

Hubungan Paparan Sinar Ultraviolet Matahari Dan Lampu Terhadap Fotosensitifitas Lupus Eritematosus Sistemik Di Indonesia Tahun 2020

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Abstrak

Fotosensitifitas Pasien Lupus Eritematosus Sistemik yang terpajan sinar ultraviolet matahari dan lampu. Penelitian ini bertujuan untuk mengetahui hubungan paparan sinar ultraviolet matahari dan lampu terhadap fotosensitifitas pasien Lupus Eritematosus Sistemik di Indonesia. Penelitian ini menggunakan metode kuantitatif dengan desain studi cross sectional pada 84 responden yang terdiagnosa lupus. Uji statistic yang digunakan pada penelitian ini adalah uji chi-square dan regresi logistic ganda. Hasil menunjukkan bahwa terdapat hubungan paparan sinar ultraviolet matahari dan lampu terhadap fotosensitifitas pasien Lupus Eritematosus Sistemik dengan nilai $p = 0,000$ (OR 85 : CI 95% 18,792-383,474). Terdapat juga hubungan lama paparan terhadap fotosensitifitas matahari dan lampu. Dapat disimpulkan bahwa pasien yang terpajan sinar matahari dapat berisiko mengalami ruam kulit (fotosensitifitas). Perlu adanya peningkatan kewaspadaan terhadap risiko yang berpengaruh kepada munculnya gejala lainnya Kata kunci: Matahari, Lampu, Fotosensitifitas, Lupus Eritematosus Sistemik Photosensitivity of Systemic Lupus Erythematosus Patients exposed to the sun's ultraviolet light and lamps. The purpose of this study is to find out the association between ultraviolet light and lamps exposure to the photosensitivity of Systemic Lupus Erythematosus patients in Indonesia. This research method used a quantitative approach and a cross sectional design on the 84 respondents diagnosed with lupus. This research used chi-square and regression logistics test as statistical analysis. The result showed there is asignificant association between sun's ultraviolet light and lamps exposure to the photosensitivity of systemic Lupus Erythematosus patients has p -value = 0,000 (OR 85: 95% CI 18,792-383,474). Duration exposure and light photosensitivity were also associated to photosensitivity. In conclusion, patients exposed to sunlight at risk for skin rashes (photosensitivity). So there should to increase awareness of the risks that affect the appearance of other symptoms. Key words: Sunlight, lamp, photosensitivity, Systemic Lupus Erythematosu