

- UNIVERSITAS MUHAMMADIYAH MAKASSAR (2020 – SEKARANG)

**FAKULTAS KEDOKTERAN DAN ILMU KESEHATAN  
UNIVERSITAS MUHAMMADIYAH MAKASSAR  
Skripsi, 25 Januari 2024**

Rini Wijayaningsih<sup>1</sup>, dr. Wiwiek Dewiyanti Habar, Sp.D.V.E, M.Kes<sup>2</sup>

<sup>1</sup>Mahasiswa Pendidikan Dokter Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah Makassar Angkatan 2020/ email: [riniwijayaningsih@med.unismuh.ac.id](mailto:riniwijayaningsih@med.unismuh.ac.id)

<sup>2</sup>Pembimbing

**“HUBUNGAN DURASI PAPARAN SINAR ULTRAVIOLET TERHADAP  
KEJADIAN *SUNBURN* PADA KULIT ATLET DI KOTA PAREPARE “**

**ABSTRAK**

**Latar Belakang:** Atlet memiliki profesi yang mengharuskan beraktivitas di luar ruangan dengan durasi yang lama serta intensitas tinggi dari paparan sinar matahari langsung sehingga sering kali dihadapi oleh permasalahan kulit, salah satunya *sunburn*. *Sunburn* atau kulit terbakar merupakan reaksi inflamasi pada kulit yang disebabkan oleh paparan sinar ultraviolet dengan intensitas dan durasi tertentu. Kerusakan kulit dapat berupa kemerahan (eritema), yang kemudian diikuti rasa terbakar dengan tingkat keparahan sesuai dengan intensitas serta durasi sengatan sinar ultraviolet. Di Indonesia saat ini perhatian terhadap kejadian *sunburn* sangat kurang, namun letak Indonesia secara geografis memiliki iklim tropis yang memiliki intensitas paparan sinar matahari tinggi. Penelitian ini dilakukan untuk melihat ada/tidaknya manifestasi klinis *sunburn* yang timbul pada kulit atlet setelah terpapar sinar ultraviolet dari matahari dengan durasi tertentu.

**Tujuan Penelitian:** Tujuan Penelitian ini untuk mengetahui hubungan durasi paparan sinar ultraviolet terhadap kejadian *sunburn* pada kulit atlet di Kota Parepare.

**Metode:** Penelitian ini merupakan penelitian analitik observasional dengan menggunakan desain cross sectional study, jumlah sampel penelitian sebanyak 49 atlet di Kota Parepare.

**Hasil:** Hasil penelitian ini menunjukkan nilai p value 0,000 ada hubungan yang signifikan antara durasi paparan sinar ultraviolet terhadap kejadian *sunburn* pada kulit atlet di Kota Parepare.

**Kesimpulan :** Terdapat hubungan yang signifikan antara durasi paparan sinar ultraviolet terhadap kejadian *sunburn* pada kulit atlet di Kota Parepare.

**Kata kunci :** Durasi sinar ultraviolet, *Sunburn*, Atlet

**FACULTY OF MEDICINE AND HEALTH SCIENCES  
UNIVERSITY OF MUHAMMADIYAH MAKASSAR  
Ungraduated Thesis, 25 January 2024**

Rini Wijayaningsih<sup>1</sup>, dr. Wiwiek Dewiyanti Habar, Sp.D.V.E, M.Kes<sup>2</sup>

<sup>1</sup>*Students of the Faculty of Medicine and Health Sciences at University of Muhammadiyah Makassar batch of 2020/ E-mail: [riniwijayaningsih@med.unismuh.ac.id](mailto:riniwijayaningsih@med.unismuh.ac.id)*

<sup>2</sup>Adviser

***“THE RELATIONSHIP OF THE DURATION OF ULTRAVIOLET RAY EXPOSURE TO THE INCIDENT OF SUNBURN ON ATHLETE'S SKIN IN THE CITY OF PAREPARE”***

**ABSTRACT**

**Background:** Athletes have a profession that requires outdoor activities for long durations and high intensity exposure to direct sunlight, so they often face skin problems, one of which is sunburn. Sunburn or burning skin is an inflammatory reaction on the skin caused by exposure to ultraviolet light with a certain intensity and duration. Skin damage can take the form of redness (*erythema*), which is then followed by a burning sensation with a severity depending on the intensity and duration of the ultraviolet light shock. In Indonesia, there is currently very little attention to the incidence of sunburn, but geographically Indonesia has a tropical climate which has a high intensity of sun exposure. This research was conducted to see whether or not there were clinical manifestations of sunburn that appeared on athletes' skin after being exposed to ultraviolet rays from the sun for a certain duration.

**Purpose:** The aim of this study was to determine the relationship between the duration of exposure to ultraviolet light and the incidence of sunburn on the skin of athletes in Parepare City.

**Research Method:** This research is an observational analytical study using a cross sectional study design, the total research sample was 49 athletes in Parepare City.

**Result:** The results of this study show that the (p value 0.000), there is a significant relationship between the duration of exposure to ultraviolet light and the incidence of sunburn on the skin of athletes in Parepare City.

**Conclusion:** There is a significant relationship between the duration of exposure to ultraviolet light and the incidence of sunburn on the skin of athletes in Parepare City.