

**Why Plastic surgery is good for self esteem: A persuasive essay**

The question of how far plastic surgery can boost one's self esteem has been much discussed and there is no doubt that fair physical appearance of a person can provide one with extra self confidence. There are many factors that can affect the self esteem of a person which vary from factors like age, social and economic status, family backgrounds and physical or psychological image. People who undertake plastic surgeries do so sometimes because of low self esteem, lack of positive self image, physical deformity or to gain public attention.

However, self esteem is not all about physical image; it is more of a psychological factor.

But, one can state it clearly that the physical image of a person acts as a strong factor that can promote positive self image and in this respect plastic surgeries have got a key role to play in the creation of positive self image in people. Besides, it is the physical image of the person that is easily noticed by other people and there is a tendency for everyone to judge people based on appearance at the first sight. All these underline the significance of plastic surgery in the creation of one's self image.

Plastic surgery is generally classified into two categories- reconstructive and aesthetic.

Reconstructive surgeries are "necessary for an individual to be able to function normally, whether it be physically or socially" (Coca, 2006). A child without an ear or a distorted face is most likely to undergo psychological problems that can adversely affect his/her self concept. So plastic surgeries help such people to get rid of their physical short comings and come to the fore front of social life. One must never forget the fact that one's self concept is closely connected to social acceptability and recognition. However, aesthetic plastic surgeries are "completely voluntary and unnecessary for normal human functioning" (Coca, 2006) and they mainly aim at the enhancement of one's physical appearance. No doubt, such

surgeries are also capable of providing self esteem and self confidence to individuals who lack them otherwise. As Nithin Coca rightly puts it: “there is a definite relationship between aesthetic plastic surgery and low self esteem” (Coca, 2006). Thus, it can be stated that people who suffer from low self esteem due to their poor physical image can gain a lot from plastic surgeries.

Self esteem, however, is not all about one’s physical appearance; in fact it is a feeling that comes from deep within one’s soul. As the Mayo Foundation for Medical Education and Research (MFMER) rightly observes, “Self-esteem is your overall opinion of yourself — how you honestly feel about and value yourself. Self-esteem involves judging your worth as a person. People with healthy self-esteem feel good about themselves and see themselves as worthwhile.” (Self-esteem check: Too low, too high or just right? 2007). Even though self concept involves social, cultural, economic and psychological factors, a person who cannot respect his physical image will always be lacking the confidence to present himself in front of a group and he will be retreating from social interaction. Young children are most likely to be introverts who suffer from inferiority complex. Therefore, it is advisable for such people to subject themselves to plastic surgeries and gain self esteem.

The American Society of Plastic Surgeons strongly advocates that plastic surgeries enhance both self image and self concept of the individual. It states that “People who are happy with their self-image are more likely to be self-confident, effective in work and social situations, and comfortable in their relationships. Those who are dissatisfied tend to be self-conscious, inhibited, and less effective in activities.” (Psychological aspects, 2008). Similarly, Hasan Shahriyar, while dealing with the four factors that affect adolescent self esteem, identifies the physical image factor as the major factor that affects the self esteem of children; he observes that “kids at the same age prefer to associate with better looking kids rather than those with deformities or physical problems” (Shahriyar, 2008). Children with physical deformities very

often are looked down and laughed at by other children. These sorts of behavior can harm the positive self image of such children and plastic surgeries can prove to be the best solution for those who can afford it.

Thus, having gone through the various factors that are associated with the relation between plastic surgery and self esteem, it can be concluded that plastic surgeries enhances the self esteem of people or rather plastic surgeries put the person in a better position to tackle issues connected with poor physical image. As there is a close relation between self esteem and physical image of the person, the scope of plastic surgery has increased a lot. There could be exceptions where people with poor physical appearance perform better than those with good physical beauty. It is because of the fact that they are not moved by their physical deformity; instead they have faith in their talents and confidence in themselves irrespective of their physical drawbacks. But the majority of the people feel inferiority complex due to physical deformity of poor physical image. It is very difficult for them to establish themselves with other people with better physical image. Self esteem comes with self respect and people should first be able to respect the way they look like. Then only they will be able to think and act promptly. There could be many who argue about the bad effects of plastic surgery on men but one should think that it provides people with the self confidence, self respect, and self realization which mould and enhance their self-concept.

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