



## Psychological effects of Hair Loss

Anyone affected by hair loss often suffers a great deal because of it. A full head of hair is important to women in particular, as healthy hair helps them to feel beautiful and attractive. It is an expression of our individualism, a symbol of health and femininity. Beautiful hair affects not just our self-esteem, but also our influence on others: our hair is a fundamental part of our personality.

### 1. The end of youth: concerns about getting older

Hair loss causes both men and women to look older. Consequently, for many the advent of hair loss, (more than with any other physical aspect), dramatically signals the end of youth, vitality and desirability.

### 2. Inability to style the hair

Many hair loss sufferers are frustrated at the time and trouble necessary to camouflage thinning hair and the inability to style their hair as they would like.

### 3. Dis-satisfaction with appearance and body-image

The loss of the hairline can change a person's appearance substantially. Hair loss changes the appearance of the face by shifting the balance of the face to the forehead, resulting in an aged appearance.

A study revealed that men who had more profound hair loss were more dis-satisfied with their appearance and were more concerned with their older look than those with minimal hair loss. This effect cut across all age groups but was more prominent in the younger individuals.

The research also indicates that women tend to be more upset than men by their hair loss, have a more negative body image about themselves and are less able to adapt to the loss.

## 4. Low self-esteem

Physical beauty is one of the cornerstones of self esteem and it is one of the most vulnerable. The self-esteem levels and other measures of self-worth drop significantly when hair loss occurs.

## 5. Loss of personal attractiveness and fear of not looking attractive

Hair is an important determinant of physical attractiveness and a mean of expressing individuality. Hair loss affects the individual's feelings of attractiveness.

For balding women it is especially hard to live in a society that places great value on youthful appearance and attractiveness.

Because women are famous for spending a lot of time and money grooming, dying, curling, drying, and styling their hair to make it look its best, when they begin to lose their hair, it is extremely traumatic. This cosmetic setback is quite intense when a woman is used to having hair and suddenly finds herself losing it.

## 6. Embarrassment, Loss of confidence, Shyness

Although a full head of hair cannot guarantee instant confidence, studies have shown that men who suffer from hair loss, nearly 75% of them feel less confident since the onset of the hair loss, especially in dealing with the opposite sex.

## 7. Social teasing and humiliation

When hair loss reaches a stage of visible condition it can make the person the object of teasing or scorn. Studies show, that 60 percent of all bald men are teased at some point in their lives.

*Sean-Jordan Baruch*

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