

**GAMBARAN KARAKTERISTIK, DERAJAT KEPARAHAN, LOKASI,
UKURAN LESI, DAN TINGKATAN STRES PADA PASIEN LIKEN
SIMPLEKS KRONIK DI RUMAH SAKIT PENDIDIKAN
UNIVERSITAS ANDALAS PERIODE
AGUSTUS 2019 – AGUSTUS 2023**



**Skripsi
Diajukan ke Fakultas Kedokteran Universitas Andalas sebagai
Pemenuhan Salah Satu Syarat untuk Mendapatkan
Gelar Sarjana Kedokteran**

Oleh:

**MUFLIHATI NURZAIN
NIM: 2010313002**

Pembimbing:

**dr. Rina Gustia, Sp.D.V.E, Subs.D.A, FINSDV, FAADV
dr. Rini Gusya Liza, M.Ked (K.J) Sp.KJ**

**FAKULTAS KEDOKTERAN
UNIVERSITAS ANDALAS
PADANG
2024**

ABSTRACT

THE CHARACTERISTICS OF SEVERITY, LOCATION, SIZE OF THE LESION, AND THE LEVEL OF STRESS IN LICHEN SIMPLEX CHRONICUS PATIENTS AT THE ANDALAS UNIVERSITY EDUCATIONAL HOSPITAL FOR THE PERIOD OF AUGUST 2019 - AUGUST 2023

By

Muflihati Nurzain, Rina Gustia, Rini Gusya Liza, Ennesta Asri, Taufik Ashal, Abdiana

Lichen Simplex Chronicus (LSC) is a type of eczema that damages the skin barrier due to chronic recurrent itching. One of the causal factors is stress. Stress causes patients to scratch the skin intensively and irritates the skin due to an itchy-scratch cycle that is difficult to stop, thereby worsening the appearance and size of the lesions. This study aimed to describe the severity, location, size of the lesion, and level of stress in LSC patients.

This research is a descriptive observational study with a cross-sectional research design on 42 LSC patients who had been diagnosed from the Skin and Venereology Polyclinic at Andalas University Teaching Hospital through patient medical record data for the period August 2019 – August 2023 and agreed to be used as research samples. Samples were taken using a simple random sampling technique. Severity is assessed using The Eczema Area and Severity Index (EASI) score. The location of the lesion is determined from the results of the medical record data that has been obtained. The size of the lesion was measured with a measuring tape. Stress levels were assessed using the Perceived Stress Scale (PSS-10) questionnaire. Data analysis used univariate analysis (age, gender, occupation, severity, lesion location, and lesion size).

In this study, it was found that chronic lichen simplex was mostly found in the age range 56-65 years (42.9%), dominated by women (57.1%), the most common occupations were civil servants (28.6%), the severity level was dominant. Mild and moderate (40.5%), the most common location was the ankle (26.2%), the most common lesion size was plaque (90.5%), and predominance of moderate stress (57.1%).

This study concluded that the age range was 56-65 years, dominated by women, the most common occupations were civil servants, the predominance was mild and moderate severity, the most locations were in the ankles, the most significant lesion size was plaque, the predominance was moderate stress.

Keywords: *Degree of Severity, Lesion Size, Lesion Location, Lichen Simplex Chronicus, Stress Level.*

ABSTRAK

GAMBARAN KARAKTERISTIK, DERAJAT KEPARAHAN, LOKASI, UKURAN LESI, DAN TINGKATAN STRES PADA PASIEN LIKEN SIMPLEKS KRONIK DI RUMAH SAKIT PENDIDIKAN UNIVERSITAS ANDALAS PERIODE AGUSTUS 2019 – AGUSTUS 2023

Oleh

**Muflihati Nurzain, Rina Gustia, Rini Gusya Liza, Ennesta Asri, Taufik
Ashal, Abdiana**

Liken Simpleks Kronik (LSK) adalah salah satu jenis eksim yang merusak *skin barrier* yang bersifat kronik residif. Salah satu faktor penyebabnya adalah stres. Stres menyebabkan pasien untuk menggaruk kulit secara intensif dan membuat kulit iritasi akibat siklus gatal-garuk yang sulit dihentikan sehingga akan memperburuk tampilan dan ukuran lesi. Tujuan penelitian ini adalah melihat gambaran karakteristik, derajat keparahan, lokasi, ukuran lesi, dan tingkatan stres pada pasien LSK.

Penelitian ini merupakan penelitian deskriptif observasional dengan desain penelitian *cross-sectional*. Sampel penelitian adalah pasien LSK yang sudah terdiagnosis dari Poliklinik Kulit dan Kelamin Rumah Sakit Pendidikan Universitas Andalas melalui data rekam medis pasien periode Agustus 2019 – Agustus 2023 sebanyak 42 orang. Sampel diambil menggunakan teknik *simple random sampling*. Derajat Keparahan dinilai menggunakan skor EASI. Lokasi lesi ditentukan dari hasil data rekam medis yang sudah didapatkan. Ukuran lesi diukur dengan alat pita ukur. Tingkatan Stres dinilai menggunakan kuesioner PSS-10. Analisis data menggunakan analisis univariat (usia, jenis kelamin, pekerjaan, derajat keparahan, lokasi lesi, dan ukuran lesi).

Pada penelitian ini ditemukan liken simpleks kronik banyak terdapat pada rentang usia 56-65 tahun (42,9%), didominasi oleh perempuan (57,1%), pekerjaan paling banyak adalah PNS (28,6%), dominasi derajat keparahan ringan dan sedang (40,5%), lokasi terbanyak di pergelangan kaki (26,2%), ukuran lesi terbanyak plakat/plak (90,5%), dominasi stres sedang (57,1%).

Kesimpulan penelitian ini didapatkan rentang usia 56-65 tahun, didominasi oleh perempuan, pekerjaan paling banyak adalah PNS, dominasi derajat keparahan ringan dan sedang, lokasi terbanyak di pergelangan kaki, ukuran lesi terbanyak plakat/plak, dominasi stres sedang.

Kata kunci: Derajat Keparahan, Liken Simpleks Kronik, Lokasi Lesi, Tingkat Stres, Ukuran Lesi.