

## HUBUNGAN ANTARA TINGKAT GRADASI AKNE VULGARIS DENGAN KUALITAS HIDUP DI RUSUNAWA PUTRI UNIMUS

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### ABSTRAK

**Latar Belakang :** Akne vulgaris adalah penyakit kulit obstruktif dan inflamatif kronik pada unit pilosebacea. Derajat berat akne berdasarkan tipe dan jumlah lesi dapat digolongkan menjadi akne ringan, sedang dan berat. Patogenesis akne meliputi empat faktor, yaitu hiperproliferasi epidermis folikular, produksi sebum berlebihan, inflamasi, dan aktivitas *P. acnes*. AV dapat mempengaruhi fungsi sosial dan psikologis sehingga memiliki dampak besar pada kualitas hidup penderitanya.

**Tujuan :** Mengetahui korelasi antara tingkat gradasi akne vulgaris dengan kualitas hidup yang dinilai dengan tabel tingkat gradasi menurut Wasitaatmaja, FKUI dan Kuesioner Indeks Disabilitas Akne Cardiff (CADI).

**Metodologi :** Penelitian cross-sectional dilakukan antara 1 Juli 2014 hingga 1 Agustus 2014 di Rusunawa Putri Unimus. Jumlah sampel 73 remaja putri antara usia 12 hingga 21 tahun dengan menggunakan metode total sampling. Data dianalisis dengan korelasi rank spearman.

**Hasil :** 42,5% ( $n = 31$ ) dilaporkan mengalami akne sedang. Rata-rata dari skor CADI adalah 2,56 (terganggu). Hasil dari uji statistik didapatkan  $p = 0,000$  (tolak  $H_0$ ). Koefisien korelasi ( $r$ ) didapatkan 0.784 (kuat), dan pola linear positif. Koefisien determinasi ( $r^2$ ) didapatkan  $(0,748)^2 = 0,55 = 55\%$ .

**Kesimpulan :** Akne mempengaruhi Kualitas Hidup remaja perempuan di Rusunawa Putri Unimus. Semakin besar tingkat Gradasi akne, semakin besar pula tingkat penurunan kualitas hidup. 55% Kualitas hidup pasien akne vulgaris dipengaruhi oleh tingkat gradasi.

**Kata Kunci :** Akne Vulgaris, Tingkat Gradasi, Kualitas Hidup, CADI

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# Correlation between Gradation of Acne Vulgaris with Quality of Life in Rusunawa Putri Unimus

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## ABSTRACT

**Background:** Acne vulgaris (AV) is a chronic obstructive and inflammatory dermatosis in pilosebaceous unit. Based on the type and number of lesions, acne is classified as mild, moderate and severe. Pathogenesis of acne are follicular hyperproliferation, excessive sebum production, inflammation, and P. acnes activities. AV can severely affect social and psychological functioning so it has a substantial impact on a patients' quality of life.

**Objective :** The purpose of this study was to asses correlation between gradation of acne vulgaris with quality of life and measured by gradation table from Wasitaatmadja, FKUI and Cardiff Acne Disability Indeks (CADI)

**Methodology:** A cross-sectional study was conducted between July 1st, 2014 until August 1st, 2014 in Rusunawa Putri Unimus. The number of sample are 73 adolescent female between the ages of 12 until 21 years old using simple random sampling method. Data were analyzed with rank spearman correlation.

**Results:** 42,5% (n=31) reported having moderate acne. The mean score of CADI was 2,56 (disturbed). Results from statistical test was  $p = 0.000$  (reject  $H_0$ ). The correlation coefficient (r) was 0,784 (strong), and positive linear pattern. The coefficient determination ( $r^2$ ) was  $(0,748)^2 = 0,55 = 55\%$ .

**Conclusion:** Acne affects Quality of Life of adolescent female in Rusunawa Putri Unimus. The greater the grade of "severity" of acne, the greater the level of impairment of quality of life. 55% quality of life from patients with acne vulgaris is affected by the level of gradation experienced.

**Keywords:** Acne Vulgaris, gradation of acne, quality of life, CADI

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