

Enhancing Adolescents' Awareness Regarding Skin Issues

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Abstract

Adolescents often experience various skin problems due to hormonal changes, lifestyle factors, and environmental influences. Accurate information can mitigate these issues. This study aimed to identify skin issues prevalent among adolescents and assist them in addressing these concerns. The methods used incorporate both a literature review and field practice. The literature review was conducted through searches of several databases using relevant keywords. The field practice component was undertaken at SMAN 72 Jakarta through education. An open discussion was organized after the explanation by the experts. According to the literature review, direct observation, and discussion, acne is the most common skin issue observed. During the education process, students' enthusiasm was shown by their active participation. Prevention and management of acne were the main topic of the question. This study suggests that institutions, organizations, and other internet resources can help provide adolescents with accurate information about skin health. Accessing credible and simple online information, attending classes, and discussions can be beneficial for adolescents in managing their skin problems.

Keywords: *acne, adolescent, skin health, skin problems*

1. INTRODUCTION

Adolescents frequently face a range of skin issues caused by hormonal fluctuations, lifestyle habits, and environmental factors. Having access to reliable information can help reduce or prevent these problems. During a health education session at SMAN 72 Jakarta, we noticed students had limited but enthusiastic knowledge about basic skincare. This highlighted a gap in accessible, credible information regarding skin issues in adolescence. Given the considerable physical, psychological, and social changes that occur during this time, adolescent health is an important issue that needs careful consideration. According to the Ministry of Health of the Republic of Indonesia (2018), adolescents are individuals within the age group of 10 years up to 18 years. (Figure 1)

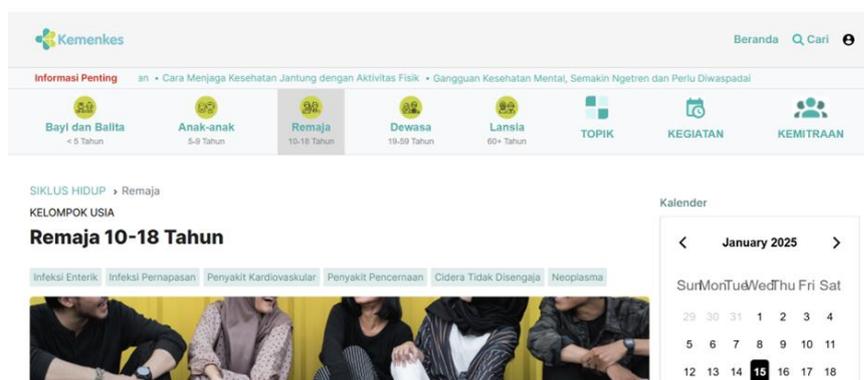


Figure 1. Age Group Classification According to the Ministry of Health of the Republic of Indonesia

Adolescent development influences the shifts in the disease load from childhood to adulthood, including skin problems. Hormonal fluctuations, lifestyle choices, and environmental factors can cause a variety of skin issues in adolescents. Smooth, healthy-looking skin is one of the cornerstones of beauty, and defining what constitutes good skin is as tough. Skin health is closely related to overall well-being, and clear skin is one of the body's "visual certificates of health." (Etcoff, 2000). Ideal skin for Asian women is characterized by a better water-oil balance, enhanced barrier function, higher microbial

diversity, and a more balanced species distribution (Ma et al., 2023). These characteristics were related to our findings during the interactive education process at SMAN 72 Jakarta.

Based on the experts' direct observation and discussion, acne is the most common skin issue experienced by SMAN 72 Jakarta students. Regarding to literature review, acne is the most common skin condition in adolescence. Acne vulgaris is a persistent inflammatory condition affecting the pilosebaceous unit. This illness is commonly characterized by papules, pustules, or nodules on the face, although it can also affect the upper arms, torso, and back. Acne vulgaris' etiology involves the interaction of numerous variables that result in the creation of its major lesion, the "comedo". (Sutaria, 2023)

2. METHOD

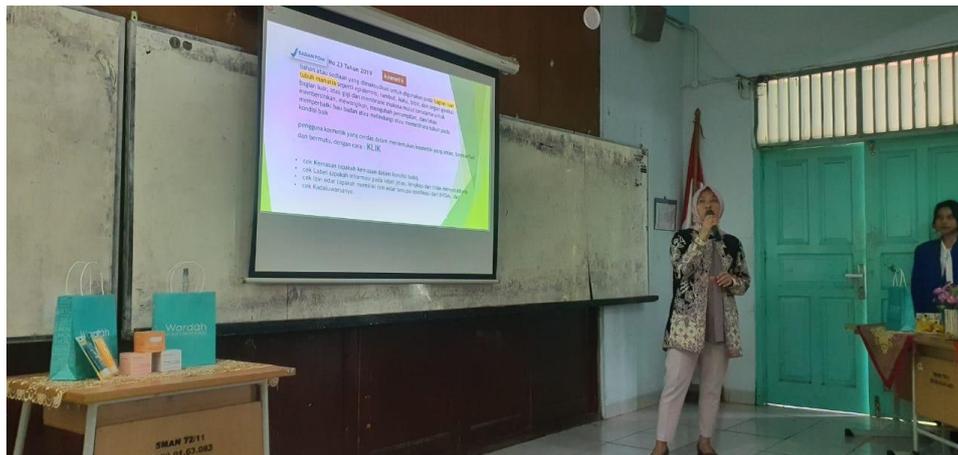
Methods: The methods used incorporate both a literature review and field practice. The literature review was conducted through searches of several databases using relevant keywords. The field practice component was undertaken at SMAN 72 Jakarta through education. An open discussion was organized after the explanation by the experts.

3. RESULT AND DISCUSSION

During the interactive education, the experts utilize infographics, material presentation, and demonstrations (Figure 2 & 3). These included the etiology of skin problems and how to prevent them. Hormonal changes during puberty increase oil production, making the skin glossy and more prone to acne (Wasitaatmadja. 2018). Adolescents' skin may become dry and flaky as a result of environmental changes, harsh skincare products, or insufficient moisturizer use (Sutaria, 2023). Excessive sun exposure without adequate protection can cause sunburn, damage the skin, and increase the risk of skin cancer (Humphrey et al., 2021; Thawabteh et al., 2023).



(a)



(b)

Figure 2. Education and Discussion Session (a) (b)



Figure 3. Collaboration Between Educators

To overcome skin problems, cleaning is the basic important key. It is also critical to understand whether our skin is oily, dry, or sensitive. Different skin types require cosmetics that are tailored to their individual needs. Normal skin is defined as neither excessively oily nor dry, with few skin problems. Oily skin is distinguished by excessive oil production, which makes it prone to acne and enlarged pores. Choose products containing salicylic acid, benzoyl peroxide, or tea tree oil. Avoid products that are too greasy or thick. Dry skin typically feels tight, scratchy, or flaky. Use products containing hydrating components, including hyaluronic acid, glycerin, ceramides, and shea butter. Combination skin is oily in some areas (such as the T-zone) but dry in others. Select balanced products, like as lightweight, non-comedogenic moisturizers. Sensitive skin is easily irritated or inflamed, and it reacts regularly to certain cosmetics. Search for fragrance-free, alcohol-free, and hypoallergenic products. Natural products such as aloe vera and chamomile can help to reduce redness. (Baumann, 2008; Gersch, 2023; Sutaria et al., 2023).

Eat a balanced diet rich in fruits, vegetables, and whole grains. Drink at least two liters of water every day. Avoid sugary drinks and processed foods. Ensure we get enough sleep and perform regular physical activity to improve blood circulation and promote healthier skin. (The National Health Service, 2023; The American Academy of Dermatology Association, 2024)

Daily Skincare Routine Includes washing face in the morning and evening with a light cleanser. Avoid harsh soaps because they can dry out your skin. After cleansing, moisturize your skin to keep it

hydrated. To avoid clogged pores, choose oil-free, noncomedogenic products. Sun protection is crucial, therefore, apply sunscreen daily with an SPF of 15 or more every day, even on cloudy days. Gently exfoliate skin 1-2 times each week to eliminate dead skin cells. To avoid irritation and damage, use a moderate exfoliator based on skin type. It is recommended to wash hand before using skincare products and avoid touching face all day to prevent the transmission of bacteria. Rub or squeeze pimples might exacerbate the problem and potentially cause scars. (The National Health Service, 2023; The American Academy of Dermatology Association, 2024).

According to WHO, adolescents undergo considerable neural development. These developments are linked to hormonal changes but are not always dependent on them. These developments include responsibility for executive functions, including decision-making, organization, impulse control, and long-term planning. As a result, adolescents can actively participate in health classes and attend health socialization. Nowadays, technology can also be utilised to gain access to useful information, particularly information about skin health. Despite their interest, many students relied on TikTok and YouTube influencers for skincare advice, which are often unverified. This reflects a growing need for formal, relatable health education tailored to their daily realities. Medical journals and health information from renowned agencies, such as familydoctor.org or the American Academy of Dermatology Association, are two examples of dependable sources. Schools and families must equip adolescents with simple, science-based guidance on skin health. Collaborations between educators, dermatologists, and digital content creators could help bridge this information gap.

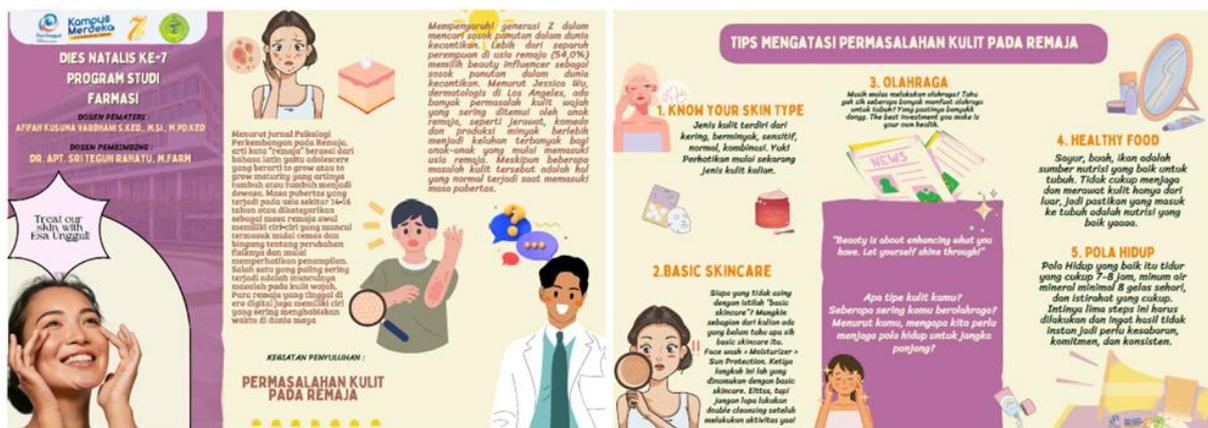


Figure 4. Socialization Leaflet about Skin Problems in Adolescents and How to Overcome Them (Intellectual Property Rights: EC002024207993)

Figures

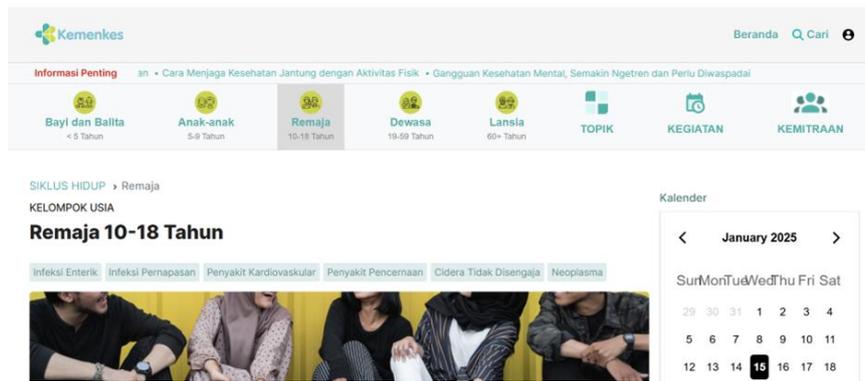
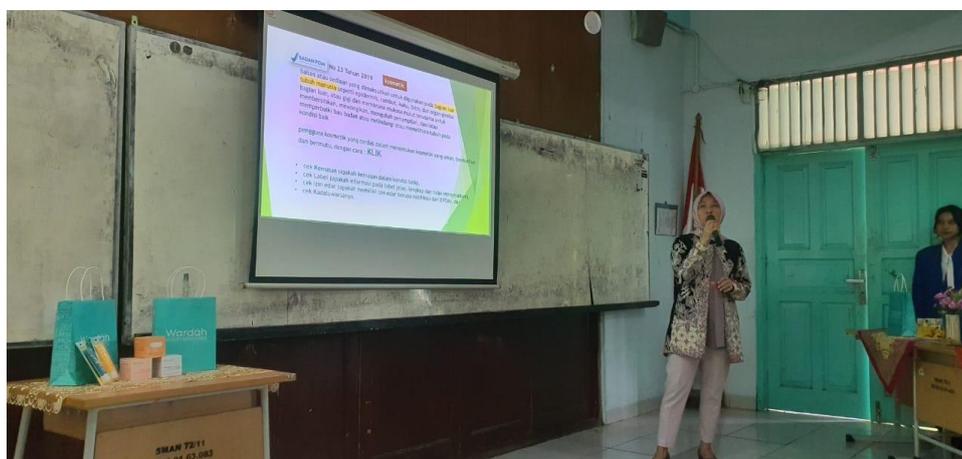


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(a)



(b)

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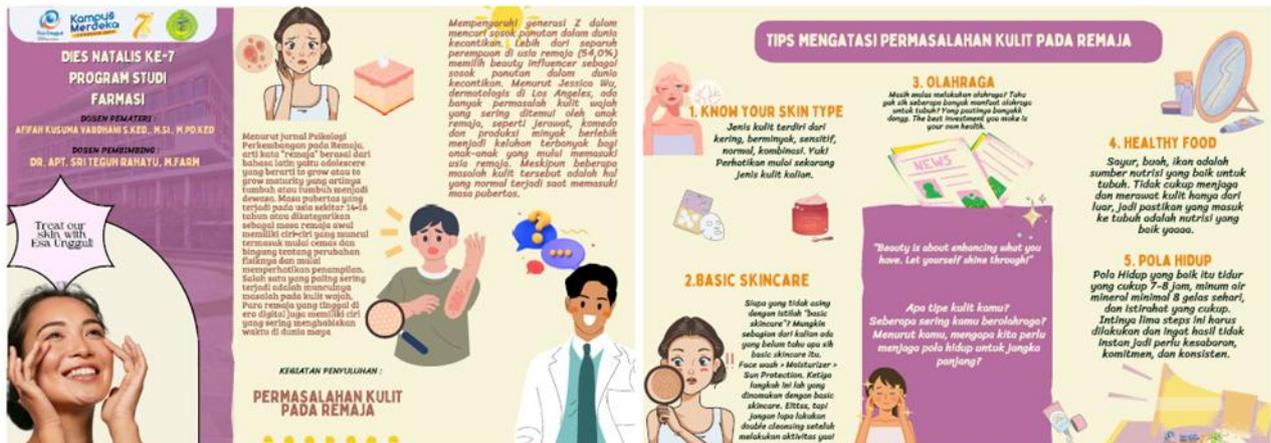


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4. CONCLUSION

The findings indicate that schools, organizations, and online platforms can play an important role in delivering reliable information about skin health to adolescents. By accessing trustworthy and easy-to-understand online resources, as well as participating in educational sessions and discussions, adolescents can better manage their skin concerns.

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