


Use Of Cosmetics In Pregnant Women During Pregnancy

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Article Info	ABSTRACT
Keywords: Cosmetics, Pregnant women, Pregnancy,	Cosmetic products are a daily necessity and are widely used by young women, including pregnant women. Recent cross-sectional studies show 60–80% of pregnant women also use cosmetic products, including facial cleanser, day cream, foundation, mascara, lipstick, eye pencil, eye shadow and makeup remover. Cosmetic products contain various chemical substances (e.g. phthalates, parabens, formaldehyde, dioxane, nitrosamines, hydroquinone, phenols, organic solvents) and heavy metals (e.g. Pb, Hg, As, Cd, Cr, Sb, Ni), which are added intentionally. as an efficacy component to increase the skin care effect of cosmetic products or brought from raw materials, auxiliary materials or technical problems during the production process. The aim of this research is to determine the use of cosmetics by pregnant women during pregnancy. The research target is pregnant women in Bima City. The sampling technique is purposive sampling and data analysis by calculating the frequency distribution. The result showing Based on the data above, it shows that the majority of pregnant women use whitening during pregnancy, namely 30%, the duration of use of cosmetics in most pregnant women is >1 year, namely 30%, the majority of pregnant women use cosmetics during pregnancy because it becomes a need/habit, namely 40%, the effects arising from the use of cosmetics during pregnancy during pregnancy mostly have a brightening effect of 33.33%, and the knowledge of pregnant women is in the good category, namely 83.33%.
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INTRODUCTION

Cosmetics are usually used more often by women than men. Pregnancy is a period when women tend to use cosmetic products because changes in their skin (dryness, stretch marks, etc.) can encourage them to increase their use, for example, moisturizing products. Cosmetics can then be considered as beneficial products that provide well-being to the body. However, this use is not risk-free for the health of pregnant women or their unborn babies. Cosmetic products contain various compounds, some of which may have toxic effects. For example, some substances contained in cosmetics have the potential to cause endocrine disorders. Suspected effects of endocrine disruptors vary, including metabolic disorders (obesity and diabetes), some fertility disorders, and increased risk of some types of cancer (breast, prostate, and testicular). For pregnant women, there is also an increased risk of unfavorable pregnancy outcomes (e.g., small-for-gestational-age newborns, premature birth, and congenital

abnormalities) or disorders of the child's neurodevelopment (such as cognitive, behavioral, and autism spectrum disorders) (Marie, et al, 2022).

The term cosmetics groups together different types of products: for hygiene and toilet-ries (shampoo, shower gel, soap, deodorant, toothpaste, etc.), hair care (conditioner, styling products, dyes, etc.), face and body care (moisturizing, toning, anti-aging, massage products, etc.), cosmetology (foundation, mascara, lipstick, etc.), fragrances (perfume, eau de toilette, etc.), shaving and depilation products, sun care and baby products (diapers, wipes, etc.). A cosmetic product is considered to be the result of a combination of several ingredients; therefore it is a mixture. Cosmetic ingredients are defined as any substance, whether natural or synthetic, used in the formulation of cosmetic products (Marie, 2022).

Cosmetic products are a daily necessity and are widely used by young women, including pregnant women. Recent cross-sectional studies show 60–80% of pregnant women also use cosmetic products, including facial cleanser, day cream, foundation, mascara, lipstick, eye pencil, eye shadow and make-up remover. Pregnancy is not an obstacle to looking beautiful. However, there are several cosmetic product ingredients that are prohibited for pregnant women. What are these ingredients? Pregnant women need to know that the skin can absorb around 60% of cosmetic ingredients. Therefore, it is important to pay attention to the ingredients contained in each cosmetic product used. In fact, products labeled "natural" or "organic" may contain ingredients that are harmful to the fetus (Huixia, 2019).

Cosmetic products contain various chemicals (for example phthalates which are found in hair spray, parabens which are usually used as preservatives in foundation and lipstick, formaldehyde, dioxane, nitrosamines, hydroquinone and mercury which are usually found in cosmetic ingredients for whitening, retinol which is usually used to prevent premature aging, phenol, organic solvents) and heavy metals (e.g. Pb, Hg, As, Cd, Cr, Sb, Ni), which are added intentionally. Apart from that, a cosmetic ingredient that is not recommended for use during pregnancy is oxybenzone which is found in sunscreen. Even though sunscreen is recommended for use during pregnancy, you still need to be careful when using it (Huixia, et al. 2019).

For pregnant women who want to still look beautiful with body care, many pregnant women experience hormonal changes which are characterized by the appearance of acne and skin hyperpigmentation, so pregnant women can use safe ingredients to overcome these complaints such as 2% salicylic acid for facial soap and toner, grapeseed oil which is usually found in facial serums, hyaluronic acid which is found in moisturizers, niacinamide, zinc oxide and titanium which are found in sunscreen and facial serums, and vitamins C which contains facial serum which functions to brighten the skin (Halodoc, 2023).

Previous research shows that exposure of pregnant women to cosmetic products (e.g., hairdressers and cosmetologists) is associated with pregnancy, perinatal mortality, premature birth, low birth weight, and small gestational age (SGA) as well as other adverse pregnancy outcomes (Huixia, 2019).

METHODS

The type of research in this research is descriptive research, namely a research method that describes the characteristics of the population or phenomenon being studied. So this research

method's main focus is to explain the research object. So that it answers what event or phenomenon occurred. research that explores information about the current phenomenon, namely the use of cosmetics in pregnant women during pregnancy. The population in this study were all pregnant women in Bima City, while the sample in this study was part of the population of pregnant women, namely 30 respondents taken using accidental sampling techniques, as well as data analysis by calculating the frequency distribution.

RESULTS AND DISCUSSION

Characteristics of pregnant women include age, education, occupation, and gestational age

Table 1. characteristics of pregnant women include age, education, occupation, and gestational age

Age (%)			Education (%)			Occupation (%)		Gestational age (%)		
< 20 Year s old	20 – 35 Year s Old	>35 Year s Old	Basic Educatio n	Secondar y educatio n	Higher educatio n	Housewif e	Workin g	TM I	TM II	T M III
3,33	86,67	10	0	70	30	50	50	23,33	46,67	30

Based on the data above, it shows that the majority of pregnant women's age is 20-35 years old, namely 86.67%, the education of most pregnant women is in the secondary education category, namely 70%, and the gestational age of most pregnant women is in the second trimester, namely as much as 46.67%.

Age has an influence in increasing a person's knowledge and choice of a product because the mental abilities needed to learn and organize themselves in new situations such as remembering, learning things, reasoning, analogies and creative thinking can reach their peak (Hurlock, 2014).

Education is a process of changing and increasing knowledge, knowledge patterns, thought patterns and behavior of society. Due to the dynamics of various aspects, the education process will be continuous and continuous so that society is able to accept invasive ideas rationally and responsibly. Which states that the higher a person's level of education, the easier it is to receive information so that the more knowledge they have.

According to Hurlock (2014) the work carried out in daily activities also has an influence on other things. Working is generally a time-consuming activity, and working for mothers will have an impact on family life. The social environment will support a person's high level of knowledge. If the economy is good, then the level of education will be high. If education is high then the level of knowledge will be high too. Working is generally a time-consuming activity, and working for mothers will have an impact on family life. Work can also be a source of conflict for mothers, excessive conflict can make them disinterested in work, worried about not being able to pay attention to their conditions and needs.

Types of Cosmetic Products used during pregnancy

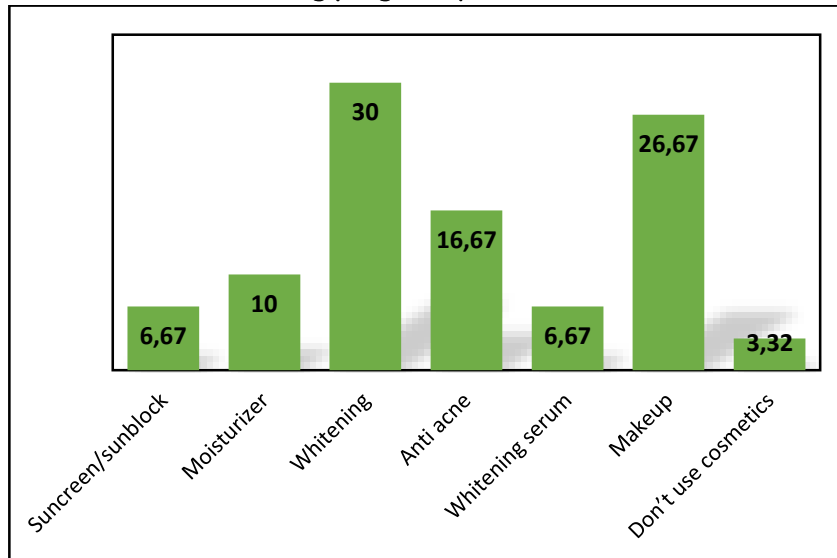


Figure 1. Types of Cosmetics Products Use During Pregnancy

Based on the data above, it shows that the majority of pregnant women use whitening during pregnancy, namely 30%.

Long Use Of Cosmetics

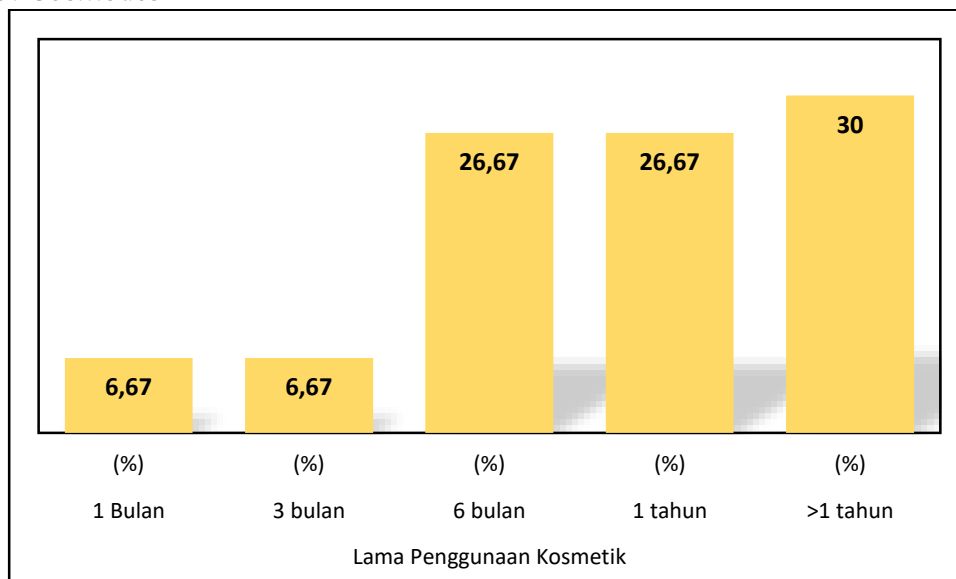


Figure 2. Long Use Of Cosmetics

Based on the data above, it shows that the duration of use of cosmetics among pregnant women is mostly >1 year, namely 30%. Having healthy, acne-free and bright skin is of course everyone's desire, including mothers pregnant. Unfortunately, there are many facial care products or facial whitening products currently on the market with safety that has not been clearly proven, whether imported or local products. It cannot be denied that facial skin whitening has almost become a primary need. Almost

Everyone wants to look white and beautiful anytime. This causes individuals to want to change has basic needs to get the results you want to achieve. Apart from that, differences. Skin color and culture make each citizen different from others. People with skin white wants

to look whiter or even wants to look brownish and vice versa. Difference This is also a facial skin whitener as an option to appear more attractive. Lack knowledge of the dangers of excessive use of facial skin whitener and ignorance of the ingredients used to make facial skin whitener, makes facial skin whitener still as a need that must be met.

Reasons For Using Cosmetics

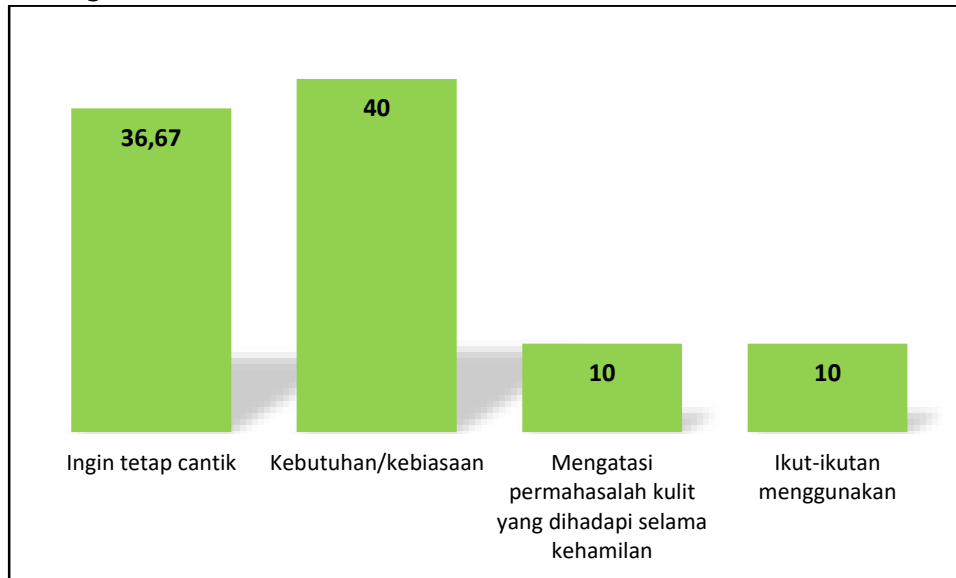


Figure 3. Reasons For Using Cosmetics

Based on the data above, it shows that the majority of pregnant women use cosmetics during pregnancy because it becomes a necessity/habit, namely 40%. Cosmetic products are a necessity in everyday life and are mostly used by young women, including pregnant women. Recent cross-sectional studies show that 60–80% of pregnant women also use cosmetic products, including facial cleanser, sunscreen, moisturizer, day cream, foundation, mascara, lipstick, eye pencil, eye shadow, and makeup remover (Huixiali, 2019). Thus, because it has become a habit, pregnant women continue to use cosmetics during pregnancy.

The effects of using cosmetics during pregnancy

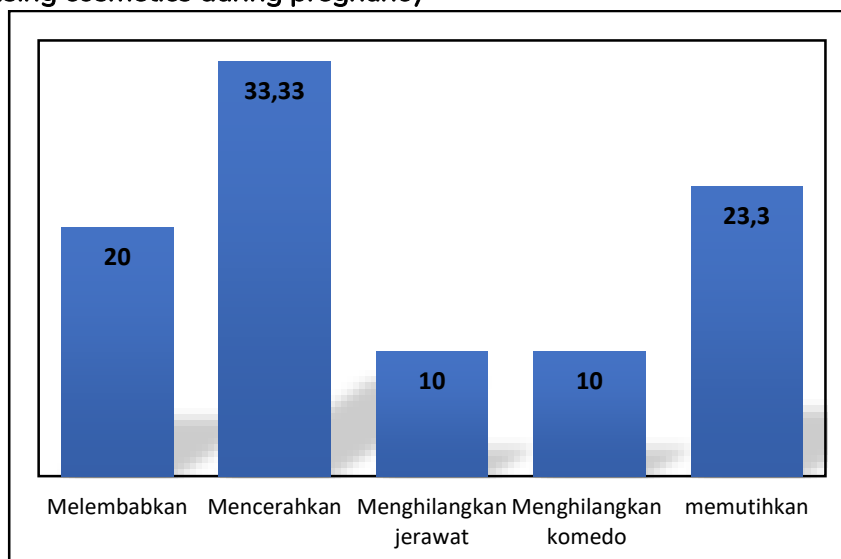


Figure 4. The effect of using cosmetics during pregnancy

Based on the data above, it shows that the effects resulting from the use of cosmetics during pregnancy mostly have a brightening effect of 33.33%. The effects caused are in accordance with the type of product that is widely used by pregnant women during pregnancy, where pregnant women often use whitening during pregnancy.

Knowledge of pregnant women about the ingredients of cosmetics used during pregnancy

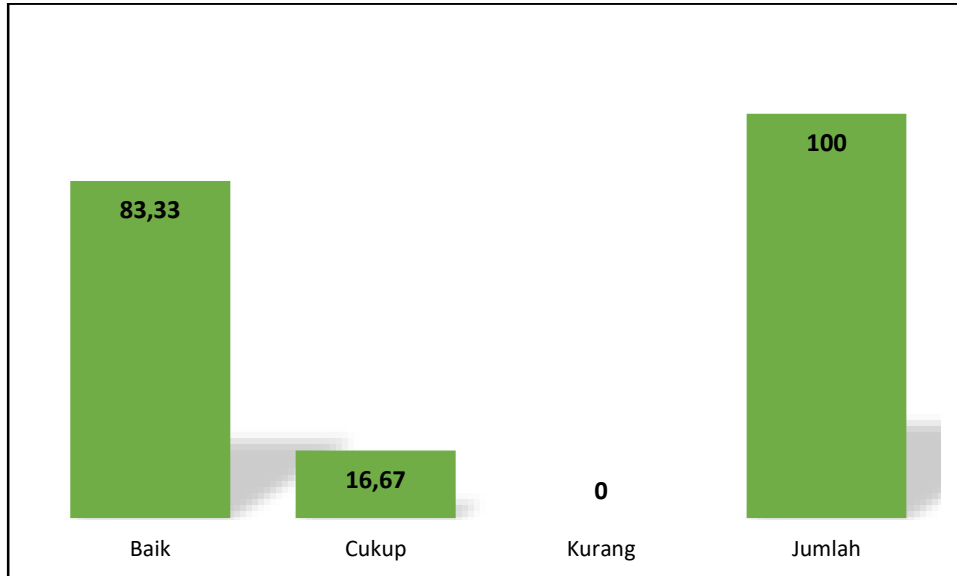


Figure 5. Knowledge of pregnant women about the ingredients of cosmetics used during pregnancy

Based on the data above, it shows that the majority of pregnant women's knowledge is in the good category, namely 83.33%. Knowledge is the result of human sensing, or the result of a person's knowledge of objects through the senses they have (eyes, nose, ears and so on). Naturally, the time from sensing to producing knowledge is greatly influenced by the intensity of attention and perception of the object. Most of a person's knowledge is obtained through the sense of hearing (ears) and the sense of sight (eyes). A person's knowledge of objects has different intensities or levels (Notoatmodjo, 218).

A person's knowledge is very important in forming an attitude, be it a positive or negative attitude. It is hoped that with sufficient knowledge a positive attitude will be created towards what a person knows. Regarding the use of aromatherapy in the event of hyperemesis, the majority of mothers have good knowledge, namely 64%,

Knowledge can be influenced by age and the amount of information obtained. Age can influence a person, the older they are, the higher their level of ability and maturity in thinking and receiving information. However, it needs to be emphasized that someone who is older does not absolutely have higher knowledge than someone who is younger. Apart from that, it is influenced by the respondent's education level. Based on the research results, it is known that the respondents are at the basic education level, where the respondents' knowledge and understanding of vaginal discharge may still be limited. Education influences the learning process, the higher a person's education, the easier it is for that person to receive information. Knowledge is closely related to education, where it is hoped that with higher education, that person will have broader knowledge (Notoatmodjo, 2018).

CONCLUSION

Based on the data above, it shows that the majority of pregnant women use whitening during pregnancy, namely 30%, the duration of use of cosmetics in most pregnant women is >1 year, namely 30%, the majority of pregnant women use cosmetics during pregnancy because it becomes a need/habit, namely 40%, the effects arising from the use of cosmetics during pregnancy during pregnancy mostly have a brightening effect of 33.33%, and the knowledge of pregnant women is in the good category, namely 83.33% It is recommended that pregnant women be more careful in choosing the whitening cosmetics they will use.

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