A PRELIMINARY STUDY ON IDENTIFYING THE LIFESTYLE OF UITM'S STUDENTS BASED ON SKIN CHARACTERISTICS

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In the Name of Allah, the Most Gracious, the most Merciful

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ABSTRACT

This research is to identify the lifestyle of UiTM's students based on the skin characteristics. There is a serious concern among a population in Asia about possible adverse biological effects of environment exposure, lifestyle and food pattern. In this project, the effects of the factor on human skin are discussed, the skin topography was measured such as skin roughness, moisture, elasticity, smoothness and transepidermal water loss were studied. Hundred students were subjected to undergo a skin test and answer questionnaires. The skin tests were done by using Visionscan® VC 98 and the software SELS and Cutometer® MPA 580 and its probe. From the skin tests, the characteristics of the skin of these subjects were determined and the factors that influence its conditions were recognized by analyzing the questionnaires. We found that from the several selected factors mentioned in the questionnaires, only two factors which are gender and supplement intake influence and affect the skin characteristics of the participants (UiTM's students). Meanwhile, other selected factors such as amount of water consumed, type of soap used, work environment and cosmetic product applied do not show a significant effect or in other word do not affect and influence the skin characteristics of the participants.

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INTRODUCTION

1.0 Background

The skin surface characterization has a great importance for dermatologists as well as for cosmetic scientists in order to evaluate the effectiveness of medical or cosmetic treatments. The harmful biological effects of exposure to electrical pollution have been established in numerous studies conducted during the past 50 years. A human body in the vicinity of an overhead cable is subject to two kinds of electrical effects, inductive and capacitive, those together are responsible for tiny currents. Skin is usually exposed to UV radiation from the sun. The interaction of these radiations with skin leads to creation of oxygenated free radicals. These are reactive species which could cause damages on dermal proteins. It is well known that the physical properties of skin are under control of the quantity and the quality of proteins, and in particular collagen which represents 80% of the dry weight of the skin.

The skin is the body's outer covering. It protects us against heat, light, injury, and infection. It regulates body temperature and stores water, fat, and Vitamin D. Weighing about 6 pounds, the skin is the body's largest organ. The skin surface changes its appearance