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“THE RELATIONSHIP BETWEEN MENSTRUAL CYCLE AND ACNE VULGARIS OF MEDICAL STUDENTS AT THE MUHAMMADIYAH UNIVERSITY OF MAKASSAR CLASS 2021 ”

ABSTRACT

Background: Acne vulgaris (AV) is inflammation that occurs in pilosebaceous follicles which clinical manifestations are comedones, papules, pustules, nodules, and cysts. The predilection are the face, neck, shoulders, chest, back and upper arms. Acne vulgaris often occurs in adolescents and young adults. Usually begins at the age of 12-15 years and peak severity can occur at the age of 17-21 years.

Objective: To find out the relationship between the menstrual cycle and the incidence of acne vulgaris in female students of the Muhammadiyah University of Makassar Medical Education class of 2021

Method: The method used in this research is analytic observation method with a cross-sectional approach. The population in this study were all female medical students at the University of Muhammadiyah Makassar class of 2021. The sample used was 84 people using a simple random sampling technique.

Results: The results showed that 83% of respondents who suffered from acne vulgaris, 34% of respondents who had irregular menstrual cycles, 34.8% of respondents who experienced acne vulgaris and had irregular menstrual cycles. From the results of the analysis using the Mann Whitney test, the significant value was 0.611 ($p > 0.05$)

Conclusion: There is no relationship between the menstrual cycle and acne vulgaris in female students of the Muhammadiyah University of Makassar Medical Education class of 2021.

Keywords: Acne vulgaris, menstrual cycle.