

## INTISARI

Stomatitis Aftosa Rekuren (SAR) merupakan penyakit peradangan mukosa oral kambuhan yang sering diderita masyarakat. Ulkus SAR timbul dengan berbagai faktor predisposisi, disertai rasa nyeri, dengan masa penyembuhan yang berbeda-beda mulai dari harian hingga mingguan. Wanita usia muda cenderung lebih rentan mengalami SAR. Wanita mengalami menstruasi yang dapat mengakibatkan kadar eritrosit dalam tubuh menurun sehingga kadar hemoglobin menjadi rendah dan menyebabkan suplai oksigen berkurang. Suplai oksigen yang semakin rendah menyebabkan luka semakin sulit untuk sembuh dengan baik sebab oksigen diperlukan untuk pertumbuhan dan proliferasi sel. Penelitian ini dilakukan untuk mengetahui hubungan antara kadar hemoglobin dengan keparahan stomatitis aftosa rekuren pada wanita usia dewasa.

Penelitian ini menggunakan 35 subjek wanita yang sedang mengalami stomatitis aftosa rekuren berusia 18-30 tahun. Kadar hemoglobin diukur menggunakan metode spektrofotometri melalui sampel darah subjek pada saat mengalami SAR. Keparahan SAR diukur menggunakan kuesioner *Ulcer Severity Score* (USS). Data kedua variabel dianalisis menggunakan uji korelasi statistik (*Pearson Correlation*) setelah mengetahui data terdistribusi normal dan homogen.

Hasil uji *pearson correlation* antara kadar hemoglobin dengan keparahan stomatitis aftosa rekuren menunjukkan nilai korelasi negatif, semakin rendah kadar hemoglobin maka semakin parah stomatitis aftosa rekuren. Hubungan antara kedua variabel sangat lemah ( $r=-0,129$ ) dan tidak signifikan secara statistik ( $p>0,05$ ). Kesimpulan dari penelitian ini adalah tidak terdapat hubungan yang signifikan secara statistik antara kadar hemoglobin dengan keparahan stomatitis aftosa rekuren pada wanita usia dewasa.

**Kata Kunci** : wanita, kadar hemoglobin, keparahan stomatitis aftosa rekuren, USS

## ABSTRACT

*Recurrent Aphthous Stomatitis (RAS) is recurrent oral mucosal disease that commonly occurs in the community. These may be triggered by several predisposition factors, accompanied by pain, may have varying recovery time ranging from days to weeks. Adult age women tend to suffer RAS more than men. Menstrual cycle in women may result in decreased erythrocytes level, it also may make the hemoglobin level to decline and in turn reduce the supply of oxygen in the oral mucosa. Lower oxygen supply can impair the wound healing of RAS because the oxygen is needed for cells growth and proliferation. This study is aimed to determine the relationship between hemoglobin level with the severity of RAS on adult age women.*

*There were 35 adult age women who suffered from RAS, ranging from 18-30 years old involved in this study. The hemoglobin level was measured by the spectrophotometry method from the blood sample of subjects while the subjects suffered RAS. The severity level of RAS was measured by Ulcer Severity Score (USS) questionnaire. Data from both variables were analyzed using statistical correlation test (Pearson Correlation) when the data was normally distributed and homogenous.*

*The result of Pearson correlation test between the hemoglobin level and the severity of RAS showed that negative correlation value which mean the lower level of hemoglobin the more severe the RAS. The relationship between both variables is very weak ( $r=-0,129$ ) and statistically insignificant ( $p>0,05$ ). The conclusion of this study is that statistically hemoglobin level did not significant correlated with the severity of RAS on adult age women.*

**Keywords:** *women, hemoglobin level, severity of recurrent aphthous stomatitis, USS*