

Introduction to Safe and Appropriate Cosmetics for Teenagers Vocational School

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Abstract: Cosmetics are beauty products intended for use on the skin, hair, nails, lips, external genital organs, teeth, and oral mucosa. Knowledge about choosing the right cosmetics is necessary because many people make mistakes in determining the type of cosmetics to use, the types of ingredients used, and cosmetic rules. One step to increase awareness of safe ingredients and the use of cosmetics is to provide education through the university's education, research, and community service activities, namely Community Service. especially among teenagers. This activity aims to provide outreach on how to choose safe and appropriate cosmetics for teenagers and provide education on how to report side effects from using cosmetics to BPOM. In community service activities, the method used is to provide material using a lecture method, followed by discussion and questions and answers. Questions asked for *pre* and *post-test* are the same, namely the definition of cosmetics, the purpose of using cosmetics, how to store cosmetics, how to use cosmetics safely, how to choose to buy cosmetics from the marketplace, Knowing Dangerous Cosmetic Ingredients, Seeing Cosmetic ED, How to Store Cosmetics and regarding if you experience irritation/ side effects from cosmetic preparations, then the last order that was carried out after providing the material was that residents' knowledge increased when they filled out the same questionnaire again and was quite different compared to before. Like Knowledge of the meaning of cosmetics education who knew the meaning of cosmetics was 10 people or 45.4% after education increased to 19 people or 86.4% and for other questions there was an increase after providing the material. It can be said that the Community Service Activities that have been carried out can broaden the knowledge of teenagers.

Keywords: Cosmetics, Security, Teens

1. INTRODUCTION

Teenagers tend to enjoy exploring by trying various types of cosmetic products. However, safety must be a consideration in the selection and use of cosmetic products (Lestari and Widayati, 2021). Cosmetics are defined as products intended for use on the human body for cleansing, beautifying, promoting attractiveness, or altering appearance. This includes a wide range of products such as makeup, nail polishes, perfumes, skin moisturizers, hair care products, shaving creams, and more (Akerman, LLP, 2023). The use of cosmetics is

carried out by various ages, including teenagers. Adolescence is a transition period in a person's life. This period (age group 10 to 19 years) is the second time in life when very large physical and psychological changes occur (Saputro, 2018). In this transitional phase, teenagers like to explore various things, including improving their appearance by using cosmetics.

The teenage phase is also the initial phase in the formation of consumer behavior so that loyalty to using a product can be initiated based on experiences during adolescence (Putri et al, 2021). A study by Safitri and Syarif (2023) identified that brand image, price, and promotion are the main factors that influence cosmetic product purchasing decisions. Consumers tend to choose products that have a positive brand image, competitive prices, and attractive promotions.

When selecting cosmetic products, it's crucial to prioritize safety. Cosmetics available for use must comply with technical standards, safety protocols, effectiveness, quality, labeling, and claims requirements. In 2020 BPOM issued a *public warning* about cosmetics that pose a risk to health for 79 types of products that contain dangerous ingredients (BPOM, 2022). Therefore, we as researchers want to provide information and education to teenagers in Vocational Schools so they can choose cosmetic products that are safe and appropriate to prevent the use of illegal cosmetic products that are harmful to the skin.

2. METHOD

The method used in carrying out community service activities for lecturers at the Faculty of Mathematics and Natural Sciences aims to provide outreach on how to choose cosmetics that are safe and appropriate for teenagers and provide education about how to report side effects from using cosmetics to BPOM to teenagers Vocational School using a lecture method regarding the theory of cosmetic definitions, the contents of cosmetics. safe and dangerous, tips on how to buy safe cosmetics, and how to report cosmetic effects. Participants in this community service activities are class be delivered.

Participants ask questions about material they do not understand. Teenagers are one of the consumers who dominate various cosmetic products. Cosmetics are beauty products that are placed on the surface of the skin to improve its appearance or eliminate odor. Safe cosmetic products are those that do not contain

dangerous components that can hurt health. Distribution permits for cosmetic products in Indonesia are generally stated in cosmetic notifications.

This activity is carried out in 1 meeting with a duration of 240 minutes from opening to closing. Evaluation of the theoretical activities for introducing safe and appropriate cosmetics that have been delivered will be evaluated regarding the effectiveness of delivery through administration to questions before and after giving the material (*pre-test* and *post-test*) with a duration of 30 minutes via Google Form. During the evaluation process, students are accompanied by the lecturer, the aim is to gain a perception of the questions given in the course *to* appropriate and make it easier to fill in and answer properly and correctly. Test analysis was carried out using *Microsoft Excel* and interpreted descriptively.

3. RESULT AND DISCUSSION

Community service with the theme "Introducing Safe and Appropriate Cosmetics for Teenagers Vocational School." The method used in the activity is the lecture method, followed by discussion (**Figure 1.**). The participants were 22 students from class X Pharmacy on Vocational School, SMK Telekomedika Bogor. The material provided includes cosmetics and their distribution, dangerous cosmetic ingredients, tips for choosing good and correct cosmetics, how to check for illegal cosmetics and how to report them, and seeing the time limit for the use of expired *date* cosmetics.



Figure 1. Presentation of Material

The critical aspect to consider when purchasing cosmetic products is the notification segment.

Notification represents the approval for distributing cosmetics within Indonesia. This notification remains valid for three years, by Regulation 1176 of the Minister of Health. The Notification Number is composed of two letters and eleven digits. The initial two letters denote the manufacturing country, such as NA for products originating from Asia and Indonesia, NB for Australian items, NC for European goods, ND for African products, and NE for North American items. The BPOM notification number structure includes two country codes, two production year codes, two product group codes, and four notification number codes (BPOM, 2022).

Collecting data on knowledge about safe and appropriate cosmetics among teenagers at SMK Telekomedika Bogor, namely 22 teenagers aged 15-17 years, consisting of 4 men and 18 women. Students were given the same 10 questions regarding cosmetics. Initial assessment, process evaluation, and final evaluation are carried out to measure the success of this activity. The initial evaluation is the first step to find out the respondent's basic knowledge before being given the material which is done by giving a *pre-test* to participants in the form of questions about the subject matter that will be presented. Process evaluation is carried out by looking at participants' responses through several questions asked or feedback given in the discussion. The final evaluation is carried out by providing a *post-test* to participants, which consists of the same questions as a *pre-test*.

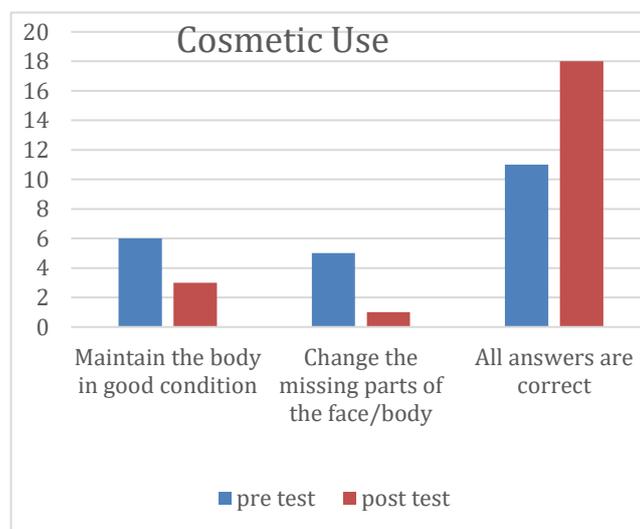


Figure 2. Cosmetic Use

Based on **Figure 2.**, regarding the question of the use of cosmetics, 22 respondents answered yes or 100%, then on the cosmetics question that was frequently used was facial care (facial wash, mask, facial moisturizer) as many as 20 people or 90.91%. This shows that teenagers use facial care as part of their beauty care routine and answered decorative cosmetics (talcum powder, lipstick, blush on) as much as 1 person or the equivalent

of 4.5%, this shows that few respondents use decorative cosmetics because teenagers often use natural cosmetics, answered hair care (shampoo conditioner, hair gel) as much as 1 person or the equivalent of 4.5%. This shows that respondents use few hair care products because they don't know that hair care is also important.

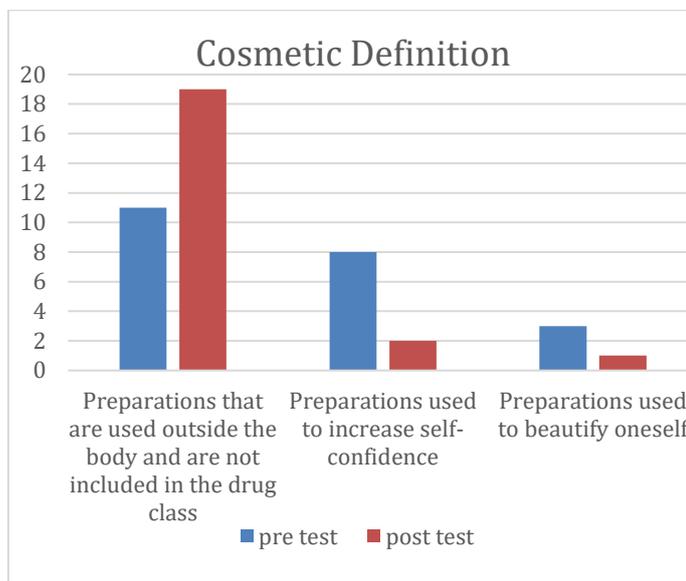


Figure 3. Cosmetic Definition

Based on **Figure 3**. Knowledge of the meaning of cosmetics before education who knew the meaning of cosmetics was 10 people or 45.4% after education increased to 19 people or 86.4% Understanding of cosmetics was Preparations that are used outside the body and not included in the drug class, Meanwhile, there are 4 other people Answer Cosmetics are preparations used to increase self-confidence, preparations used to beautify oneself. Then for the use of cosmetics before education, those who knew about the use of cosmetics were 11 people or 50%, then after education, it increased to 18 people or 81.8%, even though the use of cosmetics is to maintain the body in good condition and change the parts that are lacking on the face/body, this is Based on the question, it means all the answers are correct while the other 4 people answered one of them.

Based on **Figure 4**. Knowledge of writing *expire date* regarding cosmetics is very minimal among teenagers where before giving the material the level of knowledge was 2 people or 9% then after being given the material it increased by 20 people or 90.9% this shows that teenagers when buying cosmetics do not pay

attention to *expire date* Pay more attention to the effect on the face. The knowledge regarding the content of hydroquinone or dangerous cosmetic ingredients before giving the material, knowing what percentage of

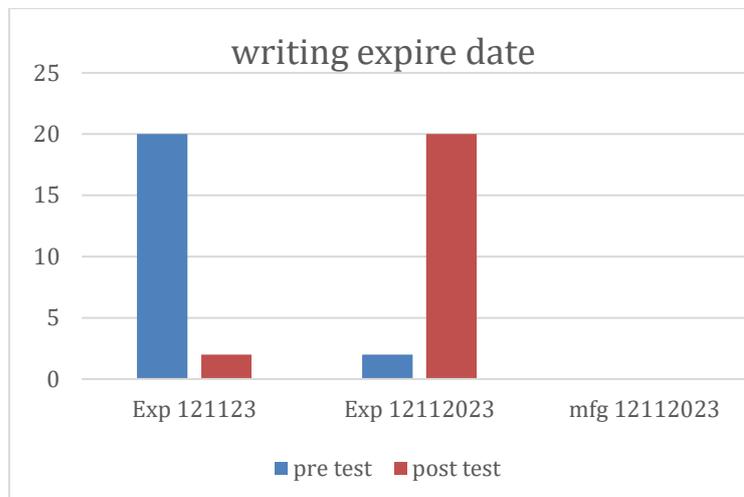


Figure 4. Writing Expire Date

Based on **Figure 5** hydroquinone is permitted to be marketed, was 7 people or 31.8%, then after giving the material it increased to 18 people or 81.8%, while 4 other people answered the maximum 1% and a maximum of 3% (Indriyani, F,2023). This is quite worrying considering the widespread circulation of beauty products with dangerous ingredients. Dangerous chemicals prohibited include red dyes K3 and K10 (rhodamine B), mercury, and retinoic acid, while dangerous chemicals are permitted with restrictions on their

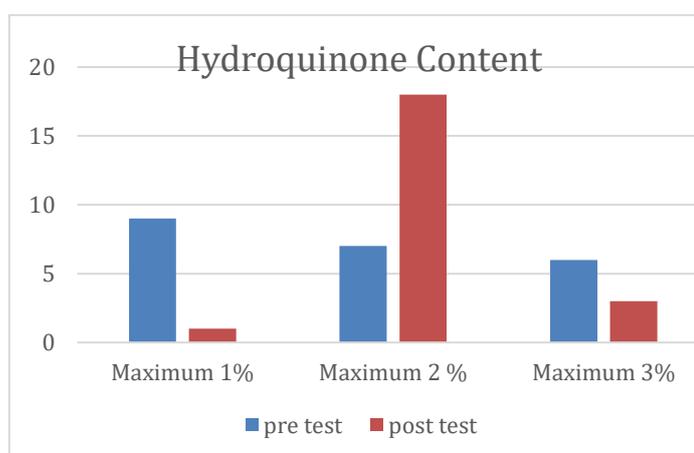


Figure 5. Hydroquinone Content

use in cosmetic products, including hydroquinone with a maximum use limit of 0.02% and formaldehyde with a maximum use limit is 0.02%.

The maximum concentration limit for triclosan is 0.3%, while the maximum limit for use of resorcinol is 0.5%. The use of hazardous substances in cosmetic items can result in health problems. For example, K3 and K10 (Rhodamine B) are red dyes that are carcinogenic and can cause cancer. Hydroquinone can cause *ochronosis* (black skin), which appears after 6 months of use while mercury is carcinogenic and teratogenic (can cause defects in the fetus) (Nurhan *et al.*, 2017).

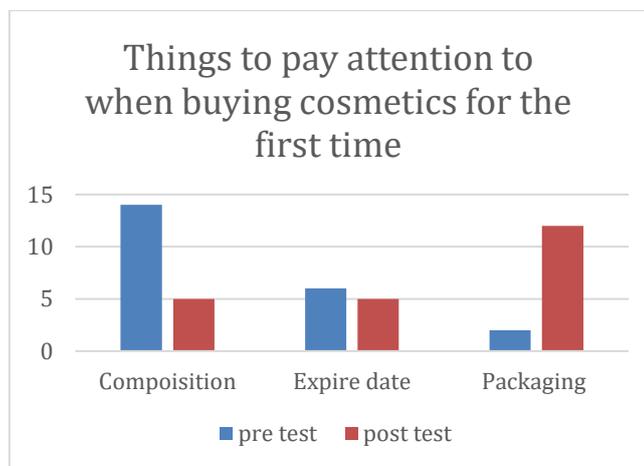


Figure 6. Things to pay attention to when buying cosmetics

Based on Figure 6. Knowledge about what to pay attention to when purchasing cosmetics before providing materials that answered composition was 14 people or 63.7%, expiration date was 6 people or 27.3% and packaging was 2 people or 9%. After being given material that answered composition as many as 5 people or 22.5%, expiry date 5 people or 22.5%, and packaging as many as 12 people 55%. The correct answer is that what you have to pay attention to is the packaging because the packaging includes everything from the composition, product distribution permit, and expire date. Knowledge of the initial steps in determining the legality of cosmetic preparations before providing education that answers checking cosmetic brands using the BPOM website or BPOM mobile as many as 16 people or 72.8%, checking the presence/absence of registration numbers as many as 3 people or 13.6% checking ingredient content 3 people or 13.6% of the standard used in the preparation.

After being given educational material that answered checking cosmetic brands using the BPOM website or BPOM mobile as many as 3 people or 13.6%, checking the presence/absence of registration numbers 18 people or 81.9% checking the content of raw materials used in the preparation 1 person or 4.5% this shows an increase in the results of providing the material how to check cosmetic distribution permits and knowing legal cosmetics is quite important. Checking can be done via the BPOM website by entering the product name at <https://cekbpom.pom.go.id/>. After visiting the Inspection site by entering the product name. If a registration number is to be used, this number can be obtained on secondary packaging, especially the packaging box. However, the simplest method is to search by product name (Sriarumtias, 2020).

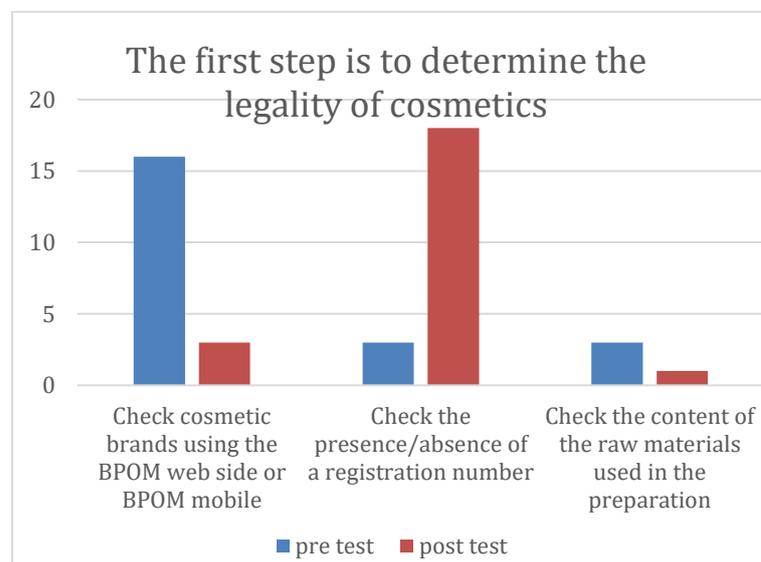


Figure 7. The first is to determine the legality of cosmetic

Then to choose to purchase cosmetics from a marketplace by looking for a market place which is an official outlet even though the prices are a little expensive, this means that respondents are wiser in maintaining the safety and quality of the cosmetic products they purchase because by purchasing from an official outlet, product authenticity and quality are guaranteed (Yunianto, E.P & Anggoro, 2021). It can be said that the community service activity entitled "Introduction to Safe and Appropriate Cosmetics for Teenagers Vocational School" can increase insight and make a contribution. So it is hoped that it can become a reference and be sustainable in creating smart and healthy teenagers.

4. CONCLUSION

After providing material about the meaning, and use of cosmetics, how to find out the expired date of cosmetics, selecting cosmetics that are safe and appropriate, and how to report them to BPOM. The knowledge of teenagers at Vocational Schools increased when they filled out the questionnaire again via Google form. It can be said that this community service activity can increase insight and make a contribution.

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