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TINGKAT PENGETAHUAN DAN PERILAKU PENGGUNAAN ANTIACNE PADA MAHASISWA FAKULTAS KESEHATAN UNIVERSITAS NGUDI WALUYO

ABSTRAK

Latar Belakang : Masa remaja merupakan masa pematangan organ reproduksi (pubertas) masa dengan segala perubahan. Salah satu perubahan yang mempengaruhi psikis berupa perubahan fisik. Perubahan fisik yang dimaksud ialah *acne vulgaris*. Tujuan : Mengevaluasi pengetahuan dan perilaku Mahasiswa Fakultas Kesehatan UNW terhadap penggunaan kosmetik *antiacne*.

Metode : Penelitian ini secara analisis deskriptif non eksperimental. Penelitian dilakukan di Fakultas Kesehatan Universitas Ngudi Waluyo menggunakan sampel penelitian sebanyak 89 responden yang memenuhi kriteria inklusi. Teknik pengambilan sampel menggunakan teknik *non probability sampling*. Instrumen penelitian menggunakan metode survei dengan menyebarkan kuesioner melalui *google form*. Kuesioner dilakukan uji validitas dan reliabilitas untuk menguji kuesioner yang dibuat valid dan reliabel. Analisis data menggunakan excel SPSS vs 25.

Hasil : Sampel penelitian memiliki karakteristik mayoritas perempuan berusia 20-25 tahun semester 8 dan transfer Fakultas Kesehatan Universitas Ngudi Waluyo. Hasil penelitian menunjukkan bahwa tingkat pengetahuan tentang *antiacne* termasuk dalam kategori baik (82%) dan sikap tentang perilaku penggunaan *antiacne* termasuk kategori kurang (51,7%).

Kesimpulan : Tingkat pengetahuan mahasiswa Fakultas Kesehatan Universitas Ngudi Waluyo mengenai pengetahuan *antiacne* dalam kategori baik dengan skor 82% dan perilaku penggunaan *antiacne* dalam kategori kurang dengan skor 51,7%.

Kata kunci : anti acne, pengetahuan, perilaku

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LEVEL OF KNOWLEDGE AND BEHAVIOR OF USING ANTIACNE IN STUDENTS OF THE FACULTY OF HEALTH NGUDI WALUYO UNIVERSITY

ABSTRACT

Background: Adolescence is a period of maturation of the reproductive organs (puberty) with all the changes. One of the changes that affect the psyche in the form of physical changes. The physical change in question is acne vulgaris.

Objective : Evaluating the knowledge and attitudes of UNW Health Faculty students towards the use of *antiacne*.

Methods : This research is a non-experimental descriptive analysis. The study was conducted at the Faculty of Health, Ngudi Waluyo University using a research sample of 89 respondents who met the exclusion criteria. The sampling technique used *accidental sampling technique*. The research instrument used a survey method by distributing questionnaires via *google form*. The questionnaire was tested for validity and reliability to test the questionnaire which was made valid and reliable. Data analysis using excel SPSS vs. 25

Results: The research sample has the characteristics of the majority of women aged 20-25 years in the 8th semester and transfers from the Faculty of Health, Ngudi Waluyo University. The results showed that the level of knowledge about anti-acne was included in the good category (82%) and attitudes about the behavior of using anti-acne were included in the poor category (51.7%).

Conclusion: he level of knowledge of students from the Faculty of Health, Ngudi Waluyo University regarding anti-acne knowledge is in the good category with a score of 82% and anti-acne use behavior is in the less category with a score of 51.7%

Keywords: anti acne, knowledge, behavior