

**LITERATURE REVIEW FAKTOR PENYEBAB ACNE
VULGARIS PADA REMAJA**

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Abstract

Acne Vulgaris or acne is a common skin problem in teenagers. This study aims to examine the factors that cause Acne Vulgaris in adolescents through a literature review of various relevant studies. The method used is qualitative research with a literature review study approach to 21 journals or research related to the factors causing Acne Vulgaris in adolescents. The results of the review show that Acne Vulgaris in adolescents is influenced by several factors, including: 1) Diet and eating pattern factors such as consumption of sweet, fast food, oily foods, milk, nuts, as well as a diet high in carbohydrates, protein and fat; 2) Factors involving inappropriate use of cosmetics such as compact powder and long-term use of masks; 3) Behavioral and lifestyle factors such as the habit of not cleaning your face well, poor sleep quality, stress, and minimal physical activity; 4) Hormonal factors such as irregular menstrual cycles in women; 5) The teenage and early 20s age factor; 6) Genetic factors and family history; 7) Oily skin type factor; 8) Underweight or overweight factors; 9) Excessive cell phone use factor; and 10) Medical condition factors such as insulin resistance. In conclusion, the incidence and severity of Acne Vulgaris in adolescents is influenced by various complex factors, including diet, use of cosmetics, lifestyle, hormones, age, genetics, skin type, body weight, cell phone use, and certain medical conditions.

Keywords: *Acne Vulgaris, Causative Factors, Adolescents*