

ABSTRACT

Introduction Acne vulgaris (AV) is an inflammatory skin disorder that most commonly occurs on the face and is common among adolescents. Most AV sufferers experience problems with self-confidence and interaction with their surroundings. This study aims to examine the quality of life of adolescents with AV at SMK Sangkuriang 1 Cimahi. **Methods** The research method used was descriptive observational with a cross-sectional study approach involving 94 subjects with sampling using non-probability purposive sampling. Subjects were not selected randomly but based on inclusion criteria. The quality of life of patients was measured using the CADI questionnaire, which contained questions about the impact of AV on quality of life. Data analysis was performed using Statistical Product and Service Solution (SPSS) and Microsoft Excel. **Results** The majority of research subjects were female (66 students, 70.2%), and the largest age group was 17 years old (62.8%). The majority of AV severity was mild (62.8%), and in terms of quality of life distribution, the majority of subjects experienced mild impairment (63.8%). **Conclusion** AV not only affects the physical health of adolescents but can also reduce the quality of life of each individual. The majority of adolescents at SMK Sangkuriang 1 Cimahi with AV experienced mild impairment in their quality of life.

Keywords : Acne Vulgaris, Quality of Life, Adolescents, CADI

ABSTRAK

Pendahuluan Akne Vulgaris (AV) adalah gangguan kulit inflamasi yang paling sering terdapat di wajah dan umum terjadi pada remaja. Sebagian besar penderita AV mengalami masalah kepercayaan terhadap dirinya dan interaksi terhadap lingkungan sekitar. Studi ini bertujuan untuk melihat gambaran kualitas hidup remaja dengan AV di SMK Sangkuriang 1 Cimahi. **Metode** Metode penelitian yang digunakan adalah deskriptif observasional dengan pendekatan studi *cross sectional* yang melibatkan 94 subjek dengan pengambilan sampel menggunakan metode *non probability purposive sampling*, subjek tidak dipilih secara acak melainkan berdasarkan kriteria inklusi, kualitas hidup pasien diukur menggunakan kuesioner CADI yang berisi pertanyaan-pertanyaan mengenai dampak AV terhadap kualitas hidup. Analisis data menggunakan program *Statistical Product and Service Solution* (SPSS) dan Microsoft Excel. **Hasil** Subjek penelitian paling banyak berjenis kelamin perempuan 66 siswa (70,2%) dan kelompok usia terbanyak adalah 17 (62,8%). Mayoritas keparahan AV terjadi pada tingkat ringan (62,8%) dan dari segi distribusi kualitas hidup mayoritas subjek mengalami gangguan ringan (63,8%). **Kesimpulan** AV tidak hanya memengaruhi fisik remaja melainkan dapat menurunkan kualitas hidup masing-masing individu. Mayoritas remaja di SMK Sangkuriang 1 Cimahi dengan AV mengalami gangguan kualitas hidup ringan.

Kata kunci : Akne Vulgaris, Kualitas Hidup, Remaja, CADI