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GAMBARAN PENGGUNAAN KOSMETIK ANTI AGING PADA MAHASISWA UNIVERSITAS NGUDI WALUYO

ABSTRAK

Latar Belakang : Kosmetik *anti aging* merupakan sediaan yang kerjanya menghambat proses kerusakan pada kulit sehingga mampu menghambat timbulnya tanda penuaan pada kulit. Penggunaan kosmetik yang banyak digunakan mahasiswa Universitas Ngudi Waluyo adalah kosmetik *anti aging*, namun mahasiswa cenderung kurang mengamati suatu produk yang dibeli dan digunakan. Tujuan penelitian ini untuk memberikan gambaran penggunaan dan aspek keamanan dalam pemilihan kosmetik *anti aging* pada mahasiswa Universitas Ngudi Waluyo.

Metode : Metode penelitian deskriptif dengan pendekatan kuantitatif. Sampel penelitian berjumlah 110 responden. Pengumpulan data menggunakan kuesioner kemudian dilakukan analisis uji Univariat untuk mengetahui gambaran penggunaan kosmetik *anti aging*.

Hasil : Hasil penelitian ini sebanyak 104 mahasiswa (94,5%) mengecek kemasan (tidak rusak/ cacat/ jelek) dan *expired date*/kadaluwarsa saat memilih dan menggunakan kosmetik *anti aging*. Sebanyak 105 mahasiswa (95,5%) berpendapat bahwa produk tersebut tidak memberikan iritasi/alergi terhadap kulit. Pada aspek keamanan kosmetik didapatkan sebanyak 108 mahasiswa (98,2%) memilih dan menggunakan merek kosmetik *anti aging* yang bersertifikat halal dan BPOM.

Kesimpulan : Disimpulkan bahwa sebagian besar mahasiswa Universitas Ngudi Waluyo melakukan pengecekan kemasan (tidak rusak/ cacat/ jelek), kadaluwarsa saat memilih dan menggunakan kosmetik *anti aging*, berpendapat bahwa produk tersebut tidak memberikan iritasi/alergi terhadap kulit, dan memilih kosmetik *anti aging* yang bersertifikat halal dan BPOM.

Kata Kunci : Kosmetik, Anti aging, Gambaran

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OVERVIEW OF THE USE OF ANTI AGING COSMETICS IN NGUDI WALUYO UNIVERSITY STUDENTS

ABSTRACT

Background: Anti-aging cosmetics are preparations that work to inhibit the process of damage to the skin so as to inhibit the onset of signs of aging on the skin. The use of cosmetics that are widely used by Ngudi Waluyo University students is anti-aging cosmetics, but students tend to be less observant of a product that is purchased and used. The purpose of this study was to evaluate the description of the use and safety aspects in the selection of anti-aging cosmetics among students of Ngudi Waluyo University.

Methods: Descriptive research method with a quantitative approach. The research sample amounted to 110 respondents. Data collection using a questionnaire and then Univariate test analysis to determine the description of the use of anti-aging cosmetics.

Results: The results of this study as many as 104 students (94.5%) checked the packaging (not damaged / defective / ugly) and expiration date / expiration when choosing and using anti-aging cosmetics. A total of 105 students (95.5%) thought that the product did not provide irritation/allergy to the skin. In the aspect of cosmetic safety, 108 students (98.2%) choose and use anti-aging cosmetic brands that are halal and BPOM certified.

Conclusion: It was concluded that most Ngudi Waluyo University students check the packaging (not damaged/defective/shoddy), expiry date when choosing and using anti-aging cosmetics, think that the product does not provide irritation/allergy to the skin, and choose anti-aging cosmetics that are halal and BPOM certified.

Keywords: Cosmetics, Anti-aging, Overview