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**“The Effect of The Use of Facial Care Products And The Consumption of
Supplements on The Onset of *Acne Vulgaris* In Students of The Faculty of
Medicine, University Of Muhammadiyah Makassar”**

ABSTRACT

Background : Akne Vulgaris is a condition of general inflammation in polysebaceous units characterized by the presence of blackheads, papules, pustules and nodules. The incidence of acne vulgaris affects 85% of young adults with an age range of 12-15 years. Acne Vulgaris is caused due to excessive sebum production, hyperkeratinization of the polysebaceous ducts, infection from mycobacterium, and inflammatory processes. During puberty, there is a quantitative as well as qualitative change in sebum levels called dysseborrhoea. The situation can be triggered by internal factors such as hormonal and genetic factors and external factors such as cosmetics containing comedogenic ingredients and drugs.

Purpose : To determine the effect of the use of facial care products and consumption of supplements on the onset of acne vulgaris in students of the Faculty of Medicine, University of Muhammadiyah Makassar.

Method : The research method used is a Cross-sectional approach. The sampling method used is simple random sampling. The data collection method uses questionnaires with analytical data using Chi-Square.

Result : From the results of the analysis using the Chi-Square test, a value of $p = 0.552$ ($p < 0.05$) was obtained, which means that there is no significant relationship between the use of facial care products and the incidence of acne vulgaris and a p value = 0.132 ($p < 0.05$) was obtained, which means that there was no significant relationship between supplement consumption and the incidence of acne vulgaris.

Conclusion : There is no relationship between the use of facial care products and the consumption of supplements against the onset of acne vulgaris in students of the Faculty of Medicine, University of Muhammadiyah Makassar.

Keywords : Akne vulgaris, facial care products, supplements.