

## ABSTRAK

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### **HUBUNGAN PENGGUNAAN *COTTON BUD* TERHADAP DERAJAT KELUHAN GATAL TELINGA PADA MAHASISWA FK UPH**

**Latar Belakang:** Alat yang umum dan sering digunakan masyarakat untuk membersihkan telinga yaitu *cotton bud*. Kurangnya pengetahuan Masyarakat akan penggunaan *cotton bud* mengakibatkan trauma, inflamasi, iritasi, hingga infeksi yang dapat menimbulkan keluhan gatal pada telinga. Tujuan penelitian ini adalah mengetahui hubungan penggunaan *cotton bud* dengan derajat keluhan gatal pada telinga berdasarkan nilai VAS.

**Metode:** Penelitian ini menggunakan desain studi *cross sectional* dengan mahasiswa usia 18-22 tahun di Fakultas Kedokteran Universitas Pelita Harapan. Sampel penelitian dipilih menggunakan Teknik *purposive sampling*. Data diperoleh melalui kuesioner *Aldawsari et al.* Data penelitian diolah menggunakan uji statistic *Chi Square*.

**Hasil:** Dari hasil penelitian ini didapatkan responden Gambaran mengenai frekuensi penggunaan *cotton bud* di kalangan mahasiswa FK UPH yaitu dengan hasil penelitian didapatkan 51% mahasiswa sering menggunakan *cotton bud*, sementara 49% mahasiswa jarang menggunakan *cotton bud*. Analisis data menunjukkan tidak terdapat hubungan signifikan antara penggunaan *cotton bud* terhadap derajat keluhan gatal telinga ( $p = 0.062 > 0,05$ ).

**Kesimpulan:** Tidak terdapat hubungan bermakna antara penggunaan *cotton bud* terhadap derajat keluhan gatal telinga pada mahasiswa fk uph

**Kata Kunci:** *cotton bud*, frekuensi, gatal

## ABSTRACT

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### **RELATIONSHIP OF THE USE OF COTTON BUDS ON THE DEGREE OF EAR ITCHING COMPLAINTS IN FK UPH STUDENTS**

**Background:** *A common tool that is often used by people to clean their ears is cotton bud. the public's lack of knowledge regarding the use of cotton bud results in trauma, inflammation, irritation and infection which can cause complaints of itching in the ears. the aim of this study was to determine the relationship between the use of cotton buds and the degree of complaints of itching in the ears based on the VAS value.*

**Methods:** *This research is an analytical observational study using a cross-sectional approach with the SPSS version 29 test. sampling using purposive sampling using a questionnaire obtained a sample of 210 Faculty of Medicine in the University of Pelita Harapan from the class of 2023-2020.*

**Result:** *The results showed that the highest frequency of use of cotton buds was frequently (>1 time/week), namely 108 respondents (51%). the intensity of the most itchy complaints felt was mild, namely 149 respondents (51%). Data analysis shows that there is no significant relationship between the use of the cottonbuds and the degree of ear itching complaints ( $p=0.062 > 0.05$ ).*

**Conclusion:** *This study is that there is no significant relationship between the frequency of use of cotton bud and complaints of itching in the ears based on the VAS value. method: this research used a cross- sectional study design with students aged 18-22 years at the Faculty of Medicine, Pelita Harapan University.*

**Keywords:** *Cotton bud, frequency, itching*