

Facial hair shaving behavior and shaving education knowledge in Thai male

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ABSTRACT:

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Background: Facial shaving of beard and mustache in men is the most common cosmetic practice worldwide. There are many mentioned facial shaving-related skin problems due to misunderstanding. Irritation, razor burn, razor nick and pseudofolliculitis barbae (PFB) are frequently mentioned to be shaving related skin problems.

Objective: This study aims to observe facial hair shaving behavior and shaving education knowledge in Thai male.

Material and Methods: A questionnaire-based cross-sectional analytic studies of healthy men aged older than 18 who have facial hair shaved at least once per month was performed. Collected data included personal information, shaving details and shaving education knowledge.

Results: Four hundred validated questionnaires were distributed randomly and checked for reliability before included for statistical analysis. Of all 358 replied questionnaires, 18 questionnaires with missing or unreliable data were sorted out. Finally, 340 cases were analyzed. The mean age was 34.8 ± 13.4 years old, most were wet shavers (77.4%). The mean frequency of shaving was 4 days per week. Only 11.5% had shaving education or knowledge from their reliable sources.

Conclusion: Facial hair shaving is the most common cosmetic practice in men but only few men had knowledge about correct shaving process.

Key words: shaving, behaviors, knowledge

บทคัดย่อ:

ธนิศร สุขะกุล, สมนัส บุนยะรัตเวช, พิชานี ฉวีกุลรัตน์, จรัสศรี พียาพรรณ, สุเพ็ญญา วโรทัย พฤติกรรมและความรู้เกี่ยวกับการโกนขนที่หน้าในผู้ชายไทย วารสารโรคผิวหนัง 2561; 34: 177-182.

ภาควิชาตจวิทยา คณะแพทยศาสตร์ศิริราชพยาบาล มหาวิทยาลัยมหิดล

ที่มา: การโกนขนที่หน้า เคราและหนวดเป็นการปฏิบัติเพื่อความสวยงามในผู้ชายที่พบบ่อยทั่วโลก ความเข้าใจที่คลาดเคลื่อนเกี่ยวกับการโกนขนทำให้เกิดปัญหาที่ผิวหนัง ปัญหาที่พบได้บ่อยจากการโกนหนวดคือ การระคายเคือง โดนใบมีดบาด และรูขุมขนอักเสบชนิด pseudofolliculitis barbae

วัตถุประสงค์: การศึกษานี้มุ่งเน้นเพื่อศึกษาพฤติกรรมและความรู้เกี่ยวกับการโกนขนที่หน้าในชายไทย

วิธีการวิจัย: เป็นการศึกษาด้วยแบบสอบถามในช่วงระยะเวลาหนึ่งในผู้ชายไทยที่มีสุขภาพแข็งแรง อายุมากกว่า 18 ปี ผู้ซึ่งมีการโกนขนที่หน้าอย่างน้อยเดือนละ 1 ครั้ง มีการเก็บข้อมูลเกี่ยวกับข้อมูลส่วนตัว รายละเอียดการโกนและความรู้เกี่ยวกับการโกน

ผลการวิจัย: แบบสอบถามจำนวน 400 ฉบับได้รับการแจกจ่ายอย่างสุ่มและมีการตรวจความน่าเชื่อถือก่อนนำมาคำนวณทางสถิติ มีจำนวน 358 ฉบับที่ตอบกลับและมีแบบสอบถาม 18 ฉบับที่มีข้อมูลไม่ครบถ้วนซึ่งถูกคัดออกจากงานวิจัย เหลือแบบสอบถามจำนวน 340 ฉบับที่นำไปคำนวณ อายุเฉลี่ยของผู้เข้าร่วมวิจัยเท่ากับ 34.8 ± 13.4 ปี โดยส่วนใหญ่ใช้วิธีโกนแบบเปียก (77.4%) โดยเฉลี่ยจะโกนขน 4 ครั้งต่อสัปดาห์ มีเพียง 11.5% ที่มีความรู้เกี่ยวกับโกนขนที่ได้มาจากแหล่งที่ผู้ร่วมวิจัยเชื่อถือ

สรุปผลการวิจัย: การโกนขนที่หน้าเป็นกิจวัตรส่งเสริมภาพลักษณ์ที่ผู้ชายปฏิบัติบ่อยที่สุด แต่มีผู้ชายเพียงส่วนน้อยที่มีความรู้ที่ถูกต้องเกี่ยวกับการโกนขน

คำสำคัญ: การโกนขน , พฤติกรรม, ความรู้

Background

Facial shaving of beard and mustache in men is the most common cosmetic practice worldwide and becomes an important psychological factor during puberty due to hormonal and physiological changes.¹⁻³ Shaving is one of the cheapest and most easily accessible methods selected by men. , Moreover, shaving is routinely practice and cost variably inexpensive.^{4,5} The density of hair follicles and hair morphology depend on facial area and ethnicity.⁶ Unlike scalp hair, beard hair fibers have more cuticle layers, larger cross sectional area, more variable in shape, and multidirectional growth pattern which is more complicated to shave.⁷⁻⁹

Shaving of unwanted facial hair can be categorized into 2 methods, wet shaver (manual razors) and dry electric shaver.⁷ Moreover, in 2010, global male grooming market data showed men's blades and razors, pre-shave and post-shave products cost most in market share. This represented the most cosmetic concern in men are about shaving.¹⁰⁻¹¹ Irritation, razor burn, razor nick and pseudofolliculitis barbae (PFB) are frequently mentioned to be shaving related skin problems.¹¹ The objective of this study was to observe facial hair shaving behavior and shaving education knowledge in Thai male.

Material and Methods

A questionnaire-based cross-sectional analytic studies of 340 healthy men aged older than 18 who have facial hair shaved at least once per month was performed. Men who had underlying skin diseases and/or history of drug uses which may affect skin were excluded. The questionnaire was developed by questionnaires design experts and dermatologists, and was tested for validity, difficulty, discrimination, objectivity and tried out in sample population before used. Four hundred validated questionnaires were distributed randomly and checked for reliability before included for statistical analysis. Of all 358 replied questionnaires, 18 questionnaires with missing or unreliable data were sorted out. Finally, 340 cases were analyzed. Collected data included personal information (age, degree, shaving education, occupation, and years of shaving), shaving details (types of razor, pre-shaving preparation techniques, methods of shaving, facial hair shaving styles, products use) and shaving education knowledge.

All data were analyzed in IBM SPSS Statistics version 18 by using descriptive statistical analysis. This study was approved by the Siriraj Institutional Review Board (SIRB), Faculty of Medicine Siriraj Hospital, Mahidol University, Thailand.

Table 1 Demographic, behavior about facial hair shaving in Thai men

Characteristics	All patients , N=340
Age; years (mean \pm SD)	34.8 \pm 13.4
Shave type: N (%)	
- Blade	263 (77.4)
- Electric shaver	77 (22.6)
Occupation: N (%)	
- Officer	159 (46.8)
- Student	54 (15.9)
- Medical personal	31 (9.1)
- Others	96 (28.2)
Graduation: N (%)	
- Undergraduate	97 (28.5)
- Bachelor's degree	214 (62.9)
- Master's degree	20 (8.5)
Prior shaving knowledge: N (%)	39 (11.5)
Age when start shaving; years (mean \pm SD)	18.1 \pm 2.2
Experience of shaving; years (mean \pm SD)	16.7 \pm 13.1
Shaving time less than 5 minutes: N (%)	272 (80.0)
Frequency ; times per week (mean \pm SD)	4.0 \pm 2.2
Having pre-shave preparation	106 (31.2)
Time spent for pre-shave; minutes (n=106)	2.53 \pm 2.50
Pre-shave products; (n=106)	
- Facial cleanser	52 (49.1)
- Water only	26 (24.5)
- Soap	24 (22.6)
- Scrub	4 (3.8)
Frequency of cleaning/ razor change;	
- Every 2-3 times	154 (45.3)
- Every 4 times or more	144 (42.4)
- Every time	42 (12.4)
Post-shave moisturizer use	59 (17.4)

Results

Among 340 men, the mean age was 34.8 ± 13.4 years old, most were wet shavers (77.4%). Only 11.5% had shaving education or knowledge from their reliable sources while more than 70% were graduated. The mean age of first time shaving in life was 18.1 ± 2.2 years old. The mean frequency of shaving was 4.0 ± 2.2 days per week. In shaving process, 31.2% of patients had prepared their skin before shaved. Mean time spent for pre-shave process was about 2.5 minutes. Facial cleanser was found to be the most frequent products used for pre-shave preparation. Details of razors use, shaving products, and behavior of are shown in table 1.

Discussion

Of 340 healthy men, this study found the mean age of first time shaving in life was about 18 years old which is older than previously published in other countries.⁹ This may influenced by hormonal and genetic factors resulting in a lower facial hair density in Asians than other races. Previous report has confirmed that Chinese men have much smaller facial hair growth than that of Caucasian men¹² and the differences in rate of hair regrowth and hair mass were also found between Japanese and Caucasian men.¹³⁻¹⁵ This study shown Thai men shave 4 times per weeks. Most decided to use blades as wet shavers. Only a quarter of these representative samples used electric shavers.

The longer time of shaving experience and higher income might be reasons involved in shaving techniques selection.

Interestingly, just a little number (11.5%) of men had prior knowledge about shaving. Health education about shaving should be push forward and further clinical study should be evolved to explore these challenging, complex problems.

Only one-third had pre-shaving preparation process and using shaving products, they may want to moist and lubricate skin while shaving with blades. However, we found that more than 80% of men did not apply post-shaving moisturizer.

Conclusion

Daily facial hair shaving is the most common cosmetic practice in men. Only few men had knowledge about correct shaving process.

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