

# CHAPTER 1

## INTRODUCTION

### 1.1 Background

Acne Vulgaris is defined as a disease of the pilosebaceous unit of the skin due to inflammation that is considered as an adolescent disease.<sup>1,2</sup> This disease is commonly elicited in predilection sites of skin such as the face, neck, shoulders, upper arms, upper chest, and upper back, as well as in other areas that are numerous with sebaceous glands.<sup>1,2</sup> It can be characterised by the appearance of comedones, papules, pustules, nodules, and cysts<sup>1-3</sup>

A study conducted by the Global Burden of Disease study (GBD) found that acne vulgaris (AV) was among the top ten diseases with the highest prevalence globally according to GBD. Alongside nine other illnesses that were listed, this disease was ranked as the eighth most prevalent disease globally in the year 2010.<sup>4</sup> This makes AV the third most important illness worldwide, according to the GBD.<sup>1</sup> However, even with this information, there are still many misconceptions and lack of understanding regarding the disease,<sup>5</sup> and many still lack attentiveness when it comes to the diagnosis and the appropriate behaviour in managing this disease.

From the study conducted by GBD, it was identified that out of 39,319 skin diseases in the year 2016, the prevalence of AV accounts 28.41% of the total case globally.<sup>2</sup> Whereas, in Indonesia when comparing the year 2010 and 2016, the cases of AV in Indonesia experienced an increment from 26.88% to 31.79% in the

respective year.<sup>2</sup> A study from *Kelompok Studi Dermatologi Kosmetik Indonesia* (KSDKI) stated that AV is the third most commonly diagnosed skin disease in the dermatology clinics and hospitals in Indonesia.<sup>6</sup> In addition, the prevalence of AV among the population in West Java province is representable through the data reports made by the Outpatient Unit of Cosmetic Dermatology and Venereology Health Department Dr. Hasan Sadikin Central General Hospital Bandung, since this disease is reported as the most common case in the hospital. Based on the data, from the period of 1<sup>st</sup> January 2012 till 31<sup>st</sup> December 2016, there were 970 newly reported cases of AV, where 77.2% of cases are found in women aged 15-24 years old. Even though AV is not considered as a life-threatening disease, the disease may prolong and emerge alongside adulthood which may cause detrimental effects towards the sufferer.<sup>7,8</sup>

Acne Vulgaris is a disease experienced by everyone regardless of age. However, the dominant prevalence is seen in individuals experiencing puberty.<sup>2,8,9</sup> This disease is commonly found in adolescents aged 12 to 25 years old. However, a study in Europe suggests that this incident is mainly seen in individuals aged 15 to 17 years old and subsides through adulthood.<sup>1,10</sup> This concludes that the highest prevalence is seen in those attending senior high schools in Indonesia, since students attending senior high schools are aged 15 to 18 years old.<sup>11,12</sup> The manifestation of AV in adolescents in this age range may affect their quality of life. Acne lesions may lead to one having negative perception and result in a damaging effect on different aspects of an individual's personal, social, professional, and

academic lives due to negative thoughts such as self-consciousness, low self-esteem and feeling unworthy.<sup>4,13</sup>

The incidence of acne vulgaris is predisposed by multiple factors, the knowledge and behaviour towards acne vulgaris holds a significant role in predetermining the aetiopathogenesis and development of AV.<sup>5</sup> Knowledge regarding acne vulgaris is a crucial factor in determining an individual's behaviour towards the disease.<sup>14</sup> This disease may be detrimental to their overall well-being in the long run.<sup>8</sup>

The existence of myths and misconceptions on acne vulgaris are one of many other factors that affects the behaviour of an individual towards the disease.<sup>15</sup> This includes misapprehension towards proper prevention of acne, the causal factors, predisposing factors, the course of the disease and the appropriate management towards AV.<sup>14-16</sup> The effort of unravelling existing myths and misconceptions becomes a pivotal point that is contributable towards the prevalence of acne vulgaris.<sup>15</sup>

Previous studies were analysed and it was found that no prior investigations assessing the knowledge and behaviour regarding acne vulgaris among Pasundan 2 Senior High School students were made. Besides that, high schoolers in Pasundan 2 Senior High School Bandung are particularly chosen as the subject because the students attending Pasundan 2 Senior High School are adolescents aged 15 to 18 years old, the age where acne vulgaris is most commonly found. Hence, these students are appropriate representations of the population in Bandung City. Thus, the goal of this study is to carry out an observation about the knowledge and

behaviour regarding acne vulgaris among students of Pasundan 2 Senior High School Bandung and identify its effect towards the prevalence of acne vulgaris.

## **1.2 Problem Formulation**

Based on the findings made in problem identification, the problem formulation for this research is concluded as: “An Observation on the Knowledge and Behaviour Regarding Acne Vulgaris Among the Students of Pasundan 2 Senior High School Bandung and its Effect Towards the Prevalence of Acne Vulgaris.”

## **1.3 Research Objective**

Based on the problem formulation stated above, this study generally has two objectives, namely the general objective and specific objectives. The general and specific objectives are elaborated below:

### **1. General Objective**

To investigate whether the knowledge and behaviour regarding acne vulgaris have an impact on the prevalence of acne vulgaris among the students in Pasundan 2 Senior High School Bandung.

### **2. Specific Objectives**

- a. The students in Pasundan 2 Senior High School Bandung have good knowledge level regarding acne vulgaris.
- b. The students in Pasundan 2 Senior High School Bandung behave positively towards acne vulgaris.

- c. The prevalence of acne vulgaris found among the students in Pasundan 2 Senior High School Bandung is low.

## **1.4 Research Significance**

### **1. Academic Significance**

Provides information regarding :

- a. The level of knowledge regarding acne vulgaris among Pasundan 2 Senior High School Bandung.
- b. The behaviour of students in Pasundan 2 Senior High School Bandung towards acne vulgaris.

### **2. Practical Significance**

- a. For the researcher

This scientific paper is contributable towards the researcher in a way in which the researcher receives the opportunity of conducting a more in depth study regarding acne vulgaris. It also provides insights regarding the correlation between knowledge and behaviour in Pasundan 2 Senior High School Bandung students to the researcher.

- b. For the students

This study is expected to contribute in the improvement of the students' knowledge and behaviour towards acne vulgaris.

c. For the healthcare system

Provides information that is expected to aid in the intervention of acne vulgaris

d. For other researchers

This study is expected to provide information, model or reference to be used for further research by other researchers.