



Is the Cost of Your Health Like that of Your Vanity? Study to Ponder Factors that Intervene in Physical Appearance and Determinants for the Complete State of Well-Being.

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ABSTRACT

The resources made to answer the question: is the cost of your health similar to that of your vanity? They were reached with the help of a survey digitally through social networks. In order to know the trigger for a change towards the physical appearance of people. We wanted to know to what extent health is sacrificed for vanity. Although the percentage is minimal, there is a group of people who seek and do everything possible to reach the standard of a perfect body proposed by society, which is why they resort to even extremist methods to achieve their goal, however, there are an average percentage rate where there is a balance of health and vanity, without reaching measures that harm health while maintaining consistency in their habits. On the other hand, the domain of the answers given is that they put their health as a priority over vanity and this is favorable in many aspects such as avoiding chronic-degenerative diseases. The sample was n = 183, of which 52.5% were women and 47% men. Students from 12 educational institutions in Mexico participated.

Keywords: health, vanity, diet, body, care.

1. Introduction

According to the World Health Organization (WHO), the concept of health is linked to a state of physical, mental and social well-being, and not only to the absence of diseases, today the concern for food is related to health same way with aesthetics.

The current population points out considering a change in their physical appearance, this research work sought to find the true cause of wanting to carry out a process of physical changes to contemplate a pleasant appearance of ourselves, but also before others; however, we know that this change is considered necessary for the care of our health, or in other words, due to the possible presence of diseases.

This does not mean that there are only two reasons for making these changes in us, but it should be clarified that the people who helped us answer this survey took different procedures to lose weight, for example, they freely wrote to stop eating completely or practicing intermittent fasting.

Currently, the cult of the body leads both men and women to take serious health risks, in which they are involved from diets and aesthetic procedures, to cosmetic surgeries, all this for the pursuit of beauty. Which is why it has been shown such importance in society to show off a "perfect" body. Likewise, the physical presentation acquires a special relevance at present, evidencing a greater interest in diets, exercise and, in general, in the aesthetic care of the body.

It requires a lot of work, effort and money that millions of men and women in the world dedicate in order to shape their body, ranging from fitness, the use of creams, ointments, diets, to surgical interventions. This is because these interventions make it possible to quickly transform the part of the body with which there is disagreement.

The work presented here is part of the Summer Seminar "Anthropological Methods" of the Faculty of General Community Medicine of the Northeastern Regional Complex of the Meritorious Autonomous University of Puebla, whose professor in charge was Dr. Fabio Morandín Ahuerma.

2. Literature Review

In Turner's article (1990) he points out the need for the body as a social and personal situation of each subject and mentions the fundamental aspect with the natural environment. He points out that there are women who dream of a symmetrical and harmonious body that suits "perfection". Jessica Ibáñez

(2014) supports this concept by mentioning in her article the sacrifices women make to consider themselves beautiful according to the social demands of the time.

On the other hand, Rodin (1993) emphasizes that in the times we live in, society highly values physical appearance and both men and women fear their appearance, and some try hard enough to be attractive. Similarly, today's civilization seeks to lure people into these traps with the promise of the lure of easy solutions. In this sense, beauty has become a very important industry, and its advertising encourages interest in the body.

Instead, Heredia and Espejo (2009) include the media as a strong influence on the perception of the ideal of beauty in each era of history. Women and men recognize this influence and their decision to seek the dream body through aesthetic procedures.

In this regard, Salaberria (2007) states how physical appearance and body image are two very different things. A person can have a physical appearance that is far from the established beauty canons and feel good about her body image, or the opposite can happen, people evaluated as beautiful may not feel that way.

John Locke introduced the concept of tabula rasa, which is the belief that the mind is a "blank slate" at birth and that we form and develop from our own experiences with the environment. "The mind depends on environmental influences" he affirmed (Locke, 2019).

3. Methods

In this research, the first thing that was done was to choose the topic of interest and then review various bibliographic sources and learn more about the subject to be discussed, this helped us to be able to design questions that allowed us to collect the necessary information that led us to obtain a clearer view on the subject.

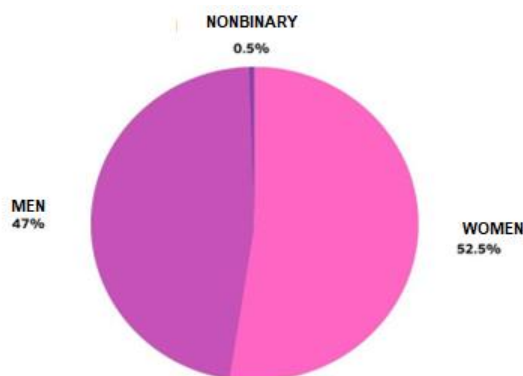
Based on the questions, a survey was formulated in Google forms, later a pilot test was carried out to identify errors and thus be able to correct them, followed by sharing on social networks such as WhatsApp and Instagram, where they helped us distribute in various groups to reach more people; The total number of survey participants was 183 participants from various places and institutions. They were told in the survey that it was for academic purposes and their responses would remain anonymous.

Based on the results obtained, the data was analyzed using qualitative and quantitative methods, then the results were graphed, accompanied by a brief description of the meaning of each of them, which allowed us to obtain relevant information.

4. Results

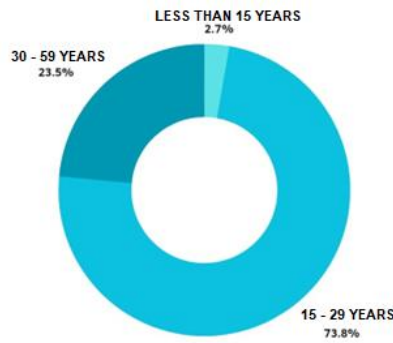
The analysis of the research began with the survey that was carried out on 183 participants in order to know the trigger for why they take care of their body. The results were the following:

Figure 1: Gender of survey participants.



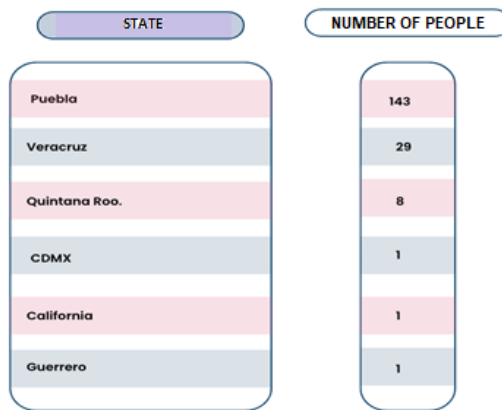
Note. Graph of the answers to the question: Gender. In which it indicates that more than 52% of the participants are women, 47% men and .5% non-binary.

Figure 2: Age of survey participants.



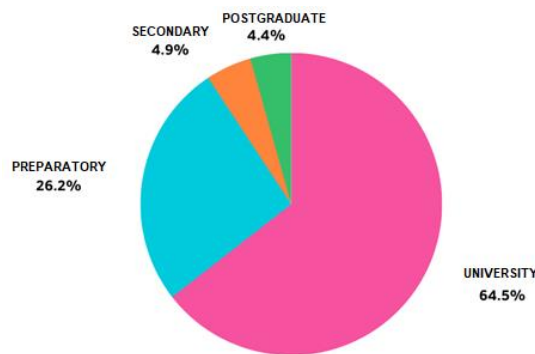
Note. Results of the question: Age. In which it is revealed that the majority of the participants who answered the survey covers the age range of 15 - 29 years with 73.8%, followed by an age range of 30 - 59 with 23.5% and being a minority under 15 years with 2.7%.

Figure 3: Place of residence of the participants in Mexico.



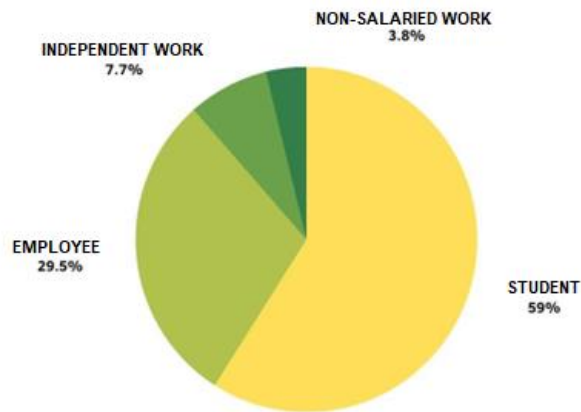
Note: Result of the question: Residence. Here we look at the state of the Mexican Republic from which the survey participants come.

Figure 4: Educational level up to the present of the survey participants



Note. Results of the question: Educational level. There are 64.5% university students, high school students with 26.2%, secondary school respondents with 4.9% and postgraduate respondents with 4.4% being a minority.

Figure 5: Occupation of survey participants.



Note. Results of the question: Occupation. Being a greater number of respondents students with 59%, employees 29.5%, independent work 7.7% and work with a salaried being a lower value with 3.8%.

Figure 6: Discrimination that survey participants have ever suffered.

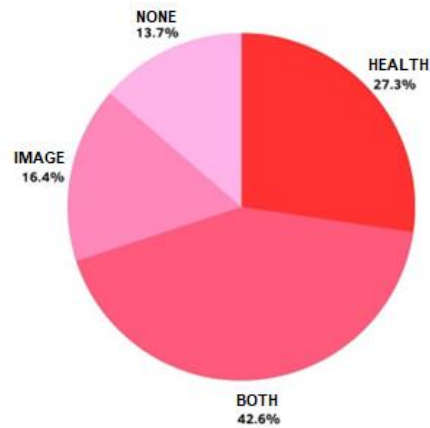


Note. Results of the question: Have you felt discriminated against because of your physical appearance? Here we can see that a little more than 50% of the participants have not felt discriminated against, however, the other remaining half have been discriminated against.

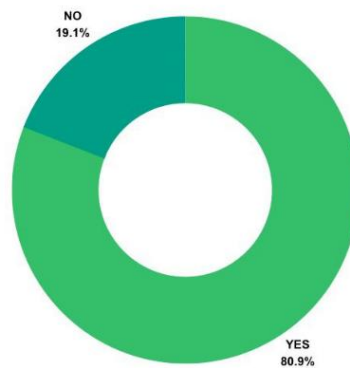
Figure 7: Social pressure on body care in survey participants.



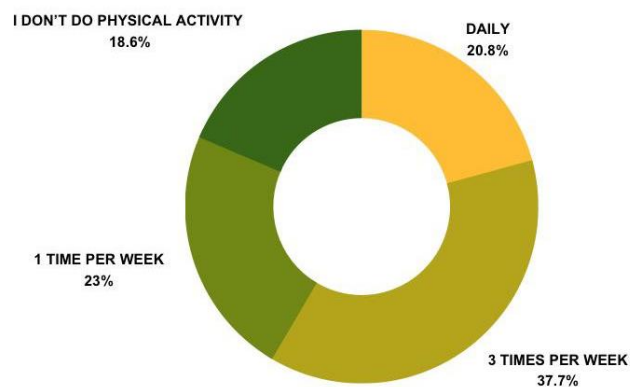
Note. Results of the question: Have you come to consider taking care of your body due to social pressure? In which we can see that 50.3% have come to take care of their body by their own decision, however, 49.7% have felt pressured by society to start taking care of their body.

Figure 8: Which survey participants consider more important: health or physical appearance.

Note. Results of the question: Do you invest more in your health or in your image? Here we can see that 42.6% of the participants invest in both their health and their image, while 27.3% invest in their health, likewise 16.4% only invest in their image, however, 13.7% do not invest or in health or in his image.

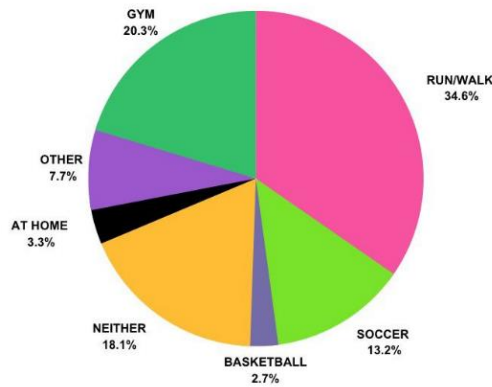
Figure 9: The survey participants do some physical activity.

Note. Results of the question: Do you do any physical activity? In this case we can see that 80.9% of the participants do carry out some physical activity, this may be that they do it once a week or even daily, while 19.1% do not carry out any physical activity.

Figure 10: How often the survey participants practice some physical activity.

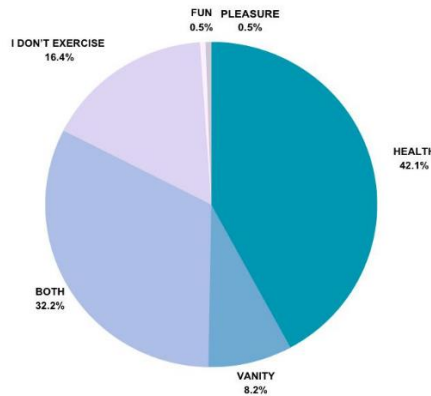
Note. Results of the question: How often? Here we can see that more than 50% of the participants perform physical activities 3 times a week or do it daily, however, 23% only do it once a week, while 18.6% do not do any physical activity.

Figure 11: Physical activities carried out by the survey participants.



Note. Results of the question: If yes, which one do you do? In the representation of the graph, it indicates that a greater amount practices walking or running as a physical activity with a percentage of 34.6%, followed by this is going to the gym with 20.3%, the third activity that is practiced is soccer with 13.2%, with 7.7% this other type of activities among which were mentioned most were swimming, taekwondo, volleyball and cycling. The minority practice physical activity from home with 3.3% and, finally, basketball practitioners were 2.7%.

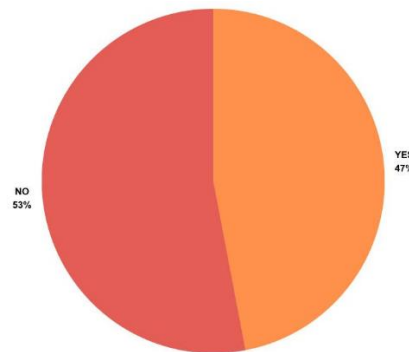
Figure 12: Reason why survey participants exercise.



Note. Results of the question: Do you exercise for health or for vanity? For those people who practice sports, 42.1% do it for health, compared to those who do physical activities for vanity; The graph indicates that 8.2% perform physical activities exclusively for this. However, there is a group of 32.2% who perform physical activities for both health and vanity.

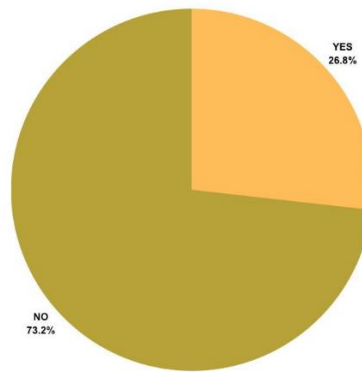
Of the minority of the group they do it for fun and pleasure, which represents 0.5% each. With the results obtained, we can see the importance that the survey participants give to their health, seeing that it is mostly their priority.

Figure 13: Diet of survey participants.



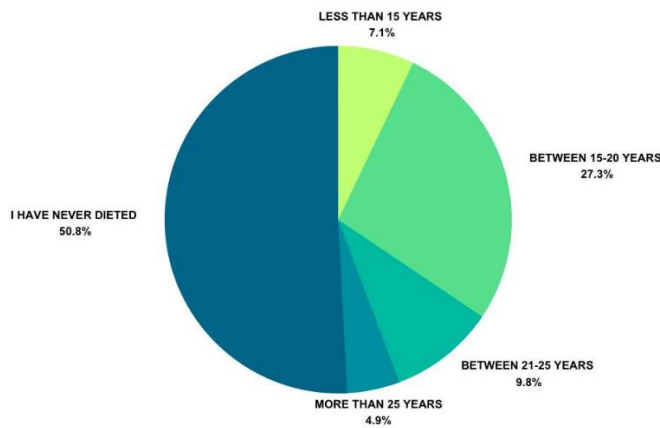
Note. Results of the question: Have you carried out any diet? The results on the graph are similar; with 47% of the survey participants have gone on a diet, the majority with 53% have not carried out any diet.

Figure 14: Consult with a nutritionist to obtain a diet for the survey participants.



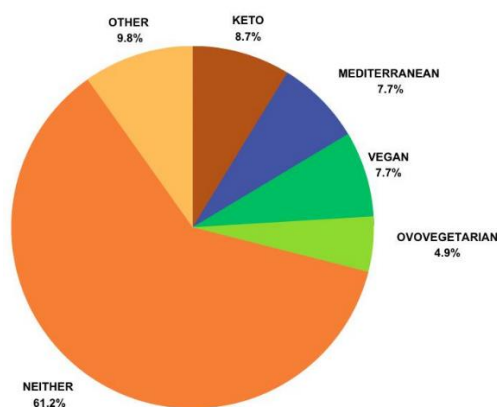
Note. Results of the question: Did you consult a nutritionist for your diet? The majority with 73.2% of the respondents did not consult any nutritionist or specialist to provide them with a healthy and special diet for their body, compared to only 26.8% who did consult a health professional.

Figure 15: Age at which survey participants carried out their first diet.



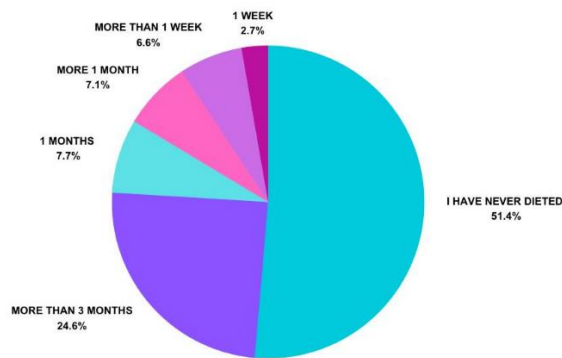
Note. Results of the question: At what age was your first diet? In the age that was most frequent to carry out the diet was between 15-20 years with 27.3%, followed by between 21-25 years with 9.8%, in 3rd place is the population that dieted before the age of 15 with 7% and finally those who made their first diet after the age of 25 with 4.9% of those surveyed.

Figure 16: Type of diets carried out by the survey participants.



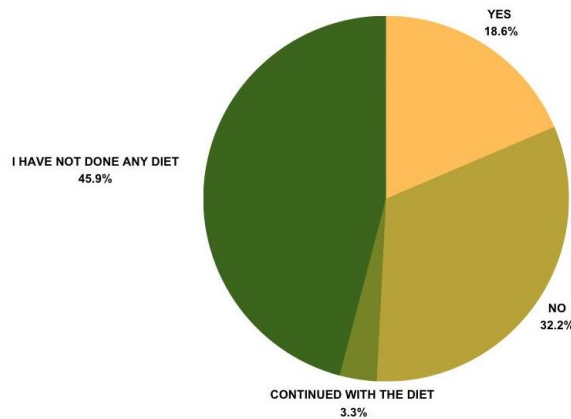
Note. Results of the question: Which of these diets? More than 50% of the participants reported that they had not followed a diet, however, 8.7% followed the keto diet, 7.7% the Mediterranean, 7.7% vegan, 4.9% ovovegetarian and 9.8% another diet of your choice.

Figure 17: Time in which the survey participants carried out the diet.



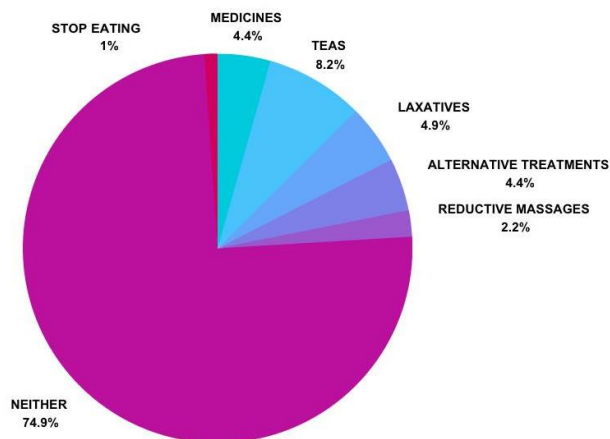
Note. Results of the question: How long did you practice this diet? It was revealed that 51.4% of the participants have never practiced a diet, 2.7% practiced it for a week, 6.6% for more than a week, 7.1% for more than a month, 7.7% for a month and 24.6% more than three months.

Figure 18: How many of the survey participants experienced a “rebound” from dieting.



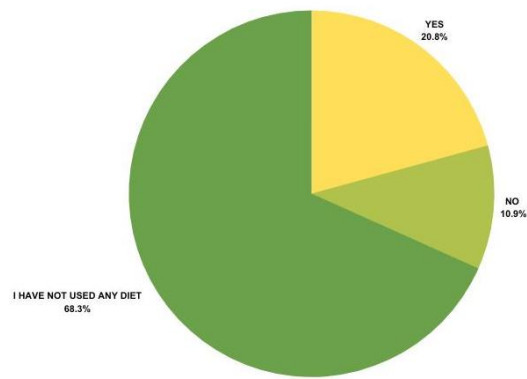
Note. Question Results: Did you experience “rebound”? 45.9% of the participants have not experienced a rebound because they have not followed any diet, 18.6% did experience a rebound, 32.2% did not experience a rebound and 3.3% continued with the diet. Rebound is the term used to indicate that you have returned to your original weight or even increased it after losing a few pounds.

Figure 19: Weight loss options in survey participants.



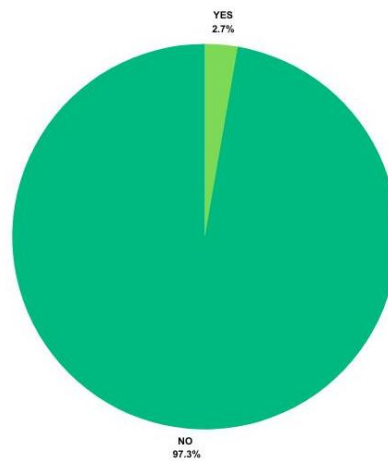
Note. Results of the question: Have you used any of these options to lose weight? More than 50% of the participants did not choose to use options to lose weight, however, 8.2% used teas, 4.9% laxatives, 4.4% medications, 4.4% alternative treatments, 2.2% reductive massages and 1% stopped eat.

Figure 20: Feasibility of the methods used to lose weight in the survey participants.



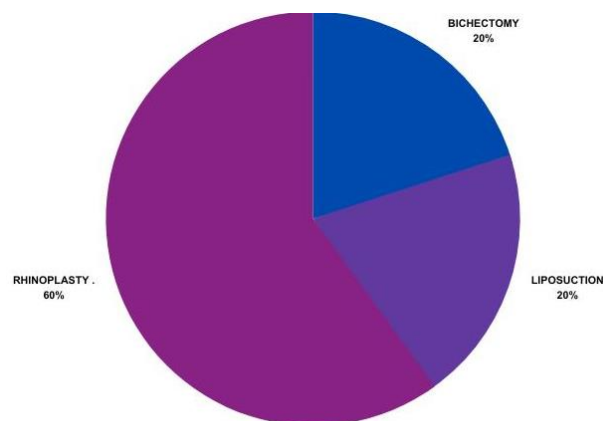
Note. Results of the question: Did any of the above options help you lose weight? More than 50% have not used any method to lose weight, 20.8% did use it and it had positive effects, 10.9% did not have favorable effects

Figure 21: The use of cosmetic surgeries in the survey participants.

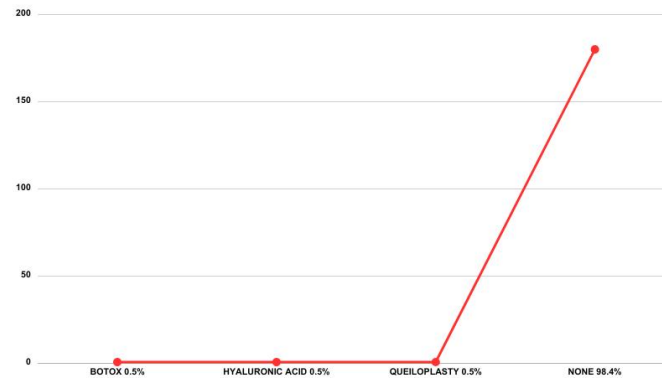


Note. Results of the question: Have you had any cosmetic surgery? The graph emphasizes that only a total of 2.7% of our population shows the use of cosmetic surgeries, while the other 97.3% does not consider its use.

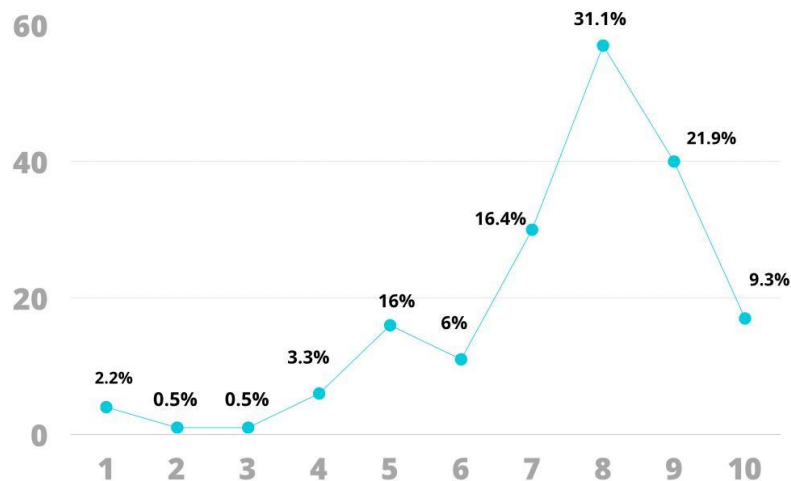
Figure 22: Types of cosmetic surgeries in the survey participants.



Note. Results of the question: If yes, what type? Our population of respondents was a total of 183 people, of which 60% who have undergone cosmetic surgery have been rhinoplasty, while liposuction and bichectomy are in the same range.

Figure 23: Types of aesthetic procedures that survey participants have.

Note. Results of the question: Do you have any aesthetic procedure? Thanks to the previous graph, we highlight that the majority of our population has not undergone an aesthetic procedure while the other options only have a percentage of 1%.

Figure 24: Body comfort in survey participants.

Note. Results of the question: On a scale of 1 to 10, where 1 is not at all and 10 is totally, how satisfied are you with your physical appearance? The most forceful question highlighted a graph where our population evaluates the comfort of their body with a (8) said rank was selected mostly in our survey, with a second place in the rank number (9).

5. Discussion

Taking care of the health of our body is undoubtedly a controversial issue that leads us to make decisions in our lives, especially in our personal consumption, however, these decisions become different according to each person, many factors influence more, From our point of view, age is one of the most significant since caring for a child is not physically the same as caring for an adolescent, much less that of an adult, given the mentality we have at each stage of life. life and that is where the environment influences, for that reason many are influenced in such a way that their mentality begins to transform according to the external environment that surrounds them, in other words, according to the people who are close to the person will be their decisions, be it a physical, mental, or social issue. Everything can be influenced.

Nowadays society is reduced in the standards or the privilege of being physically attractive for a better performance, job position or treatment towards the person, now there is a conflict where we question the physical change or lifestyle is to fit in these points mentioned or to improve their health, both physically and mentally, according to the statistics of our survey, 50.3% ignore social standards and 49.7% have felt pressured by society to start taking

care of their bodies. The favorable aspect of this survey was that 42.1% exercise for health, 8.2% for vanity and those who practice exercise for both cases, that is, for health and vanity, are 32.2%.

There are many procedures today to achieve a "perfect body" or the desired one to achieve stereotypes, medications, diets, exercises, aesthetic or surgical treatments, herbal medicine or even the simple fact of stopping eating, such as intermittent fasting. From our point of view, as people who have used and made some of these points made known, we can say that, yes, they serve the desired purpose, but the question is: at what cost? The medications fulfill their function, they help you lose weight, but they have adverse effects that are often ignored, however, these medications continue to be consumed; now these extremist diets with no return and without being carried in the long term, because they are not sustainable, they do make you lose weight ..! momentarily, but if you do not lead a healthy or correct lifestyle, they will produce the so-called "rebound", this is confirmed by people who underwent aesthetic treatments under the supervision of a doctor: these procedures do help, but they are not a miracle, you have to wear a healthy life and not everyone can access them due to the investment that this entails; here the best and sustainable option is to be consistent in the fact of leading a balanced life with exercise of choice and knowing how to balance meals for success with the help of a nutritionist, since very few people take the initiative to go to a specialist and This is confirmed in the survey: only 26.8% have consulted a nutritionist for their diet.

Likewise, we have observed that the majority of young people take care of their body to have a better physical appearance, taking into account that the results showed that the majority, with 31.1% of those surveyed, are satisfied with their body in a number 8 out of 10. In our opinion, young people should give importance not only to appearance but also to health, since if a good diet and exercise are not followed, they will not have the result they are looking for. According to other experiences collected about body care, it is a bit difficult if only physical activity is carried out, but not food care, which is also of great importance, they have also tried reductive massages and teas, but if not leads a healthy lifestyle, the desired result is not obtained.

According to the research that was done, we see that there are several reasons why people tend to give up diets in a short time, for example, when they have unrealistic expectations, many people start a very restrictive diet or expect quick results. When they don't see immediate results, they can feel frustrated and unmotivated, which can lead them to quit the diet.

In the same way, when the person undergoes extremely restrictive diets that completely eliminate certain foods or food groups, such as carbohydrates, they can be difficult to follow in the long term. These excessive restrictions can lead to anxiety and cravings, making it more likely to quit the diet. We also observe that the most frequent thing that is seen is the abandonment of diets due to the lack of visible results, if you do not see significant physical changes or do not feel better after following a diet for a while, you can lose motivation and abandon it.

It is important to remember that results may vary, and that weight loss and other health benefits may take time and perseverance. So it is important to remember that each individual is unique and may experience different dieting challenges such as experiencing a "rebound" or slow progress, unexpected results, among others.

This is why it is important to consult with a health professional, such as a dietitian or nutritionist, who can assess your personal situation and provide specific recommendations to overcome any obstacles you may be facing.

6. Conclusion

The objective that was sought in this investigation was fulfilled, this is due to the survey that we carried out with which we obtained the answer to the question: Do you take care of your body for health or vanity? Where we found out, it was possible to observe that 42.1% took care of their body for health, which is interpreted as meaning that the participants are interested in their health care.

The issue of health versus vanity is complex since it involves a balance between two important aspects of human well-being. While health focuses on an individual's general physical and mental well-being, vanity relates to the desire for beauty and aesthetic appeal.

In today's society, there is a growing emphasis on appearance and physical beauty, driven by social standards, the influence of the media, and personal preferences. This emphasis on vanity often leads people to seek various cosmetic enhancements, such as plastic surgery, extreme dieting, or excessive exercise, in an attempt to achieve the desired appearance. While it's important to recognize the importance of self-confidence and feeling good about your physical appearance, it's crucial to keep a balanced perspective and put health over vanity.

Health encompasses not only the physical aspect but also mental and emotional well-being, it involves maintaining a nutritious diet, exercising regularly, getting enough sleep, managing stress and seeking appropriate medical attention when necessary. Prioritizing health enables people to lead full lives, enjoy optimal physical functioning and reduce the risk of chronic diseases.

Vanity, on the other hand, can sometimes lead to unhealthy behaviors and unrealistic expectations. It is important to recognize that all people have unique physical attributes and that beauty standards vary across cultures and over time. An excessive focus on vanity can contribute to body dissatisfaction, low self-esteem, and mental health problems. It is crucial to foster a positive body image and self-acceptance, appreciating the diversity of phenotypic traits.

Finding a balance between health and pride is key. Taking care of one's health should be the primary goal, with a focus on nourishing the body, staying active, and addressing any underlying health issues. When seeking cosmetic enhancements, it's important to approach them with caution, seek professional advice, and ensure that decisions align with personal values and overall well-being.

Ultimately, prioritizing health and taking a holistic approach to wellness will not only promote a positive self-image, but will contribute to long-term happiness and overall quality of life.

Acknowledgments

We thank the students of the institutions Meritorious Autonomous University of Puebla, American University of Puebla, National Pedagogical University, Veracruz University, Higher Technological Institute of Teziutlan, Institute of Digital Education of the State of Puebla, Popular Autonomous University of the State of Puebla, University of the Americas Puebla, Technological Industrial and Services Baccalaureate Center #44, for their participation in the survey. In the same way, to the Northeastern Regional Complex (BUAP) for the facilities granted for this work. Finally, to Dr. Fabio Morandín Ahuerma for his corrections and your accompaniment.

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