

Pengaruh Aktivitas Merokok Terhadap Tingkat Keparahan Kerutan Wajah Pada Masyarakat Jabodetabek = The Effect of Smoking Activity on the Severity of Facial Wrinkles in Jabodetabek

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Abstrak

Latar belakang: Penuaan kulit adalah proses biologis yang terdiri dari dua mekanisme dasar yang kompleks, yaitu faktor intrinsik dan ekstrinsik. Aktivitas merokok diketahui sebagai salah satu faktor determinan terhadap kerusakan sel, selain paparan sinar ultraviolet. Beberapa penelitian sebelumnya telah menunjukkan korelasi antara frekuensi merokok terhadap penuaan dini yang ditandai dengan kerutan pada wajah, namun penelitian di Indonesia masih terbatas. Oleh karena itu, penulis tertarik untuk mengangkat topik terkait pengaruh aktivitas merokok terhadap tingkat kerutan wajah pada masyarakat Jabodetabek. Metode: Penelitian ini menggunakan design cross-sectional dengan total sampel sebanyak 95 responden yang tinggal di Jabodetabek. Terdapat beberapa variabel yang diidentifikasi, seperti variabel demografi, sosioekonomi, aktivitas merokok, dan kerutan wajah. Aktivitas merokok pada responden dikelompokkan berdasarkan jumlah konsumsi batang rokok per hari. Sedangkan kerutan kulit wajah pada responden dinilai menggunakan alat Visioscan® VC 20plus. Data hasil penelitian akan diolah dan dianalisis menggunakan program statistical package for the sosial science (SPSS) ver. 25.0 dengan derajat kepercayaan 95% ($= 0,05$) meliputi analisis univariat dan bivariat. Hasil dikatakan signifikan apabila nilai $p < 0.05$. Hasil: Sebanyak 66 orang (69,5%) responden penelitian merupakan perokok ringan dengan konsumsi 1 sampai 10 batang rokok/hari. Sedangkan profil kerutan wajah responden penelitian didominasi dengan tingkat keparahan sangat berkerut sebanyak 75 orang (78,9%). Akan tetapi hasil uji bivariat antara aktivitas merokok dengan tingkat keparahan kerutan wajah menunjukkan hasil yang tidak signifikan secara statistik ($p = 0,389$). Kesimpulan: Pada penelitian ini, tidak ditemukan hubungan bermakna antara aktivitas merokok dengan tingkat keparahan kerutan wajah.

.....Introduction: Skin aging is a biological process that consists of two complex basic mechanisms, namely intrinsic and extrinsic factors. Smoking activity is known as one of the determinants of cell damage, besides exposure to ultraviolet light. Several previous studies have shown a correlation between smoking frequency and premature aging which is characterized by wrinkles on the face, but research in Indonesia is still limited. Therefore, the authors are interested in raising the topic related to the influence of smoking activity on the level of facial wrinkles in the Jabodetabek community. Method: This study uses a cross-sectional design with a total sample of 95 respondents who live in Greater Jakarta. There are several variables identified, such as demographic, socioeconomic, smoking activity, and facial wrinkles. The smoking activity of the respondents was grouped based on the number of cigarettes consumed per day. Meanwhile, the wrinkles on the facial skin of the respondents were assessed using the Visioscan® VC 20plus tool. The research data will be processed and analyzed using the statistical package for the social science (SPSS) ver. 25.0 with 95% confidence level ($= 0.05$) including univariate and bivariate analysis. The results are said to be significant if the p value < 0.05 . Result: As many as 66 people (69.5%) of the study respondents were light smokers with consumption of 1 to 10 cigarettes/day. while the facial wrinkles profile of the study respondents was dominated by the severity of very wrinkled as many as 75 people (78.9%). However, the results of the

bivariate test between smoking activity and the severity of facial wrinkles showed results that were not statistically significant ($p = 0.389$). Conclusion: In this study, no significant association was found between smoking activity and the severity of facial wrinkles.