



# GIVING OF LIME AND HONEY MASKS TO ADOLESCENT WOMEN WITH ACNE VULGARIS DURING MENSTRUATION AT THE HURUN INN PETERONGAN JOMBANG HOSTEL: A CASE STUDY

By

Siti Roudhotul Jannah<sup>1</sup>, Muzayyaroh<sup>2</sup>, Syafira Ayu Nurellia Fajrin<sup>3</sup>, Good Nur Abidah<sup>4</sup>  
<sup>1,2,3,4</sup>DIII Midwifery Study Program, Faculty of Health Sciences, Unipdu, Jombang, Indonesia

Email: <sup>1</sup>[roudho.26@gmail.com](mailto:roudho.26@gmail.com)

## Article Info

### Article history:

Received Nov 04, 2022

Revised Dec 16, 2022

Accepted Jan 28, 2022

### Keywords:

Varney Midwifery  
 Care, Young Women  
 And Acne During  
 Menstruation.

## ABSTRACT

Acne vulgaris occurs due to clogged pores resulting in thickening of the skin at the opening of the holes which occurs due to increased oil production in the oil glands (sebaceous glands). The cause of acne in young women is because they often eat oily foods such as fried foods and lack of rest due to school and dormitory activities which can trigger acne. (Suryoprajogo, Nadine: 2012). The purpose of this study was to provide midwifery care to young women Ms. "A" with acne vulgaris during menstruation by giving a mask of lime and honey which is applied evenly to the face for 30 minutes. The method used in this research is qualitative research with a case study approach. The focus of this case study is Young Women Ms. "A". The location of the research was carried out at the Hurun Inn Peterongan Jombang Dormitory. Data collection techniques using interviews and observation and documentation. The results of Midwifery Care that had been given to the young woman Ms "A" with acne during menstruation did not find data indicating abnormalities. Care Plans can be implemented in this Midwifery Care. The final evaluation found that the young woman Ms "A" was running smoothly without any problems and there were no complications. In the management of Midwifery Care, there is no gap between theory and cases that occur. The conclusion of the process of healing / preventing acne in young women Ms "A" with acne during menstruation went according to plan with a final evaluation after 14 days carried out without problems/complications.

*This is an open access article under the [CC BY-SA](https://creativecommons.org/licenses/by-sa/4.0/) license.*



## Corresponding Author:

Siti Roudhotul Jannah

DIII Midwifery Study Program, Faculty of Health Sciences, Unipdu, Jombang, Indonesia

Email: <sup>1</sup>[roudho.26@gmail.com](mailto:roudho.26@gmail.com)

## 1. INTRODUCTION

Acne vulgaris is a skin disease that is always a problem for teenagers and young adults. Acne vulgaris occurs when the pores are clogged due to thickening of the skin at the opening of the holes, caused by cosmetic ingredients. There is an increase in oil production in the oil glands (sebaceous gland). This condition depends on hormones and is determined by a person's genes. The appearance of bacteria in the pores (caused by the bacteria propionibacterium acne). The causes of acne vulgaris are hormonal changes in teenage girls when menstruation comes, cosmetic tools made from oil, food. (Suryoprajogo, 2012).

The exact etiology of acne vulgaris is not known with certainty but it is suspected that acne vulgaris is a multifactorial disease whose clinical manifestations are influenced by various factors such as hormones, genetics, physical environmental trauma, and psychological stress. In general, acne vulgaris occurs during adolescence, although it can sometimes persist into the third decade or even at a later age in women. develops earlier in men, namely during premenarche. (Suryoprajogo, 2012).

Young women often consume foods such as fried foods and tend to try various cosmetic tools, this causes the production of oil glands to increase which can cause acne. Young women also pay less attention to personal hygiene

both in the school environment and in the boarding school environment, this can cause facial skin to become oily easily. Early acne lesions may appear at the age of 8-9 years and approximately 50% -60% are found in adolescents. The peak incidence in women is found at the age of 14-17 years while in men between the ages of 16-19 years. Nearly 85% of high school children aged between 15-16 years, both boys and girls have some degree of this disorder. (Suryoprajogo, 2012).

In adolescence, acne is usually caused by an increase in sex hormones, especially androgen hormones, which increase during puberty. The increase in hormones before menstruation can affect exacerbations and exacerbate acne vulgaris for years.

Progesterone is thought to be responsible for stimulating the activity of the female sebaceous glands. The United States National Institutes of Health mentions stress as a factor that can cause acne vulgaris. From the case in 2007, most sufferers were teenagers and adults between the ages of 11-30 years, so that in recent years dermatologists in Indonesia have been studying the pathogenesis of acne vulgaris (Anonymous, 2008).

Premenstrual acne exacerbations were experienced by 97.6% of female acne patients, whereas 2.4% of them did not feel the influence of their menstruation on acne (El-Akawi, 2006). Based on data obtained from the results of a survey conducted at the Hurun Inn Dormitory on 31 adolescents, 16 adolescent girls experienced acne during menstruation. This is caused by hormonal factors. Menstruation is a monthly cycle in women except during pregnancy. Because this is a natural thing, every normal woman generally has experienced menstruation. However, there are hormonal changes can cause pimples to appear suddenly. Apart from external factors such as skin hygiene, acne is also caused by changes in hormone production during menstruation. Acne during menstruation can appear due to an imbalance in the hormone testosterone or androgen. One of the most obvious adverse effects of hormonal changes is that women will become more sensitive, tend to get angry easily and experience mild stress. (Alfin 2011).

Because the most common incidence of acne vulgaris is found during menstruation, it is recommended for adolescents to maintain facial hygiene before menstruation as an effort to prevent acne vulgaris from occurring. From the description above, the writer will take a case study entitled Midwifery care for young women with complaints of acne vulgaris during menstruation.

## 2. RESEARCH METHODS

In this study, researchers used qualitative research (Qualitative Research) with a case study approach (Case Study). A case study is a comprehensive description and explanation of various aspects of an individual, a group, an organization or a program or a social situation. (Mulyana, 2018). Case studies are used to provide an understanding of something that attracts attention, a concrete event, a social process. More specifically, Yin said that case studies are a process of research on phenomena that occur by focusing on one's life experience, if there is a gap between a phenomenon and the existing context, or using multiple sources of evidence. (Prihatsanti et al, 2018).

The research location was carried out at the Hurun Inn Peterongan Jombang Dormitory in December 2019. The focus of a case study is a specification of a case in an event, whether it includes individuals, groups or a portrait of life. (Kusmarni, 2012). The focus of this case study is Young Women Ms. "A". Data collection techniques using interviews and observation and documentation.

## 3. DISCUSSION

This chapter discusses the gaps and similarities between theory and reality in real cases along with the overall discussion. From the study conducted, it was found that the young woman Ms. "A" experienced acne before and after menstruation due to frequent eating of fried foods, wearing cosmetics made from oil and lack of rest. In theory it is stated that acne is clogged pores due to thickening of the skin at the opening of the hole, caused by cosmetic ingredients (Suryoprajogo, Nadine: 2012). Based on this, it can be concluded that there is no gap between theory and cases that occur, that using cosmetics made from oil can cause acne.

From the results of the study that was carried out, it was found that the young woman Ms. "A" had complaints of discomfort and anxiety due to the appearance of pimples on her face. In theory, it is stated that in the data interpretation step, correct identification of the problem diagnosis and needs of the young woman Nn "A" with complaints of acne during menstruation is carried out based on the correct interpretation of the data that has been collected. The basic data that has been collected is interpreted so that specific problems or diagnoses are found. Based on these data, experience acne during menstruation. The needs of young women Ms. "A" are support, counseling about personal hygiene, counseling about eating foods to avoid.

Problems and potential diagnoses There were no potential problems and diagnoses and were not found in this case. In theory, it is stated that acne usually occurs due to increased oil production in the oil glands due to the use of cosmetic ingredients. (Suryoprajogo, Nadine: 2012). Based on this, it can be concluded that there is no gap between the theory and the case where the young woman Ms "A" has acne during menstruation.



From the study, there was no immediate action taken on the 16-year-old girl, Ms. "A". In theory, it is stated that the immediate need for young women Ms. "A" with acne during menstruation is counseling to get information about acne. In this stage the authors did not find a gap between theory and practice.

From the results of the assessment, a plan/intervention is carried out in accordance with the case that occurs, namely taking an approach, explaining the condition from the results of the examination, conducting counseling about personal hygiene and counseling about avoiding foods to avoid, counseling about getting enough rest. In theory, it is stated that in the intervention step, care is planned for young women Ms. "A" with acne during menstruation which is thoroughly determined by the previous steps. This step is the continuation of management of the diagnosis/problem identified or of the antipasti. In this step incomplete basic information or data can be completed. Based on this, it can be concluded that there is no gap between theory and cases, because the young woman Ms. "A" is willing to be examined according to the interventions that have been determined, namely to take an approach, explain her condition from the results of the examination, explain to the patient about the causes of acne during menstruation, explain the importance of maintaining cleanliness in the dormitory environment, explain foods that can cause acne, explain to patients to wash their faces 2x a day, teach patients to wear lime masks, explain to patients to avoid using cosmetics made from oil.

In review, the management carried out on the young woman Ms. "A" is to take an approach in order to foster a relationship of mutual trust between Px and health workers. Explain about the condition from the results of the inspection and the things that must be considered in order to know the condition and be motivated to solve problems that arise. Conduct counseling to avoid foods that trigger acne using cosmetics made from oil, personal hygiene. Counseling about washing your face 2x a day because it can prevent acne. In this theory it is stated that in the implementation step the care plan for the young girl Ms "A" with acne during menstruation as described in step 5 is carried out effectively and efficiently and according to the plans that have been set to achieve the goal. Based on this, it can be concluded that there is no gap between the intervention and the implementation carried out. Because the implementation is carried out according to the intervention that has been determined, namely taking an approach, explaining the condition from the results of the examination and things that must be considered, conducting counseling about eating and things that can trigger acne, counseling about personal hygiene.

On 15-12-2019, from the data from the results of the study that had been carried out, young women experienced acne. In theory, it is stated that at this step, an evaluation of the effectiveness of care is carried out for the young girl Ms "A" with acne during menstruation that has been given, including compliance with the problems that have been identified in the problem and diagnosis. Based on this, it can be concluded that there is no gap between the intervention, implementation and evaluation carried out. The author does counseling and therapy, the result is that the acne starts to disappear and the client is no longer worried and not ashamed of his acne. From the results of the care that was carried out, the authors diagnosed the young woman Ms. "A" to have acne during menstruation.

#### 4. CONCLUSION

At the time of the study, on 12-15-2019, the 16-year-old female Ms. "A" experienced acne. Obtained from subjective and objective data the problems found were discomfort and anxiety caused by pimples on the forehead and nose before and after menstruation. So it can be concluded that the young woman Ms. "A" aged 16 years experienced acne before and after menstruation. The needs of the young woman Ms. "A" aged 16 years is an approach, counseling about personal hygiene, counseling about avoiding eating foods that trigger acne, counseling about rest. Management of midwifery care carried out on the young woman Ms. "A" aged 16 years was in accordance with the predetermined plan of care. The care given is to give a mask by means of 1 tablespoon of lime mixed with 1 tablespoon of honey and then apply it evenly on the face for 30 minutes.

From the results of developmental records on days 1-4, young girl Ms. "A" aged 16 years still has acne. On days 5-9 acne in young women has started to disappear. And on the 10-14th day, the pimples in young women are no longer there. The results of the evaluation of the developmental record showed that the young girl Ms. "A" aged 16 years was in good general condition and had no complaints.

#### 5. SUGGESTION

##### For Educational Institutions

As input and discourse material as well as library references to add to and apply the knowledge of DIII Midwifery study program students at Darul 'Ulum Jombang Islamic Boarding School.

##### For hostels

From the results of this study it is hoped that it can provide input and knowledge and can benefit young women in dormitory x (hurun inn).

##### 5.5. For Clients

---

The author hopes that clients will always increase their knowledge of all health information either by reading books on reproductive health, especially acne during menstruation.

## REFERENCES

- [1] Aprilia Evi. 2010. Relationship Between Menstruation and Acne Vulgaris Exacerbations. 05-12-2013. 15.00 WIB
- [2] Astuti difta Wahyuning and Suryaatmadja Lewie. The Relationship Between Menstruation With Acne The Incidence Of Acne Vulgaris In Adolescents.
- [3] Dedi Mulyana, 2018. Qualitative Research Methodology. Bandung: PT Juvenile Rosdakarya, p. 247.
- [4] Janiwarty Bethsaida, Pieter Herri Zen. 2013. Psychology education for midwives. Yogyakarta : Rapha Publishing.
- [5] Kumalasari Intan, Andhyantoro Iwan. 2012. reproductive health for midwifery and nursing students. South Jakarta: Selemba Medika.
- [6] Manuaba Chandranita, et al. 2012. Obstetrics Lecture. Jakarta : EGC.
- [7] Razak Abdul, et al. 2013. Inhibition test of lime juice (citrus aurantifolia s.) on the growth of staphy cococcus aureus in varto. <http://jurnal.fk.unand.ac.id>.
- [8] Rismalinda, et al. 2010. Women's Reproductive Health. Jakarta : Trans Info Media. Sri Yona, "Case Study Preparation Methodology", Indonesian Journal of Nursing, vol 10, No. 2, September 2006, page 3 Laila Nur Najmi. 2011. Menstruation Smart Book. Yogyakarta: The Blue Book.
- [9] Sugiyono. 2017. Qualitative Research Methods. Bandung: Alfabet. p. 125-126. Suryoprajogo, Nadine. 2009. Thorough Review of Adolescent Health From A-Z. Yogyakarta: Diglossia Printika.
- [10] Unika Prihatsanti, et al, 2018. "Using Case Studies as a Scientific Method in Psychology", Journal of the Psychology Bulletin. Vol. 26, No. 2, p. 128.
- [11] Yahya Nadjibah. 2011. Premarital Reproductive Health. Solo. KDT.
- [12] Yani Kusmarni. 2012. Case study. Journal of Edu UGM Prees.