

Youth's Perceptions in Wearing Colored Contact Lens

Farid Yusuf

Institut Ilmu Kesehatan STRADA Indonesia

*Corresponding Author : faridyusufdn10@gmail.com

ABSTRACT

Colored contact lens is one of the trend that most youth have been following these days. Not only for medical and optical purpose, colored contact lens can be used for cosmetic. People can buy colored contact lens either online or offline. However, most youth do not know that they need to consult their condition with RO in optic. They rely their trust on the internet and set aside the significant variable in wearing colored contact lens. This research use phenomenology as the research approach by doing interviews and observation in two different locations (Kacamata Anca and Optik Melawai TP Surabaya). The researcher found that either youth that purchase colored contact lens online or offline shows different characteristics. The higher youth's age, education, economy, and experience, the better youth's characteristic regarding colored contact lens. Older youth will have higher education and higher education have bigger opportunities to have a better job. Better job makes higher income. People that economically stable will have more time to think about their health condition rather than people with lower income that more focus on their daily needs. While base curve, eyes diameter, Distribution Permit, and types of contact lenses are the significant variables that most youth did not understand. Youth need to improve their knowledge before wearing colored contact lens because their characteristic is still average, so it is better for youth to not just follow the trend but also become more discipline and critical person especially related to eyes healthiness.

Keywords : Characteristic, Colored Contact Lenses, Perception, Refraction Optician, Youth

INTRODUCTION

These days, people cannot be separated from their gadgets. This caused eyeglasses users are not only from the elderly but also kids and youths. As stated in data.co from their newest data, from 66 million kids with age around 6-18 in Indonesia, 6% of them wears eyeglasses (Ridho, 2017) .

Eyeglasses users can wear colored contact lens (CCL) as another alternative. Besides people with refractive issues, CCL is also used by youth to raise their attractiveness and to improve their style so they can have a better look. However, wearing CCL must be accompanied by cleanliness. CCL are often caused eye problems especially in cornea sensibility because the minimum of eye hygiene (Nazhriyah, 2016) .

According to one of the eye specialist doctor from Graha Amerta RSUD Dr. Soetomo, Hendrian D. Soebagyo., Sp.M, specifically talk about his patients, there are at least 50% of patients who experience eye problems because the contact lens they used are contaminated with amoeba and 1% of patients have severe eye problems that lead to permanent blindness (Sunarti, 2017).

In addition to cleanliness, the choice of contact lens diameter also need to be considered, CCL that worn too loose and make the lens not fit on the cornea or too tight can make the eyes feel sore and uncomfortable. Base curve also very important. The smaller the size of base curve, the tighter the CCL in eye's cornea.

There is another important variable, CCL purchased need to pay attention to the

distribution permit (SIE) of CCL as a medical device. Nowadays there are a lot of offline nor online shops who sell CCL illegally or do not have distribution permit from the Ministry of Health. The high number of illegal contact lens products that were found shows that there are still many Indonesian people who do not know that checking distribution permit (SIE) can be a guarantee that the products are safe to use.

On the other hand, contact lens does not consist of one type only but various types. We recommend that people need to adjust the type of contact lens that will be used with the needs of vision, lifestyle and eye conditions. One of the factors that determine the quality of a good contact lens is the material used. Before deciding to buy contact lens, it is a good idea for contact lens users to know the types of contact lenses. Several types of contact lenses, namely RGP (Rigid Gas Permeable), made from HEMA (Hydroxyethylmethacrylate), or contact lenses, Silicone Hydrogel (Optik Melawai, 2016).

Beside being divided based on the basic material, contact lens can also be divided based on their period of use. CCL are available for monthly, weekly, or daily wear, all of them can be customize to suit your needs and lifestyle. To decide which CCL suits eye condition the most, youth need to do consultation and examination with a doctor or Refraction Optician (RO) first.

The presence of CCL online seller raises another question, whether they provide RO for online consultation or the seller is just an ordinary people without any optical background. That makes the experience of buying CCL via online and offline will be different.

Based on this explanation, it can be said that choosing CCL is not about choosing the model and size that suits the user, but there are many other variables that need to be considered, namely during the process of wearing and treating CCL. Then, to choose CCL the user also need to pay attention to eye diameter, base curve, distribution permit (SIE), the type, and the period of use.

Youth who buy CCL via online not necessarily get education related to those things from the seller. The selection of CCL is more likely to be based on the model and color for appearance purpose. Meanwhile, youth who buy CCL via offline get clearer instructions and informations from RO in the optic. Through two different locations and ways of buying, it shows the characteristics of youth who are different as well.

But that doesn't mean they are all different, still, there are similarities between the two as youth. Youth's understanding of each variable will be revealed, which variables are well understood and which variables are still very minimally known by youth.

METHODS

This research utilized qualitative method. Qualitative research is a research that intends to understand the phenomenon of what is experienced by the research subject, such as behavior, how to describe it in words and language, in a special natural context and by utilizing various natural methods. (Moleong, 2011). This study uses phenomenology as research design. Through phenomenology researcher can analyze the phenomena without ignoring the experiences of the subject (Marsyanti, 2015).

During the interview process, the researcher conducted structured interviews using prepared questions. While conducting the interview, the researcher also made observations related to consumer actions and also documentation as supporting data. To find the informants, researcher use accidental sampling for Optik Melawai consumer and for Kacamata Anca use snowball sampling.

RESULTS (Times New Roman ; uk 12)

Table 1. Research subject data from Kacamata Anca

Subject (S)	Age	Activity
S1 (F)	22	University Student
S2 (F)	21	University Student
S3 (F)	18	Student
S4 (F)	18	Student

Table 2. Research subject data from Optik Melawai

Subject(S)	Age	Activity
S5 (F)	21	Student
S6 (M)	23	Worker
S7 (F)	20	University Student
S8 (M)	24	Worker

Source: Primary Data, 2021

This research did an interview and observation with 8 youth as the informants that use CCL for more than a year. There are 6 woman (F) and 2 man (L). The informants from Kacamata Anca are those who buy CCL via online while from Optik Melawai via *offline*.

DISCUSSION

From 8 interviewees, various results were found with different characteristics. The characteristics of youth are divided into three, good, average and less. Youth are classified as good when they understand the important variables in wearing CCL. Meanwhile, youth who only understand few variables are average and youth who do not understand the important variables are classified as youth with less characteristics.

A. Characteristic Analysis

1. Age

Based on the data, there is a visible gap in youth's age between the one who buy CCL via online and offline. Youth with younger age tend to buy CCL via online rather than offline. According to them, online shopping are easier, faster, there are various models that can be selected through the Instagram page, cheap and also rely their trust on testimonials.

It shows that youth are increasingly relying on the internet for various needs. According to Marcia Kaplan, youth will increasingly depend on doing things mobile, so that one of the strategies that producers need to do is to build a business in the realm of the internet (Marcia, 2017). Even so, some things in health sector cannot be completely done online, it requires further examination by experts.

In contrast to older youth prefer to shop *offline* for various reasons such as parental recommendations and feeling of safe and trust. Youth who buy based on parental recommendations indicate that the older person are more concerned about their health. According to Galvan, the older person will think about long-term risks more compared to young children (Galván A, 2006). This is influenced by the increased risk of adults with death

For youth who decide to buy based on trust and safety, it shows that today's youth are increasingly concerned about their own health. According to Gustafson, today's youth are willing to pay more for premium products but good for health (Gustafson, 2017).

2. Education

It was found that youth with higher level of education are more concerned with their own health. Senior high school students have the lowest result on all variables, as youth in high school education level. They tend to find out everything through the internet. According to them, the explanations on the Internet are clear enough and no need to come directly to the optic to consult with the RO on how to select, use and treat CCL.

In contrast to youth as university students, although some of them do not understand some variables in CCL, but the overall result when compared to high school students, their results are quite good. Especially with university students who bought CCL at Optik Melawai.

This is in accordance with the concept map in "Why Education Matters to Health: Exploring the Causes", where the higher the education, the higher the self-awareness for health. On the other hand, the lower the education level, the lower the level of self-awareness for health (Commonwealth University, 2014). The high level of education, allows someone to get a better job. A good job can generate a good income too. That way, the economy is sufficient to support a person's concern for his health.

3. Economy

The characteristics of youth who are less concerned with eye health in the use of CCL are dominated by youth with average economy condition, they do not work, or still dependent on their parents. So the savings they have to buy CCL at well-known optics are also limited. Meanwhile, students who can afford CCL at Optik Melawai admit that they get financial support from their parents. So they are able to buy CCL at reputable optic on the basis of their parents' advice and recommendations. Youth who have started working have a better economy than other youth their age. They are financially able to buy products according to their wishes.

4. Experience

Another thing that plays a role in shaping the characteristics of youth is the experience of youth. Experience can often make a person take lessons. Youth who had experienced irritation while using CCL and felt afraid or worried were found to have better characteristics in buying CCL compared to youth who had never experienced irritation.

That way, youth will be more careful in choosing products so they do not buy CCL haphazardly, and pay more attention to CCL's period of use. Other than that, experience in buying wrong product also improves the characteristics of youth regarding the use of CCL for the better. The sense of safe and comfort generated by shopping at trusted stores is also a different experience for youth.

the definition of safe and comfortable for youth is divided into two, safe, which means that the product is proven safe for use by many people through testimonials and also safe, which means direct inspection and consultation with RO in the optic. Meanwhile, the word convenient means easy to get, fast, and have an affordable price and on the other hand convenient also means getting good service by given instructions on how to choose, use and care for CCL by RO.

CCL is one of the hottest trends in today's visual world. In the current era, many youths want to look better by using CCL, especially at certain events. Because of high curiosity, youth are often less critical in taking action. Youth who are relatively young are more likely not to think about long-term risks. Youth also need to be more critical in filtering the information they get through the internet.

Youth also need to understand that not everything can be solved by the internet, especially in terms of health. Youth should be wiser in making decisions. Youth wisdom can be improved by becoming a more disciplined figure. Hurlock explained that discipline is a way of educating individuals to develop self-control and self-direction and be able to adjust to the expectations received in their social environment so that individuals can act and make decisions wisely. (Hurlock, 1993).

Of course, youth discipline can improve not only through oneself, but also the influence of the surrounding environment is very important. However, youth will grow and develop in accordance with the upbringing of their parents as the closest figure. Therefore, the role of parents is very important in improving youth discipline, especially in the health sector. The more mature youth can show that there is maturity in them. One of its forms is being able to control their self well. In this case, youth are able to not only follow their desires, but also consider other variables.

B. Variable Analysis

Based on observations, each variable has a different level of understanding in each youth. The main variable that will be discussed is eye hygiene. Basically, all youth have minimum information about eye hygiene. Information about eye hygiene they get through various ways, through the internet and RO. However, the results of interviews and observations found that the application of maintaining eye hygiene was better if youth received this information from RO directly. With the practice that is seen, it is easier for youth to understand and also apply it while using CCL.

To maintain cleanliness, they must use CCL for at least not more than 8 hours. The longer the CCL is used, the more likely the CCL get dirty. According to the Centers for Disease Control and Prevention (CDC), 1 in 5 serious eye infections result from prolonged use of CCL (Setiaputri, 2021).

Other variables are eye diameter and base curve. These two variables are included as variables that are not widely known by CCL users. The youth who did not know to get themselves checked first said they were surprised when they came to Melawai and were offer to do an eye examination first. From there they know that in using CCL it is necessary to adjust the eye diameter and base curve size. By buying via online, the youth are classified as not knowing about the importance of these variables.

The existence of RO, which is often not known by the public, makes people less aware of eye health. Refraction Optician (RO) as a profession is still considered as an uncommon job, in contrast to the term doctor. Information about this needs to be known by youth so that they know where to go for a check-up.

One of the variables with the lowest level of understanding is about CCL's distribution permit (SIE). All products that are widely traded must have a distribution permit. With the development of technology, it certainly brings benefits and brings bad things as well. One of them is the free entry of products without distribution permit in the market.

In fact, all youth admit that they never checked the distribution permit on the CCL they bought, either online nor offline. Based on their statement, distribution permit was deemed not too important to be checked, because the products sold by shops must have distribution permit (SIE). Even though shop owners admit that the products they sell are safe and have distribution permit, whether it's a large and named store or not, it would be nice to keep double-checking just to make sure the products purchased and to be used have been proven safe. So if you experience irritation it will be easier to know the cause.

One of the variables that young people don't know about is the type of CCL. The type of CCL is not only on the material. However, the water content in CCL also varies. Therefore, not all brands have technology that suits consumer needs. Not all CCL sold have the appropriate

standard to be able to nourish the eyes, not irritate the eyes. Online purchase makes this variable unknown to consumers, especially youth.

The time period of CCL is something that most of the informants know quite well. Although the time period variable is classified as well known by the informants, in practice, some of the informants are negligent and do not follow the recommendations stated in the product. In addition to the negligence of youth in paying attention to the period of use, many youths also do not know that the shorter the period of use of the CCL, the better it is for eye cleanliness and health, while the longer the time period of the CCL is not good for eye cleanliness and health.

Then the last one is how to use and treat CCL showed different results between youth as consumers of CCL at Kacamata Anca and Optik Melawai. Youth as consumers of Kacamata ANCA are dominated by characteristics in the average level. Meanwhile, youth as consumers of Optik Melawai are dominated by good characteristics. Of course, these two results are due to various reasons.

An explanation of how to use and treat CCL helps users avoid possible eye irritation. For youth as Optik Melawai consumers, since purchases are made offline then they get education about this from RO directly. RO will teach and provide information until consumers feel they understand and can practice it themselves. However, it is different from buying CCL online, which cannot get education about this.

CONCLUSION

Youth who use CCL have different characteristics and also know different variables depending on age, education, experience and economic conditions. Characteristics and knowledge of significant variables in buying CCL are also determined by the location of purchasing the products (online or face-to-face). Three characteristics of youth were found, namely good, average, and less.

Based on interview data from interviewees as well as observations, youth with less characteristics who do not know how to choose, use, and treat CCL will only consider the model and price of CCL. Less characteristics of youth caused by the younger age and also the level of education equivalent to high school. Because they are still in school, youth are not financially independent. The cheapest way to get information in today's era is through the internet. Experiences that can make someone more careful are put aside due to the limited choices they have due to the lack of these 3 factors (age, education and economy).

The characteristics of youth who are quite understanding are in the middle (average). They do not quite understand but they are not completely ignorant either. The attitude of teenagers who are sometimes careless and also want everything to be instant makes them less careful in using CCL. Characteristics of youth who are average at least know about the time period, eye hygiene, and how to clean and treat for CCL. This is supported by the better youth in terms of age, education, economy, and experience.

Based on this study, it was found that the characteristics of youth in using CCL in Surabaya were quite average. This means that there is still a need to improve education for youth about CCL. Especially in the variables with the lowest outcome i.e. eye diameter, base curve, distribution permit and also CCL types. Almost all youth at first did not know they needed to be checked by the RO first.

For important variables in using CCL, eye hygiene variables, time period and also how to use and treat CCL are variables that are well known but still become common mistakes. Youth's negligence needs to be corrected, youth must be more disciplined and also control themselves in order to maintain better eye hygiene.

Youth also need to be educated that the shorter the period of use, the better it is for the eyes. Another thing is youth who buy via online do not get direct examples of how to use and

treat CCL. Meanwhile, face-to-face purchases show better results because RO guides youth until they can practice on their own.

For eye diameter and base curve, distribution permit, and the types of CCL as the lowest variable known by youth need to be re-enforced education about this. By examining and checking these four variables, youth can keep themselves away from eye irritation. Of course supported by other variables too. youth need to prioritize safety and make sure the products they buy are trustworthy and comply with health standards.

Youth need to become more disciplined and self-controlled, especially in matters related to health. This cannot be taken for granted. Even though youth live in a condition where everything is instant and fast, in terms of health, youth need patience. Health needs to consult with someone who is an expert like RO. Youth need to be more critical so they don't trust easily and think about long-term risks for the decisions they take. The trend of using CCL should not be followed solely to increase attractiveness. However, the trend of using CCL can be used as a moment to increase knowledge about eye health. It is okay to buy product via online, as long as youth already check their eye condition regularly and already know what products suits their eye condition the most.

REFERENCE

- Commonwealth University, V. (2014). Why Education Matters to Health: Exploring the Causes. Center on Society and Health .
- Galvan A, HT (2006). Earlier development of the accumbens relative to orbitofrontal cortex might underlie risk-taking behavior in adolescent. The Journal of Neuroscience .
- Gustafson, T. (2017, January 23). Huffingtonpost . Retrieved from Younger Consumers Are More Health Conscious Than Previous Generations: https://www.huffingtonpost.ca/timi-gustafson/younger-consumers-are-mor_b_14290774.html
- Hurlock, E. (1993). Child Development Volumes 1 and 2. (M. Tjandrasari, & Muslichah, Trans.) Jakarta: Erlangga.
- Marcia, K. (2017, May 11). Teen Shopping Habits and Trends . Retrieved from PracticalEcommerce: <https://www.practicalecommerce.com/teen-shopping-habits-and-trends>
- Marsyanti, OA (2015). "Being Organic Being Healthy"; The Meaning of Organic Lifestyle on Melilea Consumers in Yogyakarta. Graduate School of Gadjah Mada University , 34.
- Moleong, L. (2011). Qualitative Research Methodology Revised Edition. Bandung: Youth Rosdakarya.
- Muawanah, LB (2012). Emotional maturity, self-concept and juvenile delinquency. Persona Journal 1.1 .
- Nazhriyah, R. (2016, January). |||UNTRANSLATED_CONTENT_START|||Universitas Islam Negeri Syarif Hidayatullah Jakarta. |||UNTRANSLATED_CONTENT_END|||Retrieved November 29, 2020, from Faculty of Medicine and Health Sciences: Repo.Stikesicme.co.id
- Melawai Optics. (2016). Retrieved November 17, 2020, from Optik Melawai: <https://www.optikmelawai.com/lensa-kontak-perawatan/menkenal-tipe-tipe-lensa-kontak.html>
- Ridho. (2017, December 8). Ambassador . Retrieved November 16, 2020, from Duta.co:

<https://duta.co/dampak-cepat-digital-makin-dini-usia-harus-gunakan-kacamata>

Everyutri, AK (2021, June 10). How long can contact lenses be used in a day? Retrieved from Hello Sehat: <https://helohealth.com/mata/perawatan-mata/saat-gunakan-lensa-kontak/>

Sunarti, WS (2017). Behavior of Teens Using Contact Lenses (Soft Lens) in Eye Health Care at SMKN 3 Blitar City. *Journal of Nurses and Midwifery*, 4 , 2. Retrieved November 29, 2020, from <https://jnk.phb.ac.id/index.php/jnk/article/view/235>