

## Does a Woman's Handbag Reflect her Personality?

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**Received Date:** July 09, 2025; **Accepted Date:** July 25, 2025; **Published Date:** August 15, 2025

**Citation:** Maria Ghalli, Maria Naguib, Marian Alfons, VM Aziz, (2025), Does a Woman's Handbag Reflect her Personality? *Clinical Medical Reviews and Reports*, 7(1); DOI:10.31579/2690-8794/269

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### Abstract

Handbags affect women's self-perception and their presentation to the world. They can serve as symbols of self-esteem, and the way a woman carries her bag may indicate her personality and levels of confidence. The size, colour, style and content of handbags may reflect a woman's identity, status, and personality. In this article, we explore handbags and its unique significance in the lives of every woman.

Does a woman's handbag reflect her personality?

**Keywords:** spontaneous regression; malignant tumor; immune response; lymphocytic and plasma cell infiltration

### Introduction

The perception of body image, which encompasses our thoughts and feelings regarding our physical appearance, is intricately connected to self-esteem, which reflects our overall self-regard. A negative body image can profoundly affect self-esteem, resulting in feelings of diminished self-worth, depression, and anxiety. In contrast, a healthy self-esteem can promote a more favourable body image and enhance overall well-being. The concept of body image is multidimensional. One can understand the complexity of body image by examining its various components: the thoughts and beliefs individuals hold regarding their bodies, how they perceive the size and shape of their bodies and body parts, their feelings about their bodies, and the actions they undertake to monitor, care for, modify, or hide their bodies (Hosseini and Padhy, 2025)

Body image, self-esteem, and clothing are closely connected, with each factor affecting the others. The choices we make in clothing can influence our self-perception and body image, thereby impacting our confidence and general sense of well-being. On the other hand, a negative body image and diminished self-esteem may result in the avoidance of specific clothing items or an emphasis on concealing perceived imperfections. Handbags are interrelated, affecting women's self-perception and their presentation to the world. They can serve as symbols of self-esteem, and the way a woman carries her bag may indicate her personality and levels of confidence. In numerous cultures, handbags have evolved into cultural icons, symbolizing social standing, autonomy, and individual style. <https://www.imarsfashion.com/blogs/imars-fashion/the-role-of-handbags-in-defining-cultural-and-personal-identity#:~:text=Handbags%20as%20Cultural%20Symbols&text=In%20m>

any%20societies%2C%20the%20design,symbols%20of%20independence%20for%20women.

### What research says:

Research has investigated the connection between women's feelings of insecurity triggered by comparisons with female models and their ownership of shoes and handbags. Idealized representations in media seem to pose a threat to the self-perception of some women regarding their attractiveness. Consequently, accessorizing may become particularly desirable as it enhances physical appeal without drawing focus to one's body, which is the subject of these unsettling comparisons. In a correlational study, it was found that the greater the insecurity women reported feeling upon viewing attractive female models, the more shoes they tended to possess. In a separate study, the researchers manipulated the exposure of women to images of attractive female models. The findings indicated that the more insecurity women displayed after viewing these images, the more shoes and handbags they were likely to own (Boyce et al, 2012).

Handbags are always significant in a woman's life. They serve various purposes, beginning with the early years when a girl carries a shoulder bag containing a brush and sweets. As she transitions into adolescence, her bag evolves in size and style, accommodating items such as sunglasses and lipstick. Upon entering higher education, her purse transforms into a wallet for holding money. Once she becomes independent, her accessories change and expand in style, size, and shape, allowing her to carry bank cards, laptop, notebook, keys, medicine, and pens. Finally, with the arrival of motherhood, she includes essentials like diapers, a wallet, and a water bottle.

The ability of material objects to maintain connections to identity amidst memory loss related to dementia and transitions to care has been examined. It has investigated how handbags assisted women with dementia in 'narrating their lives', while also preserving ties to their memories and histories on both a material and embodied level. Handbags are deeply connected to memories, histories, and identities. Engaging with, touching, and observing handbags during reminiscence groups invigorated women with cognitive impairments. Following the shift to institutional care, handbags assumed a new significance in fostering a sense of ontological security. Rather than being items that could be relegated to a safe corner upon returning home, handbags transformed into objects that were consistently held, carried, or clutched against the body. The physical, habitual act of carrying a handbag within the care home mirrored the meaning of the environment concerning the delineation of public/private space and the concept of 'home'. The handbag practices of the women in the care home highlighted the ambiguous nature of care homes as either domestic or private spaces. Furthermore, women's relationships with their handbags are marked by ambivalence, encompassing beauty and disgust, functionality and emotion, as well as pleasure, amusement, alarm, and despair. In care home environments, the privacy associated with handbags complicates the ability of care workers to oversee or regulate this space (Buse and Twigg, 2014).

Transporting a load by hand is frequently observed in everyday life. Limited research has examined the ideal weight for carrying a bag in various manners. Phonpichit and colleagues (2016) found that the curvature of the spine was not influenced by carrying a handbag. Nevertheless, the trend of the centre of pressure shifted towards the side of the load when a heavier weight was carried. The authors concluded that consistently carrying a handbag that exceeds 10% of body weight may lead to musculoskeletal issues. The areas of discomfort included the right upper trapezius and the right finger flexor muscles.

On the other hand, de Alencar and Voueri (2012) reported the importance of designing handbags in a way that suits the reality of consumers living in different climates.

From a criminal investigative perspective, personal items like handbags can be discovered at a crime scene. These items are often crucial for the investigative team attempting to link them back to an individual, providing insights into their personal habits, even in the presence of DNA evidence. The chemical composition of phones and handbags reveals a customized lifestyle profile, including the types of hygiene and beauty products used, dietary habits, medical conditions, and even the locations frequented by the individual. Such discoveries present an additional category of trace evidence derived from skin-related lifestyle chemicals present on personal items. This information could assist a criminal investigator in identifying the owner of an object found at a crime scene, whether it be a suspect or a missing person (Bouslimani et.al, 2016).

#### **What Fashion Psychologist say:**

The way an individual carries their preferred bag daily, such as frequently grasping it and positioning it on the arm (or shoulder) in a consistent manner, can be indicative of their personal style. For instance, handbags that are slung over one shoulder, with the owner keeping the bag close to her body, may suggest a practical personality driven by utilitarian considerations. This choice may reflect a prioritization of freedom of movement over aesthetic display elements to accomplish tasks efficiently. Carried over one shoulder with the bag swaying freely suggests a preference for convenience and practicality rather than aesthetics. Worn across the body with the bag positioned in front signifies a defensive stance and often reflects a more reserved and introverted character. When the bag is worn cross-body behind the body, accompanied by a wide gait and relaxed limbs, it may signify an urban warrior with a distinct purpose. In this case, the bag becomes secondary to the individual's self-image, merely thrown on for its practical use. When carried in the crook of the elbow, it often signifies an emphasis on status and rank. On one hand, some bags are exceedingly small, while others are quite heavy, necessitating the individual to adjust their posture to

carry it, sometimes even leaning to one side. This may convey the significance of the woman's professional role. Conversely, not carrying a bag suggests a level of status where others manage daily tasks such as finances and scheduling. This type of personality is the most confident among the group, depending on staff to allow her to simply exist. <https://www.glamour.com/story/how-you-carry-your-bag>.

The size, colour, style and content of handbags may reflect a woman's identity, status, and personality. The dimensions of a handbag can convey much about its owner. A sizable tote implies practicality and readiness, whereas a petite clutch radiates sophistication and simplicity. The decision between a structured bag and a relaxed hobo may reveal whether an individual favours order or spontaneity in their lifestyle. The brand of a handbag carries considerable significance; for instance, possessing a luxury designer bag may denote affluence, refinement, and exclusivity, while choosing a niche or independent brand can indicate a preference for individuality and a departure from mainstream trends. The hue of a handbag can elicit various emotions and reflect personality traits. Timeless black conveys elegance and authority, while vibrant colours such as red or yellow suggest confidence and creativity. Neutral shades may signify practicality, whereas lively prints or patterns communicate a playful or adventurous nature. Handbag trends frequently mirror larger cultural transformations and societal values. Our selection of bags can demonstrate our consciousness of environmental concerns or our longing to reconnect with history. Customized handbags enable individuals to showcase their uniqueness and personal style. Incorporating embellishments into a bag can foster a sense of ownership and emotional connection, transforming a simple accessory into a treasured keepsake. Possessing a luxury designer handbag frequently denotes affluence, elegance, and exclusivity. It implies that the owner appreciates high-quality craftsmanship and social status. Such individuals are typically self-assured and attuned to fashion, utilizing their bags as expressions of personal achievement and cultivated taste.

Large handbags can create the impression that the individual is someone who prioritizes practicality, nurturing, organization, spontaneity, multitasking, and is prepared for any situation, while managing various responsibilities, whether related to work, family, or personal errands. In contrast, a medium-sized handbag is ideal for an individual who seeks balance in their life, is pragmatic, efficient, versatile, and considers carefully what items to carry and what can be left behind. A small handbag, on the other hand, signifies a carefree minimalist approach, as it reflects a preference for carrying only the essential items, valuing quality over quantity, and being selective about what is included. These handbags embody a personality that is sleek, efficient, and self-assured.

#### **In Imars Fashion 0 comment**

In general, Black represents a classic and timeless quality, Brown embodies a down-to-earth and relaxed nature, Red signifies boldness and confidence, Blue conveys calmness and trustworthiness, Green reflects creativity and a sense of adventure, Yellow symbolizes cheerfulness and optimism, White is associated with sophistication and minimalism, Grey denotes practicality and professionalism, while Purple is linked to creativity and spirituality.

Vibrant colours, like red, symbolize confidence. Typically, red is donned by women who are passionate and unafraid to be in the spotlight. In contrast, more subdued shades, such as brown and white, imply that an individual appreciates simplicity and possesses a grounded nature. Lively colours, such as yellow, reflect a playful spirit and creativity, whereas black is linked to professionalism, often worn by women exuding sophistication. Green is believed to represent a fondness for nature, while purple and other dark hues convey mystery, typically worn by women who are self-aware and have a deeper sense of purpose.

The type of handbag we opt to carry, including its colour and size, communicates messages about our identity. Tote bags are often favoured by individuals who are goal-oriented and possess a strong initiative. A tote bag is adaptable, enabling you to transport everything necessary for a hectic day. It is practical for supporting a busy lifestyle. A quality leather satchel

handbag helps keep items organized, providing ample space for essentials needed during a workday or an extended outing in the city. Women who choose satchels are typically organized, self-assured, and efficient, exuding a professionalism that reflects their ambition to reach their objectives. Small and compact, a leather clutch bag is essential for any socialite, indicating that you are lively and free-spirited. Due to its limited capacity, a clutch does not allow for the transportation of many items, suggesting that you are not overly concerned with meticulous preparation and prefer to embrace spontaneity. A crossbody bag serves as a practical and functional option for those on the go. It is worn by women who enjoy being active and are adept at carrying only the essentials in a comfortable, stylish, and practical manner. A backpack suggests that an individual possesses a practical, adventurous, and independent character, as it provides convenience and the ability to carry items for unforeseen circumstances.

The underlying logic suggests that introverts are likely to favour smaller bags, which can be worn close to the body to avoid attracting attention to themselves. Conversely, extroverted individuals tend to opt for larger bags, which they carry on their shoulder or forearm. They utilize their bags to enhance their aesthetic appeal and to attract attention. However, there are occasions when an introvert may wish to carry all their belongings and thus requires a larger bag, just in case. This reflects a sense of foresight or a desire for reassurance and protection through these items. The colour, size, and style of a handbag contribute to the message it conveys about the individual. Nevertheless, there are no strict guidelines for selecting the ideal handbag. Ultimately, it is up to individuals to determine what their handbag represents and how it instils confidence while reflecting their personality. However, the handbag we select may be influenced more by the situation than by personal preference. In general, the bag we opt for is more related to its practicality than to its aesthetic appeal (Cozier, 1996; AmirthaVarshini et al, 2022).

There is no conclusive evidence indicating that the manner in which one carries a bag is indicative of their personality. There are numerous methods to carry a handbag, whether in hand, draped across the shoulder, or around the waist. Individuals who position their bag across their chest like a shoulder strap tend to be those who seek a sense of protection and security. Such individuals may prefer to maintain a certain distance from others and avoid being approached. Conversely, those who carry their bag on their shoulder are typically confident and casual individuals. These people are often very active and adept at managing multiple tasks simultaneously. They frequently utilize a shoulder strap, a backpack, or a fanny pack. When a bag is held in the crook of the elbow or carried in hand, it suggests that the individual is enroute to a special occasion.

[https://oko-oko.com/en/blog-en/the-oko-oko-gazette/the-secret-language-of-women-and-their-handbags/?srsltid=AfmBOoonOkFZbZ\\_fZAHSAbhNLL3oM8vebF4ZCdDBBIQ53HQI12fzg2YO](https://oko-oko.com/en/blog-en/the-oko-oko-gazette/the-secret-language-of-women-and-their-handbags/?srsltid=AfmBOoonOkFZbZ_fZAHSAbhNLL3oM8vebF4ZCdDBBIQ53HQI12fzg2YO)

Every handbag holds a variety of items that collectively illustrate the owner's personality and provide insight into their identity and daily routines. A standard handbag may contain mystery and essential items such as a wallet, personal identification such as a driving license, mobile phone, make up, and keys; however, it can also include a variety of other objects, ranging from personal belongings of sentimental significance to practical items like a first aid kit or loose change. Younger women frequently carry tampons, contraceptives, and possibly a morning-after pill as well. Additional items may be added based on individual needs, such as an umbrella, a magazine, a book, an e-reader, a hat, a scarf, or gloves.

Consciously or unconsciously, a woman has chosen every item contained within her bag, and each item narrates its own tale. The way the bag is arranged mirrors her lifestyle. As the bag becomes more orderly, her life begins to take on a similar organization. If a woman is comfortable with anyone at any time examining the contents of her bag, that is perfectly acceptable. However, if she would feel embarrassed by someone peering inside, it indicates that there is an aspect of her that is concealing itself from the world, which will in turn influence her openness in relationships. Certain women derive a sense of comfort and familiarity from carrying recognizable items in their bags, which can assist them in feeling more stable and ready for unforeseen circumstances.

<https://www.clearspaceliving.com/blog/purse-handbag-clutter/>

## Conclusion:

Handbags hold a unique significance in the lives of every woman. The design of handbags is tailored to meet the utility functions of customers and is always crucial, intimate for every woman. A customized handmade bag is crafted to satisfy personalized needs, emphasizing quality over quantity. Handbags reflect a woman's fashion sense and personality. They serve various roles from youth to old age and continue to be essential in a woman's life, with needs varying widely based on design, materials, and style.

**Conflict of interests:** None

**Funding:** None

**Consent:** N/A

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