

Effects of Nail Art on Depression, Self-Esteem and Vitality of the Female Elderly in the Community

Muyeong seak Yang¹ and Hyangeun You^{2*}

¹ Associate Professor, Jesus University, Korea; medicms@jesus.ac.kr

² Master's Degree Student, Jesus University, Korea; eyh97@jesus.ac.kr

Abstract: This is a study in which the purpose is to investigate the psychological changes of women receiving nail art procedures. With particular regard to depression, self-esteem, and vital signs which are said to be the biggest problems among senior citizens in modern society. We investigated the positive effects of nail art procedures such as reduced depression, improved self-esteem and vital signs in elderly women. Through this study, we hope that nail art procedures will be established as a daily program to help women who suffer from mental health problems; and that nail art procedures, which are accessible in everyday life by all ages, can positively contribute to the psychology of people.

Keywords: *Depression, Nail Art, Self-esteem, Senior citizen, Vital Signs*

1. Introduction

As living standards are improved and medical technology is developed, due to the rapid industrialization and economic assumptions, the average life span is also extended; the population aging phenomenon is now moving towards an aging society.

The elderly who prepare for aging face physical, physiological, and cognitive decline such as mental and social changes, chronic diseases, and fragility of death, but they expect a high quality of life beyond just living long [1].

Despite these expectations, aging causes serious social problems in our society. The growth of the elderly population inevitably involves serious problems such as elderly poverty, disease, alienation, social loss and isolation, and economic weakness. The elderly suffers from physical problems such as physical deterioration and chronic diseases, and psychological problems such as role loss, alienation and depression in their daily lives. As a result, their quality of life becomes lowered [2][3].

In particular, Korea's quality of life which is very low ranks 29th among 38 OECD countries in 2018. However, the rates of elderly suicide and the elderly poverty ranks 1st [4].

So depression, self-esteem, and vitality of the elderly are emerging as important social problems and should be regarded as important throughout society.

According to DSM-IV, written by the American Psychiatric Association, depression is defined as a psychopathology involving symptoms such as psychologically depressed mood, worthlessness, guilt, loss of interest, decreased concentration and memory, and thoughts of suicide. It is defined as psychopathology that also involves physical symptoms such as changes in sleep patterns, fatigue, and changes in appetite or weight.

Depression is a feeling of melancholy, sadness, hopelessness, disappointment or despondency, which is the most common symptom commonly seen in the elderly, and is a growing problem in the elderly community [5][6].

Depression in the elderly is difficult to recognize without professional help, so early detection rarely occurs. Negative perception of psychiatric treatment is difficult to treat, and deterioration of depressive symptoms worsens not only the mental and physical health of the elderly, but also has a huge negative effect on their daily life [3].

However, due to the emotional nature of Koreans, they have a negative eye on treatment in the department of mental health medicine. Currently, Koreans are more interested in alternative therapies

than direct mental health medicine. In fact, in recent media, there are a lot of healing programs such as health programs, travel programs, and beauty programs. Through this mass media, nail art is also approaching the public in various ways as a field of healing [6][7].

As a result, the researcher targeted the elderly who are vulnerable to depression as described above, and I began to research on how nail art that can be easily done at home, is accessible, and inexpensive can help reduce depression, increase self-esteem, and improve vitality of the elderly.

Therefore, this study aims to clarify the relationship between depression, self-esteem, and vital symptoms of the female elderly in the community by receiving nail art for the female elderly in the community. This research shows that nail art is an active method that adds a beautiful aesthetic function that reduces depression in the female elderly, increases self-esteem, and improves vitality.

Therefore, this study aimed at revealing the relationship between depression, self-esteem and vitality of the elderly in the community by receiving nail art for the elderly in the community who have no problems in their daily lives. It shows that it is an active management that lowers the depression, increases self-esteem, and improves vitality of female elderly through receiving a nail art.

Furthermore, it is intended to help the general population to change their mood for depression, self-esteem, and vitality.

2. Methods of the Study

2.1. Design of the Study

The design of this study is to grasp basic data on the effects of nail art on depression, self-esteem, and vitality of the female elderly in the community, and to apply qualitative methods such as interview, observation and research to find cultural specificity. The field study used is to enter the daily life scene where human behavior occurs, also participation observation and interview are the main methods.

A total of 8 subjects were collected through interviews on the subjects' depression, self-esteem, and vitality.

The order of the experiments is as follows.

First, before the experiments, grasp the condition of the subject's hands and nails.

Second, 5 minutes before nail art, interview and measure BP to investigate depression, self-esteem and vitality.

Third, nail art is applied for 30 minutes.

Fourth, data are collected through interviews during and after the management.

2.2. Selection of Research Participants and Ethical Considerations

The total subjects of this study are 8 female elderly people from the local community in Jeon-Ju. The purpose of study was explained, and the elderly in the community who wanted to participate, the purpose and procedure of this study were explained before starting the study. The study participants' observations and interviews will be made anonymous. The participants were given an in person guarantee of anonymity and explanation that the interview content will only be used for the purpose of the study.

2.3. Collecting Data

The data collection period was 32 days, from March 20, 2019 until April 20, 2019, in which the data was saturated. It started after receiving the first nail art and was recorded with the consent of the participants. In-depth interviews were conducted 2 to 30 times, and the first interview took about one hour. In the second interview, interviews were held for 60 to 120 minutes, and focused on any part of the first interview that was unclear, or the participant's statement was lacking. Interviews were conducted at the researcher's lab by setting a convenient time for the participant, and tapes of the participant's statements were posted to the letter on the day for analysis.

2.4. Data Analysis

Doctor of Nursing with experience in qualitative research participated to ensure that the categorized content and related areas were consistent to the original data, and to reduce the error of intervention and preconceptions or researchers' one-sided judgement in the data analysis process and increase reliability. In the process of naming painting, one major in Korean literature joined and discussed to name it. Finally, the results were consulted and evaluated by a Doctor of Nursing.

3. Results of the Study

3.1. Subjects General Characteristics

The age distribution of the subjects in this study was 71-81 years, and the average age was 75.8 years. Out of the 8 participants, 5 were elementary school graduates and 3 were high school graduates. All of them were married, 5 were widowed, and 3 had spouses. Hypertension was the highest in 5 patients and 3 had diabetes for more than 3 months. For others, bronchitis, osteoporosis, and angina were overlapping.

Table 1. Socio-Demographic Characteristics of this Study (n=8)

Division		N	%
Sex	Male	0	0
	Female	8	100
Age	70s	4	50
	80s	4	50
Graduated	Elementary school	5	62.5
	Middle school	0	0
	High school	3	37.5
Married/Single	Married	8	100
	Single	0	0
Cohabitation form	Living alone (Bereavement)	5	62.5
	Living with a spouse	3	37.5
Health condition (More than 3 months Disease that she suffers from)	High blood pressure	5	37.5
	Diabetes	3	37.5
Total		8	100.0

3.2. Results According to the Characteristics of the Subjects

As a result of qualitative research analysis on how the experience of receiving nail are affects depression, self-esteem, and vitality, a total of 48 raw materials, 6 components, 5 categories, and 3 areas were derived.

In the three areas, the participants experienced a refreshed mood, increased confidence, improved mood which resulted in lowered blood pressure.

3.3. Interview Results

3.3.1. Reduced Depression

“After doing nail art, I feel refreshed and encouraged.” (#4)

“Nail art makes me pretty, clean, and feel good.” (#5)

“When my nails are painted, I am more careful and it also makes me want to get dressed up and change my hair.” (#2)

3.3.2. Increased Self-Esteem

“After receiving nail art, I want to show off my hands everywhere and my self-esteem increases.” (#1)

“I feel good and refreshed, so my self-esteem is becoming higher.” (#3)

“There is nothing as good as being young, I feel like I am getting younger and my self-esteem is becoming higher.” (#4)

“When I receive nail art, I have a feeling of superiority, my self-esteem increases, and depression decreases.” (#3)

3.3.3. Positive Changes in Vitality

“Because I feel better, my heart is comfortable and I feel like my blood pressure has dropped.” (#3)

“I feel happy, so I feel like my blood pressure is dropping.” (#1)

“I think my blood pressure dropped because I feel better.” (#5)

4. Conclusion

The purpose of this study was to examine the depression, self-esteem, and vitality of the female elderly through 8 participants in the Jeon-Ju community and how their depression, self-esteem, and vitality are related to nail art.

The results of this study are as follows.

First, it can be seen that the elderly who received nail art not only reduce their depression, but also improve their personal hygiene because they feel refreshed and that the subjects improve other aspects of their outer appearance. The depression reduction in this study is consistent with [9].

Second, it can be seen that the elderly who received nail art actively manage their appearance, thereby bringing about various changes in self-evaluation, and affecting self-esteem.

Third, it can be seen that the female elderly who received nail art have a positive change in vital symptoms due to improved mood, stability, and enjoyment. The vital signs [9] derived from this study had a similar reaction as follows. ‘You feel better and feel like your blood pressure is lowered because the autonomic nervous system, the endocrine system, and the immune system have a function to comprehensively move and return the mind and body to normal.’

In particular, if nail art is settled as a daily life program for the female elderly and it reduces the inconvenience of going to a nail shop, which is both practical and accessible, it is expected that beauty therapy can contribute to a healing lifestyle therapy.

Through the above conclusions, I would like to make the following suggestions.

Since this study was limited to 8 the female elderly in the Jeon-Ju community, it is necessary to be cautious about generalizing the results of this study. Subsequent studies will not only expand the gender, region, and scope of research, but will also provide and in-depth analysis of the psychological characteristics of nail care through other variables used in appearance management behavior, besides depression, self-esteem, and vitality variables of the elderly in this study.

In conclusion, for positive effects of reduction of depression, improved self-esteem, and vitality in daily life, applying nail art to necessary facilities, such as a volunteer health project and the elderly welfare project, is expected to help.

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