



HAIR DISORDERS

THE CORRELATION OF PREVALENCE OF PITYRIASIS SICCA IN SMAN 3 SURAKARTA WITH STRESS LEVEL AND PERSONAL HYGIENE

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Background: Pityriasis sicca (PS) is a disorder of the scalp characterized by excessive scaling of the scalp, that affects half of the world's population post-puberty. Pityriasis sicca can be caused by many factors, such as stress levels and personal hygiene. Both of them can increase the growth of *Pityrosporum ovale*.

Objective: The objective of this study was to know the correlation between stress levels and personal hygiene with the prevalence of pityriasis sicca in SMAN 3 Surakarta.

Materials and Methods: This study used a cross-sectional method, with 105 respondents, with using Personal Hygiene Test and PSS-10 questionnaires, then the data were analyzed by chi-square test and logistic regression test. This study shows that among 105 respondents, 56 respondents (53,3%) had pityriasis sicca.

Results: Based on Chi-Square test the relationship between stress levels with the PS prevalence correlation values (r) of 0.476 ($p < 0.00$), and the correlation between personal hygiene with the PS prevalence obtained the r -value of 0.440 ($p < 0.00$). Logistic regression analysis showed that moderate stress levels were having an odds ratio (OR) 6.562, and poor personal hygiene, had an OR 5.612.

Conclusions: There was a correlation between stress level and personal hygiene with the prevalence of PS among students in SMAN 3 Surakarta.

