



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

THE CORRELATION BETWEEN THE AMOUNTS OF FACIAL SEBUM LEVELS WITH THE SEVERITY OF ACNE VULGARIS IN FEMALE STUDENTS AT SMA MUHAMMADIYAH 3 YOGYAKARTA

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Background: Acne vulgaris is skin disease caused by changes in polisebaceous follicle units. Acne has a prevalence of over 90% among adolescents with psychological and social implications of high gravity. Sebaceous gland activity and sebum production play a central role in the development of acne.

Objective: To determine the correlation between the amounts of facial sebum levels with the severity of acne vulgaris.

Materials and Methods: The study was an observational descriptive method with cross-sectional design. Total subject of the study consisted of 47 female students. Samples were taken through simple random sampling technique. Data was obtained through interviews using questionnaires and sebum measurement by sebumeter at SMA Muhammadiyah 3 Yogyakarta on January 2016. Data was analyzed by One Way ANOVA and Spearman correlation test.

Results: The research found that age and acne during menstruation affects the severity of acne vulgaris ($p= 0.030$ and $p= 0.043$). While family history, menstrual cycles and stress have no effect on the severity of acne vulgaris ($p= 0.513$, $p= 0.490$ and $p= 0.385$). The results showed that there was a significant correlation between the amount of average sebum levels with the severity of acne vulgaris ($p= 0.000$). Sebum levels in U and T Zone also affects the severity of acne vulgaris ($p= 0.330$ and $p= 0.476$).

Conclusion: There was a significant correlation between the amount of average sebum levels with the severity of acne vulgaris. The more the amount of excess sebum production on the face, the greater the severity of acne vulgaris.

Key words: acne vulgaris, sebum, sebumeter

