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
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Community Service: Safe, Effective, and Beneficial Skincare Counseling for
Kalam Kudus II Jakarta High School Students

*Pengabdian Masyarakat: Konseling Skincare Aman, Efektif, dan Bermanfaat Bagi
Siswa SMA Kalam Kudus II Jakarta*

Sukmawati Tansil Tan, Yohanes Firmansyah, Alexander Halim Santoso, Ernawati, Noer
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F, Vonny Veronica Jap, Brigita Anasthasia Myra Nailulu

Correspondence Author: sukmawati@fk.untar.ac.id
Tarumanagara University, Jakarta, Indonesia

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Keywords: *cosmetic; skin
care; teenagers; education*

Abstract: *Teenagers with inadequate knowledge about cosmetics are more likely to use harmful or unlawful goods. Students at SMA Kalam Kudus II Jakarta have never received instruction on the selection and application of beauty products. This counseling session is anticipated to raise the SMA Kalam Kudus II Jakarta students' awareness of the importance of utilizing adolescent-appropriate and safe skin care products and how to select them. This counseling procedure is conducted offline for counseling participants at Kalam Kudus II Jakarta High School. The given counseling material addresses a variety of adolescent skin conditions, as well as the many types of skincare ingredients and how to choose the appropriate one based on the adolescent's skin. Compared to the Pre-test, which was administered prior to the presenter's explanation of the topic, there was an increase in knowledge on the Post-test. Therefore, it can be inferred that participants gained knowledge from this activity's material and conversations, particularly in regards to the skincare material offered.*

Abstrak.

Remaja dengan pengetahuan yang kurang tentang kosmetik lebih cenderung menggunakan barang berbahaya atau melanggar hukum. Siswa SMA Kalam Kudus II Jakarta belum pernah mendapatkan pengarahan tentang pemilihan dan pengaplikasian produk kecantikan. Sesi penyuluhan ini diharapkan dapat meningkatkan kesadaran siswa

SMA Kalam Kudus II Jakarta akan pentingnya penggunaan produk perawatan kulit yang aman dan sesuai untuk remaja serta cara pemilihannya. Prosedur konseling ini dilakukan secara offline bagi peserta konseling di SMA Kalam Kudus II Jakarta. Materi penyuluhan yang diberikan membahas berbagai kondisi kulit remaja, serta banyaknya jenis bahan perawatan kulit dan cara memilih yang sesuai dengan kulit remaja. Dibandingkan dengan Pre-test yang diberikan sebelum pemaparan materi oleh pemateri, terjadi peningkatan pengetahuan pada Post-test. Oleh karena itu, dapat disimpulkan bahwa peserta memperoleh pengetahuan dari materi dan perbincangan kegiatan ini, khususnya terkait materi perawatan kulit yang ditawarkan.

Kata kunci: kosmetik; perawatan kulit; remaja; pendidikan

INTRODUCTION

The skin is the outermost layer of the human body and serves critical functions such as protecting the body from physical and chemical environmental impacts, avoiding excessive water loss, and regulating body temperature. Skin care or skin care is a product that tries to treat the skin, but its effects are not immediately apparent because achieving the intended results needs a procedure. Skin care is a treatment that nourishes the skin in order to improve its appearance, cleanliness, and overall health. Considered a long-term investment, anti-aging treatments reduce and delay the appearance of wrinkles, spots, dullness, and other indications of aging. Skin care products are cosmetics used to treat the skin of the body, including the face, body, legs, and hands. The use of skin care can protect the skin from direct sunlight, which is detrimental to the health and appearance of the skin, particularly face skin. (Abels & Angelova-Fischer, 2018; Draelos, 2014; Ferreira et al., 2020; González-Minero & Bravo-Díaz, 2019; Kim et al., 2013; Marahatta et al., 2021; Minerva, 2019; Narayanan et al., 2016; Pangestuti et al., 2018; Pavlou et al., 2021; Sakamoto et al., 2017; "Skin Care Cosmetics," 1997) Ultraviolet rays from the sun can cause damage to human skin if exposed for too long. Long-term exposure to ultra violet rays can lead to skin cancer, as well as redness and burning of the skin. To avoid this, the skin must be shielded from these negative impacts. (Bucci et al., 2018; Mao et al., 2020; Millington & Marsh, 2020; Wang et al., 2014)

Teenagers are required to use cosmetics or beauty products to enhance their appearance. Young women should present their best appearance during adolescence. They are competing for the title the most attractive and stylish girl. Young women are also

interested in cosmetics. Obviously, safe cosmetics are an imperative necessity from a health standpoint.(Chynintia et al., 2020; Mukti et al., 2022; Susanti, 2013; Willis & Maspiyah, 2013)

Knowledge of choosing the right cosmetics for teenagers needs to be educated because many teenagers who choose the wrong cosmetics are influenced by idol artists who are admired even though they don't necessarily suit their skin. To get cosmetic products that are safe, you need to check these products on the RI POM (Food and Drug Supervisory Agency) website.(Chynintia et al., 2020; Latirah et al., 2021; Susanti, 2013)

SMA Kalam Kudus II Jakarta is a private educational institution which is located at Jl. Angsana Utama II Block F6 No.1, RT.3/RW.9, Duri Kosambi, Cengkareng District, West Jakarta City, Special Capital Region of Jakarta 11750. These high school pupils are, on average, adolescents. This school has never taught specialized knowledge about adolescent skin care, so there is no expertise about picking and utilizing beauty products. A lack of information about cosmetics increases the likelihood of using harmful or unlawful goods. It is anticipated that this counseling activity will expand the knowledge of Kalam Kudus II Jakarta students regarding the importance of utilizing skin care products and how to select skin care products that are safe for use by adolescents. Based on an investigation of the situation at SMA Kalam Kudus II in Jakarta, it was determined that a lack of understanding about skin care among adolescents increases the danger of using improper or unsafe products. Partners will be provided with solutions such as education on teenage skin concerns, skin care, and the use of suitable, proper, and safe skincare. The anticipated objectives and results of this activity include participants gaining knowledge about teenage skin concerns and how to care for their skin in order to apply the appropriate, proper, and safe skincare products.

THEORETICAL STUDY

The public's awareness of the significance of maintaining a healthy body grows each year. This is consistent with the expanding cosmetics sector in Indonesia. According to news from tirto.id, Switzerland Global predicts that Indonesia will be among the top five largest cosmetics markets in the world within the next 10 to 15 years, with an annual growth rate of 7.2%.(Kusumaningrum, 2021) Cosmetics are a therapy that involves not

just makeup, but also body care, hair care, and skin care. Skin care is the practice of treating or enhancing the state of facial skin. (“A Review on Selected Herbs as Skin Care Cosmetics,” 2020; Diana Draelos, 2000) Various supports, such as products with substances tailored to skin ailments, are used for skin care. Some people now routinely utilize skin care products in their daily lives. Due to the fact that men and women have different needs and dosages for each product, many skin care products today are also designed for males. (Kaur et al., 2020; Minamoto, 2010; Seelig et al., 2021; Watanabe, 2017)

According to the 2018 Beauty mass survey, the cosmetics business in Indonesia continued to expand, with hair care goods accounting for 35.8% of total sales, followed by skin care products at 31.0%. The data indicates that Indonesia has the potential to develop its cosmetics business in terms of both items and consumers. Typically, the majority of imported skin care products originate from Korea and Japan, as these two nations have a heightened focus of face skin care. This is demonstrated by the numerous products manufactured in that country. In recent years, however, an increasing number of people have begun to use Indonesian skin care products since their quality is comparable to international products, they are more affordable, and they are readily available. Obviously, the abundance of skin care products on the market makes it difficult for consumers to choose. So that many people make mistakes when purchasing and utilizing things. Even if a person employs incorrect chemicals or products for skin care, it will cause new problems or even exacerbate existing skin conditions.(Kusumaningrum, 2021)

METHOD AND IMPLEMENTATION

This activity typically entails the steps outlined in Figure 1 to carry out problem-solving procedures. The framework also serves as a reference in the implementation of training activities. This activity's implementation can be roughly divided into three stages: preparation, implementation, and closing and evaluation. In the initial phase, preparations such as proposal writing and material preparation were conducted. Material limitations, location, timing, and preparation for D-1 activities or dress rehearsals were a few of the topics that were discussed. This activity involved four presenters, each of whom presented unique material on related and supportive topics. At this stage, preparations for D-Day

are made so that community service activities can run smoothly and efficiently. In the implementation phase, this activity takes place with a duration of approximately two hours with the details of the agenda as shown in Figure 1. In the last stage, an overall evaluation of the activities is carried out and a final report is prepared as an accountability

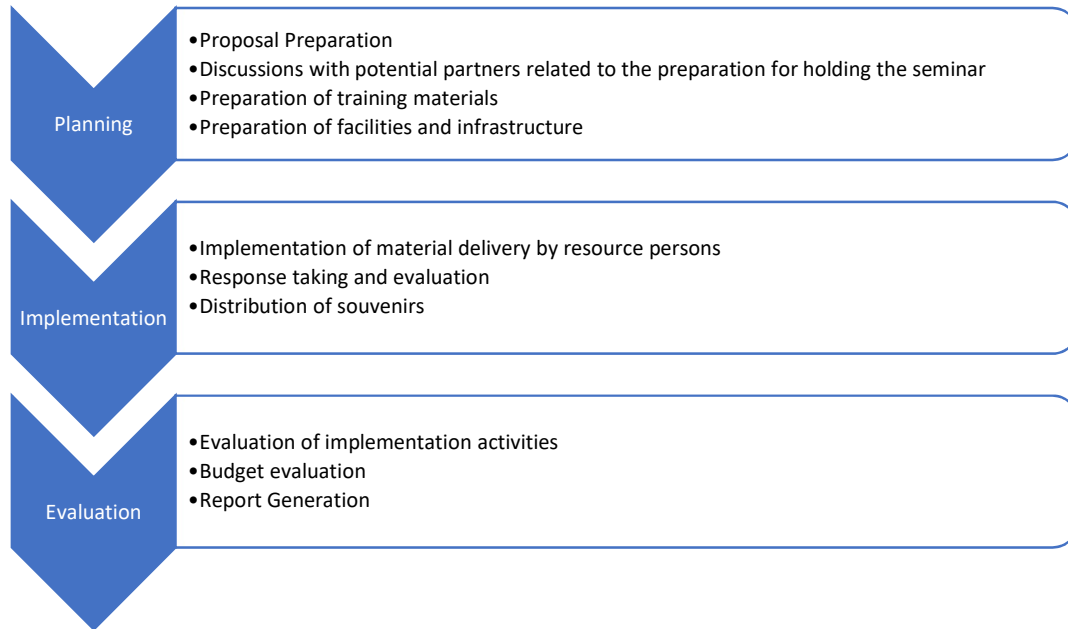


Figure 1. Problem Solving Framework

RESULTS AND DISCUSSION

The ideal state is something that is achieved by teenagers so that teenagers try their best to fulfill it so that it can be accepted by the environment. Utilizing skincare is one of the measures taken to achieve this. Teenagers who are new to skincare typically have limited knowledge, making them susceptible to risks associated with the use of inappropriate, incorrect, and unsafe skincare. This educational program is designed to provide knowledge regarding the selection of appropriate, correct, and safe skin care products for adolescents, particularly students of SMA Kalam Kudus II Jakarta.

This material aims to educate students of SMA Kalam Kudus II Jakarta about healthy skin, skin types, and how to choose safe, high-quality, and effective skincare products.

This activity begins with a pretest that students of SMA Kalam Kudus II Jakarta are required to take, followed by a sharing event from the speaker. During the activity, students will be evaluated through a question-and-answer session. In relation to the implementation of community service activities, even though this activity was conducted online, the students of SMA Kalam Kudus II Jakarta participated with enthusiasm. The session concluded with a post-test, the results of which demonstrated an increase in knowledge compared to the pre-test.

Compared to the Pre-test, which was administered prior to the presenter's explanation of the material, there was an increase in knowledge on the Post-test. Therefore, it can be concluded that participants gained knowledge from this activity's material and discussions, particularly in regards to the skincare material presented.



Figure 2. Documentation of Activities at SMA Kalam Kudus II Jakarta



Figure 3. Documentation of Pre-Post Test Activities

CONCLUSION AND SUGGESTION

Compared to the Pre-test, which was administered prior to the presenter's explanation of the material, there was an increase in knowledge on the Post-test. Therefore, it can be concluded that participants gained knowledge from this activity's material and discussions, particularly in regards to the skincare material presented.

The conclusion that can be drawn from the completed activities is that the participants in this activity are highly committed to its success and understand the significance of selecting safe skincare products.

From this activity, it is possible to suggest that Tarumanagara University's community service institutions conduct activities in various fields and disciplines, such as with schools or other community organizations.

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