

HUBUNGAN STRESS DENGAN JERAWAT (*ACNE VULGARIS*) PADA REMAJA PUTRI DI PESANTREN AL-HASAN CIAMIS

Cita Rahayuningsih¹, Yuyun Rahayu², Lilis Lismayati³

¹Mahasiswa STIKes Muhammadiyah Ciamis

²Dosen STIKes Muhammadiyah Ciamis

*E-mail: cintarahayuningsih@gmail.com

Intisari

Acne vulgaris merupakan salah satu masalah kulit yang umum, dan sekitar 80% remaja menderita jerawat. Stress adalah salah satu penyebab terjadinya *acne vulgaris*, stress terjadi karena adanya stimulus yang menimbulkan reaksi di otak, yang dapat bukti kuat bahwa kolerasi antara *acne vulgaris* dan stres. Menurut data poli kulit ada 263 kasus stress yang menimbulkan jerawat pada remaja di Ciamis pada tahun 2023. Alasan peneliti memilih di pesantren Al-Hasan Ciamis karena remaja putri rentan mengalami stress terutama para santri yang tinggal di pondok pesantren dan pesantren Al-Hasan Ciamis mewakili untuk dijadikan tempat penelitian. Tujuan penelitian ini untuk mengetahui Hubungan stres dengan jerawat pada remaja putri di pesantren Al-Hasan Ciamis. Metode penelitian yang digunakan kuantitatif dengan pendekatan *cross sectional*. Jumlah populasi 56 orang dengan pengambilan sampel *purposive sampling*. Hasil penelitian didapatkan hasil uji *Chi-Square* menunjukkan p-value $0,003 < 0,005$. Kesimpulan: penelitian ini menyatakan terdapat hubungan yang signifikan antara stress dengan jerawat.

Kata kunci: Hubungan stress, jerawat (*acne vulgaris*), remaja putri

THE RELATIONSHIP BETWEEN STRESS AND ACNE VULGARIS IN ADOLESCENT GIRLS AT AL-HASAN CIAMIS ISLAMIC BOARDING SCHOOL

Cita Rahayuningsih¹, Yuyun Rahayu², Lilis Lismayati³

¹Mahasiswa STIKes Muhammadiyah Ciamis

²Dosen STIKes Muhammadiyah Ciamis

*E-mail: cintarahayuningsih@gmail.com

Abstrak

Acne vulgaris is one of the most common skin problems, and about 80% of teenagers suffer from acne. Stress is one of the causes of acne vulgaris, stress occurs due to stimuli that cause reactions in the brain, which can be strong evidence that the correlation between acne vulgaris and stress. According to polydermal data, there are 263 cases of stress that cause acne in adolescents in Ciamis in 2023. The reason why the researcher chose to go to the Al-Hasan Ciamis Islamic boarding school is because young women are vulnerable to stress, especially the students who live in the Islamic boarding school and the Al-Hasan Ciamis Islamic boarding school represents to be used as a research site. The purpose of this study is to find out the relationship between stress and acne in adolescent girls at the Al-Hasan Ciamis Islamic boarding school. The research method used is quantitative with a cross sectional approach. The total population was 56 people with purposive sampling. The results of the study were obtained from the Chi-Square test results showing a p-value of $0.003 < 0.005$. Conclusion: this study states that there is a significant relationship between stress and acne.

Keywords: Relationship stress, acne (acne vulgaris), adolescent girls