



## Knowledge and Attitude of University Students Regarding Rhinoplasty

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### Abstract:

**Background:** The most common kind of plastic surgery is called rhinoplasty, which essentially reshapes the nose to improve facial beauty or to restore function after a physical defect, such as a tumor, infection, burn, developmental abnormality, birth disorder, trauma, or self-choice.

**Objective:** To assess the Knowledge and attitude of university students regarding Rhinoplasty.

**Methods:** a descriptive cross-sectional study carried out at the University of Mosul in the Nineveh Governorate between January 1, 2024, and January 3, 2024. Chance A multi-stage sample was chosen for this investigation. 100 students make up the sample of students at Mosul University. They were split up into four colleges: science, medicine, engineering, and hospitality. A specific consent form was used to obtain the subject's consent to participate in the study.

**Results:** The results of this study indicate that the majority of the sample, which consisted of 100 nursing students, was between the ages of 18 and 20 (65%). The male sample was larger than the female sample by 66%, and 79% of the sample lived in an urban area. Additionally, a high percentage of the sample—81%) was single.

**Conclusion:** The study came to the conclusion that one of its shortcomings is that it only included nursing students from one university and a relatively small sample size, which limits how broadly the research's conclusions can be applied. A larger sample size, however, might yield better results in the future. The findings also show that nursing students in Mosul City, Iraq, have little awareness of the negative effects of older adults.

**Keywords:** Knowledge, attitude, university students, Rhinoplasty.

## Introduction:

One of the most noticeable features on the face and a common symbol of beauty is the nose. An individual's sense of self-worth, confidence, and self-image are strongly correlated with their facial appearance. Nasal structural abnormalities, whether resulting from surgery, trauma, or natural causes, have a lot of effects on a person's emotional health. Individuals who are unhappy with the way their nose looks can choose to undergo rhinoplasty, a cosmetic procedure that modifies the nose's shape or appearance while maintaining or improving the nasal airway<sup>(1)</sup>. Revision and rhinoplasty Rhinoplasty is a type of facial cosmetic surgery that has a significant impact on the patient's appearance and mental health<sup>(2)</sup>. In Iraq, rhinoplasty operations have become more common in recent years, accounting for 30% of all cosmetic surgery procedures. Although the desire to correct a dimorphic facial feature is contributing to this increase, people's decisions are increasingly being influenced by social media's portrayal of beauty standards<sup>(3)</sup>. It has been observed that spending hours looking at social media posts about cosmetic surgery and the portrayal of what are deemed ideal features has a significant impact on people's decision to consider a procedure<sup>(4)</sup>. Rhinoplasty carries a number of known risks, particularly with reduction rhinoplasty. While severe complications are uncommon, a number of short- and long-term issues have the potential to cause patient disappointment, aesthetic dissatisfaction, and even functional issues<sup>(5)</sup>. Two categories of complications are identified from rhinoplasty: non-aesthetic<sup>(6)</sup>, which includes breathing disturbances reported by 70% of revision rhinoplasty patients, and aesthetic complications, which may necessitate revision rhinoplasty. In addition, injury to the soft tissues and skin can result in fibrosis, atrophy, numbness, and the development of cysts from subcutaneous granulomas or displaced mucosa. While infections are uncommon, they have the potential to be fatal in cases of toxic shock syndrome. Combining sinus surgery with rhinoplasty increases the risk<sup>(7)</sup>. When considering a rhinoplasty, a person should consider the possibility of complications<sup>(8)</sup>. As a result,

rhinoplasty is being utilized more frequently<sup>(9)</sup>. As with any surgical procedure, rhinoplasties can have side effects, such as anesthesia complications, unsatisfactory appearance and deformity, septal perforation and hematoma, epistaxis, infection, and worsening rather than improving nasal functions or shape<sup>(10,11)</sup>. Rhinoplasty is regarded as the second most common plastic surgery procedure in Iraq and the fifth most commonly performed procedure overall<sup>(12)</sup>. No matter how common this procedure is in Iraq, there is a dearth of research on the attitudes and behaviors of the populace, especially among university students who are more exposed to and knowledgeable about rhinoplasty. While the number of teenagers choosing to undergo plastic surgery particularly rhinoplasty has increased, there hasn't been much focus on the risks, and there aren't many studies in the global literature that examine teens' attitudes and beliefs regarding these procedures. This study set out to investigate university students' knowledge and attitudes about rhinoplasty.

## Methods and Materials:

A descriptive cross-sectional study carried out at the University of Mosul in the Nineveh Governorate between January 1, 2024, and January 3, 2024. The Nineveh Governorate was the site of the current investigation. It is a northern Iraqi governorate, with Mosul serving as its capital. The second-biggest city in Iraq, Mosul is situated 465 kilometers north of Baghdad. Four groups: scientific, medical, humanitarian, and engineering. The University of Mosul conducted the study over the course of three months, from January 1, 2024, to January 3, 2024. A multi-stage sample was chosen for this investigation. 100 students make up the sample of students at Mosul University. They were split up into four colleges: science, medicine, engineering, and hospitality. A specific consent form was used to obtain the subject's consent to participate in the study. Each of the four universities in Mosul that were involved in the study—Medicine, Science, Humanity, and Engineering—were interviewed in order to complete the questionnaire. It took them between fifteen and twenty minutes to finish the interview and provide their answers. A questionnaire was

used to gather data in order to evaluate the knowledge and attitudes of university students at the University of Mosul regarding rhinoplasty. The four components that made up the study's instruments were as follows: Section One: Demographic features comprising (age, gender, college kinds, and residency).Part 2: University of Mosul sources of information on Rhinoplasty. There were eight choices in it. Part 3: This third tool evaluates students' knowledge of rhinoplasties at the University of Mosul. There were fifteen multiple-choice questions with three possible answers—"Yes," "No," and "I don't know. "Part Four: The third instrument used to gauge university

students' opinions about rhinoplasties at Mosul University. There were twenty multiple-choice questions with three possible answers (agree, disagree, and neutral).The statistical findings were examined using version 26 of the Statistical Package for Social Sciences (SPSS). A descriptive methodology was utilized. The demographic description characteristics of the students are computed using percentages and frequencies. The data values were estimated using the means and standard deviation ( $\pm$  SD). Utilizing test-retest Pearson coefficient correlation to assess the dependability of the study instruments <sup>(13-70)</sup>.

**Results:**

**Table (1): Distribution of Demographical Characteristics of sample (100)**

Variables	No.	Frequency (%)	Mean +SD
(A):Age			
18 – 23 Years	33	33%	Mean (23.6) SD (1.95)
24 – 28 Years	50	50%	
29- 33 Years	12	12%	
34 Years and more	5	5%	
(B):Sex			
Male	17	17%	
Female	83	83%	
(C): Type of College			
Medicine	13	13%	
Engineering	27	27%	
Humanity	33	33%	
Scientific	27	27%	
(D):residence			
Urban	89	89%	
Rural	11	11%	
(E): Have you had rhinoplasty?			
Yes	<b>29</b>	<b>29%</b>	
No	<b>71</b>	<b>71%</b>	

Table No. 1 shows that most of the sample participating in the study amounted to 100 students, that most of the study sample was from 24 to 28 years old, at a rate of 50%, and that the sample of female was higher than that of men by (83%), 89%

of the sample whose residence was urban , as well The sample was distributed in terms of between colleges of the Medicine, engineering , humanity and scientific.

**Table (2):Source of information related to regarding Rhinoplasty**

Source	N	%
Internet	44	44%
Relative	23	23%
Friends	22	22%
Improve appearance	35	35%
Celebrities	16	16%
Due to a medical condition	9	9%
Because of bullying	7	7%
Others causes	3	3%

**Table(3): Knowledge of university students towards Rhinoplasty**

Knowledge	N	%
Poor (0-5)	22	22%
Acceptance(6-10)	65	65%
Good (11-15)	13	13%

**Table(4): Attitude of university students towards Rhinoplasty**

Agree attitude	Neutral	Disagree
57%	26%	17%

**Discussion:**

Rhinoplasty operations are becoming increasingly common in both males and females worldwide. In terms of the top 25 countries with the highest rates of cosmetic procedures, the Arabia region is ranked by the International Society of Aesthetic Plastic Surgeons (ISAPS). This study sought to evaluate participants' attitudes and knowledge regarding rhinoplasties. Table 1 reveals that the majority of the study sample consisted of 100 students, that the study sample's age range was primarily between 24 and 28 years old (at a rate of 50%), that the proportion of women in the sample exceeded that of men by 83%, and that 89% of the sample lived in an urban area. The distribution of the sample was among medical, engineering, humanities, and scientific colleges. Eighty-three percent of the students said that they completed an internship rotation in plastic surgery. A high number of

scientific publications and above-average academic achievement are prerequisites for residency seats in plastic surgery in Iraq. In this study, female students demonstrated a significantly higher level of knowledge about this subspecialty than did male students. This could be explained by the fact that women are more concerned with cosmetics and body image than men are. This would have encouraged female students to research plastic surgery further and consider it as a potential career path. Developing a competitive application might be more challenging if you're interested in pursuing plastic surgery as a career after graduation. Table No. 2 reveals the sources from which the students' experiences and knowledge were gleaned. Approximately 44% of the students' total knowledge regarding the origins of plastic surgery came from this source. Everyone has heard of cosmetic procedures, and according to

participants, social media was the most common source of information. This finding is consistent with another study conducted in 2017 at Taif University among female students to evaluate knowledge, attitude, and practice, and it also found that social media was the most common source among respondents<sup>(71)</sup>. Plastic and reconstructive surgery training options are scarce in Iraq, so it would be helpful to understand the qualities, traits, and other factors that medical students consider important when deciding whether to pursue this surgical subspecialty. Therefore, our study investigated medical students' knowledge and perspectives about plastic surgery in the Western region of Iraq. The majority of students reported having little knowledge of this specialty, according to the study's findings. In a recent study, 68% of male undergraduate medical students at one Saudi Arabian university reported having good knowledge of plastic surgery<sup>(72-75)</sup>. The percentage of the students' knowledge about rhinoplasty that was acceptable was roughly 65%. This suggests that the students' knowledge in this area is generally good and acceptable. Although university students had positive attitudes toward rhinoplasty procedures, this suggests that the majority of them were well-informed and had a distinct perspective on the procedure<sup>(76)</sup>.

#### Conclusion:

The results of the study demonstrated that students' attitudes and knowledge regarding rhinoplasty are supportive and accepting. Additionally, social media has a greater influence on the sources of information about rhinoplasty.

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