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Impact of facial image and appearance on mental health, personality and confidence level of young adult female

Rajajeyakumar M, Anushuya M, Sarayu V, Tamizhanban M and Gnanavel raja A
Tamil Nadu Dr.MGR Medical University, India

In general, women are much more concerned about their appearance than men. The key reason for this is that their appearance is central to how they are evaluated by others. That phenomenon is often rejected as appearance but giving it an unpleasant name is not going to make it go away. According to a recent study both men and women perceive facial symmetry as attractive in females, but facial averageness and facial maturity also affect men's perception of attractiveness. There are several anthropometric traits that have been associated with attractiveness, especially focusing on the face in great detail. The face is considered to be the most important part of the body in social interactions, since facial features become more important causes of overall attractiveness, according to a 2013 study published in the journal *Psychological Science*. Moreover, from a biological perspective, facial features hold a biological signal that informs us how healthy we are, meaning attractive faces signal different things in men and women. Physical attractiveness has been measured using facial symmetry, which implies that the more symmetrical an individual's facial features are the more attractive the perception of the individual.

Biography

Rajajeyakumar M, MBBS, MD (Physiology), MSc Yoga, CCEBDM (PHFI), PhD, has completed his MD Physiology, (2006-2009) at JIPMER- An Institution of National Importance under the Ministry of Health & Family Welfare, Govt. of India. He worked as Research Assistant (2009-2012) in Advanced Centre for Yoga Therapy, Education & Research Lab and JIPMER. He has published more than 28 papers in reputed national & international journals. He is serving as an expert reviewer (>22) and Editorial Board Member (>20) in many national and international journals. He was selected as chairperson for 12th and 13th Asia Pacific Medical Education Conference, 3rd and 4th International Conference on Faculty Development in the Health Professions, Yong Loo Lin School of Medicine, NUS, Singapore 2015 & 16. His diabetic research paper was accepted for presentation in World Diabetes Congress Dec-2015, Vancouver, Canada, organized by the International Diabetes Federation. He is also appointed as one of the Advisory Council Members of Pure Action; Yoga is Medicine, Austin, TX 78703.

rajakumar60@gmail.com

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