

# Hubungan Kuantitas dan Kualitas Tidur dengan Akne Vulgaris pada Siswa Siswi

## Kelas X SMA N 4 Purworejo

Amalia Hanif<sup>1</sup>, Rosmelia<sup>2</sup>, Betty Ekawati<sup>2</sup>

<sup>1</sup>Mahasiswa Fakultas Kedokteran Universitas Islam Indonesia

<sup>2</sup>Departemen Ilmu Kesehatan Kulit dan Kelamin Fakultas Kedokteran Universitas Islam Indonesia

### INTISARI

**Latar Belakang.** Akne vulgaris adalah penyakit peradangan folikel pilosebacea yang bersifat menahun yang biasa dialami oleh remaja. Lokasi lesi paling banyak terdapat di bagian wajah sehingga dapat memberi dampak psikologis. Faktor yang paling umum diyakini memicu atau memperburuk jerawat adalah stres, kurang tidur, dan makanan. Kurang tidur dapat menyebabkan menurunnya sistem imun dan menimbulkan stress tingkat sedang yang diduga berpengaruh dengan patogenesis akne vulgaris.

**Tujuan.** Mengetahui hubungan antara kuantitas dan kualitas tidur dengan kejadian dan derajat keparahan akne vulgaris.

**Metode.** Penelitian ini menggunakan desain penelitian observasional analitik *cross sectional*. Populasi dalam penelitian ini siswa-siswi kelas X SMA N 4 Purworejo. Kuantitas dan kualitas tidur dinilai menggunakan PSQI dan kuesioner tidur, sedangkan kejadian dan derajat keparahan dinilai secara klinis berdasarkan foto standar. Data yang didapat dianalisis menggunakan uji *chi-square*.

**Hasil.** Subyek penelitian berjumlah 149 subyek, dan 62 subyek diantaranya mengalami akne vulgaris. Subyek penelitian dengan akne vulgaris paling banyak berumur 16 tahun. Dari hasil uji *chi-square* didapatkan hasil terdapat hubungan yang bermakna antara kuantitas tidur dengan kejadian akne vulgaris ( $p=0,004$ ). Tidak terdapat hubungan yang bermakna antara kuantitas tidur dengan derajat keparahan akne vulgaris ( $p=0,242$ ). Tidak terdapat hubungan yang bermakna antara kualitas tidur dengan kejadian akne vulgaris ( $p=0,339$ ) dan derajat keparahan akne vulgaris ( $p=0,246$ ).

**Kesimpulan.** Kuantitas tidur berhubungan bermakna dengan kejadian akne vulgaris, namun tidak bermakna dengan keparahan akne vulgaris. Kualitas tidur tidak berhubungan bermakna dengan kejadian maupun keparahan akne vulgaris.

Kata Kunci. Akne vulgaris, tidur, remaja, PSQI

***The Relationship Between The Quantity and Quality of Sleep with Acne Vulgaris in Students of Class X SMAN 4 Purworejo.***

**Amalia Hanif<sup>1</sup>, Rosmelia<sup>2</sup>, Betty Ekawati<sup>2</sup>**

<sup>1</sup> Student of Faculty of Medicine, Islamic University of Indonesia

<sup>2</sup>Department of Dermatology and Venereology, Faculty of Medicine, Islamic University of Indonesia

**ABSTRACT**

**Background.** Acne vulgaris is a chronic inflammatory disease of pilosebaceous follicles which is commonly seen in teenagers. The predilection of acne vulgaris lesions are most numerous on the face, therefore it can give a psychological impact to the youth. Among factors that contribute in acne development and worsening are stress, lack of sleep, and diet. Lack of sleep can cause the decrease in the immune system and can cause moderate stress levels that influence the pathogenesis of acne vulgaris.

**Objective:** To find out the relationship between the quantity and quality of sleep and the incidence and severity of acne vulgaris on students of class X SMAN 4 Purworejo.

**Methods.** This study used cross-sectional study design. The population in this study were students of class X SMA N 4 Purworejo. Sleep quantity and quality were assessed by using PSQI and sleep questionnaire, while incidence and severity of acne were assessed clinically using photographs. Data were analyzed using chi-square test.

**Result.** The subjects consisted of 149 students, 62 subjects among them had acne vulgaris. Most of subjects who had acne vulgaris were students at the age of 16. The chi-square test results showed significant correlation between the quantity of sleep with the incidence of acne vulgaris ( $p = 0.004$ ). There was no significant relationship between the quantity of sleep with the severity of acne vulgaris ( $p = 0.242$ ). There was no significant relationship between sleep quality with the incidence of acne vulgaris ( $p = 0.339$ ) and severity of acne vulgaris ( $p = 0.246$ ).

**Conclusion.** There was a significant correlation between the quantity of sleep with the incidence of acne vulgaris, but no significant relationship with severity of acne vulgaris. There was no significant relationship between sleep quality with the incidence and severity of acne vulgaris.

**Keywords:** Acne, sleep, teenagers, PSQI