Level of Knowledge of PKK Mothers in RW VI, Krapyak Village Regarding the Use of Anti-Aging Skincare

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ABSTRACT

Aging is an unavoidable nature. In RW VI, Krapyak Village, most mothers have experiencing the aging period and have skin aging problems, but have not focused on using anti-aging skincare. The purpose of this study was to determine the level of knowledge of PKK mothers in RW VI, Krapyak Village regarding the use of anti-aging skincare. This study used a descriptive method with a quantitative approach and a cross-sectional survey design. The subjects of this study were PKK mothers in RW VI, Krapyak Village. The variables in this study were the level of knowledge of PKK mothers in RW VI, Krapyak Village regarding the use of anti-aging skincare. Data collection techniques used questionnaires, observation, and documentation. Data analysis techniques used descriptive percentages. The results showed that the best knowledge was in the 30-40 year age group (84.6%), the S3 education group (100%), and the private employment group (85.7%). The conclusion of this study is that the knowledge of PKK mothers in RW VI, Krapyak Village in using Anti-Aging Skincare is in the good category. Based on the research results, it is hoped that it can provide additional information to increase knowledge about skincare and skin aging.

Keywords : Anti aging skincare, Level of knowledge

INTRODUCTION

Humans have basic needs that must be maintained and cared for during their life, that need is health. One of the health that must be maintained is facial skin health. Problems that exist in facial skin include aging. Experiencing aging is a destiny that cannot be avoided and what can be done is to slow down the aging process (Partika & Juniartha, 2021). Aging is a physiological change that occurs with age (Irianti et al., 2022). Skin aging naturally occurs in living things, especially when entering the age of 30 (Harris, 2019).

Aging is caused by intrinsic and extrinsic factors. Intrinsic factors include genetic or hereditary factors, hormones, and race, which in this case cannot be prevented. While extrinsic factors such as sunlight, air humidity, air pollution, smoking, and exposure to chemicals, which in this case occur outside the body and can be minimized (Harris, 2019). Aging can be seen physically such as loss of skin elasticity so that the skin becomes sagging, hyperpigmentation, wrinkles, wrinkles, and dullness (Sari et al., 2019). The results of a survey conducted by a skin care brand in Indonesia, namely Olay, together with an online media with 778 respondents stated that the most visible signs of aging are not fine lines or wrinkles, but dull skin with a percentage of 53.30% (Cahyani et al., 2022). The results of a survey conducted by the ZAP Beauty Index in 2023 found that women who underwent treatment at beauty clinics (57.6%)

and those who did not (64.8%) both had problems with dull facial skin, in addition to having skin problems in the form of fine lines or wrinkles (30.3%). Generation X (57.6%) and generation Y (37.2%) experienced fine lines or wrinkles on their facial skin (ZAP Beauty Index, 2023, p. 15).

Problems in facial skin can be a serious problem if not addressed immediately, besides it can reduce self-confidence and disturb a person's psychology. Skin aging can also affect a person's social life because the skin is the outermost part of the body that is first seen by an individual when interacting with others (Ahmad & Damayanti, 2018).

This skin aging problem is also experienced by PKK mothers in RW VI, Krapyak Village. Based on the results of observations and observations that have been carried out, the skin aging conditions experienced by the mothers vary, ranging from hyperpigmentation, dull facial skin, dry facial skin, sagging facial skin, to wrinkles on the face. This can be minimized by using anti-aging skincare.

Skincare is a series that can care for and provide nutrition to the face, as well as solve skin problems. Skincare is a daily routine that can be done in the morning before doing activities and at night before going to bed, with proper and routine use it will produce maximum effects (Windarti, 2022).

As humans who continue to evolve will continue to learn and find out to maintain their skin health. Dermatologists also always update their knowledge and create various skincare products that are suitable for skin problems. To be able to solve facial skin problems, knowledge is needed about facial skin problems themselves and how to overcome them. Knowledge is a set of sciences used to find and find an understanding of a problem that occurs (Ridwan et al., 2021). According to Allan and Johnson, knowledge about aging is related to an individual's perspective on aging. Through this knowledge, an individual can carry out facial skin care in a good and correct way so that problems regarding skin aging can be resolved (Patrick et al., 2014).

Based on the pre-survey conducted in RW VI, Krapyak Village, it was found that PKK mothers in RW VI tend not to use skincare that focuses on anti-aging even though the mothers are already 30 years old and based on observations, many mothers have entered the aging period but the skin conditions they experience vary. In addition, some mothers do not know the content of the skincare in it and some decide to buy skincare products because they are viral or are influenced by advertisements.

Based on the explanation above, this study will measure the level of knowledge in order to determine the knowledge of mothers in caring for facial skin through a study entitled "Level of Knowledge of PKK Mothers in RW VI, Krapyak Village regarding the Use of Anti-Aging Skincare".

METHOD

This research design uses a descriptive method with a quantitative approach and applies a cross-sectional survey method in its research design. The survey conducted in this study was a survey of the knowledge of PKK mothers in RW VI, Krapyak Village regarding the use of anti-aging skincare. This research was conducted in November 2023 in RW VI, Krapyak Village.

The subjects in this study were PKK mothers in RW VI, Krapyak Village, totaling 124 people. The object of this study is the use of anti-aging skincare. In this study, the research population totaling 124 people. Determination of the number of samples using the purposive sampling method which is a sampling determination technique with certain criteria (Siyoto & Sodik, 2015). The sample was calculated using the slovin formula with an error rate of 5%. The sample in this study were PKK mothers in RW VI, Krapyak Village, totaling 95 people

The variables in this study are:level of knowledgeas an independent variable andanti aging skincare usageas a dependent variable. The research instrument was a questionnaire distributed to the research subjects.

Data analysis in this study used a descriptive percentage formula (Arikunto, 2021).

$$P = \frac{F}{n} \: x \: 100\%$$

Information:

P = percentage value

F = frequency of answers

n = total number of respondents

The calculated data is then categorized into several groups, namely the good category (76%-100%), sufficient category (56%-75%), and lacking category (<56%) (Darsini et al., 2019).

RESULT

This study was conducted in November 2023 in RW VI, Krapyak Village. Respondents involved in this study were PKK mothers in RW VI, Krapyak Village, totaling 95 people with the criteria of being at least 30 years old. The level of knowledge of PKK mothers in RW VI, Krapyak Village was carried out using a test with 18 questions to agree and disagree. After the research data was collected, an analysis was carried out using the descriptive percentage method and then the level of knowledge was measured using the SPSS application. Measurement of the level of knowledge can be interpreted on a scale, namely the categories good, sufficient, and lacking (Darsini et al., 2019).

A. Knowledge Level Based on Age

No	Age		Knowledge			Total
			Good	Enough	Not enough	
1	30-40 years	F	22	4	0	26
		(%)	84.6	15.4	0	100
2	41-50 years	F	26	6	0	32
		(%)	81.25	18.75	0	100
3	51-60 years	F	21	6	0	27
		(%)	77.8	22.2	0	100
4	61-70 years	F	4	5	0	9
		(%)	44.4	55.6	0	100
5	71-80 years	F	0	1	0	1
		(%)	0	100	0	100
	Total		73	22	0	95

B. Level of Knowledge Based on Education

No	Education		Good	Enough	Not enough	Total
			Knowledge			**Total**
1	Graduated from elementary school	F	0	1	0	1
		(%)	0	100	0	100
2	Graduated from junior high school	F	1	2	0	3
		(%)	33.3	66.7	0	100
3	Graduated from high school	F	15	9	0	24
		(%)	62.5	37.5	0	100
4	D3	F	8	5	0	13
		(%)	61.5	38.5	0	100
5	S1	F	44	3	0	47
		(%)	93.6	6.4	0	100
6	S2	F	4	2	0	6
		(%)	66.7	33.3	0	100
7	S3	F	1	0	0	1
		(%)	100	0	0	100
	Total		73	22	0	95

C. Knowledge Level Based on Job

No	Work		Good	Enough	Not enough	Total
			Knowledge			**Total**
1	Housewife	F	24	12	0	36
		(%)	66.7	33.3	0	100
2	Private	F	36	6	0	42
		(%)	85.7	14.3	0	100
3	Government employees	F	13	4	0	17
		(%)	76.5	23.5	0	100
	Total		73	22	0	95

Table 4.1 Recapitulation of Research Results

Question		Indicator	Score	Category
A. KNOWLEDGE ABOUT SKINCARE				
1	I know skincare is a skin care product	Know the meaning of skincare (C1)	98%	Good
2	I know that skincare can be used in the morning and at night.	Know the meaning of skincare (C1)	96%	Good
3	I categorize that the use of skincare to maintain white skin is skincare that contains mercury.	Understanding skincare and safe use (C2)	61%	Enough
4	I conclude that safe skincare products are products that have been registered with BPOM.	Understanding skincare and safe use (C2)	99%	Good
5	I adjust my skincare usage to my skin type and condition.	Applying the right skincare (C3)	100%	Good
6	I make it a habit to diagnose my facial skin first to find out the right type of skincare.	Applying the right skincare (C3)	94%	Good

7	I am able to analyze the problems that exist on my skin.	Analyzing facial skin and cosmetic problems (C4)	87%	Good
8	I am considering using skincare that has a high alcohol content as I enter the aging phase.	Designing skincare use (C5)	54%	Not enough
9	I plan to use skincare that suits my skin type so that it has a positive impact on my facial skin.	Validating skincare usage (C6)	98%	Good
10	I have proven that using anti-aging skincare is not able to minimize the signs of aging on my skin.	Validating skincare usage (C6)	63%	Enough

B.	Knowledge Regarding Skin Aging	Indicator	Score	Category
11	I know that skin aging happens to everyone and is unavoidable.	Knowing skin aging (C1)	100%	Good
12	I know that skin aging can be influenced by intrinsic and extrinsic factors.	Knowing skin aging (C1)	93%	Good
13	I understand that skin aging can be caused by ultraviolet rays, air pollution, smoking, exposure to chemicals, sunlight, and air humidity.	Understanding skin aging and its factors (C2)	97%	Good
14	I describe the manifestations of skin aging as wrinkles, fine lines, hyperpigmentation, dull, rough, dry and sagging facial skin.	Describes the manifestations of skin aging and how to deal with them (C3)	100%	Good
15	I use whitening cream to maintain my skin condition so that it stays firm and youthful.	Describes the manifestations of skin aging and how to deal with them (C3)	37%	Not enough
16	I analyzed that in the fifth decade, the physical condition of facial skin looks tighter and more supple compared to adolescence.	Analyzing the physical condition of the skin (C4)	55%	Not enough
17	I chose to use mercury to treat hyperpigmentation skin problems.	Designing the use of skincare for aging skin (C5)	76%	Good
18	I can attest that the signs of aging become more visible as we get older.	Proves signs of skin aging (C6)	99%	Good

DISCUSSION

The questionnaire distributed to respondents was a questionnaire containing 18 items and consisted of two factors, namely skincare and skin aging factors. Based on the results of the study, it can be concluded that respondents' knowledge of skincare factors is included in the good category. This is indicated by the scores obtained mostly in the good category, although there are 2 questions in the sufficient category and 1 question in the less category. In this case, respondents already understand the definition of skincare, the correct application of skincare, are able to analyze problems in facial skin, and are able to use appropriate skincare. However, there are still some respondents who have not been able to understand and use safe skincare, in this question asking about mercury to keep skin white and as many as 37 people agreed with the question, mercury is a hazardous chemical that is prohibited for use in cosmetics. Some respondents also still cannot prove the effects of anti-aging skincare, in this question asking that the use of anti-aging skincare is not able to minimize signs of aging on the skin and as many as 35 people agreed with the question. And some respondents have not been able to design the right use of skincare, in this question asking questions about the possibility of using high alcohol skincare when entering the aging period and as many as 44 people agreed with the question, high alcohol skincare cannot be used in anti-aging cosmetics because alcohol tends to draw water from the skin so that it will drain the moisture of aging skin.

In addition to skincare factors, there are also skin aging factors. Based on the results of the study, it can be concluded that the respondents' knowledge of skin aging factors is included in the good category. This is indicated by the scores obtained mostly in the good category, although there are 2 questions in the less category. In this case, respondents already understand the definition, factors, manifestations of skin aging, design the use of skincare for aging, and prove signs of skin aging. However, there are still some respondents who have not been able to overcome the problem of skin aging properly, in this question asking questions about the possibility of using whitening cream to minimize aging and as many as 60 people agreed with this question, whitening cream is not a cosmetic designed to minimize skin aging such as tightening the skin and keeping the skin youthful. And some respondents have not been able to analyze the physical condition of their own skin, in this question asking questions about the comparison of the physical condition of facial skin when they were teenagers and when they were 50 years old and as many as 43 people answered incorrectly. In adolescence, the physical condition of facial skin looks supple and tight compared to when entering the age of 50 years.

The above presentation is a presentation of the results of the level of knowledge of respondents which is divided into two factors and a knowledge indicator is needed to measure the level of knowledge. In achieving knowledge is influenced by several factors, in this study the factors studied are age, education, and occupation. Age is a person's age calculated from birth. Age is something that influences a person's ability to understand and think. In general, the older you are, the more your ability to understand and think will develop so that the knowledge gained will improve (Darsini, 2019). However, it is undeniable that increasing age can reduce a person's memory. The cause of decreased cognitive function (memory) physiologically can occur due to the aging process and progressive degenerative changes that are irreversible (something that cannot be returned to its previous state). This is in accordance with the theory of decline which states that the older you are, the more your memory will decrease (Kushariyadi, 2016).

Education is guidance given to someone to move towards an ideal that determines someone to do something and fill their life in order to achieve happiness. Education is needed to obtain information about things that support life. In addition, education can influence a person's behavior and attitude in acting, the higher a person's education, the easier it is to receive information (Darsini, 2019). This is in line with research conducted by (Jayanti et al., 2022) which concluded that there is a relationship between the level of education and the level

of knowledge. The results of the study were that the higher the education taken, the better the knowledge possessed, and vice versa.

Work is basically an activity carried out by a person to earn income or activities carried out to take care of their needs such as doing housework and others. Work can provide opportunities for someone to gain good experience and knowledge. Sometimes work provides wider opportunities to gain knowledge or access information (Darsini, 2019). This is in line with research conducted by (Suwaryo & Yuwono, 2017) which explains that work has an influence on the level of knowledge.

CONCLUSION

Based on the results of the study and discussion, information was obtained regarding the level of knowledge of PKK mothers in RW VI, Krapyak Village regarding the use of anti-aging skincare in general, which is in the good category. There is also a level of knowledge based on age showing that the best category is in the 30-40 year age group and the most adequate level of knowledge is in the 71-80 year age group. The level of knowledge based on education shows that the best category is in the S3 education group and the most adequate is in the elementary school graduate group. The level of education based on occupation shows that the best category is in the private sector and the most adequate is in the housewife occupation group.

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