

ABSTRACT

EFFECT OF STRESS LEVELS WITH THE SEVERITY OF ACNE VULGARIS IN MEDICAL STUDENT OF UNILA FORCE 2012-2013

By

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Acne vulgaris is a disorder that can heal itself from pilosebaceous unit and first seen as a teenager. Conditions of stress and emotional disturbances can cause exacerbation of acne that caused by increased production of androgens from the adrenal glands and sebum. This study was conducted to determine the effect of stress levels with the severity of acne vulgaris in medical student of Unila force 2012-2013.

This study uses descriptive analytic research with cross sectional design and a total sample of 86 people and conducted in October until November 2014. Respondents were asked to fill out a sheet of informed consent and questionnaire as research data.

Results were analyzed using the computer program and analyzed using Chi-Square with merging cells. The results showed that of the 86 respondents, there is a significant effect between stress levels and severity of acne vulgaris in medical students of Unila force from 2012 to 2013 with a p-value of $0.002 \leq \alpha$ where the p-value (0.05).

From this study we can conclude there is a significant effect between stress levels and severity of acne vulgaris in medical students of Unila force from 2012 to 2013.

Keywords: acne, medical, stress, student.