The Relationship Between The Level Of Knowledge And The Act Of Acne Self-Medication In Adolescents PIK-R Universitas Dharmas Indonesia

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ARTICLE INFO	ABSTRACT
Keywords : *Knowledge, Selfmedication, Acne, Adolescence*	A skin disease that is often found in adolescents PIK-R universitas Dharmas Indonesia is acne vulgaris or acne. In overcoming acne, adolescents do self-medication as an alternative treatment. Limited knowledge about drugs and their use can lead to treatment errors in self-medication, adolescents tend to only know the trademark of the drug without knowing the efficacious substance. This research is an Analytical Survey study using a cross-sectional design. The population of this study was 208 adolescents who joined PIK-R Undhari and the sample used 80 adolescents who met the inclusion and exclusion criteria taken using purposive sampling sample techniques and instruments used in the form of questionnaires. Data analysis using univariate analysis and bivariate analysis (Chi-Square Test). The results of the knowledge level research for the high category were 81.5% and for the low category was 18.5%. As well as for acne selfmedication measures right by 90.8% and inappropriate by 9.2%. The test results using chi square p value = 0.001 (p < 0.50) showed that there was a relationship between the level of knowledge and acne selfmedication measures.
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1.   INTRODUCTION

Skin diseases that are often found in adolescents are acne vulgaris or acne. Skin disorders in the form of acne are often considered as physiologically arising skin disorders, because no one during their lifetime has never suffered from such skin disorders. Acne vulgaris prevalence in women aged 14-17 years ranges from 83-85% and in men aged 16-19 years ranges from 95-100% (Hidayati and Riyanto, 2017). In overcoming acne, adolescents do self-medication as an alternative treatment. Limited knowledge about drugs and their use can lead to treatment errors in self-medication, adolescents tend to only know the trademark of the drug without knowing the substance of its efficacy. One of the limited knowledge about acne selfmedication is about the duration of acne treatment. Treatment of acne takes quite a long time (Indriani, 2018). Based on preliminary observations made by researchers in May 2022 to 10 adolescents at Dharmas University of Indonesia, it shows that 7 people experience acne and have taken acne self-medication measures. Based on the results of the survey, it is necessary to conduct research on "The Relationship Between Knowledge Level and Acne Selfmedication Measures in PIK-R Adolescents at Dharmas University Indonesia. The purpose of this study was to determine the relationship between the level of knowledge with acne self-medication measures in adolescents at Dharmas University Indonesia.

2.   METHOD

This research is research in the field of social pharmacy which was carried out in May 2022 and took place at the Dharmas University of Indonesia. This research is a non-experimental research which is an analytic survey with a cross sectional approach design. The population in this study were adolescents who joined the PIK-R (Information and Counseling Center) at Dharmas Indonesia

University, totaling 208 people. The sample in this study were adolescents at the Indonesian Dharmas University who had met the inclusion criteria. The sampling technique used purposive sampling method. The method of collecting data in this study was a questionnaire and using a questionnaire tool that had previously been tested for validity and reliability. Questionnaires were distributed to 80 respondents who had signed informed consent (consent sheet).

3. RESULTS AND DISCUSSION

The distribution of the frequency of respondents by gender can be seen in the following table:

Table 1. Frequency Distribution of Respondents by Gender

Type Gender	Frequency	Persentase (%)
Male	28	28,2
Female	52	71,8
Total	80	100,0

Based on table 1 it can be seen that the number of male respondents was 52 respondents (71.8%) and the number of female respondents was 28 respondents (28.2%). From the results of this study, it can be seen that women are more often self-medication than men. This is in line with research which states that women do self-medication more often than men (Suffah, 2017). Women generally pay more attention to costs in addition to the effectiveness of the drugs used and consider prevention and treatment using drugs to be considered more effective than men (Asnasari, 2017). The frequency distribution of respondents by age can be seen in the following table :

Table 2. Frequency Distribution of Respondents by Age

Umur	Frequency	Persentase (%)
11-14	10	23,1
15-17	46	46,2
18-21	24	30,8
Total	**80**	**100,0**

Based on table 2 shows that the 80 respondents were divided into 3 groups, namely age 11-14 years 10 people (23.1 %), age 15-17 years 46 people (46.2%) and age 18-21 years 24 people (30.8%). The data shows that the majority of respondents in the Merchant Village, Dukuhwaru District are 15-17 years old with a total of 30 respondents (46.2 %). The results of this study show that the majority of acne vulgaris sufferers are aged 15-17 years, this is because at that age the androgen hormone levels will peak and will affect the activity of the sebum glands (Manarisip, Kepel, and Rompas, 2015)

4. CONCLUSION

The results of research on the level of knowledge with acne self-medication in Univercity Dharmas Indonesia District based on statistical tests using the chi-square test showed that there was a relationship between the level of knowledge and self-medication with a P value of 0.001 (<0.05).

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