

KWAME NKRUMAH UNIVERSITY OF SCIENCE AND TECHNOLOGY

COLLEGE OF HEALTH SCIENCES

FACILITY OF ALLIED HEALTH SCIENCE

DEPARTMENT OF NURSING

DIPLOMA PROGRAMMES



**THE PRACTICE OF SKIN BLEACHING AMONG SCHOOL PUPILS; A STUDY AT
BEREKUM PRESBYTERIAN SENIOR HIGH SCHOOL.**

SUBMITTED BY

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YEBOAA GYABAA BARBARA	-	5975421

2022

DECLARATION

We hereby declare that except for references of other people's work which have been duly acknowledged, this project work is the result of our own research, and that this research, either in whole or in part has not been presented elsewhere for another diploma.

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ABSTRACT

The focus of the study was to assess the practice of skin bleaching among school pupils.

A quantitative study design was adopted for the study. A random sampling technique was used to select 60 respondents. Data was gathered through the use of questionnaire.

A random sampling technique was employed in drawing the population of interest. For this purpose, 60 questionnaires were distributed to students of Presbyterian Senior High School, Berekum. The results were presented graphically in bar charts and tables using Microsoft Excel.

The study found that, 83% of the respondents indicated that they know more about skin bleaching whereas 17% of the respondent indicated that they know but little. Concerning the causes of skin bleaching, 75% of the respondents indicated that it has a cause whereas 25% also indicated that it has no cause. With regards to believe that school pupil may have unintentional skin bleaching from treating of skin diseases, 40 pupils representing 66.67% of the respondents indicated no while 20 pupils representing 33.33% indicated yes.

The study recommended that, bleaching creams and soaps must be banned from being sold in Ghana, massive education must go on in schools, churches, on televisions, radios and other social gatherings about the dangers of skin bleaching, Ghanaians must be encouraged to appreciate their God-given natural skin.

Based on the findings, it can be concluded that, majority of the respondent were knowledgeable about the harmful effect of skin bleaching. Also, the use of skin bleaching cream was fairly high among respondents.

Higher percentage of the respondent indicated that, there are factors that motivates the use of skin bleaching which included; peer influence, to attract opposite sex. Also, majority of the respondent believed that school pupil also has unintentional skin bleaching from treating their skin disease.

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ACKNOWLEDGEMENT

Glory be to God the father, God the Son and God the Holy Spirit for the gift of health, knowledge understanding, hope and courage throughout this study.

We also express our appreciation to all the authors and publishers whose materials served as our source of reference in the study.

Our next thanks also go to the Nursing Coordinator and the Principal of Holy Family Nursing and Midwifery Training College, Berekum for their approval of this study.

We are also much grateful to the final year nursing and midwifery students who consented and spent their precious time in answering our questionnaires for the study.

We also thank the Board of Directives of Kwame Nkrumah University of Science and Technology, Department of Nursing for providing us with the format for the successful study.

We are much grateful to our supervisor; Mr. Samuel Osafo Asare for his relentless courage, his precious time in the mist of equally important schedules and putting us on our toes to make this research work materialized.

Finally, our profound gratitude goes to our parents and guardians for their financial support throughout this study.

CHAPTER ONE

INTRODUCTION

The chapter describes the background of the study, problem statement, general objective, specific objectives and operational definition of terms.

1.0 Background of the Study

Skin bleaching transcends geographic borders and occurs in many cultures throughout the world. Individuals across the globe practice various forms of skin treatment, and these treatments are performed for different purposes (Mullet, 2020). Globally, skin bleaching has become a common trend, especially in trans-Saharan West Africa. About 77% of Nigerians, 27% of Senegalese, 35% of South African bleach their skin. In most parts of Africa, the indigenes are predominantly dark skinned. Bleaching of the skin occurs in Africa either as an attempt to look lighter or to maintain skin toning. Skin bleaching trends in African communities have grave health and cultural implications (Azibo, 2020). Health-related issues as a result of skin bleaching going wrong can result in large expenses for medical treatment. Skin bleaching also has a tremendous impact on participants' personality development, self-esteem, and identity formation (De Souza, 2021). Ease of access to the chemicals used in the preparation of skin bleaching creams has been reported to result from lapses in policy implementation, lack of enforcement of rules, and poor regulation (Mah'e, 2019). Both men and women engage in the practice of skin lightening; however, women are generally more likely to engage in the practice than men (Rusmadi et al., 2017). The high percentage can be compared with other parts of the world where skin bleaching is a notable practice (Alghamdi, 2017). Studies by Adebajo and Ravichandran (2018) also pointed out that women aged between 20 to 30 years are more active in the use of skin lightening creams. There is a need to consider the skin bleaching phenomenon in relation to the intersection between individual choices and societal values, especially in the African setting.

In Ghana, the prevalence of skin bleaching is reported to 30.0-65.6%, predominantly among females. Studies on skin bleaching in Ghana are limited, especially in the northern Ghana, despite the increasing rate of skin bleaching products usage in Ghana. It has also been identified as the source of serious health related outcomes among users, especially those who subjected their bodies to creams formulated without proper safety precautions regarding chemical contents used in their production. The use of skin bleaching has also been reported to be responsible for skin cancers, skin discoloration, and depression among users leading to negative outcomes and suicide (Afriyie, 2019).

This study explored the motivation behind the use of skin bleaching creams among students of Presbyterian senior high in Berekum in order for policy makers to create research based public policy. This study also explored awareness among students to assist policymakers in formulating public policies related to the use of dangerous cosmetics labeled as skin bleaching creams. While the motivations behind the practice of skin bleaching are not completely known, there are many negative implications associated with the use of bleaching formulas. (Alegbeleye, 2017). Skin bleaching has been established to have severe side effects (Durosaro, Ajiboye, & Oniye, 2018).

The literature review also identifies the research gap that this study addressed. At the secondary school level, there is an alarming trend of skin bleaching among secondary school students in the Berekum Municipal (Durosaro et al., 2012).

The growing concern about the use of skin bleaching calls for a detailed examination of the motivations and uses of skin bleaching formulas. It is imperative to know what drives the decision by students to engage in this behavior. There is no documented history of when and how the phenomenon of skin enhancement became so popular among humans, especially in Ghana. Various authors have discussed issues relating to skin bleaching from various points of

view. In the literature review for this study, I explore the trajectory of skin bleaching from the perspectives of different scholars and establish the context of this study by identifying existing studies' relevance. Living standard in the African setting is construed from a collective approach with broader community perspective, rather than the individual notion. It is essential to consider the distinction between skin bleaching and skin toning because these terms have been used interchangeably among users of creams and chemicals that "whiten" the skin. In the subsequent sections of this dissertation, the distinction between various terms used by users of skin bleaching creams are closely examined. Many reasons have been adduced and offered as to why people bleach their skin, including self-identity, self-esteem, and the desire to feel more beautiful (Abiola, 2017). In this study, it examined the role of policymakers and administrators at the Secondary level in ensuring that students have access to ample information regarding the dangers associated with skin bleaching creams.

1.1 Problem Statement

Skin bleaching is an ongoing trend and practice among the youth irrespective of gender. It does not appear that the skin bleaching phenomenon has been viewed from public policy perspectives, especially among the users of skin bleaching creams. Durosaro, Ajiboye, and Oniye (2019) studied the perception of skin bleaching among secondary school students in the Berekum metropolitan area. The researchers found a significant number of adolescents who were students in high school engaged in skin bleaching. This issue highlights the need to understand what is fueling this trend among young women with a view toward facilitating the possible development of accurate information and appropriate public policy intervention by relevant stakeholders, including the Ministry of Education, Ministry of Health, Ministry of Social Welfare, and university and Colleges and Senior high schools administrators. The WHO reported that about 76.3% of youth using skin bleaching products regularly (Fihlani, 2019). Nigeria has the highest rate of skin bleaching among women in the world. Within the sub-

saharan Africa, Ghana is the second highest (45%) compared with the following countries Togo (39%), South Africa (25%), and Mali (25%). Many factors may cause students, especially those enrolled in secondary education to use bleaching creams and other bleaching agents. It is of interest to investigate whether education and awareness of existing public policies play any role in the decision to use these creams. There is a paucity of information regarding the effect of skin bleaching in communities and on college campuses, and little or no appropriate public policy is in place. Adebajo (2017) found that about 77.3% of 450 local market traders surveyed in Accra admitted to using skin lightening creams without regard for the chemicals used in the cream formulations. This study was conducted without differentiating between genders. The risks associated with the use of dangerous cream agents include skin damage, cancers, liver disease, and kidney failure (Lewis et al., 2012). Through this research, the sought to provide a detailed understanding of the phenomenon of skin bleaching among students in Ghana and analyze the implications of this trend among female undergraduate students. The research explored awareness among female students to assist policymakers in formulating public policies related to the use of dangerous cosmetics labeled as skin bleaching creams.

1.2 General objective

To assess the practice of skin bleaching among school pupils.

1.3 Specific objective

1. To assess the knowledge on the harmful effect on skin bleaching among school pupils.
2. To identify the factors that motivate skin bleaching among school pupils.

1.4 Definitions of terms

Health: It is the state of complete, physical, mental and social well-being and not merely the absence of diseases or infirmity.

Implications: The acts of implication or the condition of been implication simply means acts of implying, effects or consequence that may happen in the future, it is also the state of being something bad.

Adolescents: This is the stage between childhood and adulthood. That is, it is the period that mark the end of childhood and the beginning of adulthood.

School pupils: Those in S.H.S

Bleaching cream: Any cream that is intended to lightening the skin.

Cream: A soft substance in the form of a thick liquid that has a soothing and moisturizing effect and can be rubbed on the skin.

Public policy: An official regulation or framework that emanates from the government rather than the private sector; it addresses any serious issues/problems of social, economic, or political concern in society.

Skin: The outer surface layer and natural protective body covering of human beings (or other animals) and the site of the sense of touch.

Skin bleaching: The act of purposeful lightening of the skin color.

Skin therapy: The act of treating skin diseases with cream formula against infections.

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

This chapter contains a review of relevant literature related to the research topic. The review is organized along the lines of the specific objectives of the study. The sources of information include books, journals, online articles, and research reports.

2.1 Overview

The science of beautification and beauty contest have been in existence since olden days where natural endowment like tiroo, powder, bracelets and so on, are been used to beautify the body. Among this area are hair dressing aesthetic, facial look and general body movement (Adebayo, 2020). However, the degree to which attention is been focus on skin beautification specifically skin bleaching calls for special concern, the act of body beautification has progressed form ordinary maintenance of the natural complexion to complete skin bleaching, which is an act of changing the colour of the body skin to become lighter. Olumide (2021) stated that skin bleaching has taken over all other patterns of the body beautification, this is because it causes skin cancer, skin rashes, tender and rough skin.

Skin bleaching can be considered to be a process of permanent or temporary alternating of the outer (upper most layer) of the skin, otherwise known as epidermis. Andrew and Adeleye (2020) viewed it to be a process of permanent and purposeful lightening of the skin, which is most common among adolescents. The constituents of skin bleaching creams are hydroquinone and ammoniated mercury. By implication of body bleaching involves the application of substances or solution that are capable of removing the upper surface of the skin, thereby making the colour of the body lighter. Andrew (2018) view is that irrespective of the reasons that may be adduced by those that engage in the practice, it is always clear that the dire effects

of skin bleaching in some cases overwhelm the benefits. Youths of nowadays are fond of skin bleaching and toning of the skin because the cream is very cheap and accessible with alternative packages. It is also economical for them to purchase without knowing the health consequences.

2.2 The knowledge on harmful effects on skin bleaching among school pupils.

Anneke and Saja (2022) conducted a cross-sectional survey of 579 African and Indian women aged 18-70 years was conducted in two large public hospitals in Durban, South Africa. There were 292 Africans and 287 Indians included in the survey sample. Of these 32.3% had used skin-lightening products (60% of Africans and 40% of Indians). Most of those who had used skin lighteners (85 of Africans and 76% of Indians) claimed awareness of the adverse effects of the products, although this did not appear to inform knowledge of the product, how it was used, nor the decision to use the product. Most users (90%) expressed satisfaction with results achieved but 32% reported adverse events. The study concluded that skin-lightening products are used by a third of African and Indian women in South Africa Cultural and historical perceptions equating a fairer skin with social advantage are pervasive and strongly reinforced by the media. There is a poor understanding of the risks associated with the use of these products. Therefore, public education campaigns are required to teach consumers about these risks and the importance of concomitant use of sunscreens with these products.

Bentle (2021) conducted a study aiming to explore the knowledge, attitudes and practices towards the usage of topical bleaching agents among women. A self-administered questionnaire on the use of bleaching creams was distributed randomly to women attending the outpatient clinics at a university hospital in Saudi Arabia during 2021. Five hundred and nine of 620 women responded (82% response rate). All the participants had dark skin (skin type 4–5). The mean age was 29.22 ± 9 years. Of the participants, 38.9% (197/506) were current users of bleaching agents. Only 26.7% (106/397) of the respondents used bleaching agents for

medical purposes to treat localized abnormal skin hyper-pigmentation; 20.8% (101/485) were ready to use any bleaching cream that gives fast results, even if the components were unknown. Of the respondents, 30% (152/509) used more than 100 g of bleaching creams monthly. These products were applied to the whole body in 7.3% of the cases. While 10.3% (28/271) continued applying the bleaching products during pregnancy, 20.8% (54/260) did so during lactation. No associations could be found between the various sociodemographic variables and differences in the attitude towards and practice of using bleaching creams. A major proportion of our sample respondents have overused and/or misused bleaching agents. This was regardless of age, income, education or marital status. There is a need to educate women about the possible risks.

2.3 The factors that motivates skin bleaching among school pupils.

The question that demands answers is where and from whom do the secondary school students learn the bleaching of the skin from? While (Osei et al, 2018) identified female siblings of students as chief influencers, other researchers such as (Lartey et al, 2017) found the use of skin-lightening products among selected urban communities in Accra, Ghana to be high. Thus the communities in which students reside also have an influence on their decision to use skin-lightening products. Once there are people in our communities and families who bleach, female SHS students may be influenced. Their research showed that 76% of those dwelling in communities use at least one skin-lightening product while others use the product for face and face and body toning. The work of (Osei et al, 2018) proved that 71.5% of students indicated that they had been approached by relatives and friends to use Skin light creams while 65.6% admitted to actually using it. Despite the social, pathological, physiological, and psychological effects that skin bleaching presents, it has become aa popular practice among individuals of different age groups (Durosaro et al, 2021).

The study by (Durosaro et al, 2021) looked at the opinions of female secondary school pupils in the metropolitan about skin bleaching. The key findings demonstrated that teenage females used skin bleaching to acquire desired attention and relationships from the opposite sex and to seek desired marriage partners

Adama (2019) in the western part of Ghana, conducted a study to investigate the perception of female secondary school students on skin bleaching practice in Berekum metropolis. The sample comprised six hundred female students across ten secondary schools in Berekum metropolis. The instrument employed for the study is titled “Perception of Skin Bleaching Questionnaire” (POSBQ) designed by the researchers. The data collected were analyzed using percentage, mean and t-test statistical measures. The major findings revealed that young girls engaged in skin bleaching as a method of receiving desired attention and relationship from the opposite sex and attract the desired marriage partners. The study revealed that religion has no significant influence on the perception of the respondents as regards skin bleaching while age has significant influence. Therefore, counsellors should enlighten female students on best practice in body beautification and guide them on life building skills such as assertiveness, decision making and healthy living.

Ajose (2017) added that the use of chemicals to bleach the skin could lead to serious skin and health conditions that include skin cancer and tender skin that may be difficult to stitch when required, such as following surgical procedures or accidents resulting in deep cuts. Other effects of the use of skin bleaching creams include slow healing from wounds, thinning of the skin, acne, osteoporosis, and muscle weakness.

Street et al. (2018) documented the dangers inherent in using dangerous skin bleaching chemicals. Other side effects mentioned include hypertension, diabetes, and infertility. Alegbeleye (2017) maintained that skin whitening chemicals cause irreversible skin damage, as well as renal and liver damage.

Atadokpédé et al. (2019) also concluded that bleaching the skin is a public health concern. This conclusion has a public policy component. Research findings have indicated that skin bleaching practice leads to serious health-related issues among users. There are increasing risks of serious health-related problems associated with the use of skin cream agents, including skin damage, cancers, and liver and kidney failure (Lewis et al., 2012). The literature reviewed for this study indicated that the health consequences of skin bleaching creams might be categorized as premature aging, skin cancer, vulnerability to skin injuries, damage to internal organs, and mercury poisoning.

CHAPTER THREE

RESEARCH METHODS

3.0 Introduction

This sector deals with the description of the research design, sampling techniques, target population and sample size. Issues on reliability, validity and research instruments used are also included in this chapter. It also deals with the ethical consideration and limitation of the study.

3.1 Study Area

This research was conducted at Berekum Presbyterian Senior High School which is found in Berekum, a town in the Bono region of Ghana off Seikwa road. The school has a population of 1752 students. The school offers six (6) programs which are Business, General Science, General Arts, Visual Arts, Agric and Home Economics.

3.2 The study population

The target population consisted of pupils of Berekum Presbyterian Senior High School of and the accessible population consisted of the people who are fair in colour selected with difference in age, gender and religious affiliation and this had no effect on the study.

3.3 Study design

A quantitative study design was used for this study. Under this study design, a descriptive cross-sectional study was conducted to achieve the objectives of the study. This was because; the study described a phenomenon across a wide population using a snapshot of the population at a certain period.

3.4 Sampling technique and size

The sample size for the study would be calculated using Yomane's Theory. From the theory with the target population of 70 pupil in a particular class, 60 participants were sampled using the formula:

$$n = N / (1 + N(e)^2)$$

n = for sample size

N = total population

e = degree of confidence level

Using a total population of 70

And choosing confidence level of 0.05

$$n = 70 / (1 + 70(0.05)^2)$$

$$n = 70 / (1 + 70(0.0025))$$

$$n = 70 / (1 + 0.175)$$

$$n = 70 / 1.175$$

$$n = 59.57$$

Therefore n=60

Sixty (60) pupils were chosen at random for the study. They were chosen regardless of their religious affiliation.

Data collection methods and instruments

The data collection instrument used was a written questionnaire, which was given to the respondents to answer and collected on the same day. The questionnaire included closed ended questions which allowed respondents to choose appropriate responses and open-ended questions which would allow them state their recommendations if any. The questionnaire was designed to include respondents' background information, questions on the specific objectives

of the study; the knowledge on the harmful effects of skin bleaching and factors that motivate skin bleaching.

3.6 Data analysis techniques

Data collected was analyzed in the form of percentages which made the presentation and interpretation more eligible and concise. Data collection was done using questionnaire and analyzed with Ms Excel 2013 in the form of descriptive statistics such as tables, pie and bar charts. Features of the data gathered were explored to get a general description of responses given by respondents.

3.7 Ethical consideration

An approval was granted from the school for the survey to be conducted. The participants were given a written informed consent before answering the written questionnaire, and their refusal to answer the questionnaire was duly accepted. Confidentiality was ensured and respondents were informed that the survey was for academic purpose. They (Respondents) were assured that, the answers given by them were kept confidential.

3.8 Limitations of the Study

The respondent of this research was originally to be 70 students but due to time constrain/factor, 60 were rather chosen to answer our questionnaires. Some of the adolescents refused to give us the information needed for our study because they were shy to express themselves and some were too busy to attend to us because of their academic works. Also because of the academic load, we were not able to do exploratory study. Lack of finance also limited us on the printing of our questionnaires. Although these were the limitations we encountered, it didn't have any impact on the study.

CHAPTER FOUR

DATA ANALYSIS AND RESULTS

4.0 Introduction

This chapter presents a detailed analysis of the data gathered from the field. The results are presented in tables and figures. The analysis of data was done according to the specific objectives of the study. The results are categorized into the demographic characteristics of the respondents, the knowledge on skin bleaching, the causes and the effects skin bleaching and the preventive measures of skin bleaching among school pupils of Berekum Presbyterian Senior High School.

4.1 Demographic Characteristics of Respondents

Table 1: Age Distribution of Respondents

Variable	Categories	Frequency (n)	Percentage (%)
Age	15 - 18 years	23	38.3
	19-22 years	21	35
	23 - 26 years	15	25
	Above 26 years	1	1.7
TOTAL		60	100

Majority of the respondents (38.3%) were aged between 15-18 years, 35% of the respondents were aged between 19-22 years, 25% of the respondents were aged between 23-26 years, and 1.7% of the respondents were aged above 26 years.

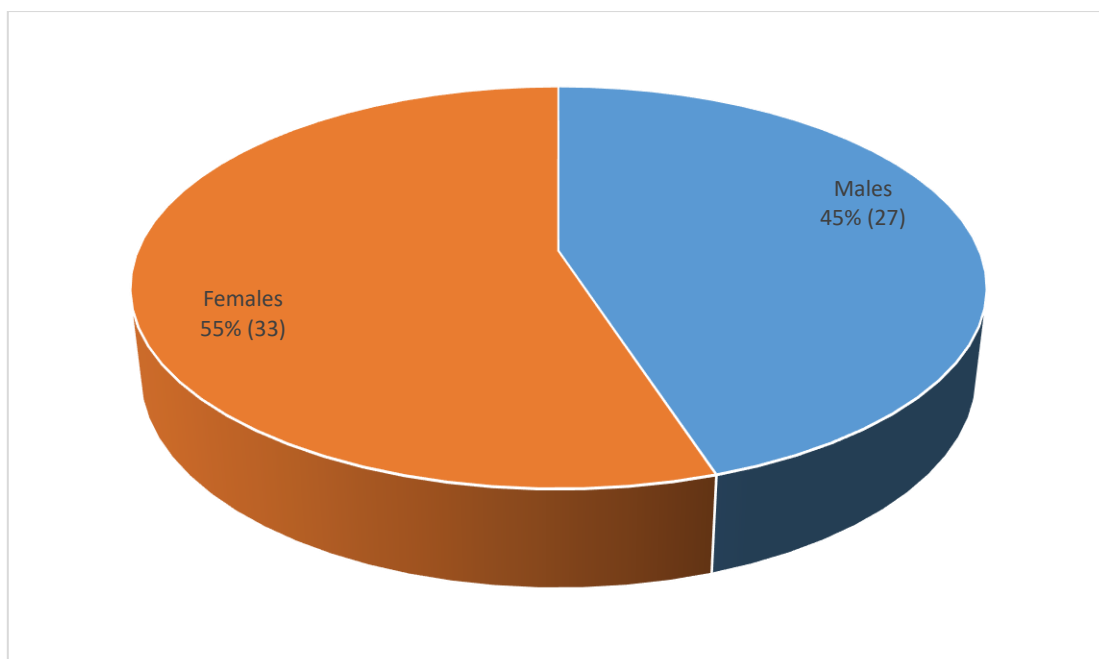


Figure 1: Gender of Respondents

Most of the respondents 33 pupil representing 55% were females and 27 pupils representing 45% of the respondents were males.

Table 2: Marital Status of Respondents

Variable	Categories	Frequency (n)	Percentage (%)
Marital Status	Single	58	96.7
	Married	2	3.3

Most of the respondents (96.7%) were single and 3.3% of the respondents were married.

Table 3: Religion of Respondents

Variable	Categories	Frequency (n)	Percentage (%)
Religion	Christianity	45	75
	Islamic	12	20
	Traditional	3	5
	Others	0	0

Most of the respondents (75%) are Christians, 20% of the respondents are Muslims and 5% of the respondents are Traditionalists.

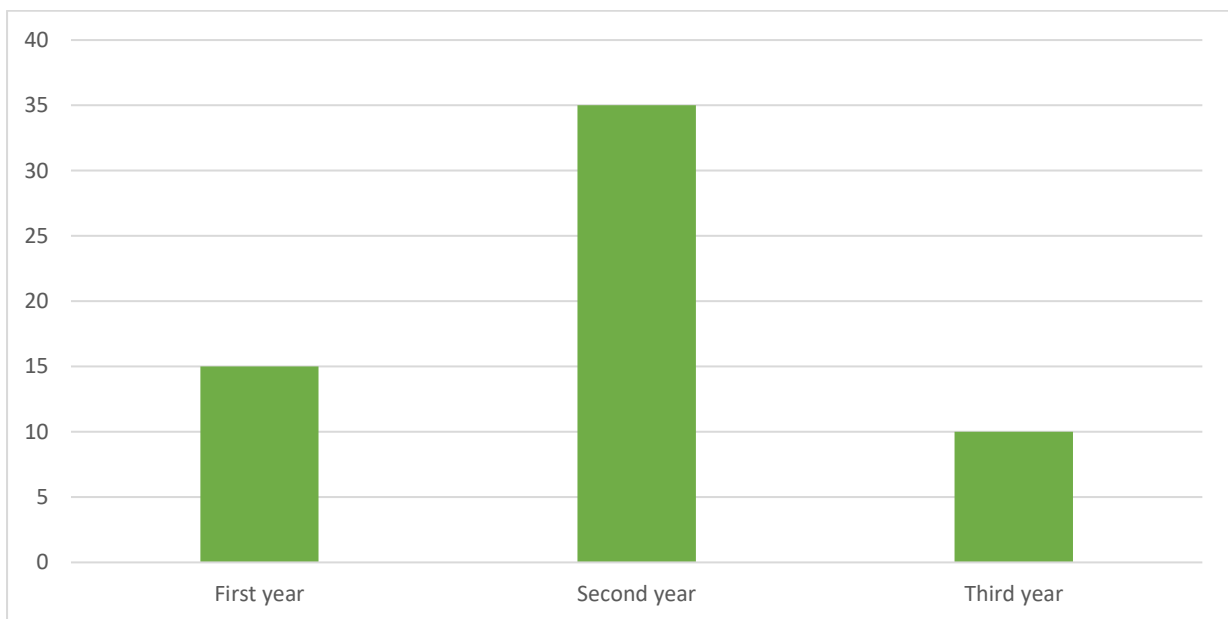


Figure 2: Respondents year group in school.

From the figure above, it was revealed that, majority of the respondents (58.3%) were in second year, 25% of them were also in first year and 16.7% were also in their third year.

4.2 The knowledge of students on the skin bleaching.

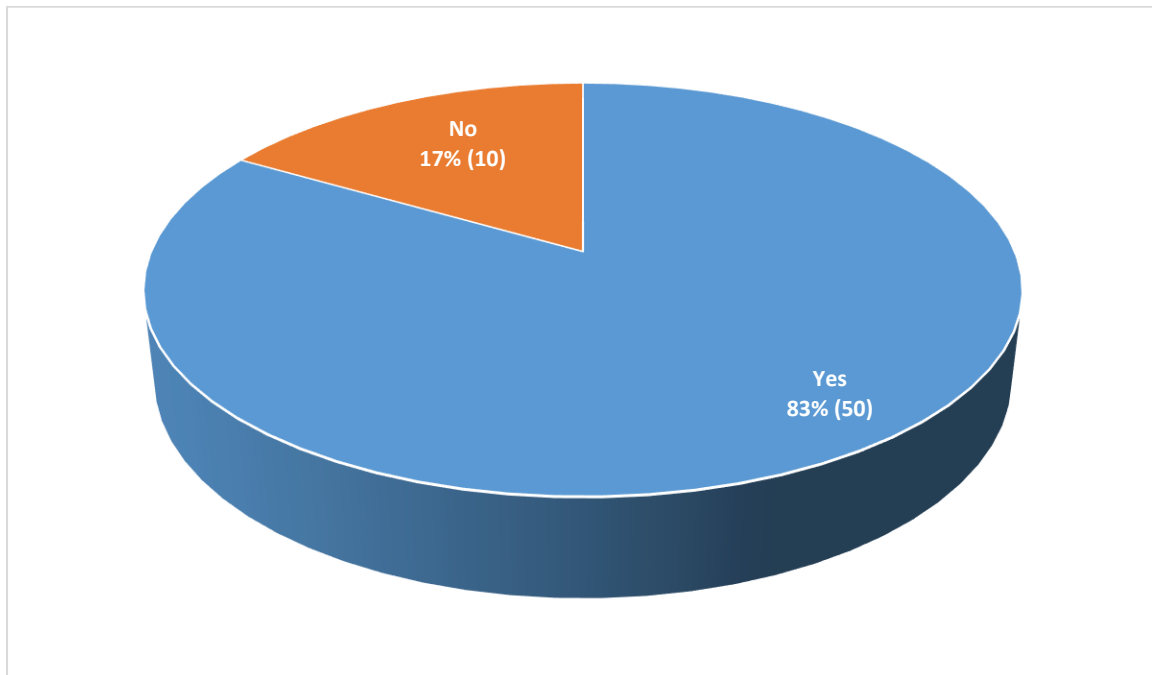


Figure 3: Respondents knowledge on skin bleaching.

From figure three, respondents were asked whether they know more about skin bleaching of which about 83% of them indicated they know more about skin bleaching whereas 17% indicated they know but little.

The majority of respondents were knowledgeable in skin bleaching (71.8%). About 84.3% of respondents said that skin bleaching involved changing the original colour of the skin.

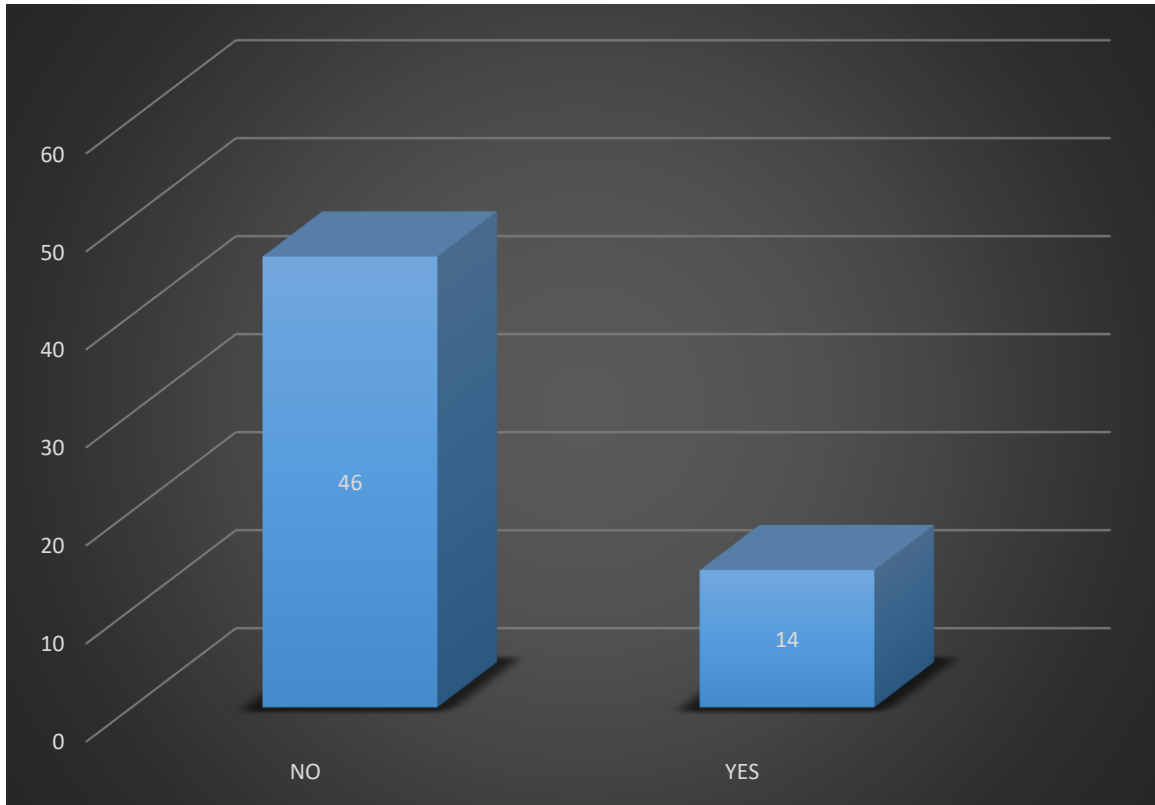


Figure 4: Respondents view on the ingredients used in making bleaching creams.

With regards to the ingredients used in making bleaching creams, about 76.7% of the respondents indicated that they don't know any ingredient and just 23.3% indicated that they know about the ingredient for making skin bleaching creams.

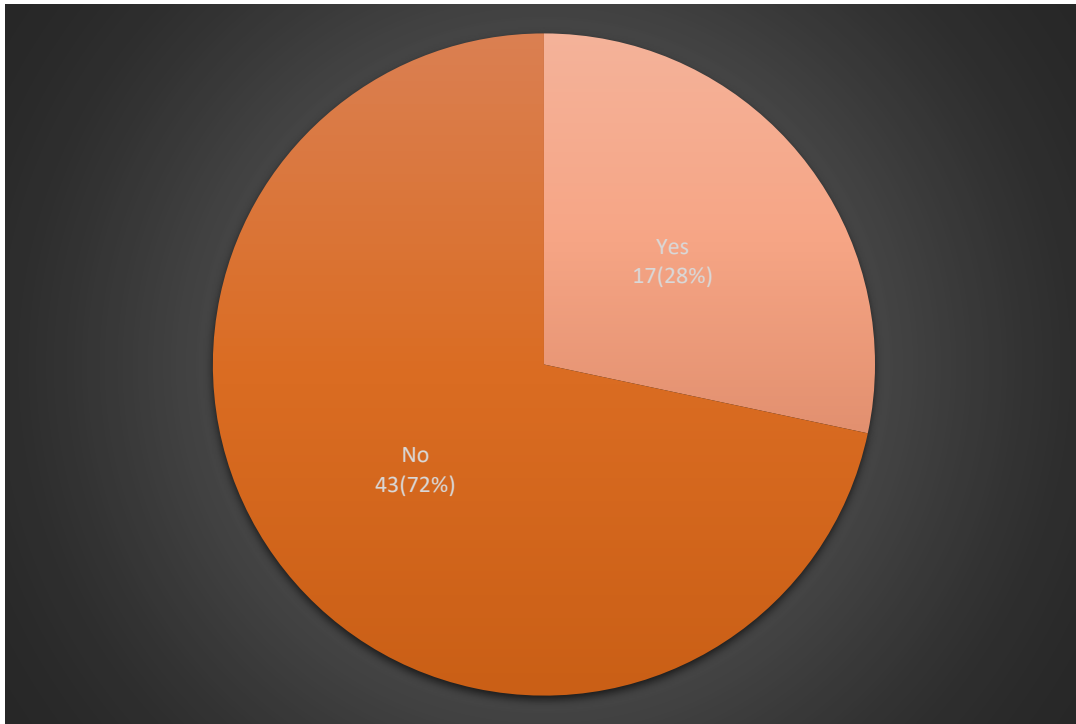


Figure 5: Respondents view on whether it is normal to do skin bleaching.

Figure five shows the view of the respondents on whether it is normal to do skin bleaching and majority of the respondents (43 pupil representing 72%) indicated no while 17 pupil representing 28% indicated yes.

4.3 The causes and the effects skin bleaching among school pupils.

Table 4: Reasons for skin bleaching.

Reasons for bleaching the Skin)	Number of Respondents (n)	Percentage (%)
To enhance beauty fashion.	20	33.3
To boost self esteem	15	25
To show higher class	10	16.7
To treat skin disorders	15	25
Total	60	100

From the table above, it is very clear that most students (33.3%) bleach their skin because they want to follow fashion. The assumed mentality of the target group that presupposes that those who are fairer are more beautiful than black ones is confirmed from the response seen in the table. Few students according to the table bleach because they want to treat skin disorders such as pimples, eczema and pigmentation of the skin. A lot of students interviewed also confirmed that fairer women and ladies are more beautiful than the dark ones and that, most Ghanaian men prefer them to the dark ones. Reasons attributed to skin bleaching included enhance beauty and healthy skin (33.3%), boost self-esteem (25%), to show higher class (16.7%) and treatment of skin disorders (25%).

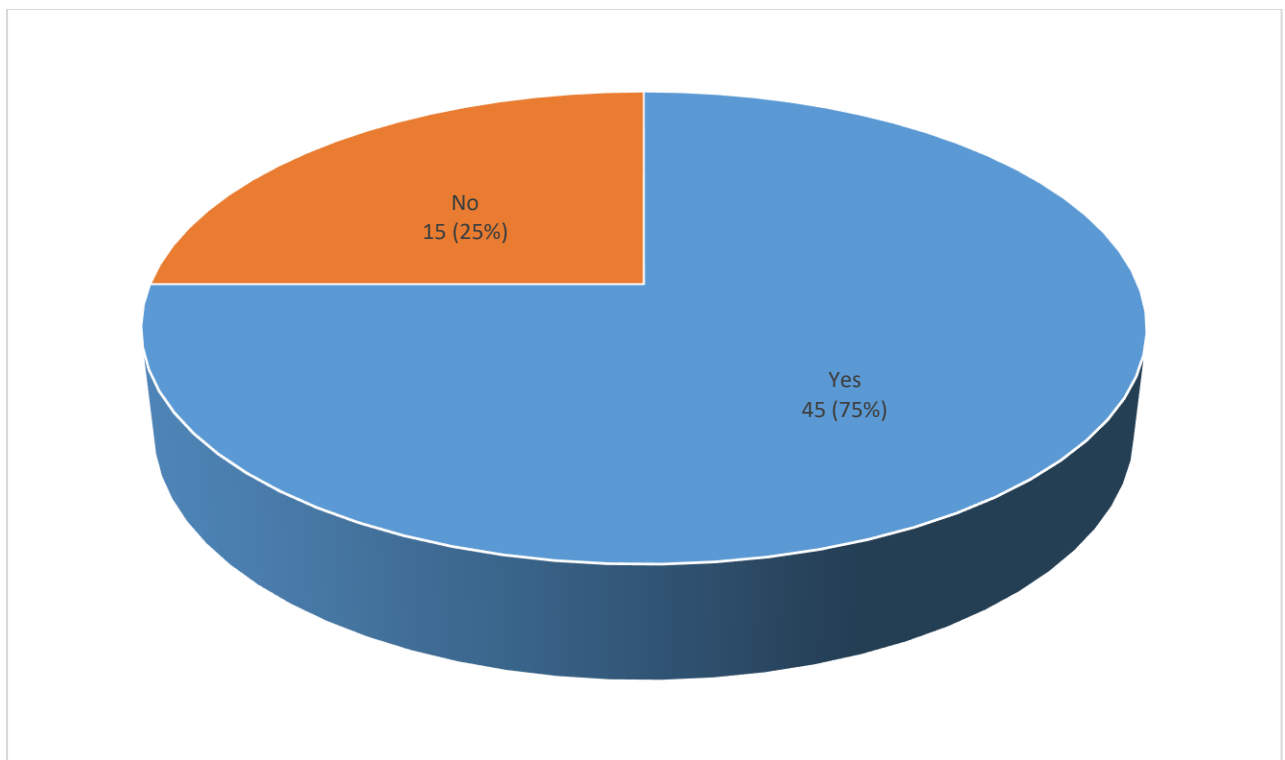


Figure 6: Respondents view on the causes of skin bleaching.

Concerning the causes of skin bleaching, 75% of the respondents indicated that it has a cause whereas 25% also indicated that it has no cause.

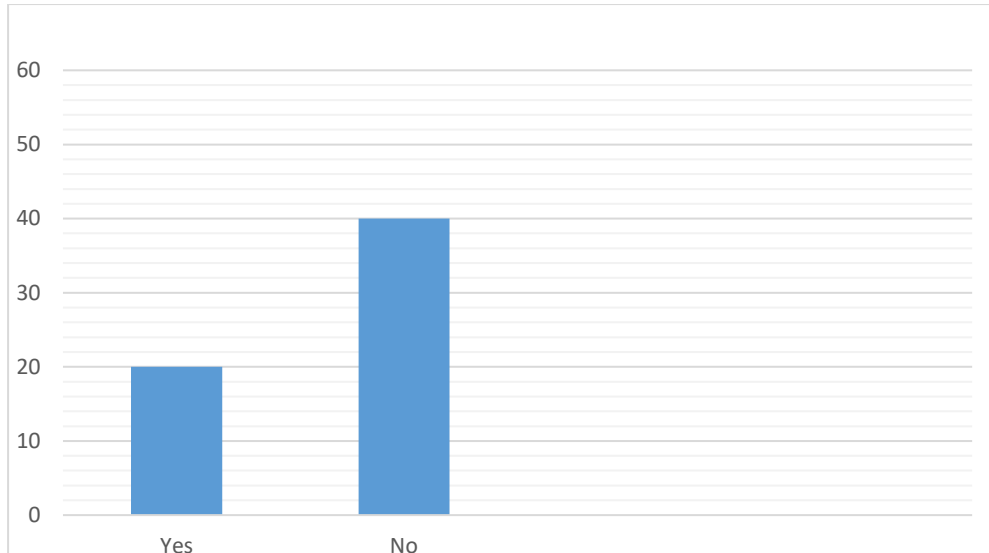


Figure 7: Respondents believe that school pupil may have unintentional skin bleaching from treating of skin diseases.

From figure 8, with regards to believe that school pupil may have unintentional skin bleaching from treating of skin diseases, 40 pupils representing 66.67% of the respondents indicated no while 20 pupils representing 33.33% indicated yes.

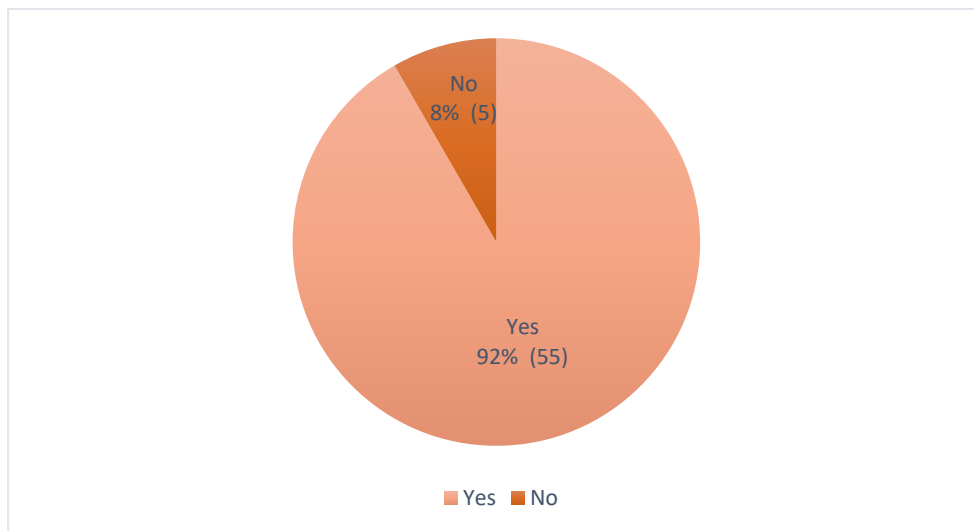


Figure 8: Views on the effects of skin bleaching.

Ninety two percent (92%) of them indicated that it has effects while 8% indicated that it has no effect.

Table 5: Effects of skin bleaching.

Some Dangerous Effects of Skin bleaching	Number of Respondents (n)	Percentage (%)
Cancer of the skin	10	16.7
Causes the areas that have been bleached to darken	25	41.7
Wounds on Skin that have been bleached does not heal fast	10	16.7
Difficulty in stitching the skin during operation.	15	25

From the table above, it is very obvious that all the respondents, were aware of some dangerous effects of skin bleaching which are; skin cancer, depigmentation of the skin, wounds on bleached skin not healing fast, and difficulty in stitching bleached skin during operation. Despite the fact that most of them are aware of the dangers of skin bleaching.

A higher proportion of the respondents (41.7%) indicated that skin bleaching causes the area to be darken, (25%) of the population also indicated that skin bleaching causes difficulty in stitching the skin during operation, (16.7%) of the respondents indicated that bleaching of the skin causes skin cancer whiles the other 16.7% of the respondents also indicated that bleaching of the skin causes a delay in wound healing.

4.4 The preventive measures of skin bleaching.

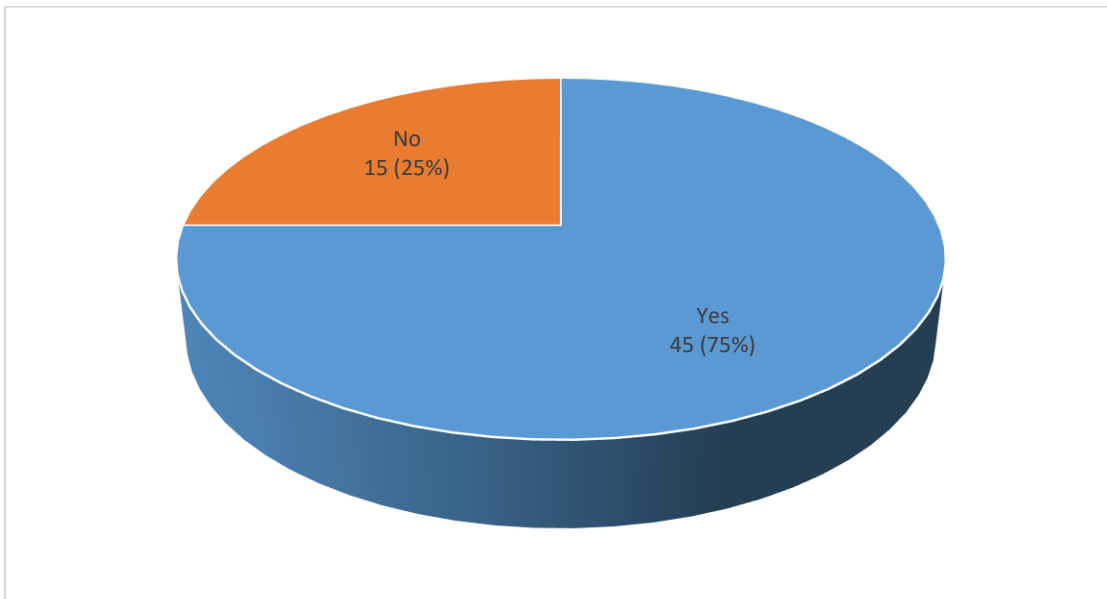


Figure 9: Respondents view on the preventive measures of skin bleaching

Respondents were asked to indicate whether skin bleaching has preventive measures and 75% indicated that it has whereas 25% of the respondent also indicated that it doesn't have any preventive measures.

They were also asked if they think skin bleaching should be addressed and all the respondent indicated yes. 53 respondents (88.3%) said educating pupil will help stop skin bleaching while 7 respondents (11.7%) said no. Respondents were also asked if they think parents of pupil who practice skin bleaching should be called by the school authority for education the harmful effect and 48 pupil (80%) indicated yes while the other respondents (12 pupil representing 20%) said no. Respondents were asked if the use of skin bleaching products should be banned in school and 58 respondents (96.7%) answered yes whereas 2 of the respondents (3.3%) indicated no.

CHAPTER FIVE

DISCUSSION, CONCLUSIONS, RECOMMENDATIONS

5.0 Introduction

This chapter deals with the discussion of findings of the study. It compares the findings with that of the literature review. It also includes the drawing of conclusion and making recommendations based on the findings. This discussion is based on the specific objectives of the study.

5.1 Discussions

5.1.1 The knowledge on the harmful effect on skin bleaching among school pupils.

Respondents were asked whether they know more about skin bleaching of which about 83% (50 respondents) of them indicated they know more about skin bleaching whereas 17% (10 pupil) indicated they know but little. The majority of respondents were less knowledgeable about the ingredients used in making bleaching cream (76.7%). Majority of the respondents about (43 pupil representing 72%) of respondents said that, it is not normal to do skin bleaching.

Similarly, the finding of this study affirms to the findings of Anneke and Saja (2022) who conducted a cross-sectional survey on the practice of skin bleaching.

Again, this study validates the findings of Bentle (2021) who conducted a study aiming to explore the knowledge, attitudes and practices towards the usage of topical bleaching agents among women.

5.1.2. The Factors that motivate skin bleaching among school pupil.

Concerning the causes of skin bleaching, 75% of the respondents indicated that there are factors that motivates skin bleaching whereas 25% also indicated that there is no factor that motivates skin bleaching.

Higher population of the respondent (45 pupil representing 75%) indicated that peer influence motivates skin bleaching whereas the other population (15 pupil representing 25%) said peer influence does not motivate skin bleaching. 90% of the respondent also indicated that school pupil bleach to attract their opposite sex.

Majority (93.3%) of the respondents believed that school pupil also has unintentional skin bleaching from treating their skin disease. 51 pupil (85%) were also of view that, pupil bleach to obtain a fair skin.

5.2 Conclusion

Based on the findings, it can be concluded that, majority of the respondent were knowledgeable about the harmful effect of skin bleaching. Also, the use of skin bleaching cream was fairly high among respondents.

Higher percentage of the respondent indicated that, there are factors that motivates the use of skin bleaching which included; peer influence, to attract opposite sex. Also, majority of the respondent believed that school pupil also has unintentional skin bleaching from treating their skin disease.

5.3 Recommendations

In view of the findings and conclusions reached earlier on, we recommend the following;

1. Bleaching creams and soaps must be banned from being sold in Ghana.
2. Massive education must go on in schools, churches, on televisions, radios and other social gatherings about the dangers of skin bleaching.
3. Ghanaians must be encouraged to appreciate their God-given natural skin.

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APPENDIX
QUESTIONNAIRE

INTRODUCTION

Dear Respondent,

We are students of the Holy Family Nursing and Midwifery Training College, Berekum researching the problem; “the practice of skin bleaching among school pupils; a study at Berekum Presbyterian Senior High School.”

Kindly answer the under-listed questions by ticking (✓) the appropriate box or writing in the space provided. Any information you provide is confidential. Your opinion is neither considered right nor wrong. You can choose to withdraw your participation at any time without any penalty.

It will take approximately 20 minutes to answer this questionnaire.

Thank you.

PLEASE TICK [✓] THE APPROPRIATE BOX WHERE APPLICABLE

SECTION A: DEMOGRAPHIC CHARACTERISTICS

1. Age:

A. 15-18 [] B.19-22 [] C.23-26 [] D. above 26 []

2. Sex:

A. Male [] B. Female []

3. Religion

A. Christianity []

B. Islamic []

C. Traditionalist []

D. None

4. Marital status

A. Married []

B. Single []

5. Which year are you?

A. First year []

B. Second year []

C. Third year []

SECTION B: KNOWLEDGE ON SKIN BLEACHING AMONG SCHOOL PUPILS.

5. Do you know anything more about skin bleaching?

A. Yes [] B. No []

6. First source of information on bleaching.

A. Family member [] B. Friends [] C. Media(TV /Radio)

7. What is skin bleaching ? tick as many as applicable

A. Skin bleaching is the purposeful lighting of the skin color. []

B. Skin bleaching is the practice of changing the original color of the skin []

C. Skin bleaching is the practice of treating skin diseases with a cream. []

D. Making the skin smooth. []

8. Do you the ingredient in bleaching cream.

A. Yes []

B. No []

If yes select many as you know

Kojic Acid []

Hydroquinone []

Niacinamide []

Arbutin []

Lactic Acid []

Glycolic Acid []

9. Do you know any skin bleaching cream select as many as possible

Kozicare skin lighting []

Trycone L- Glutathione Cream []

Organic Harvest Skin Lighting Cream []

Biotique Coconut Brightening Cream []

Perfect white cream []

Carotone cream []

10. Do you think it is normal to do skin bleaching?

A. Yes [] B. No []

SECTION C: THE REASON OF SKIN BLEACHING AMONG SCHOOL PUPILS.

11. Pupil practice skin bleaching to enhance beauty.

A. Yes []

B. No []

12. To boost self-esteem.

A. Yes []

B. No []

13. To show higher social class.

A. Yes []

B. No []

14. To treat skin disorder (unintentional bleaching).

A. Yes []

B. No []

15. Does the society accept skin bleaching?

A. Yes []

B. No []

16. Does the school allow pupil to practice skin bleaching?

A. Yes []

B. No []

17. Does your culture agree with skin bleaching?

A. Yes []

B. No []

SECTION D: CAUSES OF SKIN BLEACHING AMONG SCHOOL PUPILS

18. Does peer influence motivate skin bleaching

A. Yes []

B. No []

19. Do school pupils bleach to attract opposite sex.

A. Yes []

B. No []

20. School pupils bleach to remove skin diseases.

A. Yes []

B. No []

21. Do school pupils bleach to obtain fair skin?

Yes []

No []

22. Do you believe that school pupil may have unintentional skin bleaching from treating of skin diseases?

A. Yes []

B. No []

23. Do you bleach or have you bleach before?

A. Yes []

B. No []

24. If yes, has skin bleaching in a way affected you?

A. Yes []

B. No []

SECTION E: THE HARMFUL EFFECTS SKIN BLEACHING AMONG SCHOOL PUPILS.

25. Skin bleaching causes skin cancer

A. Yes []

B. No []

26. Prolong use of skin bleaching product causes the area that have been bleach to be darken.

A. Yes []

B. No []

27. Skin bleaching causes delay in wound healing.

A. Yes []

B. No []

28. Skin bleaching makes stitching of skin difficult during operation.

A. Yes []

B. No []

29. Skin bleaching product are costly

A. Yes []

B. No []

30. Does Skin bleaching affect us financially?

A. Yes []

B. No []

SECTION F: THE PREVENTIVE MEASURES OF SKIN BLEACHING

31. Do you think skin bleaching is a problem that needs to be addressed?

A. Yes []

B. No []

32. Do you think educating pupils will help stop skin bleaching.

A. Yes []

B. No []

33. Do you think parents of pupil who practice skin bleaching should be called by school authority for educating on the harmful effect?

A. Yes []

B. No []

34. Do you think the use skin bleaching products should be banned in school?

A. Yes []

B. No []

NATIONAL CATHOLIC HEALTH SERVICE (DIOCESE OF SUNYANI)
HOLY FAMILY NURSING AND MIDWIFERY TRAINING COLLEGE
BEREKUM



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Our Ref. ...HFNMTIC/GC/011/03082023

Your Ref.

Date March 8, 2023

The Headmaster
Berekum Presbyterian Senior High School
Berekum
Bono Region

Dear Headmaster

PERMISSION TO CONDUCT RESEARCH

I wish to introduce to you the under listed names of final year students of the College:

1. Osam-Pinanko Thomas Jnr
2. Yeboaa Gyabaa Barbara

As part of the pre-requisite for the award of Diploma in Nursing they are to conduct a research study, on the topic 'The practice of Skin Bleaching among school pupils; a study at Berekum Presbyterian Senior High School.'

I would be grateful if you could assist them with any material or help they may need to accomplish this task.

Thank you.

Yours faithfully

Samuel Osafo Asafe
Supervisor.

For: Principal