

Overview of Madrasah Aliyah Bola Students' Knowledge About the Proper Use of Skincare for Skin Health

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A B S T R A C T

Background: Knowledge is the result of the complex interaction between the senses, experiences and information that an individual receives from his or her environment. Knowledge encompasses the cognitive domain that is the foundation in the formation of human behavior, including decision-making in various aspects of life, one of which is health. Proper knowledge about the use of skincare plays an important role in maintaining healthy skin and preventing the risk of dermatological disorders. Skincare is a series of skin care products that are used to maintain health, cleanliness and skin protection from exposure to external factors, such as cleansers, toners, moisturizers, serums and sunscreens. **Objective:** This study aims to find out the overview of the knowledge of Madrasah Aliyah Bola students about the proper use of skincare for skin health. **Methods:** This study used a descriptive method with a quantitative approach and a total sampling technique with a total of 30 students. The research instrument in the form of a questionnaire consisted of 10 questions that measured factual, procedural and conceptual knowledge related to skincare. From the data obtained from distributing questionnaires to students of Madrasah Aliyah Bola. research on the knowledge of the use of skincare in students of Madrasah Aliyah Bola. **Results:** The study showed that Madrasah Aliyah Bola students' knowledge about the use of skincare was in the categories of high knowledge (33.33%), medium knowledge (53.33%) and low knowledge (13.33%). **Conclusion: Overall,** the average knowledge score of Madrasah Aliyah Bola students is in the medium knowledge category (66.33%).

INTRODUCTION

Knowledge is the result of the complex interaction between sensing, experience and information that an individual receives from his or her environment. Knowledge encompasses the cognitive domain that is the foundation in the formation of human behavior, including decision-making in various aspects of life, one of which is health. Knowledge provides individuals with a fundamental understanding of various concepts and facts relevant to face certain challenges (Ulya & Iskandar, 2017).

Relevance of Knowledge to Health Behaviors A good knowledge of skincare allows individuals to avoid using risky products and choose products that suit the skin's needs. Knowledge also plays an important role in encouraging individuals to pay attention to regulations, such as permits from the Food and Drug Supervisory Agency (BPOM), as well as ensuring that the skincare products used do not contain harmful ingredients such as mercury or hydroquinone (A *et al.*, 2023).

Skincare has become a global trend, especially among teenagers. Awareness of the importance of maintaining healthy skin has triggered an increase in the use of diverse virgin skin products. Teenagers, including Madrasahs, often try various types of skincare products to get healthy and well-groomed skin. However, their understanding of the safety of skincare products is often minimal. This can lead to risks such as skin irritation, allergies, and even long-term skin damage due to the use of inappropriate or harmful products (Nawiyah *et al.*, 2023). Social media exposure that displays certain beauty standards can trigger dissatisfaction with one's appearance. Teens who feel they don't meet these standards may experience excessive psychological distress or anxiety related to skin care (Burnette & College, 2016).

Teenagers are an age group that is vulnerable to the influence of cosmetics and skincare trends, especially through social media that often displays new products massively. This trend encourages

teenagers to try various products without understanding their content or impact. (Smith) *et al.*, 2021) explains that lack of knowledge about active ingredients such as retinoids, AHAs/BHAs and parabens can lead to errors in product selection, such as choosing products that are not suitable for your skin type or contain harmful ingredients.

Many teenagers face skin problems such as acne, comedies, or oily skin. The use of skincare according to skin type can help overcome this problem. For example, products with active ingredients such as salicylic acid and niacinamide have been shown to be effective in reducing acne (Yunfei & Cao, 2024).

Most teens use skincare to address skin problems that are common at their age, such as acne, oily skin, or scars. These skin problems are often a major concern because they can affect their confidence. Research by (Rahmantari *et al.*, 2024) shows that 70% of teens who use skincare aim to improve their skin condition (Zhenia Islami Wahyuningrum *et al.*, 2024).

A report from the Journal of Cosmetic Dermatology (2025) states that adolescents are a vulnerable group to exposure to cosmetic products due to social factors and the desire to meet certain beauty standards. However, their literacy about product content is often inadequate, so they are more affected by ads or friend recommendations without considering the safety aspect. This phenomenon also occurs in Indonesia, where various illegal or unlicensed skincare products are still widely circulated (Zhang *et al.*, 2025).

Based on the results of several previous studies on the picture of knowledge and use of skincare in adolescent students, there are findings that show that there is a gap and their understanding and practice related to skin health. Research by (Wildana Al Kautsar & Hasrullah, 2025) shows that the majority of students have inadequate knowledge about the use of skincare, especially in terms of determining when and how to choose the right skincare products.

METHOD

Types of Research

The research applied a quantitative method by taking data using questionnaires. To provide an overview of the knowledge of Madrasah Aliyah Bola students about the proper use of skincare for skin health.

Research Time

This research was conducted in April-May 2025.

Research Place

The research was conducted at Madrasah Aliyah Bola, Bola Village, Batauga District, South Buton Regency, Southeast Sulawesi.

Population

The population of this study is all students of Madrasah Aliyah Bola which totals 30 students.

Sample

The sample of this study is all students of Madrasah Aliyah Bola which totals 30 students. The sampling technique in this study is *total sampling*.

Research Instruments

This study uses research instruments in the form of questionnaires.

Data Collection Techniques

Data were collected using questionnaires designed according to the needs of the study. The data collection technique is primary data, namely data obtained directly through questionnaires for Madrasah Aliyah Bola students.

Data Analysis Techniques

The data analysis process was carried out using a descriptive statistical method to provide an overview of the level of knowledge of Madrasah Aliyah Bola students related to the proper use of

skincare for skin health. Descriptive statistics were chosen because this method allows researchers to present data in concise and easy-to-understand forms such as tables, graphs and narrative descriptions. The stages of data analysis include:

Editing

This stage aims to ensure that the questionnaire is completed completely and according to the instructions, while invalid or irrelevant data will be filtered out of the analysis. The editing stage is very important to maintain the quality of the data that will be further processed.

Coding

After the data was checked, the answers from the questionnaire were given a numerical score. For example, the answer "Yes" is scored 1 and "No" is scored 0. This coding process aims to facilitate data processing.

The data is processed using Microsoft Excel 2013. Calculated using the Frequency Distribution formula. The data that has been coded is entered into the frequency distribution table. This table is used to calculate the number of respondents who gave a specific answer to each question. Tabulation allows researchers to see the overall pattern of data distribution, such as the number of respondents who have low, medium or high levels of knowledge. Using the guttman scale, the score or answer value of each question is summed and then a percentage is carried out. For the drawing of conclusions, it is determined by comparing the maximum score.

$$\text{Present} = \frac{\text{Skor yang dicapai}}{\text{Skor maksimal}} \times 100\%$$

The data collected are categorized according to the nominal scale, by paying attention to the answer that is Yes with the following conditions (Octasari & Shinta, 2022):

Score 80-100% answer Yes: High Knowledge

Score 50-79% answer Yes: Moderate Knowledge

Score $\leq 49\%$ answer Yes: Low Knowledge

Descriptive Analysis

The tabulated data is processed to calculate, Percentages to find out the proportion of respondents in each category of answers. For example, what percentage of students know the harmful active ingredients in skincare and the average to describe the average student's knowledge about the proper use of skincare. The Descriptive Analysis used is the frequency distribution, namely:

$$P = \frac{f}{N} \times 100\%$$

Ket: P = Present

F = Number of correct answers

N = Number of questions

RESULTS & DISCUSSION

Result

Respondents who have filled out the questionnaire are 30 respondents with a total of 10 questions.

Table 1. Obtaining answer scores from respondents about skincare use

Yes	Question	Knowledge	
		Yes	Not
1.	Did you know that choosing skincare products that suit your skin type is important?	29	1
2.	Did you know that face serums are used twice a day?	22	8
3.	Does the use of skincare make skin acne?	8	22
4.	Do you know the correct order in your skincare routine starting from cleansing, followed by hydration (toner and moisturizer), serum, protection (sunscreen)?	23	7
5.	Did you know that skincare products that have been licensed for distribution by BPOM RI should include the BPOM label contained?	22	8
6.	Do you know how to use facial toner after washing your face?	21	9
7.	Did you know that the time to apply sunscreen for facial skin is 15-30 minutes?	15	15

8	Did you know that skincare products that contain harsh chemicals or are not suitable for your skin type can affect skin health?	21	9
9.	Do you know the harmful ingredients in skincare?	8	22
10.	Did you know that the use of active ingredients such as retinoids or AH//BHA without proper guidance can increase the skin's sensitivity to UV rays, leading to hyperpigmentation or irritation?	16	14

Source: Research Primary Data, 2025

Table 2. Frequency Distribution of Respondents' Knowledge Categories on Skincare Use

Category	Respondents	Present (%)
Tall	10	33,33
Keep	16	53,33
Low	4	13,33
Total	30	100

Source: Research Primary Data, 2025

From **table 2.** above the frequency of high knowledge of the use of skincare as many as 10 respondents, then at the frequency of the medium knowledge category 16 respondents and the frequency of the low category there were only 4 respondents.



Figure 2 Graph of skincare usage categories.

Based on **figure 2** above, it can be explained that the category of high knowledge of respondents with the category of high knowledge amounted to 10 respondents (33.33%). The medium knowledge category amounted to 16 respondents (53.33%) and the low knowledge category amounted to 4 respondents (13.33%).

DISCUSSION

This research was conducted on Madrasah Aliyah Bola students with a total of 30 respondents with 10 questions. The data collection technique was obtained directly through questionnaires distributed to respondents with a total of 10 questions to Madrasah Aliyah Bola students.

From the survey that has been conducted on the knowledge of skincare use, it was found that as many as 29 out of 30 respondents knew the importance of choosing skincare products according to skin type, while 1 respondent answered No. This shows that the basic awareness of product compatibility is quite high. The survey results also showed that 22 respondents knew that face serums were used twice a day consistently, indicating a fairly good knowledge of skincare use. However, there are still 8 respondents who do not know this. Based on the results, it can be seen that the majority of respondents have sufficient basic knowledge about the use of skincare, such as the importance of adjusting to skin type and using serums twice a day.

Based on the results of the study, there were 8 respondents who answered Yes while 22 respondents answered No. It shows that most of the respondents are aware that skincare does not cause acne, but rather the selection of the right products that affect skin health (Wulandari *et al.*, 2022).

Based on the results of the study, 23 out of 30 respondents knew the correct order of skincare use, starting from cleansing, hydration, serum and ending with protection (*sunscreen*). While 7

respondents answered No. Shows that most respondents already understand the correct stages of skin care (Sitti Ramlah *et al.*, 2021).

Based on the results of the study, 21 out of 30 respondents understood the importance of BPOM labels on skincare products, while 8 respondents answered No. These results show that respondents already understand that safe skincare that has passed the BPOM test, distribution permit and does not contain mercury.

Based on the results of the study, there were 21 out of 30 respondents who answered correctly that facial toner was used after washing the face, showing a fairly good understanding of skincare steps (Paramita) *et al.*, 2023).

Based on the results of the study, there is knowledge about the time of use *sunscreen*. It is still evenly divided where 15 out of 30 respondents who only answered heard correctly that the time to use *sunscreen* (*sunscreen*) is 15-30 minutes before outdoor activities. However, half of the respondents still do not understand the time to use *sunscreen*. So it is concluded that *sunscreen* worn regularly. *Sunscreen* or *sunscreen* can prevent or minimize the skin from the bad effects of sun exposure which causes uneven skin tone, the appearance of spots and premature aging (Sigh) *et al.*, 2020).

Based on the results of the study, 21 out of 30 respondents knew that skincare products that contain harsh chemicals or are not suitable for skin type can affect skin health, while 8 respondents did not know about it.

Based on the results of the study, 8 out of 30 respondents knew about the existence of harmful ingredients in skincare products, while 22 respondents did not know about it. This lack of understanding of knowledge shows the presence of harmful ingredients such as mercury and hydroquinone, in the use of products can have effects on skin health (Rahmantari) *et al.*, 2024)

Question number 10 shows that 16 out of 30 respondents understand that the use of active ingredients such as retinoids and AHA/BHA without proper guidance can increase the skin's sensitivity to UV rays, which can lead to hyperpigmentation or irritation, while 14 respondents do not know about it. Active ingredients such as retinoids work by accelerating the generation of skin cells. Meanwhile, AHA/BHA functions as an exaggeration.

So that the total score of the respondents is 199 respondents, this score is an accumulation of each respondent's answer to all question items in the questionnaire. The entire category of student knowledge on the use of skincare is high knowledge 10 respondents with a percentage of 33.33% of the acquisition score obtained by 30 respondents divided by the maximum score of 10 from the set sample multiplied by 100% and the results obtained are 33.33%, then in the category of student knowledge are 16 respondents with a percentage of 53.33% of the acquisition score obtained by 30 respondents then multiplied by 100% and the results obtained are 53.33% and the category Low Knowledge 4 with respondents with a percentage of 13.33%.

Based on the results of the study, the overall value of Madrasah Aliyah Bola students' knowledge on the proper use of skincare showed a moderate knowledge category, with an overall average score of 66.33%. In addition, these results show that the knowledge of respondents classified as medium is higher than the high category. This is because the majority of respondents get information about skincare from social media.

In line with research (Paramita) *et al.*, 2023) which shows that the level of skincare literacy among Generation Z is still in the medium knowledge category, which is caused by the limitation of valid information and the tendency to follow social media trends as the main source of knowledge. These results reinforce the findings in the study that social media is one of the dominant factors in encouraging skincare use.

COVER

Based on the research on the knowledge of the use of skincare in Madrasah Aliyah Bola students, it can be concluded that the knowledge of Madrasah Aliyah Bola students about the use of skincare is in the categories of high knowledge (33.33%), medium knowledge (53.33%) and low knowledge (13.33%). Overall, the average score of students' knowledge in the category of knowledge is medium (66.33%).

This study has several limitations, including the number of respondents which is only 30 students. The research instrument used was also limited to 10 questionnaire questions, so it was not able to describe the students' knowledge as a whole. In addition, this study only assesses the aspect of knowledge without examining students' attitudes and real behaviors in the use of skincare.

For further research, it is recommended to increase the number of samples and expand other variables such as skincare usage attitudes or behaviors.

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