

ABSTRAK

Latar Belakang: Produk antiseptik sering digunakan untuk mencegah infeksi nosokomial dalam bidang klinis dan secara komersial digunakan dalam produk kosmetik seperti sabun cuci tangan. Kelembapan kulit merupakan kadar air dalam kulit yang dapat dipengaruhi oleh berbagai faktor endogen dan eksogen.

Tujuan: Mengetahui pengaruh sabun antiseptik terhadap kelembapan kulit.

Metode: Rancangan penelitian ini adalah uji klinik acak tersamar ganda (*Double blind randomized controlled trial*). Perubahan tingkat kelembapan kulit subjek penelitian antara sebelum dan setelah 14 hari pemakaian sabun dengan bahan aktif antiseptik dibandingkan dengan perubahan sabun tanpa bahan aktif antiseptik sebagai sabun kontrol. Penelitian eksperimental ini terdiri dari 35 subjek sesuai kriteria inklusi dimana lengan bawah kanan berlaku sebagai kelompok perlakuan dan lengan bawah kiri sebagai kelompok kontrol.

Hasil: Didapatkan rerata kelembapan kulit $33,82 \pm 5,98$ sebelum pemberian sabun antiseptik dan $36,87 \pm 6,36$ setelah pemberian sabun antiseptik (**p value=0,007*). Rerata kelembapan kulit $34,49 \pm 5,66$ sebelum pemberian sabun kontrol dan $35,99 \pm 5,43$ setelah pemberian sabun kontrol (**p value=0,137*). Perubahan kelembapan kulit kelompok sabun antiseptik $3,05 \pm 6,24$ dan sabun kontrol $1,50 \pm 5,85$ (**p value=0,287*)

Kesimpulan: Tidak terdapat perubahan kelembapan kulit antara kelompok intervensi sabun antiseptik yang mengandung *Perilla Ocymoides (Red Shiso) Leaf Extract* 0,1% dan *Thymol* 0,1% jika dibandingkan sabun kontrol.

Kata Kunci: sabun antiseptik, kelembapan kulit, hidrasi kulit

ABSTRACT

Introduction: Antiseptics are often used to prevent nosocomial infections in the clinical field and are commercially used in cosmetic products such as hand soap. Skin moisture is correlated to the amount of water being kept in skin that can be influenced by endogenous and exogenous factors.

Objectives: The primary objective of this study was to know the effect of antiseptic soap on skin moisture.

Methods: This was a double blind randomized controlled trial. Alterations in skin moisture level of the subjects before and after applying antiseptic soap containing the active ingredients within 14 days were compared to the the skin moisture level before and after applying control soap. This experimental study consisted of 35 subjects according to the inclusion criteria whose the right lower arms served as the experimental group and the left lower arms as control group.

Results: The mean skin moisture before applying antiseptic soap was $33,82 \pm 5,98$ and after applying antiseptic soap was $36,87 \pm 6,36$ (**p value*=0,007). The mean skin moisture before applying control soap was $34,49 \pm 5,66$ and after applying control soap was $35,99 \pm 5,43$ (**p value*=0,137). Alterations in skin moisture level in experimental groups was $3,05 \pm 6,24$ and in the control group was $1,50 \pm 5,85$ (**p value*=0,287).

Conclusion: There were no changes in skin moisture between intervention with antiseptic soap containing *Perilla Ocymoides (Red Shiso) Leaf Extract* 0,1% and *Thymol* 0,1% when compared to control soap.

Keywords: *antiseptic soap, skin moisture, skin hydration*

