

The Effect of Nail Art on the Elderly in Korea.

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- **Abstract:** This study is a study of nail art for the elderly women in the community. It was intended to study the effects of nail art on depression, self-esteem, and vital signs of the elderly in the community. Research method: A program was conducted to verify the effectiveness of nail art mediation on the elderly women in the community, and a qualitative study was conducted through post-subjective expression. Results: The effects of intervention program were not greatly different in accordance with the general characteristics, and overall, the effects of intervention were considerably high to reduce depression. In the same way as the case of depression, the scale of loneliness also showed considerably high effects of the application of intervention program in every group. Conclusion: The program related to beauty care for patients with mild dementia would have effects on the improvement of depression and loneliness based on psychological stability by the improvement of closeness through a tactile sense of hand massage and the visual effects with the medium of nail art. With the control over various variables and living, more effective results could be expected in the future. Through this study, we hope that nail art procedures will be established as a daily program to help women who suffer from mental health problems; and that nail art procedures, which are accessible in everyday life by all ages, can positively contribute to the psychology of people.
- **Keywords:** Women, self-esteem, community, mediation, Conclusion, established, psychology,