ABSTRACT

THE RELATIONSHIP BETWEEN THE SEVERITY OF MELASMA AND PATIENTS’ QUALITY OF LIFE AT THE DR. H. ABDUL MOELOEK LAMPUNG PROVINCE

by

PUTRI UTAMI HADIYATI

Melasma is a common acquired hipermelanosia symmetrical form of macular uneven light brown to dark brown on the exposed area of ultra violet rays. Melasma has a significant effect in the quality of life to those who suffer it. This disease will affects their appearances, social life, welfare, emotional condition, and recreational activities. This study aims to analyze the relationship between the severity of melasma and patients’ quality of life at the Dr. H. Abdul Moeloek Hospital Lampung Province.

This study is a cross-sectional design with approach analytic observational, referring primary and secondary datas was conducted in November to December 2013 at the Dr. H. Abdul Moeloek Hospital Lampung Province. The total samples involved in this study were 40 patients who had been diagnosed having by the specialist. Data obtained by filling out a Dermatology Life Quality Index (DLQI) questionnaire and determine the level of the severity of melasma, used the
Melasma Area Severity Index (MASI). All of the data were analyzed using the Kolmogorov-Smirnov statistical test.

The results showed that most characteristics of the respondents in the age group 32-47 years old, woman, work as civil servants, and the type of melasma sentrofasial. Emotional well-being and personal relationship to be the most adversely affected life domains due to melasma. Patients with the level of the severity of melasma close to normal, light, moderate, and severe, had the average score of DLQI ranged, from 3,15; 8,70; 10,30; and 18,86. There is a relationship between the severity of melasma with quality of life. The greater melasma severity, the greater effect on quality of life.

**Key words**: DLQI, MASI, melasma, quality of life