

Awareness of Adolescent Student Regarding Acne Vulgaris in Kamel Ibrahim and Abdulla Ibn Abbas Secondary School in Shendi Town - River Nile State - Sudan 2020

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Abstract

Background: Acne is a chronic inflammatory disease known to occur in adolescent age group. There are many myths and misconceptions in adolescent as well regarding the prevention and treatment of acne. **Objectives:** The main goal of this study to assess awareness regarding acne vulgaris among adolescent students in Kamel Ibrahim and Abdulla Ibn Abbas secondary school in Shendi town. **Method:** This was descriptive study conducted among 100 students in secondary schools, data was collected by self-administered structured questionnaire using multistage stratified sample. Data was analyzed by using statistic package for social sciences (SPSS) version (20). **Result:** The study clarified that approximately half (49%) of study group their age between (13- 15) years, while (56%) of them had poor knowledge about definition of acne also (16%),(12%) of them had fair knowledge about type and site respectively and majority (88%) (83%) of them had poor knowledge about psychological problem and prevention of acne. **Conclusion:** The finding of the study pointed out that students had low level of awareness regarding acne in spite of it appear in this period.

Keywords: Acne, Adolescent, Awareness, Students, Problem, prevention.

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INTRODUCTION

Skin break out may be a unremitting incendiary infection of pilosebaceous Glands. It is happen in adolescent age group Recommending a hormonal impact. Moreover the start of Skin break out injuries is prior in females proposing a hormonal Part. Skin break out is more serious in males. It endures for a Longer length in females. It is the foremost common illness of the skin [1].

Acne could be a common skin condition that influences most individuals at a few point. It causes spots, oily skin and in some cases skin that s hot or painful to touch. Acne is most commonly connected to the changes in hormone levels amid adolescence, but can begin at any age [2].

Certain hormones cause the grease-producing glands following to hair follicles within the skin to create bigger sums of oil (anomalous sebum). This unusual sebum changes the movement of a more often

than not safe skin bacterium called P. acnes, which gets to be more forceful and causes aggravation and discharge. The hormones too thicken the internal lining of the hair follicle, causing blockage of the pores. Cleaning the skin does not offer assistance to expel this blockage [3].

Skin break out is exceptionally common in youngsters and more youthful grown-ups. Approximately 95% of individuals matured 11 to 30 are influenced by skin break out to a few degree. Skin break out is most common in young ladies from the ages of 14 to 17, and in boys from the ages of 16 to 19. Most individuals have skin break out on and off for a few a long time some time recently their side effects begin to improve as they get more seasoned. Skin break out frequently vanishes when a individual is in their mid-20s. In a few cases, skin break out can proceed into grown-up life. Almost 3% of grown-ups have skin break out over the age of 35. 2%. Later considers have also involved the part of count calories within the

pathogenesis of acne.³ in spite of the fact that a common Disease, it may be a known cause of trouble and sadness in case Cleared out untreated [4].

Adolescent is transitional organize from child to grown-up hood that happen from 13-19 but the physical and physiological alter that take put in youth regularly begin prior. Most high schooler have generally self-centered point of view on life, state of intellect that ordinarily decreases with age. The youngster they center in them self and accept they my hook with uncertainty and feeling of being judge, the relationship with family part frequently take rearward sitting arrangement to peer bunch, sentimental enters and appearance increment vital amid this time [5].

There are numerous myths and Misconceptions in youthful with respect to the avoidance and treatment of skin break out since it has numerous misconceptions and multi-factorial causation, the information, state of mind and practices with respect to. Skin break out hold a major importance within the etiopathogenesis and results of skin break out youthful [6]. Risk variables for the improvement of skin break out, other than hereditary qualities, have not been conclusively distinguished. Conceivable secondary supporters incorporate hormones, contaminations, slim down and stress. Considers examining the affect of smoking on the frequency and seriousness of skin break out have been uncertain. Daylight and cleanliness are not related with skin break out [7].

Skin break out vulgaris is analyzed based on a therapeutic proficient clinical judgment. The assessment of a individual with suspected skin break out ought to incorporate taking a point by point medical history almost a family history of skin break out, a survey of medicines taken, signs or indications of over the top generation of androgen hormones, cortical, and development hormone [8].

There are numerous things a individual can do to avoid pimples and other shapes of skin break out incorporate (Wash the face twice every day, Conversation to a specialist almost hormone pills, cut back on nourishments connected to skin break out, Wear sunscreen when going outside as well much sun has numerous harming impacts on the skin, Maintain a strategic distance from skincare items that Skincare items contain oil can clog the pores, Keep facial care items clean. Cosmetics and facial wipes and brushes ought to be cleaned routinely with cleanser and water to

avoid a buildup of microscopic organisms and decrease stress [9].

METHODOLOGY

Study design: This was descriptive cross-sectional community based study conducted to assess student's awareness regarding acne vulgaris.

Study area and setting: The study was conducted in Shendi town which is located in 172km to Khartoum city. Shendi locality is one of the localities of the River Nile State. Two schools were selected as setting for study, Kamel Ibrahim model school for girls and Abdullah Ibn Abbas School for boys.

Study population: Including adolescent students that read up in kamel Ibrahim and Abdulla Ibn Abbas secondary schools.

Sample size: 100 students were enrolled by using:

- Multi stage stratified sample representing different residential areas.
 - Stage 1: Selection of two secondary schools from seven governmental schools by lottery.
 - Stage 2: Selection of the number of students from schools.
 - Stage 3: Student selection from the class list the three grades in the school.

Data collection tool and analysis

The data was collected by standard closed ended questionnaire designed by researcher and analyzed by using statistical package for social science (SPSS) version (20) then the results was represent in form tables and figures.

Scoring system:

To evaluate the knowledge of mothers, the following scoring system was used. The knowledge was estimated as good, fair or poor. The score of three to four points (75-100%) is rated as good. The score of two points the knowledge is fair (50%) and the score of one point or zero (0-25%) the knowledge is poor.

Ethical consideration:

The study was approved to be considered by the research instituted board of the faculty permission have been taken from the original director of the schools, the purpose of study has been explain clearly and verbally to the participant and ensuring that information should be used only for study purposes.

RESULT

Table 1: Distribution of study group according to their knowledge regarding definition and type of acne

Definition	Frequency	Percent
Good knowledge	13	13%
Fair knowledge	31	31%
Poor knowledge	56	56 %
Total	100	100%
Type of acne		
Good knowledge	2	2%
Fair knowledge	16	16%
Poor knowledge	82	82 %
Total	100	100%

Table 2: Distribution of study group according to their knowledge regarding site, sign and symptom of acne

Site of acne	Frequency	Percent
Good knowledge	5	5%
Fair knowledge	7	7%
Poor knowledge	88	88 %
Total	100	100%
Sign and symptom		
Good knowledge	23	23%
Fair knowledge	7	7%
Poor knowledge	69	69 %
Total	100	100%

Table 3: Distribution of study group according to their knowledge regarding causes of acne and psychological problems

Causes of acne	Frequency	Percent
Good knowledge	2	2%
Fair knowledge	18	18%
Poor knowledge	80	80 %
Total	100	100%
Psychological problems of acne		
Good knowledge	4	4%
Fair knowledge	21	21%
Poor knowledge	75	75 %
Total	100	100%

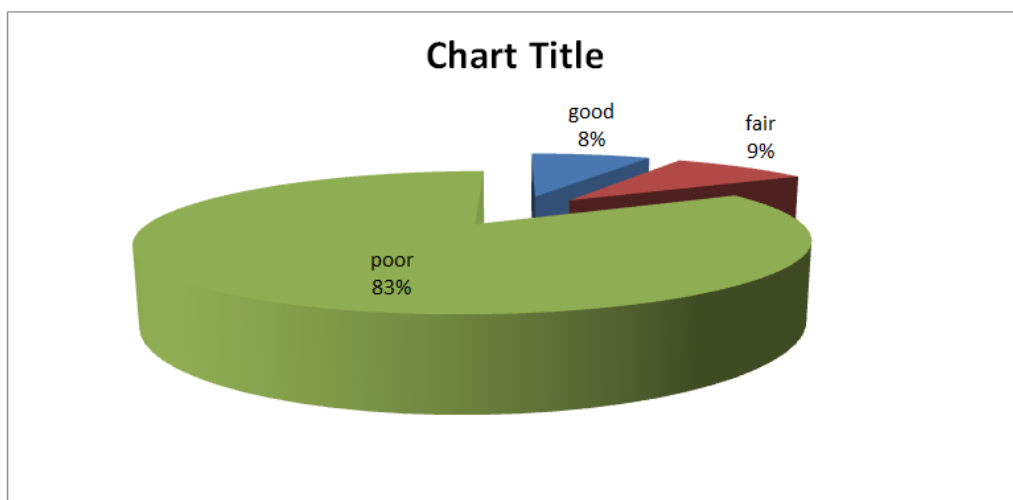


Figure 1: Study group knowledge regarding prevention of acne

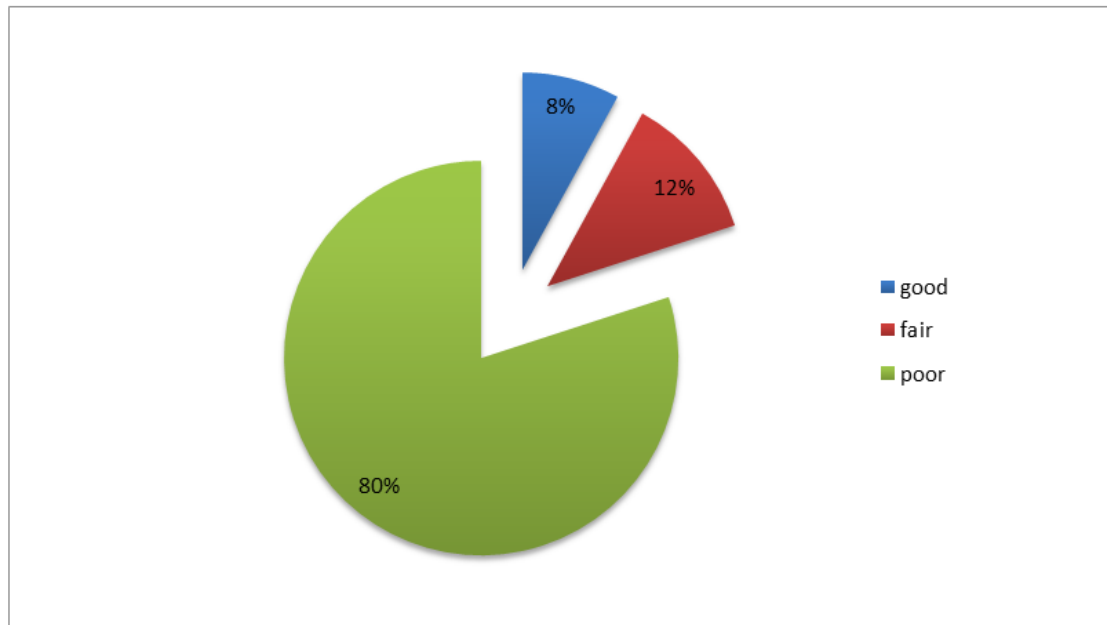


Figure 2: Study group knowledge regarding acne coping

DISCUSSION

The study showed that less than half (45%) of study group their age range between 15-19 years while half of them was female this agree with previous study addressed awareness, perceptions and practice towards acne vulgaris among acne patient in Saudi Arabia that used age from 15-30 years.

The study clarified that only (13%) of study group had good knowledge about definition of acne this information similar to (Manjunath Hulmani *et al.*, [1] which state that (definition of acne is a long-term skin disease that occur when hair follicles are clogged with dead skin cell and oil from the skin; While majority of them (82%, 88%) had poor knowledge about type and site of acne respectively in spite of acne appear in this period. Ahmed Zahr and Rayan Nasir studies found better finding which reported that (55%) of study population had aware about site of acne said (most commonly on the face and few having on the chest) [10].

The result of the present study revealed that near quadrant (23%) of them had good knowledge about sign and symptom, this information similar to literature which state that (Microcomedones comedones papules nodules large papules pustules, and often result in screening) also only (2%) of study group had good knowledge about causes, There are significant relation between student gender and causes of acne ,p value (.009). Magdy *et al.*, found better knowledge than our study which said that (32%) perceived acne to be inherited from parents [11].

The study clarified that majority of them (75%) had poor knowledge about psychological problem the low awareness level and wrong perception

regarding acne. Also were disagree to study conducted in Saudi Arabia by Sultan Bajawi said that one half (51%) of study group with good knowledge about psychological problem and causes of acne [12].

And only (8%) of them had good knowledge about prevention of acne this information similar to literature that found 15 ways to prevent acne.

RECOMMENDATIONS

The research team strongly recommend:

- Further studies on this apparently very common problem that significantly affect in health and wellbeing and psychological status of adolescent.
- Further studies that include clinical diagnosis and outcome of management acne.
- The research signal the need for better education for adolescent on prevention of acne, psychological assessment and support as part of management plan for affect one.

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