



**THE ROLE OF AESTHETIC BREAST SURGERY IN MARITAL SATISFACTION:
SEXUAL SATISFACTION IN WOMEN**

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ABSTRACT

Marital satisfaction is affected by various factors. These factors will result in marital satisfaction altogether and none of them will suffice to create marital satisfaction. This study aims at discussing the effects of aesthetic breast surgery on marital satisfaction, sexual satisfaction, and psychological well-being. The present study was a descriptive ex-post facto one. All the women, who had undergone aesthetic breast surgery in the cities of Tehran and Karaj, in addition to the mothers of students of Sayyedoshohada elementary school in District 5 of Education and Training of Tehran formed the population of the study. The samples consisted of 100 people (50 women who had undergone aesthetic breast surgery and 50 women who hadn't done so). The samples were chosen by available sampling method. The research tools were the questionnaires of Enrich's Marital Satisfaction, Hudson's Sexual Attitude, Ryff's Psychological Well-being. These questionnaires are all counted among the standard questionnaires, the validity and reliability of which is acceptable. In order to test the hypotheses of the study, Multivariate Analysis of Variance (MANOVA) was implemented to the significant level of 5%. All the analyses were done using version 19 of the SPSS software. The finding of the study shows that there is a significant difference among the level of marital satisfaction, sexual satisfaction, and psychological well-being of those who have undergone the surgery and those who haven't done so. It also shows those who have undergone the surgery experience higher levels of marital satisfaction, sexual satisfaction, and psychological well-being than those who haven't done so. Sexual health in women is derived from a unity and coordination among the mind, feeling, and the body which leads social and intellectual aspects in a person towards his/her personality development and results in the creation of communication and love.

Key words: aesthetic surgery, marital satisfaction, sexual satisfaction, psychological well-being, women

INTRODUCTION

Beauty is a totally natural trend in human beings and is shared by all of them. In our essence there is an innate tendency to see the beauties. This tendency originates from our essence. As a result, the perfection-seeking human, wants beauty and superiority alongside the other powers and considers them as the symbol of advantages. Efforts have been made in the world to create beauty and stimulate the aesthetic feeling. Understanding beauty and physiognomy plays a part in intellectual and emotional development of people and causes them to know their own picture. Beauty has its own norms in cultural and social attitudes [1]. Appearance is an important aspect in modern life. Nowadays, people not only want to have a good internal feeling, but also they want to have a good external appearance [2]. Ideal and beautiful body in women improves their self-image and gives them the self-confidence. As a result, they will benefit from more acceptable sexual activities, and they will be given more sexual satisfaction and more emotional and sexual vitality [3]. The existing social standards for women's beauty overemphasize the tendency to have a beautiful appearance and body. Various studies have shown a lot of dissatisfaction with the size of body and its shape among women [4]. Aesthetic surgery causes people who undergo it to feel satisfied and to have a better feeling about their physical appearance. Consequently, the effect of the

surgery is extended to the lives of patients and their partners and even to their bedrooms. Maybe it is because of the sexual advantages that are accompanied by a successful surgery since medical surgery is not only a mental surgery but also it is a mental-sexual one, and this way of thinking originates from illogical beliefs of those people and their friends [5]. Body image includes the behavior, feeling, and values of a person towards him- or her-self, and how a person is considered in terms of look and all the internal feelings makes his or her body image which influences sexual satisfaction [6]. Body image reflects a person's self-attitude and is accompanied by feelings and thoughts which can change his or her behavior positively or negatively on different conditions. This mental notion can be affected by factors like physical growth, the interaction of a person with his or her social environment, events, and bodily injuries and creates a kind of concern about the body image inside the person [7].

Various researchers such as Marks&Meehl (2015), Baston&Cooke (2015), Felce (2015), Marky&Marky (2014), Klassen et. al. (2014), Meins (2014), Sadic (2014), Nicodem (2014), Fostanzo et. al. (2014), Kamburglu&Ozgun (2014), Mark (2014), Higuera (2014), Ozgur, Tuncali, & Gursu discussed surgical topics and body beauty, and most of them reported a positive relationship among an aesthetic

surgery in the body and sexual and marital satisfaction. Nonetheless, none of them has ever made a comparison between the women who had undergone the surgery and those who hadn't in terms of sexual and marital satisfaction. As a result, in the present study, the researcher attempts to find an answer to the question of the existence of a difference in terms of marital satisfaction, sexual satisfaction, and psychological well-being among the women who has undergone an aesthetic breast surgery and those who hasn't. The researcher tries to find the answer to this question by doing this research.

METHODOLOGY

The present study is a descriptive ex-post facto one. All the women, who had undergone aesthetic breast surgery in the cities of Tehran and Karaj, in addition to the mothers of students of Sayyedoshohada elementary school in District 5 of Education and Training of Tehran formed the population of the study. The samples consisted of the women who had undergone aesthetic breast surgery (after one year of their surgery) in addition to those who hadn't. The samples were chosen by available sampling method. Since the sample size for each group in ex-post facto studies (comparative studies) has been described as 30 people, 100 women including 50 who had undergone the surgery and 50 who hadn't were chosen as available samples. The research tools were the questionnaires of Enrich Couple Scale

(consisting of 47 questions about marital satisfaction), Hudson's Sexual Attitude (Index of Sexual Satisfaction (ISS); consisting of 25 questions and is among self-report questionnaires), Ryff's Psychological Well-being (to measure these structures. In this questionnaire, there are psychological well-being scales such as the 20-phrase questionnaire, the 14-question questionnaire, 9- and 3-phrase questionnaires designed). These questionnaires are all counted among the standard questionnaires, the validity and reliability of which is acceptable. In order to test the hypotheses of the study, Multivariate Analysis of Variance (MANOVA) was implemented to the significant level of 5%. All the analyses were done using version 19 of the SPSS software.

RESULTS

Before analyzing the data of the hypotheses, in order to make sure that the data of the research estimate the fundamental assumptions of the analysis of MANOVA to check the hypotheses, they were checked. Therefore, the homogeneous assumptions of the variance were checked. To check the presumption of the equity of the variances of the variables of marital satisfaction, psychological well-being, and sexual satisfaction of the research, Levene's test was implemented. Table 1 shows the results of the.

As Table 1 shows, Levene's test is not significant in variables of marital satisfaction

and sexual satisfaction. Therefore, the variance of the two groups of women, i. e. those who had undergone the surgery and those who hadn't, is not significant. The assumption of the homogeneousness of the variances is consequently confirmed and the null hypothesis for the presumption of the equity of the variances of the two groups is accepted in the variables of marital satisfaction and sexual satisfaction. This shows that the presumption of the presumption of the equity of variance scores in the two groups is then confirmed.

As we can see in Table 2, the significance level of all the tests indicates that at least in one of the dependent variables (i. e. marital satisfaction, psychological well-being, and

sexual satisfaction), there is a significant difference among the women who had undergone the surgery and those who hadn't ($F = 1410.88$, $p < 0.001$). To recognize the difference, a one-way analysis of variance was done in ANOVA. Since statistical power is equal to one, there was no error of Type II.

As Table 3 shows, there is a significant difference among the women who had undergone the surgery and those who hadn't in terms of sexual satisfaction ($F = 1694.98$, $p < 0.001$). In other words, according to the mean scores of the table, the women who had undergone the surgery experience more marital satisfaction in comparison with those who hadn't. The statistical power is equal to 1. In other words, there was no error of Type II.

Table 1: The results of the Levene's test about the presumption of the equity of the variance scores in the variables of marital satisfaction, psychological well-being, and sexual satisfaction among the two groups of the population

Variable	F	First degree of freedom	Second degree of freedom	Significance level
Idealistic Distortion	0.46	3	56	0.49
Marital Satisfaction	2.93	3	56	0.20
Personality Theme	0.78	3	56	0.37
Marital Relationship	1.22	3	56	0.27
Conflict Resolution	0.01	3	56	0.91
Financial Management	2.56	3	56	0.20
Leisure Activities	2.54	3	56	0.11
Sexual Relations	1.90	3	56	0.17
Marriage and Children	1.20	3	56	0.45
Relatives and Friends	0.29	3	56	0.58
Equity	0.68	3	56	0.41
Religious Orientation	1.33	3	56	0.56
Marital Satisfaction	1.20	1	98	0.27
Sexual Satisfaction	2.84	1	98	0.13

Table 2: The results of the mean scores of the marital satisfaction and sexual satisfaction of the women who had undergone the surgery and those who hadn't

Test	Value	Hypothesis df	Error df	F	P	Statistical power
Pillai	0.97	3	96	1410.88	0.001	1
Wilk's Lambda	0.02	3	96	1410.88	0.001	1
Hetling	44.09	3	96	1410.88	0.001	1
Roy's Largest Root	44.09	3	96	1410.88	0.001	1

Table 3: The results of one-way analysis of variance in ANOVA on the mean score of marital satisfaction in women who had undergone the surgery and those who hadn't

Variable	Total Squares	Degree of Freedom	Mean Squares	F	p	Statistical Power
Sexual satisfaction	86318.44	1	86318.44	1694.98	0.001	1

DISCUSSION AND CONCLUSION

The results show that the women who had undergone the surgery experience more psychological well-being in comparison with those who hadn't. This is in line with the findings of Yavari (1393), Klassen et. al. (2014), Sadic (2014), and Saror (2012). In other words, those who undergo aesthetic breast surgery do not experience stress and the signs of anxiety resulted from deformity of body and often present an appropriate body image, positive behavior and feeling, high levels of self-worth due to the surgery compared to the time before they underwent the surgery. They also have accepted their appearance, and with this, they are more positive, autonomous, and determined in their relations in comparison with those who haven't undergone the surgery. With the self-confidence that is given to them by the surgery, the women who have undergone the surgery experience increased levels of environmental mastery, personal growth, and self-acceptance in comparison with those who haven't undergone it. In addition, those who have undergone the surgery, have more marital satisfaction than those who haven't done so.

This is in line with Jalalian (1392), Totouchi, Fakharri, and Kolahi (1390), Marks&Meehl (2015) and then with Baston&Cooke (2015).

Therefore, it can be stated that among the women who have undergone the aesthetic surgery, negative descriptions of the body shape, dissatisfaction with the appearance, and gaining ideal appearance are among the biggest challenges for them to go through with the surgery. In those women, perceived concerns about the appearance in sexual relations will decrease due to the perceived beauty that is achieved due to the surgery, and self-acceptance, joy, and hope will increase in their marriage. It can be said that among the women who have undergone the surgery, there lower fewer levels of idealistic distortion and higher levels of marital satisfaction, personality theme, marital relationship, conflict resolution, financial management, leisure activities, sexual relations, marriage and children, relatives and friends, equity, and religious orientation in comparison with those who haven't.

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