

Relationship between Ruminative Coping and Beliefs about Appearance in Women Seeking Cosmetic Breast Surgery

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ABSTRACT: The aim of this thesis was the relationship between rumination and beliefs about appearance in women seeking cosmetic breast surgery. The research method was descriptive and correlation. The statistical population of the present research consists of the women who consulted Pars cosmetic clinic in Sari. Among all the women who were volunteer to participate in the research, 60 women were chosen and research as a sample by non-stochastic and systematic method. The research tools involved Ruminative Coping and beliefs about appearance inventory. To analyze the data, descriptive statistics, correlation, and stepwise regression methods were used in SPSS software Ver. 20. Result of this research showed that there is positive and meaningful relation between rumination and its subscales i.e. cogitation, reclusiveness, and distraction with beliefs about appearance in women seeking cosmetic breast surgery. Furthermore, among all subscales of rumination, only reclusiveness can predict perfectionism and beliefs about appearance meaningfully. Thus, hypothesis of relation between rumination and beliefs about appearance in women seeking cosmetic breast surgery is corroborated with a confidence of 99%.

Keywords: Ruminative Coping, Beliefs about Appearance, Cosmetic Breast Surgery.

INTRODUCTION

Although will not it pass the onset of plastic surgical procedures in Iran more than five decades, however, the rapid developments and extensive scientific and structure has been created in body, this field has risen is one of the specialized branches of medicine and surgery in the country. Iran is one of the top countries in cosmetic surgery. Although accurate statistics are not available from these surgical procedures. But according to reports, Iran is one of the first ranking in the world based on ratio of plastic surgeries done to the entire population (Musazadeh, 2010). Cosmetic surgeries in the absence of physical symptoms, often improve mental and social performance. Shaksepeare & Clay (1997) defined the surgery as a type of surgery to change the appearance of the body, in the absence of disease, damage, injury or congenital deformity and hereditary that can be a factor for improving the quality of life. Most of these surgeries are done to eliminate their unhappiness with their appearance and boost self-esteem. Negative body image can also be effective, acceptance of cosmetic surgery (Cash, 2004). Body image is a mind image and self-esteem plays a major role in its creation. So that people with a negative body image will often show low self-esteem, and if people have a negative body image, it is possible to better understand the latest changes through diet, exercise or cosmetic surgery outcomes. Cosmetic surgery, often are associated with negative descriptions of physical appearance and not associated with positive descriptions (Ardakan, 2011). Factors in the trend of cosmetic surgery, including dissatisfaction with appearance, winning seemingly utopian and ideal, gender, love partners and higher social level. Further research determined that one of the motivating factors for cosmetic surgery education is level of the individual, not the level of income. So that education level of people that applying

cosmetic surgery are much higher than average education level of Iranian women, and most applicants were college educated (Ardakan, 2011). Fears and dissatisfaction with physical appearance can affect the social functioning and interpersonal relationships (Tajikzadeh, 2012). Rumination is engaging in behaviors and thoughts that passively focus your attention on your symptoms of distress and on all the possible causes and consequences of these symptoms (Nolen-Hoeksema, 1991). Examples can include sitting alone thinking about how tired and unmotivated you feel, worrying that your moods will interfere with your job, and passively reviewing all the things wrong in your life that might be contributing to your moods. The response styles theory was initially developed to explain women's greater vulnerability to depression compared to men (Nolen-Hoeksema, 1987). However, it seems that people think about their appearance is associated with rumination. So, this study fundamental question is that whether relationship between Ruminative Coping and Beliefs about Appearance in Women Seeking Cosmetic Breast Surgery.

MATERIALS AND METHODS

The research method is descriptive and correlation type. The statistical population consisted of all women volunteer have breast cosmetic surgery that referred to Pars specialized clinics of beauty, Sari city in June to September 2013.

The sample study consisted of 60 women who had breast surgery and non-random sampling and purposive sampling was performed.

Instruments

Ruminative Coping:

The Response Styles Questionnaire (RSQ) (cf. Nolen-Hoeksema & Morrow, 1991) was administered to assess participants' tendencies to ruminate in response to their symptoms of negative emotion. Interviewers read the following instructions to participants: People think and do many different things when they feel sad, blue, or depressed. I'm going to read a list of possibilities. Turn to the next scale in your book and please tell me if you never, sometimes, often or always think or do each one when you feel down, sad, or depressed. Please indicated what you generally do, not what you think you should do. The Ruminative Responses Scale of the RSQ includes 22 items describing responses to depressed mood that are self-focused (e.g., "I think, 'Why do I react this way?'"), symptom focused (e.g., I think about how hard it is to concentrate), and focused on the possible consequences and causes of their mood (e.g., "I think, 'I won't be able to do my job if I don't snap out of this' "), which respondents rate on a scale from 1 (almost never) to 4 (almost always). The coefficient alpha at the first interview was .90, and the test-retest correlation between the two interviews was .67. Previous studies have reported acceptable convergent and predictive validity for the Ruminative Responses Scale (Butler & Nolen-Hoeksema, 1994; Nolen-Hoeksema & Morrow, 1991).

Beliefs About Appearance Scale (BAAS; Spangler & Stice, 2001):

The BAAS is a brief, 20-item self-report measure that uses a 5-point Likert scale to assess beliefs about the effect of appearance on relationships, emotions, self-concept, and achievement, with higher scores indicating a higher endorsement of the importance of appearance on several of these thematic domains. The BAAS has an internal consistency of .94 to .96 across sampled groups, and a .83 test-retest reliability.

Data analysis

For data analysis, we used descriptive analysis and Pearson correlation test with SPSS software, version 18.

RESULTS AND DISCUSSION

Results

Descriptive result for beliefs about appearance and its subscales (relationships, emotions, self-concept, and achievement) in women seeking cosmetic breast surgery showed in table 1.

Table 1. Descriptive analysis for beliefs about appearance and its subscales

	N	Mean	SD	Variance	Min	Max
BAAS	60	39.74	12.89	166.4	15	64
relationships	60	8.79	3.79	14.38	0	16
achievement	60	7.53	3.64	13.3	0	12
self-concept	60	10.68	3.24	10.49	3	20
emotions	60	12.63	4.33	18.69	4	20

Descriptive result of ruminative coping and its subscales (self-focused, symptom focused, focused on the possible consequences) in women seeking cosmetic breast surgery showed in table 2.

Table 2. Descriptive analysis for ruminative roping and its subscales

	N	Mean	SD	Variance	Min	Max
Ruminative	60	44.31	13.13	188.56	28	79
self-focused	60	10.53	3.82	14.6	5	20
symptom focused	60	9.70	4.02	16.24	6	19
focused on the possible consequences	60	24.06	6.37	40.69	16	40

Result showed that significance relationship between ruminative coping and its subscales and beliefs about appearance at 95% confidence level (Table 3).

Table 3. Correlation between ruminative coping and its subscales and beliefs about appearance

	beliefs about appearance		
	N	Sig	R
Ruminative	60	0.000	0.538
self-focused	60	0.000	0.49
symptom focused	60	0.000	0.59
focused on the possible consequences	60	0.000	0.49

Discussion

Our result showed that there is a relationship between ruminative coping and its subscales and beliefs about appearance in women seeking cosmetic breast surgery. The findings can be explained by people that have negative beliefs about appearance and have a negative body image and permanent employment on their bodies and are always looking for ways to dispel these negative beliefs on their appearance, and a constant preoccupation and rumination in relation to their body they can find a way to dissolve negative beliefs about their body, so there is the significant relationship between rumination and beliefs about appearance. Tajikzadeh, (2013) showed that the means of rumination and body dysmorphic concern in girl student were 21.60 (2.22) and 38.59 (11.42), respectively. Besides, a significant positive correlation was found between rumination and body dysmorphic concern ($r=0.21$, $P<0.05$). They concluded that a significant positive correlation was observed between rumination and body dysmorphic concern. The results of this study provide support for the predictions made by Keel, (2001). Specifically, they indicate that when girls experience dysphoria and the rumination that often accompanies it, they are at a relatively high risk of developing bulimic pathology if they also feel unhappy with their body. This is likely because when girls who feel dysphoric become dissatisfied with their physical appearance, they being to ruminate about the shortcomings they perceive their body to have. Khanjani, (2012) investigate the compare of body image, depression and anxiety disorders between applicants of cosmetic surgery and non-applicants. Results showed a significant difference between applicants for cosmetic surgery and non-applicants in regard to body image, depression and anxiety disorders. Like other medical specialties, cosmetic surgical interventions should undergo precise clinical trial before exerting on the patients. Therefore, Assessment and encouraging patients to refer to psychiatrists and consultants before operation is significant. Current findings suggest that women who ruminate and then subsequently begin to have lowered competence beliefs about their physical appearance may be at an increased risk. Because these are new findings, it is important for future researchers to replicate them and expand upon them.

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