

INTISARI

Tabir surya (*sunscreen*) merupakan salah satu jenis kosmetik yang digunakan untuk mengurangi kerusakan kulit dan meminimalisir risiko kanker kulit akibat paparan radiasi UV. Meskipun keamanan produk tabir surya sudah dijamin oleh BPOM, beberapa individu dapat mengalami reaksi yang tidak diinginkan (*adverse reaction*) akibat bahan kimia dalam produk tersebut. Namun, penelitian mengenai *adverse cosmetics reaction* (ACR) setelah menggunakan tabir surya masih terbatas, khususnya di Provinsi Daerah Istimewa Yogyakarta (DIY). Penelitian ini bertujuan untuk mengetahui gambaran pola penggunaan tabir surya (*sunscreen*) dan reaksi yang tidak diinginkan pada masyarakat dewasa di Provinsi DIY, meliputi faktor risiko, variasi gejala, serta respon dan penanganannya.

Studi ini merupakan studi observasional dengan pendekatan studi *cross-sectional* menggunakan instrumen kuesioner daring (Google Formulir). Subjek penelitian adalah masyarakat dewasa berusia 18–30 tahun berdomisili di DIY yang diperoleh menggunakan metode *convenience sampling* dan memenuhi kriteria inklusi. Data yang diperoleh dianalisis secara deskriptif, metode *chi-square*, serta regresi logistik.

Hasil penelitian pada 115 responden menunjukkan gambaran ACR sebesar 64,35%. Gejala yang paling sering dilaporkan adalah bintik-bintik (beruntus) (19,0%) dan gatal (17,0%), dengan durasi umumnya kurang dari enam jam (25,2%). Analisis *chi-square* menunjukkan adanya hubungan signifikan antara kejadian ACR dengan beberapa karakteristik sosiodemografi, seperti usia (*p-value* 0,000), pendidikan terakhir (*p-value* 0,003), serta jenis kulit (*p-value* 0,000). Selain itu, pola penggunaan *sunscreen* yang berhubungan signifikan dengan ACR meliputi penggunaan sesuai instruksi (*p-value* 0,000), kebiasaan *re-apply* (*p-value* 0,038), kebiasaan mengecek *expired date* (*p-value* 0,015), serta penggunaan *sunscreen expired date* (*p-value* 0,042). Berdasarkan hasil regresi logistik, seluruh variabel independen memiliki pengaruh secara simultan terhadap munculnya ACR (*p-value* < 0,05). Namun, hanya variabel usia (*p-value* 0,004) dan penggunaan *sunscreen* sesuai instruksi (*p-value* 0,004) yang memiliki pengaruh secara parsial dengan timbulnya ACR.

Kata Kunci: *Adverse reaction*, inflamasi, penggunaan kosmetik, survey, tabir surya

ABSTRACT

Sunscreen is a type of cosmetic product used to reduce skin damage and minimize the risk of skin cancer due to UV radiation exposure. Although the safety of sunscreen products is guaranteed by the Indonesian Food and Drug Administration (BPOM), some individuals may experience adverse reactions due to the chemicals in these products. However, research on adverse cosmetic reactions (ACR) after using sunscreen is still limited, especially in the Special Region of Yogyakarta (DIY). This study aims to determine the pattern of sunscreen use and adverse reactions among adults in DIY, including risk factors, symptom variations, and responses and treatments.

This study is an observational study with a cross-sectional approach using an online questionnaire (Google Forms). The research subjects were adults aged 18–30 years residing in DIY who were obtained using convenience sampling and met the inclusion criteria. The data obtained were analyzed descriptively, using the chi-square method, and logistic regression.

The results of the study on 115 respondents showed an ACR score of 64.35%. The most commonly reported symptoms were spots (19.0%) and itching (17.0%), with a duration of generally less than six hours (25.2%). Chi-square analysis showed a significant association between the occurrence of ACR and several sociodemographic characteristics, such as age (p-value 0.000), highest level of education (p-value 0.003), and skin type (p-value 0.000). In addition, sunscreen usage patterns that were significantly associated with ACR included use according to instructions (p-value 0.000), the habit of re-applying (p-value 0.038), the habit of checking the expiration date (p-value 0.015), and the use of expired sunscreen (p-value 0.042). Based on the results of logistic regression, all independent variables had a simultaneous effect on the occurrence of ACR (p-value < 0.05). However, only the variables of age (p-value 0.004) and the use of sunscreen according to instructions (p-value 0.004) had a partial effect on the onset of ACR.

Keywords: Adverse reaction, inflammation, cosmetic use, survey, sunscreen