

## Harmonizing Aesthetics and Psychological Well-being: An In-depth Exploration of the Integrative Impact of Dysport in Cosmetic Procedures

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### Resumen

This research endeavors to delve into the intricate interplay between aesthetic intelligence, aesthetic sensitivity, and psychological well-being within the framework of positive psychology. Recognizing the profound influence of environmental aesthetics on individuals' health and well-being, this study aims to illuminate the relationship between aesthetic intelligence and psychological well-being, with aesthetic sensitivity acting as a mediating factor. Employing a correlational research design, structural equation modeling was applied as the methodological approach. The research cohort comprised all students enrolled at Bu-Ali Sina University during the academic year 2018-2019. Employing cluster sampling, 384 students were selected based on the recommended sample size for structural equation modeling. The instruments employed in this study included the Ryff Well-being Scale (2), the Aesthetic Intelligence Scale developed by Rashid et al. (2017), and Abdulsalami's (2013) Aesthetic Sensitivity Scale. The findings derived from structural equations analysis revealed that both aesthetic intelligence and aesthetic sensitivity exerted a significant direct impact on psychological well-being. Furthermore, aesthetic intelligence demonstrated a

direct and significant effect on aesthetic sensitivity. The exploration of indirect relationships indicated that aesthetic intelligence, acting through the mediation of aesthetic sensitivity, significantly influenced psychological well-being. Considering these outcomes, it can be inferred that individuals' awareness and appreciation of environmental beauty positively contribute to their psychological well-being. Consequently, the development of educational programs aimed at enhancing aesthetic capabilities in individuals holds the potential to elevate overall well-being.

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**Keywords:** Aesthetic intelligence, aesthetic sensitivity, psychological well-being, positive psychology, environmental aesthetics, structural equation modeling, mental health

## **Introduction**

According to Carol Ryff, psychological well-being is the pursuit of perfection to realize one's true potential. Psychological well-being includes six separate dimensions: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self - acceptance (Ryff, 2014, 14). Machotka (1966, 880) believes that a positive assessment of the environment and understanding and enjoying the beauties of the living environment is one of the components of well-being that is related to understanding aesthetics and sensitivity to beauty. Aesthetic intelligence provides a platform for expressing emotions in non-verbal language. In other words, it can be a factor in flourishing creativity and innovation in the talents of each person by building self-confidence, self-acceptance, communication skills, and especially autonomy and personal growth, and play an important role in helping people improve their psychological well-being (Burns and Grove, 2010).

## **Purpose**

While examining the relationship between aesthetic intelligence and psychological well-being, the question the current study tries to deal with is whether aesthetic sensitivity has a role in the relationship between aesthetic intelligence and psychological well-being.

## **Methodology**

This is a descriptive correlational research carried out with the help of a structural equation model. The statistical population included all undergraduate students of Bu Ali Sina University of Hamadan in the academic year 2019-2020. According to the type of research and based on the fact that the minimum sample size suggested for structural equation modeling is 200 or more, and to enhance the model potential, 384 students

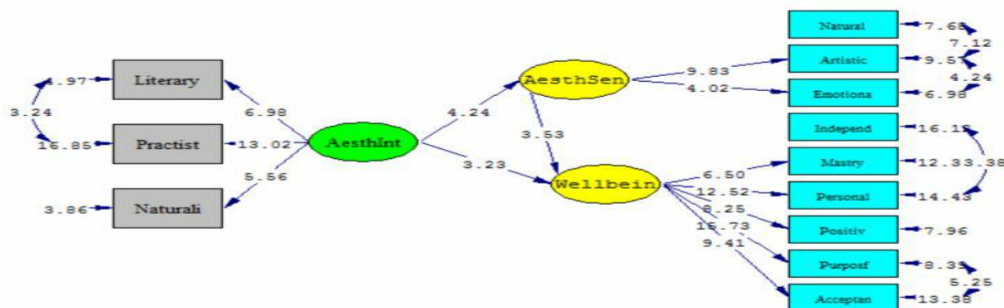
were selected through random cluster sampling. Researchers took into account the Ryff Psychological Well - being questionnaire which was designed in 1989. In this study, an 18-item form was used where Ryff and Keyes (1989, 1069) reported the internal consistency coefficient of subscales between 0.86 and 0.93. Aesthetic Intelligence Scale is the questionnaire prepared by Rashid, Hassanvand, and Yaghoobi (2018, 69) which has 18 items. Cronbach's alpha coefficient for the whole test was 0.81 (Rashid et al., 2018, 82). In this study, Cronbach's alpha for this tool was 0.79. The aesthetic Sensitivity Scale is yet another questionnaire developed by Abdolmaleki (2013) and has 34 items. This scale has three dimensions: sensitivity to natural beauty, sensitivity to artistic beauty, and emotional sensibility. Reliability was obtained through a retest method for a whole scale of 0.83. In this study, Cronbach's alpha for this instrument was 0.91.

**Findings**

To evaluate the appropriateness of model indices, various criteria were used, the results of which are shown in Table 1.

Rmsea	Nfi	Cfi	Gfi	X2/df
0.042	0.96	0.95	0.91	2.28

**Table 1.** Goodness Fits of the Fitted Model between Aesthetic Intelligence and Psychological well - being with Mediation of Aesthetic Sensitivity



The main hypothesis of the conceptual model of the relationship between aesthetic intelligence and psychological well-being with the mediation of aesthetic sensitivity is a good fit.

**Conclusion**

Findings show that aesthetic intelligence has a significant relationship with psychological well-being mediated by aesthetic sensitivity. To explain it further, it can be said that according to Duffy (1979, 28), sensitivity to beauty is one of the main components of understanding art and enjoying it.

There is a relationship between aesthetic sensitivity on the one hand and creative thinking, visual, tactile, and creative ability, ties, and the choice of complex shapes on the other, which indicates the relationship between intelligence and aesthetic sensitivity in individuals. In this way, people with high aesthetic intelligence have higher psychological well-being, and aesthetic sensitivity can also play a role in increasing or decreasing the relationship between aesthetic intelligence and psychological well-being. People with aesthetic intelligence who are involved in their work, are fully aware, intelligent, and emotional (Mucha, 2008), and sensitivity to beauty is also one of the main components of understanding and enjoying art (Machotka, 1966, 879). Therefore, One of the goals of aesthetic education is to create social emotions and feelings that can lead to psychological well-being in the long run. According to Fancourt, Garnett, Spiro, et al. (2019), higher aesthetic intelligent people show higher creativity in the production of works of art, and creative artistic activities lead to an improvement in the psychological well-being of individuals. On the other hand, aesthetic sensitivity in individuals is associated with increased creativity and perception in works of art (Ivon & Kuscevic, 2013, 36); Therefore, it can be expected that aesthetic sensitivity can play a mediating role in the relationship between aesthetic intelligence and psychological well-being and provide a basis for improving the level of psychological well-being in individuals.

## **Discussion**

The findings show that aesthetic intelligence has a significant relationship with psychological well-being through the mediation of aesthetic sensitivity. To explain this finding, it can be said that according to Dufi (1979, 28), sensitivity to beauty is one of the main and fundamental components of understanding art and enjoying it. There is a relationship between sensitivity to beauty and creative thinking abilities, tactile vision, creativity, and choosing complex forms, which indicates the existence of a connection between intelligence and aesthetic sensitivity in people. On the other hand, based on the perspective of extroversion, beauty is considered an attribute that is determined by the quality of objects, and for this reason, it is independent of the function of various receptors. In contrast to the approach of introversion, it assumes that beauty lies in the mirror of the observer's eyes, and according to this view, aesthetics is considered a subjective experience that depends on various psychological functions and factors. Aesthetic sensitivity is a distinct human characteristic and probably has a It is a biological function that connects it to sensuous psychology and behaviorism. Sensitivity to aesthetics is related to human preoccupations (Lindoyer, 1973, 462) and increases the amount of attention and reception of

beautiful stimuli. In this way Changing a person's approach to a positive thinking approach helps to improve the mental well-being of a person who is smart in terms of aesthetics. Among the types of intelligence in Gardner's theory, musical intelligence in terms of being auditory and naturalistic intelligence in terms of being visual can be classified as aesthetic intelligence. According to the Kurdish classification, people with aesthetic intelligence are more emotional people, they have a high level of visual and auditory awareness and sensitivity, and they pay more attention to their surroundings. They are more influenced by environmental stimuli, especially the aesthetic stimuli of the surrounding environment.

### **Ethical Considerations:**

This study, involving human participants, rigorously adhered to ethical principles. All participants were presented with written consent forms, outlining the purpose and procedures of the study, and provided their explicit written consent before engaging in any research activities. Additionally, participants received comprehensive verbal instructions elucidating the proper utilization of questionnaires, and a platform for addressing queries and concerns was established.

Furthermore, it is imperative to underscore that the confidentiality and anonymity of participants were meticulously safeguarded throughout the duration of the study. This commitment was upheld to maintain the integrity of the research and to assure participants that their identities would remain undisclosed.

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### **Declaration of Conflicts of Interest:**

The authors assert a complete absence of conflicts of interest. No author maintains any affiliations or financial engagements with organizations or entities that may be construed as influencing the research or creating potential conflicts of interest.

### **Data Availability and Secrecy:**

The dataset generated or analyzed during this study is available upon request. Interested parties are encouraged to contact [mehrassa nikandish] at [nikandish.mehrassa@gmail.com] for access to the data. In adherence to

ethical considerations, the data, in SPSS format, will be deposited in a recognized and suitable data repository. It is paramount to emphasize that the identity of participants will remain confidential, ensuring the sustained privacy of those involved.

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