

Hair and Identity: The Relationship Between Black Hair and Self-Confidence

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HYPOTHESIS

Hair satisfaction and maintenance are positively related to self-confidence and well-being among Black college students.

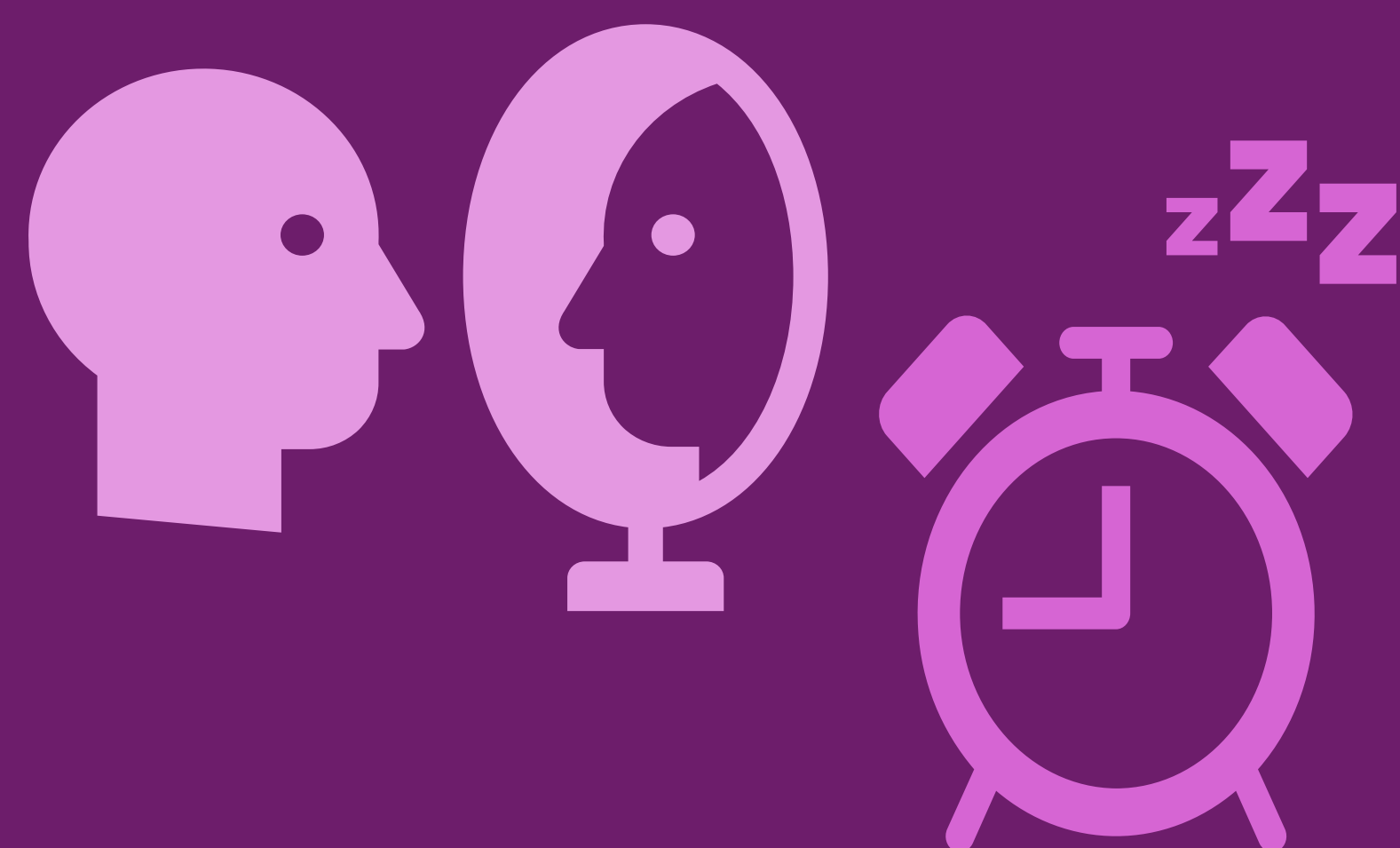


PARTICIPANTS

- ❖ 48 Students
- ❖ 67.3% Women/30.6% Men
- ❖ Average Age = 25.6
- ❖ Race
 - ❖ Majority African American (87.8%) with a small number of White, Latino, Asian and other participants

MEASURES

- ❖ **Self-Esteem:** 10-item survey (4-point Likert scale) measuring overall self-worth
- ❖ **Hair Perception:** 7-item survey (5-point Likert scale) measuring hair satisfaction and effort put into hair maintenance
- ❖ **Well-being (Sleep):** assessed through self-reported sleep quality
- ❖ Higher scores indicate greater self-esteem and stronger importance placed on hair



RESULTS

- 1. Hair effort and self-esteem**
 - ❖ $r(41) = -.159, p = .321$; Not significant
- 2. Hair effort and sleep (well-being)**
 - ❖ $r(41) = .315, p = .045$; Significant, moderate positive relationship
 - ❖ Suggests hair care may be part of self-care routines
 - ❖ People who invest in their hair may also maintain healthier habits, including better sleep
 - ❖ Reflects overall well-being, not just appearance
 - ❖ Indicates that grooming behaviors can connect to mental and physical health patterns

DISCUSSION

The results of this study suggest the following:

- ❖ Hair maintenance did not significantly impact self-esteem, which suggests that confidence may be influenced more by internal factors for college students
- ❖ A positive relationship between hair effort and sleep suggests hair care may be part of larger self-care and well-being routines.
- ❖ Findings differ from previous research on teens, possibly due to maturity being increased and identity development in adults
- ❖ Highlights the continued cultural importance of Black hair while showing it may not be the primary factor of self-confidence in this sample

