

ABSTRAK

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HUBUNGAN KUALITAS DAN DURASI TIDUR DI MALAM HARI DENGAN DERAJAT KEPARAHAN AKNE VULGARIS PADA MAHASISWA PRE-KLINIK FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN

(xvii + 88 halaman: 5 gambar; 5 bagan; 15 tabel; 8 lampiran)

Latar Belakang: Kejadian akne vulgaris mempengaruhi 85% dewasa muda yang berusia 12-25 tahun di seluruh dunia. Prevalensi akne ringan sebesar 68,4%, akne sedang 26% dan akne berat 5,6%. Sebagian besar penderita akne vulgaris dikaitkan dengan kualitas dan durasi tidur yang buruk. Oleh karena itu, diperlukan identifikasi terkait hubungan kualitas dan durasi tidur di malam hari dengan derajat keparahan akne vulgaris untuk meningkatkan kualitas hidup.

Tujuan Penelitian: Mengetahui hubungan kualitas dan durasi tidur di malam hari dengan derajat keparahan Akne Vulgaris pada mahasiswa pre-klinik Fakultas Kedokteran Universitas Pelita Harapan.

Metode: Penelitian ini menggunakan desain penelitian analitik komparatif kategorik tidak berpasangan dengan rancangan penelitian studi potong lintang (*cross-sectional*). Data yang menggunakan data primer yang diambil dari data sosiodemografi, *Pittsburgh Sleep Quality Index* (PSQI) dan *Global Acne Grading System* (GAGS). Data dianalisis secara univariat dan analisis bivariat (*uji chi-square*).

Hasil: Terdapat 61 sampel, yang menunjukkan mahasiswa yang memiliki kualitas tidur baik yaitu 24 responden (39,3%), sedangkan yang buruk yaitu 37 responden (60,7%). Selain itu, didapatkan sebagian besar mahasiswa yang memiliki durasi tidur yang cukup buruk (5-6 jam) terdapat 31 responden (50,8%). Hasil analisis data menunjukkan *p-value* 0,536 dan 0,206.

Kesimpulan: Secara statistik, pada mahasiswa pre-klinik Fakultas Kedokteran Universitas Pelita Harapan, tidak ada hubungan signifikan antara kejadian akne vulgaris dengan kualitas dan durasi tidur di malam hari.

Kata kunci: Kualitas Tidur, Durasi Tidur, Akne Vulgaris

Referensi: 66 (1989-2024)

ABSTRACT

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THE RELATIONSHIP BETWEEN THE QUALITY AND DURATION OF SLEEP AT NIGHT AND THE SEVERITY OF ACNE VULGARIS IN PRE-CLINICAL STUDENTS AT THE FACULTY OF MEDICINE, PELITA HARAPAN UNIVERSITY

(xvii + 88 pages; 5 figures; 5 diagram; 15 table; 8 attachments)

Background: *Acne vulgaris affects 85% of young adults aged 12-25 years throughout the world. More specifically, the prevalence of mild acne, moderate acne, and severe acne is 68,4%, 26%, and 5,6% respectively. Most sufferers of acne vulgaris are associated with poor sleep quality and duration. Therefore, it is necessary to identify the relationship between the quality and duration of sleep at night and the severity of acne vulgaris in order to enhance quality of life.*

Research Objective: *To determine the relationship between the quality and duration of sleep at night with severity of Acne Vulgaris in pre-clinical students at the Faculty of Medicine, Pelita Harapan University.*

Method: *This study used an unpaired categorical comparative analytical research design with a cross-sectional research design. The data source is primary information taken using a sociodemographic data questionnaire, the Pittsburgh Sleep Quality Index (PSQI) and the Global Acne Grading System (GAGS). The data obtained will be analyzed univariately and bivariately (chi-square test).*

Result: *There were 61 samples, which showed that 24 respondents (39.3%) had good sleep quality, while 37 respondents (60.7%) had poor sleep quality. Apart from that, it was found that the majority of students had a fairly poor sleep duration (5-6 hours), there were 31 respondents (50.8%). The results of data analysis show p-values of 0.536 and 0.206.*

Conclusion: *Statistically, in pre-clinical students at the Faculty of Medicine, Pelita Harapan University, there was no significant relationship between the incidence of acne vulgaris and the quality and duration of sleep at night.*

Keywords: *Sleep Quality, Sleep Duration, Acne Vulgaris*

References: *66 (1989-2024)*