

Prediction of the Tendency to Cosmetic Surgery Based on Early Maladaptive Schemas and Marital Intimacy among Applicants Married Men and Non-Applicants

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Abstract

The present study aimed to predict the tendency toward cosmetic treatments based on early maladaptive schemas and marital intimacy among married men applying for cosmetic surgery and non-applicants in the province of Yazd in 2020. The descriptive correlation method is used. The statistical population of this study was all married men who applied for cosmetic surgery and were referred to relevant clinics and non-applicant married men in Yazd. According to this, a sample of 200 people, including 100 applicants and 100 non-applicants were selected by available sampling. Then, the early maladaptive schemas scale (Yang, 1998) and Bagarozzi's marital intimacy questionnaire (2001) were distributed among the subjects and after completing the questionnaires, the results were analyzed through logistic and Pearson correlation calculation. There is a significant relationship between different domains of early maladaptive schemas and the intimacy of couples. Also, the findings showed that early maladaptive schemas and marital intimacy predict the tendency for cosmetic surgery in married men. The results of multiple regression analysis showed that the three maladaptive schemas of autonomy and dysfunctional functioning, acceptance, cut and rejection, as well as the interference component in social performance of body image, respectively, had the highest share in predicting the tendency for cosmetic surgery, respectively. The schemas in a person's life act as

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lenses that shape the interpretation, selection, and evaluation of one's experiences. Considering the role of early maladaptive schemas and marital intimacy in predicting the tendency to cosmetic surgery in this study, it is suggested to provide psychological treatments, especially schema therapy and couple therapy, before cosmetic surgery.

Keywords: Tendency to Cosmetic Surgery, Early Maladaptive Schemas, Marital Intimacy, Married Men.

Introduction

With the advent of the new age, certain types of apparel and physical deeds are of particular importance. In many prehistoric cultural arenas, the new look of the body was generally in line with standards based on traditional criteria. The way to dress and choose a dress has always been somewhat a means of expressing individuality, but the use of this device was not usually easy or not at all desirable. View relationships among family members, especially the cohabitation of couples, are the most important element of the organization. Many theoretical and empirical analyses have been devoted to effective communication among parents and have given it special significance. Because the relationships and intelligence of couples play an important role in the formation of early maladaptive schemas. In the psychology literature, childhood is very important, as far as the root of psychological disorders is found in childhood. In this course, the negative social environment, the negative attitude of the parent, and the negative events of life are among the most important factors for creating the first maladaptive schemas. The child's qualities and attitudes, behavior, and personality of the parents create a special pattern of social exchanges among the child and each parent. Almost every theorizing assumes that this exchange model affects children's mental development in many ways. In the current century, psychologists actually believe that the relationships of children with their families are important foundations for their emotional and cognitive development. According to Young et al(2003), schemas refer to a self-sustaining pattern of memories, emotions, cognitions, feelings, and perceptions that guide behavior and therefore resist change. These persistent and long-term subjects are developed during childhood and continue into adulthood and are dysfunctional to a great extent. Schemas act as lenses in the life of the individual, which form the person's interpretation, selection, and evaluation of his experiences. The appearance of a person represents a person's identity without representing a personal identity (Gimilin, 2006).

Our conception of the body, that is, how we understand our body, may affect our ability to communicate, or how we understand our body, may affect our ability to interact with others, and the responses that others give us the impression. This impression affects the way our bodies experience our lives in everyday life. It can also affect our sense of confidence in our social situations and the nature of our social

relationships (Mazzeo et al, 2007). By making a change in the body, human beings seek cosmetics in order to meet their physical, spiritual, and social needs. With the advancement of science, medical attention to cosmetic surgeries of the present age is considered as one of the examples of the manipulation of the body to beautify. (Novagni, 2011) The intimacy of couples, a close proximity, and a romantic or emotional relationship with another person require knowledge and a deep understanding of the other person as well as the expression of thoughts and feelings that are indicative of similarity with each other. Intimacy is an interactive process. The centerpiece of this process is knowing, understanding, accepting, empathizing with other person's feelings, and appreciating or accepting the unique view of another person; intimacy is not only a desire, but a fundamental and real human need. (Khajaeddin, 2011).

Couples' intimacy has always been one of the main concerns of counselors and psychologists (Bagarozzi, 2001) Healthy growth and success in many areas of life are influenced by communication patterns governing the family environment. A child born in a warm, intimate, and supportive family, has a different life experience with a child who is born in a ruthless and punishing family. The primary experiences of the child in the family are his personality traits and his subsequent behaviors, so the root of many personality deviations and mental illnesses should be sought in the first child's education. (Masen, 2001).

Schemas are either deep-seated or intrinsic patterns that consist of memories and emotions formed in childhood or adolescence and lasting in the course of life. Early maladaptive schemas are emotional and cognitive self-excitement patterns that have been formed in the beginning of the development and evolution in the mind and are repeated in the path of life and affect the way in which the interpretation of experiences and relationships with others affects.

In the context of cognitive development, the structure of the schema is considered as a form that is based on reality or experience, to help people explain their experiences. Yang (1998) suggests that the early maladaptive schemas are long-standing, long-term beliefs that emerge in childhood, lead to adulthood, and are largely ineffective, and these schemas are a pattern considered to be the process for future experiences, and he also argued that some of these schemas, especially those that are formed mainly as a result of

childhood experiences, may be the core of chronic disorders and personality disorders. (Borujeni, 2003). Also, the obtained results of studies signify a significant relationship between early maladaptive schemas, self-esteem, and body image concerns (Moghadam et al, 2021).

A lot of research has been done on the tendency for cosmetic surgeries among married and single women, but with a lot of searches, we found little research on men in this area. While half of the population is made up of men, many of them spend on cosmetic surgery every year. According to the results of past research, since there were many gaps in understanding the relation between early maladaptive schemas and marital intimacy with a tendency to cosmetic surgery, the present study was conducted to find the factors that contribute to predicting the tendency to cosmetic surgery, to answer the question whether the schemas developed during childhood and brought into the marriage can predict marital intimacy, and to what extent these two variables can affect the tendency to cosmetic surgery. Therefore, in the present study, we decided to examine the prediction of a tendency to cosmetic surgery based on early maladaptive schemas and marital intimacy among married men applying for cosmetic surgery in Yazd City.

Method

The purpose of this study was to predict the tendency toward cosmetic surgery based on early maladaptive schemas and couples' intimacy among married men applying for cosmetic surgery in the province of Yazd in the year 2020. The method used is descriptive-correlational. The statistical population of this study was all married men who applied for cosmetic treatments and were referred to relevant clinics and non-applicant married men in Yazd. According to this, a sample of 200 people, including 100 applicants and 100 non-applicants were selected by available sampling. Then, the early maladaptive Schemas scale (Yang, 1998) and Bagarozzi's marital intimacy questionnaire (2001) were distributed among the subjects. Early maladaptive schemas scale: The original version of the schema questionnaire (YSQ) was developed by Young (Young, 1998) to measure early maladaptive schemas. Its long form has 205 questions, and the short form has 75 questions. Each question is scored on a 6-point scale (completely false: 1, almost false: 2, more true to false: 3, slightly

true: 4, almost true: 5, absolutely true: 6). In the present study, to assess the initial maladaptive schemas, the short form was used. The standardization of this questionnaire in Iran was done by Didevar et al. Its internal consistency was based on Cronbach's α coefficient for females and males, respectively as 0.97 and 0.98 (Didevar et al., 2022).

The marital intimacy questionnaire was prepared and adjusted by Bagarozzi in 2001. The questionnaire contains 41 questions and evaluates intimacy needs in eight dimensions: emotional intimacy, psychological intimacy, intellectual intimacy, sexual intimacy, physical intimacy, spiritual intimacy, aesthetic intimacy, and social-recreational intimacy. Higher scores in one dimension will indicate the respondent's greater need for that dimension of intimacy from his spouse. In Iran, Etemadi (2008) calculated the total reliability of this questionnaire at 94% and the content validity at 58%.

Data analysis was implemented using the software SPSS (Version 24.0, IBM SPSS Inc, Chicago, IL, USA). $P < 0.05$ was considered as statistically significant. The results were deduced through logistic and Pearson correlation calculations.

Findings

In the present study, there were 200 subjects, 100 applicants, and 100 non-applicants were selected as available sampling. The results of the statistical analysis of the data showed that among the 200 subjects who participated in the research, most of the participants were between the ages of 28-35 years old, and the groups were in the same range in terms of age distribution. It should be noted that most of the participants in the research, both in the volunteer group and the non-volunteer group, have a university level of education. Before performing the logistic regression analysis, the assumption of normality was examined and confirmed (Table 1); therefore, the use of this analysis is allowed.

Table 1: Summary of the results of the Kolmogorov-Smirnov test

Variables	Test statistic	Significance level
Intimacy	0/055	0/12
Primary maladaptive schemas	0/076	0/14

Also, before executing the logistic regression order, in order to check the two-by-two relationship between the dependent variable and qualitative independent variables, a chi-square test was performed. The significance level of the chi-square test is greater than 0.05, so the null hypothesis is confirmed and the variables are not related (Table 2).

Table 2. Chi-square test results for checking the logistic model

variables	Chi-square statistics	degrees of freedom	Significance level
Primary maladaptive schemas	3/57	1	0/894
Marital intimacy	3/01	1	0/61

Also, the results of logistic regression analysis for predicting the group membership of people (volunteers and non-volunteers of cosmetic surgery) based on several variables are reported in Table 3. In the output of the SPSS software, in the variables in the Equation table, the coefficients of the regression model, significance, odds ratio, and confidence interval of the odds ratio can be seen.

Table 3. Results of the formation of a logistic regression model for primary maladaptive schemas

Variables	Regression coefficient B	Standard deviation	Statistic of producer	degrees of freedom	Significance level	Regression coefficient for activity sector
Primary maladaptive schemas	0/13	0/053	0/402	1	0/01	1/13
Marital intimacy	0/29-	0/67	0/23	1	0/02	0/029

Also in order to compare the scores of primary maladaptive schemas and marital intimacy in the volunteers and non-volunteers of the same-sex cosmetic surgery group, a multivariate analysis of variance test was performed and the results are reported in the table below.

Table 4. Summary of the results of the analysis of variance

Change source		Total referrals	degrees of freedom	Mean referrals	F test statics	Significance level
Primary maladaptive schemas	Among groups	231/3	3	116/2	1/21	0/11
	Inside groups	3241/1	196	109/2		
Marital intimacy	Among groups	89121/22	3	0/30331	1/16	0/17
	Inside groups	600981/2	196	29901/2		

Also, the results of the comparison of the averages of two variables of primary maladaptive schemas and marital intimacy in the two groups of cosmetic surgery applicants and non-cosmetic surgery applicants are shown in the table below; and both groups were different in terms of variables.

Table 5. Results of the comparison test of the mean of early maladaptive schemas and marital intimacy in two groups

	Sport activity	Mean	standard deviation	T statistic	degrees of freedom	Significance level
Primary maladaptive schemas	Tendency for cosmetic surgery	101/34	1/34	2/98	198	0/02
	No tendency for cosmetic surgery	96/67	1/89			
Marital intimacy	Tendency for cosmetic surgery	181/33	2/44	-2/21	198	0/01
	No tendency for cosmetic surgery	201/22	3/22			

Table 6 shows the correlation results of research variables and the findings indicate their significant relationship.

Table 6. Pearson correlation test results for variables

	Pearson correlation coefficient	Number	Significance level
Emotional deprivation-intimacy	-0/314	200	0/02
Rejection / abandonment-	-0/298	200	0/04

	Pearson correlation coefficient	Number	Significance level
Intimacy			
Mistrust-Intimacy	-0/391	200	0/03
Misbehavior-Intimacy	-0/321	200	0/01
Social isolation-intimacy	04/11	200	0/049
Defect / Shame-Intimacy	-0/276	200	0/029
Failure-Intimacy	-0/23	200	0/041
Dependence / incompetence-intimacy	-0/47	200	0/011
Vulnerability-Intimacy	-0/32	200	0/01
Harmless-intimacy	0/23	200	0/11
Entangled / In trapping-Intimacy	-0/41	200	0/021
Obedience-intimacy	0/11	200	0/13
Sacrifice-Intimacy	0/314	200	0/02
Emotional Inhibition-Intimacy	0/19	200	0/13
Rigorous Criteria -Intimacy	-0/38	200	0/012
Desirement-Intimacy	0/23	200	0/11
Self-discipline failure-intimacy	0/314	200	0/02
Self-control-intimacy	0/13	200	0/09

In General, the findings of the research showed that early maladaptive schemas and marital intimacy predict a tendency toward cosmetic surgery ($p \leq 0.05$). There is a significant relationship between the different domains of early maladaptive schemas and marital intimacy ($p \leq 0.05$). The correlation coefficient among the components of early maladaptive schemas and marital intimacy for the components of emotional deprivation-rejection/ abandonment- mistrust- misbehavior- social isolation- defect/shame- failure- dependence / incompetence- vulnerability- Entangled / Self- sacrifice - Rigorous criteria - Self-discipline and self-control and failure rate is less than 0.05 and there is a significant and reciprocal relationship, and there was no significant relationship among harmless obedience – emotional inhibition and deserve.

Discussion and Conclusion:

The present study aimed to determine the predictive contribution of early maladaptive schemas and marital intimacy on the tendency for cosmetic surgery in married men. The results of the study showed that

the variance of the early maladaptive schemas significantly affects the tendency to cosmetic surgery and entered the model and its impact is straightforward. The results of this section of the research are consistent with the research by Nilfrooshan et al (2015) and Shariatmadar (2014).

Family schemas are a subset of a vast array of schemas that people create about many aspects of their life experiences. In explaining the results of this part of the research, it can be said that the early maladaptive schemas provide conditions that shape the tendency for men to be cosmetically arranged, especially when each pair sees such an interaction repeatedly. This pattern of individual receipts from such observations is used as a basis for shaping a schema or model that will later be used to understand the world of family relationships and predict future events in the family. Also, it should be noted that a maladaptive schema concerning rejection and disconnection is the rejection/abandonment type (Kizilagac & Cerit 2019). Individuals with this schema expect to lose their loved ones and believe that individuals close to them will eventually get sick, die, leave them for someone else, and act unpredictably. This group feels that significant others in their lives cannot give them the emotional support and encouragement they need, because they are emotionally unstable and unpredictable. Therefore, they always live in a state of fear and anxiety, and chronic depression is a common emotion in the face of real or imagined loss in them (Young et al. 2003). Besides, the literature indicated that depression is a crucial factor in the body image concern of individuals, especially women (Dean et al. 2020). Based on prior research, the existence of early maladaptive schemas respecting disconnection and rejection causes' body image concerns in women (Ahmadi et al. 2020). In other words, maladaptive schemas can increase the desire for cosmetic surgeries through disturbances in emotion regulation, interpersonal relationships, and body image. Maladaptive schemas pave the way for creating negative body image in many people, especially the youth. As a result, they may spend large amounts of money and time to make changes in their appearance (Kolotkin & Crosby, 2002).

Regarding the effect of couples on the tendency to cosmetic surgery, the results of Table 6 show that only the obedience support variable of parents significantly affects the tendency to cosmetic care

and enters the model. And its effect is inverse. The results of this section of the research were consistent with Khanjani et al (2012).

We can say about the interpretation and explanation of this result, many theoretical and empirical analyses have been devoted to the intimacy of couples and have given it a special significance. Marital satisfaction of spouses is very important to their psychological health (Gottfried, 2021). People who are seeking cosmetic surgery, frequently have a negative self-image, and in fact, the negative image is an important factor for undergoing cosmetic surgery. There is a relationship between self-esteem and marital intimacy. In addition, since there is a strong correlation between self-esteem and a negative image, perhaps one of these challenges is to have such a negative self-image, which endangers sexual self-esteem. (Mokhles et al, 2021) Family relationships also will be affected by the early maladaptive schemas and consequently, the tendency toward cosmetic surgery.

The results of Pearson correlation coefficient for the third hypothesis show that the Correlation coefficient among the components of early maladaptive schemas and marital intimacy for the components of emotional deprivation-rejection / abandonment-mistrust-misbehavior-social isolation-defect / shame-failure-dependence / incompetence-vulnerability-Entangled / Self-sacrifice - Rigorous criteria - Self-discipline and self-control and failure rate is less than 0.05 and there is a significant and reciprocal relationship, and there was no significant relationship among for harmless obedience – emotional inhibition and deserve. The results of this part of the research were consistent with the research by Zolfaghari et.al (2008).

Concerning the interpretation and explanation of the result obtained in this hypothesis, it can be said that the relationships of family members, especially the courage of couples, are the most important element of the organization. In the psychology literature, childhood is very important, as far as the root of psychological disorders is found in childhood. In this course, the negative social environment, the negative attitude of the parent, and the negative events of life are among the most important factors for creating the first maladaptive schema. Schemas are significant interpersonal and cognitive factors that help gain a better understanding of marital relationships (Wright et al, 2009). These mental frameworks can be considered as information processing structures that determine

feelings, behaviors, thoughts, and deep strong beliefs about oneself and the world (Ahmadi et al, 2014). In other words, schemas act as lenses in the life of the individual, which form the person's interpretation, selection and evaluation of his experiences.

Considering that the results obtained from this research confirm the existence of a relationship between early maladaptive schemas and marital intimacy with a tendency for cosmetic surgery, it is suggested that counselors and counseling centers use the results obtained from this research and provide psychological treatments, especially schema therapy and couple therapy, before cosmetic surgery.

It is suggested that this study be repeated on other samples and by other researchers. It is also suggested that other predictor variables (attachment styles, emotion regulation styles, couples' communication patterns) in the tendency to cosmetic surgery be studied.

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