

ABSTRAK

Hubungan Kualitas Tidur dengan Derajat Keparahan Akne Vulgaris pada Mahasiswa/i Universitas Prima Indonesia

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Penelitian ini bertujuan mengetahui hubungan antara kualitas tidur dengan derajat keparahan AV pada mahasiswa Fakultas Kedokteran Universitas Prima Indonesia, mengetahui derajat keparahan AV pada mahasiswa Fakultas Kedokteran Universitas Prima Indonesia dan mengetahui kualitas tidur pada Mahasiswa Fakultas Kedokteran Universitas Prima Indonesia yang mengalami AV. Penelitian ini studi observasional analitik dengan desain *cross sectional* yaitu pada proses penelitian, pengukuran hanya dilakukan satu kali dan tidak ada pengulangan ataupun pengamatan lanjutan. Populasi penelitian adalah seluruh mahasiswa/i Fakultas Kedokteran Universitas Prima Indonesia angkatan 2019-2021 yang menderita AV. Teknik penarikan sampel *accidental sampling* diperoleh sampel sebanyak 55 orang. Instrumen penelitian adalah kuesioner *Pittsburgh Sleep Quality Index* (PSQI) dan teknik analisis data yaitu analisis univariat dan bivariat.

Hasil penelitian diperoleh distribusi frekuensi kualitas tidur buruk sebanyak 39 orang (70.9%) dan kualitas tidur baik sebanyak 16 orang (29.1%). distribusi frekuensi derajat keparahan AV derajat ringan sebanyak 43 orang (78.2%), derajat sedang dan berat masing-masing sebanyak 6 orang (10.9%). Uji bivariat diperoleh dari 55 responden derajat keparahan ringan pada pasien kualitas tidur buruk sebesar 54,5% dan kualitas tidur baik sebesar 23,6%, derajat keparahan sedang pada pasien kualitas tidur buruk dan baik masing-masing sebesar 5,5%, derajat keparahan berat pada pasien kualitas tidur buruk sebesar 10,9% dan pada pasien kualitas tidur baik tidak ada, dimana nilai p_{value} 0,021; nilai α (0,05) maka ($0,021 < 0,05$). Kualitas tidur baik pada laki-laki sebesar 10,9% dan perempuan sebesar 18,2%, kualitas tidur buruk pada laki-laki sebesar 21,8% dan pada perempuan sebesar 49,1% dimana nilai p_{value} 0,007; nilai α (0,05) maka ($0,007 < 0,05$). Derajat keparahan ringan pada laki-laki sebesar 18,2% dan pada perempuan sebesar 60,0%, derajat keparahan sedang pada laki-laki sebesar 3,6% dan pada perempuan sebesar 7,3%, derajat keparahan berat pada laki-laki sebesar 10,9% dan derajat keparahan berat pada perempuan tidak ada dimana nilai p_{value} : 0,011; nilai α (0,05) maka ($0,011 < 0,05$). Kesimpulan penelitian ada hubungan kualitas tidur dengan derajat keparahan AV pada mahasiswa Fakultas Kedokteran Universitas Prima Indonesia, ada hubungan jenis kelamin dengan kualitas tidur pada mahasiswa Fakultas Kedokteran Universitas Prima Indonesia dan ada hubungan kualitas tidur dengan derajat keparahan AV pada mahasiswa Fakultas Kedokteran Universitas Prima Indonesia

Kata kunci: Kualitas Tidur, Derajat Keparahan, Akne Vulgaris

ABSTRACT

The Relationship between Sleep Quality and Students' Acne Vulgaris Severity at Medical Faculty, University of Prima Indonesia

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This study aims to determine the relationship between sleep quality and the severity of AV in students at Medical Faculty, University of Prima Indonesia, and to determine the severity and the quality of sleep among the peers of Medical Faculty, University of Prima Indonesia who experiences AV. This research is an analytic observational study with a cross sectional design, namely in the research process, measurements are only carried out once and there is no repetition or follow-up observation. The study population was done on all the students of the Faculty of Medicine as subjects of this study in University of Prima Indonesia, class of 2019-2021 who suffered from AV. Accidental sampling technique obtained a sample of 55 people in total. The research instrument was the Pittsburgh Sleep Quality Index (PSQI) questionnaire and the data analysis techniques were done using the univariate and bivariate analysis.

The results of the study showed that the frequency distribution of poor sleep quality was 39 people (70.9%) and good sleep quality was 16 people (29.1%). the frequency distribution of the severity of AV severity was 43 people (78.2%), moderate and severe were 6 people (10.9%). The bivariate test was obtained from 55 respondents with a mild degree of severity in patients with poor sleep quality by 54.5% and good sleep quality by 23.6%, moderate severity in patients with poor and good sleep quality by 5.5%, the degree of severity in weight in patients with poor sleep quality is 10.9% and in patients with good sleep quality there is none, where the p-value is 0.021; value of (0.05) then (0.021 < 0.05). Good sleep quality for men is 10.9% and women is 18.2%, poor sleep quality is 21.8% for men and 49.1% for women where the p-value is 0.007; value of (0.05) then (0.007 < 0.05). The degree of mild severity in males is 18.2% and in females is 60.0%, moderate severity is 3.6% for males and 7.3% for females, and severe is for males. 10.9% and the severity of severe in women does not exist where the p-value: 0.011; the value of (0.05) then (0.011 < 0.05). The conclusion of this study is that there is a correspondence between sleep quality and the severity of AV in students at Medical Faculty, University of Prima Indonesia, there is a connection between gender and sleep quality for students at Medical Faculty, University of Prima Indonesia, and there is a correlation between sleep quality and the severity of AV in students at Medical Faculty, University of Prima Indonesia.

Keywords: Sleep Quality, Severity, Acne Vulgaris