



INTISARI

HUBUNGAN ANTARA PAPARAN ASAP ROKOK DENGAN KEPARAHAN DERMATITIS ATOPIK PADA ANAK

Latar belakang : Dermatitis atopik (DA) adalah kondisi kulit inflamasi kronis yang sering mengalami kumat-kumatan. Di Indonesia angka prevalensi kasus DA sebesar 23,67% sehingga menempati peringkat pertama dari 10 besar penyakit kulit pada anak. DA memiliki banyak etiologi termasuk faktor genetik dan lingkungan. Asap rokok merupakan polutan yang banyak berada di lingkungan anak. Hingga saat ini belum diketahui apakah terdapat hubungan antara paparan asap rokok dengan keparahan dermatitis atopik pada anak di Indonesia.

Tujuan : Mengetahui hubungan antara paparan asap rokok dengan keparahan dermatitis atopik pada anak.

Metode penelitian : Penelitian dilakukan dengan rancangan penelitian *cross-sectional study*. Sampel yang digunakan yaitu penderita dermatitis atopik pada anak yang telah terdiagnosis di RSUP Dr. Sardjito Yogyakarta periode 2019-2023 dan memiliki rekam medis lengkap. Data diambil dari rekam medis serta dilakukan pengisian kuesioner oleh orang tua dengan anak pasien dermatitis atopik. Sampel dipilih berdasarkan kriteria inklusi dan eksklusi. Analisis statistik menggunakan *Mann-Whitney U-Test*.

Hasil : Dari total 25 subjek anak dengan DA 16 diantaranya terkena paparan asap rokok dan 9 tidak terkena paparan asap rokok. Subjek yang terkena paparan asap rokok terdapat 4 (16%) dengan DA ringan, 5 (20%) dengan DA sedang, dan 7 (28%) dengan DA berat. Sedangkan subjek yang tidak terkena paparan asap rokok terdapat 5 (20%) dengan DA ringan, 2 (8%) dengan DA sedang, dan 2 (8%) dengan DA berat. Secara statistik tidak terdapat hubungan yang bermakna antara paparan asap rokok terhadap derajat keparahan DA ($p = 0,281$).

Kesimpulan : secara statistik paparan asap rokok tidak berpengaruh terhadap derajat keparahan dermatitis atopik pada anak. Namun dari persebaran data menunjukkan bahwa pasien yang terkena paparan asap rokok lebih cenderung menderita DA sedang-berat. Sedangkan pasien yang tidak terkena paparan asap rokok cenderung menderita DA ringan.

Kata kunci : anak, dermatitis atopik, keparahan, paparan asap rokok, kelainan kulit.



ABSTRACT

RELATIONSHIP BETWEEN CIGARETTE SMOKE EXPOSURE AND THE SEVERITY OF ATOPIC DERMATITIS IN CHILDREN

Background : Atopic dermatitis (AD) is a chronic inflammatory skin condition that often experiences recurring flare-ups. In Indonesia, the prevalence rate of AD cases is 23.67%, making it the most common among the top 10 skin diseases in children. AD has various etiologies, including genetic and environmental factors. Cigarette smoke is a pollutant frequently found in the environment of children. Currently, it is not known whether there is a relationship between exposure to cigarette smoke and the severity of atopic dermatitis in children in Indonesia.

Objective : To determine the relationship between exposure to cigarette smoke and the severity of atopic dermatitis in children.

Research method: The research was conducted using a cross-sectional study design. The sample used is atopic dermatitis in children who have been diagnosed at RSUP Dr. Sardjito Yogyakarta for the 2019-2023 period and has a complete medical record. Data were taken from medical records and filled out in a questionnaire by parents with children with atopic dermatitis. Samples were selected based on inclusion and exclusion criteria. Statistical analysis using the Mann-Whitney U-Test.

Results: Out of a total of 25 child subjects with DA, 16 of them were exposed to cigarette smoke and 9 were not exposed to cigarette smoke. Subjects exposed to cigarette smoke were 4 (16%) with mild DA, 5 (20%) with moderate DA, and 7 (28%) with severe AD. While the subjects who were not exposed to cigarette smoke were 5 (20%) with mild DA, 2 (8%) with moderate DA, and 2 (8%) with severe DA. Statistically, there was no significant relationship between exposure to cigarette smoke and the severity of dermatitis atopic in children ($p = 0.281$).

Conclusion: statistically exposure to cigarette smoke has no effect on the severity of atopic dermatitis in children. However, the distribution of data shows that patients who are exposed to cigarette smoke are more likely to suffer from moderate to severe AD. Meanwhile, patients who are not exposed to cigarette smoke tend to have mild AD.

Keywords: children, atopic dermatitis, severity, exposure to cigarette smoke, skin disorders.