 10%. High level of attitude in cosmetic surgery was found by ages between (20 - 24 year = 176). This study concluded that majority of students among all colleges had low awareness toward cosmetic surgery. The proportion in general is not significant and that led more people to underwent cosmetic surgery.

Keywords: *Cosmetic Surgery; Saudi Arabia*

Introduction

In recent years, cosmetic surgery in Saudi Arabia, has gained popularity despite evidence of its risk. Cosmetic surgery is concerned with the 'maintenance, restoration or enhancement of patient's physical appearance and to correct deformities due to an accident or congenital defects. In most cases, cosmetic surgeries are done to have more self-satisfaction and self-esteem, thus undergoing cosmetic surgery can show an individual's psychological profile [1].

According to the American Society for Aesthetic Plastic Surgery, nearly 8.3 million cosmetic surgical and nonsurgical procedures were performed in 2003. These figures represent an increase of 299% between 1997 and 2003, and the number has further risen in the last decade [2]. There are three factors likely to play a role in the recent upsurge of cosmetic surgery. These factors include medical advancements, patient characteristics and media influences [3].

This study could be an entrance for educating those who have lack of awareness about the risk factor behind cosmetic surgery, change the attitude of people. With the wide increase in proportion of people who undergo cosmetic surgery. It is becoming increasingly important to explore the various internal and external factors that motivate people to undergo cosmetic surgery [4].

Aim of the Study

The study aims to describe people's awareness, attitude, reasons that motivate them to undergo cosmetic surgery and to measure the proportion of population who underwent cosmetic surgery in both gender.

Methods

The study was an observational descriptive cross-sectional study design.

The population of this study was students both gender of Almaarefa University with different nationalities and the study was done in Almaarefa University. It took place from 13 February 2017 until 28 December 2017.

The data were collected from 250 students.

The data were collected by using a self-administered questionnaire. The questionnaire was specially designed for this study which was constructed in 4 sections, the first for basic information, second about general knowledge, third is attitude about cosmetic surgery and the last is about the factors that motivate or restrict them.

Then data had been coded, processed and analyzed using PSPP.

Permission was taken from colleges administration and all the information is anonymous and confidential and were not divulged or used for any other purpose.

Results

Age (years)	Good (6 - 7)	Moderate (4 - 5)	Poor ≤ 3	Total
< 20	4	8	9	21
20 - 24	12	108	70	190
25 - 29	3	19	15	37
≥ 30	0	1	1	2
Total	19	136	95	250

Table 1: Determine the level of awareness about cosmetic surgery by age.

Determine level of awareness about cosmetic surgery between ages among students of Al-Maarefa collages, This proportion between different ages was found a group between (20 - 24) years have a moderate awareness more than others.

Gender	Good	Moderate	poor	Total
Male	3	54	40	97
Female	16	82	55	153
Total	19	136	95	250

Table 2: Determine the level of awareness about cosmetic surgery by gender.

Good level of knowledge about cosmetic surgery was found to be 3%. Among females the corresponding figure was 10%. This difference in the proportion of good knowledge between males and females was statistically significant ($p = 0.0137$).

College	Good	Moderate	Poor	Total
Medicine	10	84	54	148
Pharmacy	3	24	14	41
Computer Science	2	10	6	18
Respiratory therapy	3	17	16	36
Nursing	1	1	5	7
Total	19	136	95	250

Table 3: Determine the level of awareness about cosmetic surgery by college.

Out of 250 students in Al-Maarefa collages. Students (medicine = 10), (pharm D = 3), (computer science = 2), (respiratory care = 3), (nursing = 1) have good awareness about cosmetic surgery, the difference in proportion between males and females in multi specialization make it not significant.

Level	Good	Moderate	Poor	Total
1 - 2	3	8	13	24
3 - 4	4	19	10	33
5 - 6	1	27	18	46
7 - 8	7	45	27	79
9 - 10	3	16	18	37
11 - 12	1	21	9	31
Total	19	136	95	250

Table 4: Determine the level of awareness about cosmetic surgery by level.

Distribution among the students of Al-Maarefa collages students was found that awareness of cosmetic surgery in different levels of students in all university shown moderate in (level 7 - 8 = 45) and decreasing in young levels. The proportion is between moderate to poor in general, that is makes it not significant

Age (years)	Yes	No	Total
< 20	19	2	21
20 - 24	176	14	190
25 - 29	34	3	37
≥ 30	2	0	2
Total	231	19	250

Table 5: Determine the attitude of cosmetic surgery by age.

High level of attitude in cosmetic surgery was found by ages between (20 - 24 year = 176) among students of Al-Maarefa collages, this is good attitude according to ages between males and females.

Gender	Good	Poor	Total
Male	92	5	97
Female	139	14	153
Total	231	19	250

Table 6: Determine the attitude of cosmetic surgery by gender.

Ages and attitude distribution among the students of Al-Maarefa collages was found that attitude of females is higher than males (females = 139), (males = 92) and this difference was not significant.

Age (years)	Yes	No	Total
< 20	0	21	21
20 - 24	4	186	190
25 - 29	0	37	37
≥ 30	1	1	2
Total	5	245	250

Table 7: Determine the practice of cosmetic surgery by age.

High practice of cosmetic surgery was found among different ages between the students of Al-Mareefa collages, the corresponding figure was 50% above 30 years. This different proportion in different ages between males and females was statistically significant ($p = 0.0397$).

Gender	Yes	No	Total
Male	2	95	97
Female	3	150	153
Total	5	245	250

Table 8: Determine the practice of cosmetic surgery by gender.

The practice of cosmetic surgery in males and females among the students of Al-Mareefa collages was found high among females more than males (females = 150), this proportion of high practice of cosmetic surgery between males and females was not significant.

College	Yes	No	Total
Medicine	2	146	148
Pharm D	3	38	41
Information systems	0	18	18
Respiratory therapy	0	36	36
Nursing	0	7	7
Total	5	245	250

Table 9: Determine the practice of cosmetic surgery by college.

The practice of cosmetic surgery between collages was varying between males and females, only (medicine = 2), (pharm D = 3) who had practice the cosmetic surgery. This variation between collages was not significant.

Level	Yes	No	Total
1 - 2	0	24	24
3 - 4	0	33	33
5 - 6	2	44	46
7 - 8	2	77	79
9 - 10	0	37	37
11 - 12	1	30	31
Total	5	245	250

Table 10: Determine the practice of cosmetic surgery by level.

Determine the practice of cosmetic surgery levels of Al-Mareefa collages was found good between different levels in both males and females, it was more between (7 - 8 levels =77) and differ between other levels, this proportion between levels was not significant.

Nationality	Yes	No	Total
Saudi	5	206	211
Non-saudi	0	39	39
Total	5	245	250

Table 11: Determine the practice of cosmetic surgery by nationality.

Practice of cosmetic surgery between students nationality was found few students who had practice cosmetic surgery (saudi = 5), (non saudi = 0). This proportion between practice of cosmetic surgery and nationality of both males and females was not significant.

Discussion

The results indicated that the majority of our respondents were female and this goes in line with a research conducted in Nigeria in 2016 [5].

The results showed that the majority of our respondents would undergo cosmetic surgery again.

The study indicated that cosmetic surgery is rarely practiced among college and this goes in line with a research conducted in Jeddah, Saudi Arabia in 2015 [6].

The research concluded that most of our respondents were well informed with the complications and outcomes that could occur after having cosmetic surgery and this does not go in line with a research conducted in Singapore in 2014 [7].

Conclusion

This study concluded that majority of students among all colleges had low awareness toward cosmetic surgery. The proportion in general is not significant and that led more people to underwent cosmetic surgery.

Recommendation

1. It recommended to educate college students concerning different cosmetic surgery procedures including indications, benefits and possible adverse outcomes.
2. It recommended further studies to find out other personal factors affecting attitude and practice towards cosmetic surgeries and to study other population beyond educational institutions.

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