

INTISARI

Latar Belakang: Kulit sensitif merupakan kondisi subjektif yang ditandai dengan sensasi tidak nyaman pada kulit, seperti perih, terbakar, atau gatal, akibat rangsangan ringan tanpa disertai tanda-tanda iritasi yang jelas secara klinis. Penilaian kondisi ini dapat dilakukan secara subjektif menggunakan kuesioner atau secara objektif dengan tes seperti *Lactic Acid Sting Test* (LAST). Salah satu alat skrining yang berkembang adalah *Sensitive Skin Scale-10* (SSS-10), namun belum diketahui nilai ambang batas (*cut-off*) dan validitas diagnostiknya dalam populasi Indonesia.

Tujuan: Menentukan nilai *cut-off*, sensitivitas, spesifisitas, dan parameter diagnostik lainnya dari SSS-10 versi Indonesia dengan menggunakan LAST sebagai pembanding pada wanita dewasa muda di Yogyakarta.

Metode: Penelitian ini merupakan studi uji diagnostik, menggunakan data primer dari registri penelitian kulit sensitif. Analisis meliputi perhitungan nilai *cut-off*, sensitivitas, dan spesifisitas, rasio kemungkinan dan akurasi.

Hasil: Analisis dilakukan pada 97 subjek yang memenuhi kriteria inklusi. SSS-10 versi Indonesia menunjukkan nilai *cut-off* optimal SSS-10 versi Indonesia adalah 16,5. Pada nilai ini diperoleh sensitivitas sebesar 73,91%, spesifisitas 76,47%, *Likelihood Ratio* (LR) + 3,14, *Likelihood Ratio* (LR) - 0,34, Nilai duga positif (NDP) 73,91%, Nilai Duga negatif (NDN) 76,47%, dan akurasi 75,26% terhadap LAST.

Kesimpulan: SSS-10 versi Indonesia dapat digunakan sebagai alat skrining yang andal untuk mendiagnosis kulit sensitif pada wanita dewasa muda, terutama di lingkungan klinis yang memerlukan metode penilaian cepat, sederhana, dan non-invasif.

Kata Kunci: kulit sensitif, *Sensitive Skin Scale-10* (SSS-10), *Lactic Acid Sting Test* (LAST), diagnostik, uji sensitivitas.

ABSTRACT

Background: Sensitive skin is a subjective condition characterized by unpleasant sensations such as burning, stinging, itching, or tightness triggered by minimal stimuli, without visible clinical signs of irritation. The Sensitive Skin Scale-10 (SSS-10) is a questionnaire developed to assess the severity of sensitive skin. However, its diagnostic utility and optimal cut-off score have not yet been established in the Indonesian population. The Lactic Acid Sting Test (LAST) is commonly used as an objective comparator in clinical studies.

Objective: To determine the cut-off value, sensitivity, specificity, and other diagnostic parameters of the Indonesian version of SSS-10 by using LAST as the reference standard in young adult women in Yogyakarta.

Methods: This study is a diagnostic test study, utilizing primary data obtained from the sensitive skin research registry. The analysis includes the calculation of cut-off values, sensitivity, specificity, likelihood ratios, and accuracy.

Results: Analysis was performed on 97 participants who met the inclusion criteria. The optimal cut-off score of the Indonesian version of SSS-10 was 16.5. At this value, the scale achieved a sensitivity of 73.91%, specificity of 76.47%, Likelihood Hood (LR)⁺ of 3.14, Likelihood Hood (LR) ⁻ of 0.34, positive predictive value (PPV) of 73.91%, negative predictive value (NPV) of 76,47%, and overall accuracy of 75,26% when compared to LAST.

Conclusion: The Indonesian version of SSS-10 is a valid, practical, and non-invasive screening tool for detecting sensitive skin among young adult women. Its application may help improve diagnosis in clinical and research settings.

Keywords: sensitive skin, Sensitive Skin Scale-10 (SSS-10), Lactic Acid Sting Test (LAST), diagnostics, sensitivity test.