

ABSTRACT

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Factors Related to Occurrence of Acne Vulgaris in Teenager at SMK Bistek Palembang 2019

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Background: *Acne vulgaris is the state of clogged skin pores that can cause inflamed pus sacs often suffered by teenagers. Factors that trigger acne vulgaris are age, gender, stress, type of food, facial hygiene, hormones, genetics, cosmetics, climate, sebum, bacteria.*

Purpose : *The study aimed to indentify the related factors with the occurrence of acne vulgaris in teenagers at Bistek Vocational High School.*

Method: *This study used analytic survey design with a cross sectional approach. 86 respondents were chosen as the sample of this study by using total sampling.*

Results: *The results of research have acne vulgaris amount 65 (75,65%) more respondents age in middle teenagers 81 (94,2). Male respondents more of that as many as 46 (53,3%). Respondents who experience middle of stress was more that as many as 54 (62,8%). Respondents who not consume chocolate more of that amount 47 (54,7%). Respondents who consumed milk product more as amount 44 (51,2%). Respondents who consumed fried foods more as many as 62 (72,1%). Respondents who consumed nuts more that amount 59 (68,6%). Respondents who did not do the facial hygiene more that amount 45 (52,3%). The results of chi square test that found no correlation between age and the occurrence of acne vulgaris with ($p = 0.118$), there is a correlation between gender and the occurrence of acne vulgaris with ($p = 0.001$), there is a correlation between stress and the occurrence of acne vulgaris with ($p = 0,041$), there is no correlation between chocolate with the occurrence of acne vulgaris with ($p = 0.308$), there is no correlation between respondents who consumed milk product with the occurrence of acne vulgaris with ($p = 1.000$), there is correlation between fried foods with the occurrence of acne vulgaris with ($p = 0.042$), there is no correlation between nuts with the occurrence of acne vulgaris with ($p = 0.302$) and there is a correlation between facial hygiene with the occurrence of acne vulgaris with ($p \text{ value} = 0.000$). To avoid or reduce the occurrence of acne vulgaris on teenagers are expected to avoid the factors that can trigger the occurrence of acne vulgaris.*

Keywords : *acne vulgaris, gender, type of food, facial hygiene, stress, age.*