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SELF-ATTITUDE TOWARDS SKIN HEALTH IN ADOLESCENTS

Nela Hilmiana Irmazida[1*], Eka Rida Apriliana[2], Nurul Faridah Al Zuhrah[3], Ajie Febriarta[4], Putri Wahyuni[5], Annisa Quraini[6], Prasetyani Fitri Yulanda[7], Eppy Setiyowati[8]

[1-7]Undergraduate of Nursing, Nursing and Midwifery Faculty,
Universitas Nahdlatul Ulama Surabaya
[8]Department of Nursing, Nursing and Midwifery Faculty,
Universitas Nahdlatul Ulama Surabaya
E-mail: [1)] nelahilmiana047.ns19@student.unusa.ac.id

Abstract

Teenagers frequently underestimate and disregard personal hygiene, which has a negative impact on health. The aim of this study was to analyze self-attitude towards skin health in adolescents. This study employs descriptive analytic techniques. The sample was selected by simple random sampling technique, namely probability sampling with the Spearman test statistic. A sample of 36 teenage respondents in the Mulyorejo Baru area, Surabaya City. The results showed that 0 respondents (0%) had good self-esteem with good skin health, 1 respondent (2.8%) had good self-esteem with good skin health, had a good attitude towards health bad skin as much as 0 respondents (0%). Then, for students with adequate self-esteem and good skin health, there were as many as 23 respondents (63,9%), adequate self-esteem with moderate skin health, as many as 6 respondents (16,7%), and adequate self-esteem with bad skin health, there were as many as 0 respondents (0%). From the research that has been done, it can be concluded that the self-esteem of adolescents in the Mulyorejo Baru area, Surabaya City and skin health does not have a significant relationship based on the Spearman test p: 0,294.

Keywords: Adolescent, Self-Attitude, Skin Health

1. INTRODUCTION

Everyone expects smooth, clean and healthy skin. In fact, they do not hesitate to spend a lot of money to get healthy skin. The skin is one of the most important external parts of the body. The skin has touch and taste organs that can feel cold, heat, and others. Because it has enough moisture, the skin appears dewy or wet, is always firm and supple, the skin appears smooth, shows the brightness of the true skin color, is free of fungal spots or acne, appears radiant and fresh, and has wrinkles according to the age of normal skin types (Minerva, 2019). Based on research conducted Song (2020), with 47 respondents aged 10-19 years, dominated by women, 11 people work >8 hours a day (23,40%), 33 respondents have good knowledge (70,21%), 44 respondents have good attitude (93,61%), but only 10 respondents (21,28%) maintain cleanliness and good skin health (Agustina et al., 2022).

A person's behavior will greatly affect the harmony and health of life to maintain cleanliness and health (Pinontoan & Sumampouw, 2019). Attitudes that support healthy and clean-living behaviors can be practiced on various occasions. Skin cleanliness is a behavior that is practiced maintaining health and cleanliness for physical well-being (Abidin, 2019). Cleanliness includes washing, bathing, and caring for the skin. Teenagers often

underestimate and pay less attention to personal hygiene, so that in general it will affect their health (Juliansyah & Zulfani, 2021).

Based on the statement above, the researcher is interested in conducting research entitled "Self-Attitude Towards Skin Health in Adolescents" with the aim to analyze self-attitude towards skin health in adolescents.

2. RESEARCH METHOD

This study used a descriptive analytic research design, with samples selected using a simple random sampling technique, namely probability sampling, in which the researcher gave participants the opportunity to be a respondent freely. The population in this study were all adolescents in the Mulyorejo Baru Region, Surabaya with a total sample of 36 respondents. The research would be carried out in November. The research instrument used was a questionnaire to determine the attitude of adolescents on skin health. The variables in this study were the level of attitude in the Bad category if get a score of 17-26, Moderate 27-36 and Good 37-40. While dependent variable in the study was skin health in adolescents, with a score of 13-20 falling into the Bad category, while 21-28 falling into the Moderate category, and Good 29-37 falling into the Good category. The data analysis technique used to determine the relationship between variables in this study was the Spearman test.

As an indicator for measuring attitudes, researchers used attitude indicator items that included adoption, differentiation, integration, trauma using positive, neutral, and negative scales. Then to measure skin health, researchers used indicators of skin health which include moisture, smoothness, pores, blemishes, and wrinkles. The results of this research will then be tested statistically with the help of SPSS. Statistical tests were used to determine the relationship between self-attitude and skin health in adolescents.

In this case the researcher will only take the main points from the self-attitude item and the 10 main points for skin health indicators. In this questionnaire, there were statements with negative and positive types of statements. For negative statements, there were five answer options: strongly disagree (5), disagree (4), undecided (3), agree (2), strongly agree (1). For positive responses: strongly agree (5), agree (4), undecided (3), disagree (2), strongly disagree (1).

3. RESULT AND DISCUSSION

3.1. Research Results

Table 1 Respondents Characteristics

Characteristics	Frequency	Percentage (%)
Age		
12 – 16 years	1	2,8%
17 – 25 years	35	97,2%
Education		
Primary	1	2,8%
Secondary	5	13,9%
Higher	30	83,3%
Profession		
Self-employed	2	5,6%
Other	34	94,4%
Total	36	100%

Based on the table above, it can be seen that the characteristics of respondents with 12-16 years are 1 person (2,8%), while respondents aged 17-25 years are 35 people (97,2%). The level of education of respondents at the primary education level is 1 person (2,8%), those with secondary education are 5 people (13,9%), those with higher education are 30 people (83,3%). Meanwhile, the type of work the respondents as entrepreneurs was 2 people (5,6%), while those who worked as other professions were 34 people (94,4%).

Table 2 Self Attitude Score

Attitude	Amount (n)	Percentage (%)
Good	1	2,8%
Moderate	29	80,6%
Bad	6	16,7%
Total	36	100%

The results of the study were obtained from 36 respondents, 6 respondents (16.7%) had a bad attitude, 29 respondents (80.6%) had a moderate attitude, and only 1 respondent (2.8%) had a good attitude.

Table 3 Skin Health Score

Skin health	Amount (n)	Percentage (%)
Good	25	69.4%
Moderate	9	25.0%
Bad	2	5.6%
Total	36	100%

The results of the study were obtained from 36 respondents, 25 respondents (69,4%) had good skin health, 9 respondents (25,0%) had moderate skin health, and only 2 respondents (5,6%) had bad skin health.

Table 4 Crosstabulation of self-attitude and skin health

		Skin health							
		Good		Moderate		Bad		Total	
		N	%	n	%	n	%	N	%
Self Attitude	Good	0	0%	1	2.8%	0	0%	1	2.8%
	Moderate	23	63.9%	6	16.7%	0	0%	29	80.6%
	Bad	2	5.6%	2	5.6%	2	5.6%	6	16.7%
Spearman Statistical Test: 0.294									

The results of the analysis of the relationship between self-attitude and skin health from 36 respondents were obtained from students who had a good level of self-attitude with good skin health, namely no respondents (0%), while who had good self-attitude with moderate skin health only as many as 1 respondent (2,8%), who have a good attitude with bad skin health as much as 0 respondents (0%). Then, for students who have a sufficient level of self-esteem with good skin health as many as 23 respondents (63,9), sufficient self-esteem with moderate skin health as many as 6 respondents (16,7%), sufficient self-esteem with poor skin health as much as 0 respondents (0%). While students who have bad self-attitude with good skin health are 2 respondents (5,6%), bad self-attitude with sufficient skin health are 2 respondents (5,6%), poor self-attitude with poor skin health as many as 2 respondents (5,6%). So, it was obtained from the Spearman statistical test results with a result of 0,294 > 0,05 indicating that there was no significant relationship between self-attitude and skin health.

3.2. Discussion

A person's behavior will greatly affect the harmony and health of life as an effort to maintain cleanliness and skin health. In this study, there were characteristics of the age of respondents with ages 12-16 years, namely 1 respondent (2,8%), with ages 17-25 years, namely 35 respondents (97,2%). The education level of respondents at the basic education level was 1 respondent (2,8%), those with secondary education were 5 respondents (13,9%), those with higher education were 30 respondents (83,3%).

In the results obtained at the level of self-measurement of adolescents obtained from 36 respondents, as many as 6 respondents (16,7%) had a bad attitude, 29 respondents (80,6%) had a moderate attitude, 1 respondent (2,8%) have a good attitude. Shows that the attitude of teenagers who are in the new Mulyorejo area has a quite good self- attitude. Besides, the results obtained from measuring the level of adolescent skin health were obtained from 36 respondents, 25 respondents (69,4%) had good skin health, 9 respondents (25,0%) had sufficient skin health, 2 respondents (5,6%) have poor skin health. The results show that the skin health of adolescents in the new Mulyorejo area has good skin health.

In this study, based on the results of data analysis of all variables, the results of the Spearman test analysis obtained p = 0,294 > 0,05 so that it can be stated that self-esteem and skin health do not have a significant relationship. This is in line with the statement of Hujjah & Siahaan (2022); Nafi et al. (2022) in their research, namely that there is no relationship between knowledge and students' behavioral attitudes in using sunscreen.

4. CONCLUSION

Based on the results, it can be concluded that there is no relationship between self-attitude towards adolescent skin health in the Mulyorejo Baru area, Surabaya City. In this study, tests were carried out in the form of the Self-Attitude Questionnaire and the Skin Health Questionnaire with the Spearman test p test: 0,294, indicating that the results obtained at the level of self-attitude measurement were obtained from 36 respondents, 6 respondents (16,7%) had bad self-attitude, 29 respondents (80,6%) had moderate self-attitude, while only 1 respondent (2,8%) had good self-attitude, and the results obtained from measuring the level of adolescent skin health were obtained from 36 respondents as many as 25 respondents (69,4%) had good skin health, 9 respondents (25,0%) had moderate skin health, and 2 respondents (5,6%) had bad skin health.

Based on the results of research on the relationship between self-attitude and skin health in adolescents in the Mulyorejo Baru area, the city of Surabaya, it is necessary to carry out further research and provide regular and systematic counseling so that teenagers in the Mulyorejo Baru area, Surabaya city can maintain healthy skin in their daily lives. It also requires awareness from each individual to realize self-attitude into a positive attitude that affects the health of their skin.

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