



## A STUDY ON NAIL PAINTING HOBBY OF WOMEN AND ITS SIDE EFFECTS

<sup>1</sup>Dr. Hemangi D. Mehta., <sup>2</sup>Dr. Daxa N. Mehta and <sup>3</sup>Dr. Nilambari R. Dave

<sup>1</sup>Associate Professor – Children’s Research University, Gandhinagar

<sup>2</sup>Principal – Smt. Sadguna C.U. Shah Home Science and C.U. Shah Arts and Commerce Mahila College – Surendranagar, Gujarat, India.

<sup>3</sup>Professor and Head in the P.G. Department of Home Science, Saurashtra University, Rajkot, Gujarat - India.

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### ABSTRACT

This research surveyed various districts of Gujarat state, involving 102 women who shared their opinions about their interest in nail painting and their awareness of its side effects. The study found that 47.5 % of the women paint their nails weekly, while 52.5 % prefer to do so monthly. About 66.3% of the women believe that painting their nails makes their hands look beautiful, while 33.7% do not notice any difference. During festivals, 94.0% of women prefer to paint their nails, whereas 6.0% do not. If children insist on painting their nails, 78.2% of women oblige, while 21.8% do not. Regarding the side effects of nail painting, 66.3% of women are aware, while 33.7% are not. It can be concluded that women prefer to paint their nails the most during festivals.

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### INTRODUCTION

The chemicals in nail polish pose health risks that vary from reproductive problems to cancer due to constituent agents such as toluene, formaldehyde and dibutyl phthalate. This group of carcinogens are often called the “toxic trio”.

Nail polish side effects on the body and health the chemicals present in nail paints can also cause disturbances in the digestive and hormonal systems of your stomach. If the Toluene chemical present in nail polish reaches your body in very high quantity, then you can damage the liver and kidney of women.

Nail polish enhances the beauty of hands and feet. For every occasion you might have a perfect shade to match your outfit. Nail art is another trend which many girls rigorously follow, where they try different arts and patterns on nails with different nail paints and sometimes on artificial nails as well. Many of you might be addicted to the smell of nail polish as well. But have you ever wondered how harmful your nail polish can be?

The smell you love a lot can be so hazardous for your health. Know how your favorite nail polish can harm your health.

Types of Nail Polish

#### Traditional Nail Polish

Let’s start with the basics: traditional nail polish is the kind that has to dry — it’s what many of us think of when we think of nail polish. It’s offered in a variety of finishes from shiny to matte to shimmery and this type of nail polish doesn’t require other equipment like UV or LED lights.

It’s not the most long-lasting option and you can expect to make it through a week (sometimes less) before becoming victim to a chipped mani. However it’s quick to apply, it doesn’t require expert skills to use and it’s the best option if you can’t commit to the same color for too long.

#### Gel Nail Polish

Gel nail polish is a super popular polish at the salon and in recent years, at home, too. Your nail technician (or you if you’ve mastered an at-home gel manicure) will paint the gel polish onto your nail and will use an LED light to cure it for 30 to 60 seconds so it can harden and dry. The end result is a glossy manicure that you can expect to last for around two weeks.

\*Corresponding author: **Dr. Hemangi D. Mehta**

Associate Professor – Children’s Research University, Gandhinagar

Gel can be used on your natural nails or on top of lengthening nail services like acrylics, press on nails and gel extensions. Gel nail polish, like traditional nail polish, is available in tons of different finishes like cream, matte, glitter, holographic and cat-eye.

### **Acrylic**

Acrylic doesn't come in a bottle like traditional or gel nail polish, instead it's a powder that's mixed with a monomer to create a gummy liquid that hardens. It can be used to strengthen your natural nails or on top of tips to add length to your nails. It's applied with a brush and as the acrylic hardens, it can be filed to your desired shape. Acrylic nails last around two to three weeks and can be filled once or twice before an entirely new set is required.

### **Breathable Nail Polish**

If you're wondering what type of nail polish is best for your nails, allow us to point you in the direction of breathable polish. In short, breathable nail polish allows oxygen and water to pass through your polish and to your nails, rather than creating a barrier over your nails like acrylic and gel polish does. This makes breathable polish less prone to chipping because chipping occurs when moisture and oils disrupt the barrier between your nail polish and your nail.

Breathable polish lets the oils and moisture in, which not only leads to a long-wearing manicure but healthier, hydrated nails. Expect your breathable nail polish to last for about a week to 10 days. If you can't go a few days without your traditional polish chipping, this is a good option to try.

### **Polygel**

Think of polygel as a hybrid between acrylic and gel nail polish. This nail treatment comes in a tube, has a gel-like consistency and is applied on top of your bare nails or nail extensions with a brush. It can be used to sculpt, shape, fill in and lengthen your nails and it's cured with an LED or UV light.

Many people love polygel because it's ultra-durable but still feels like natural nails. In comparison to acrylic, it contains fewer chemicals, it's odor-free and it's one of the longest wearing polish options, lasting up to three weeks.

### **Dip Powder**

Dip powder is another type of nail enhancement service known for its long-lasting formula. It's durable and can last around three weeks to a month, which is why so many people love it. Whether you head to the salon for your dip manicure or do it yourself at home, the process is simple and quick.

A base coat is applied to your nails and then the powder is applied on top. This process is repeated, with the excess powder being brushed off so your manicure isn't chunky, until you're left with an opaque layer of polish. To finish your dip manicure, a layer of clear powder and a sealant is applied to create a shiny overlay, similar to a topcoat. The nice thing about dipping powder is that it doesn't require an LED light, and it dries in minutes.

### **Builder Gel**

If you swear by a gel manicure, you may have heard of builder gel or BIAB — builder gel in a bottle. The names can be used

interchangeably and are another type of gel polish with a stronger, less pliable finish than normal gel polish, that can be used as an overlay treatment or as a medium to lengthen your nail shape.

Builder gel tends to come in a bottle like normal gel polish, it's also cured with an LED light and can be soaked off with acetone. Builder gel is also used with gel extensions to bond the nail tips to your natural nails.

### **Hard Gel Nail Polish**

Hard gel nail polish is stronger and more rigid on the nails than gel nail polish but it's not as strong as builder gel. It comes in a bottle and is cured with an LED light, but it can't be soaked off with acetone like gel nail polish or builder gel. Hard gel is more resilient to chemicals so while the only way to remove it is by filing it off, the good thing is that it can also be filled so you won't need a new set every time you get your nails done. Hard gel is typically used to strengthen your natural nails or as a way to extend the shape of your natural nails with a foil sculpting tool.

### **Nail polish on children not recommended:**

The high content of chemical substances in nail polishes can cause alterations in the nail plate:

Peeling

Dehydration

Allergic contact dermatitis

Modifications of the natural coloration due to the deposit of enamel pigments

Irritative dermatitis due to the use of nail polish removers

It's best not to use nail polish on children as a regular procedure, but to do so only occasionally. In other words, limit it to special occasions during the first years of life.

In addition, even if ingestion is minimal, children tend to put their fingers in their mouths considerably more often than adults. This further increases the risk of toxicity.

### **OBJECTIVES OF THE STUDY**

A Study on nail painting hobby of women and its side effects.

#### **Hypothesis of the study**

To study nail polish frequency on regular days

To study the impact on look of the hand

To study nailpolish frequency on festival.

To study nailpolish application on children.

To study the knowledge about nail polish and its side effect.

### **MATERIAL AND METHOD**

The study has been conducted with the 102 Gujarati women from varies District of Gujarat

All respondents have been given a questionnaire though Google forms for the data collection.

Responses from all the respondents on questionnaire were analyzed and the calculate percentage method to produce the statistics. (Percentage can be calculated by dividing the value



by the total value).

## ANALYSIS

**Table 1** Showing scores obtained about nail polishing frequency on regular days

Applying Nail Polish	No. (Respondents)	%
Every Week	48	47.5
Every Month	53	52.5
Total	101	100 %

**Table 2** Showing scores obtained about impact on the look of the hand

Improvise Look of hand	No.	%
Yes	67	66.3
No	34	33.7
Total	101	100 %

**Table 3** Showing scores obtained about nail polish frequency on festival

Applying on Festivals	No.	%
Yes	95	94.0
No	6	6.0
Total	101	100 %

**Table 4** Showing scores obtained about nail polish application on children

Application on Children	No.	%
Yes	79	78.2
No	22	21.8
Total	101	100 %

**Table 5** Showing scores obtained about awareness of nail polish side effects

Side effects awareness	No.	%
Yes	67	66.3
No	34	33.7
Total	101	100 %

## CONCLUSIONS

In this study, it was found that women generally prefer painting their nails monthly rather than weekly. A larger group of women believes that painting their nails makes their hands look more beautiful. Women from all religions tend to prefer painting their nails during festivals. However, the number of women who paint their nails during religious festivals is lower. There is a higher number of women who paint their children's nails if the children also enjoy nail painting. The knowledge of side effects from nail painting is limited among women. Thus, there is a large community of women in our society who engage in nail painting.

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