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The Effect of Supplements and Facial Care Products on The Onset of Acne Vulgaris

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ABSTRACT

Background: Blackheads, papules, pustules, and nodules are signs of Acne vulgaris, a disorder of inflammation in polysebaceous units. Eighty-five percent of adolescents and young people between the ages of 12 and 15 have acne vulgaris. Excessive sebum production, hyperkeratinization of the polysebaceous ducts, mycobacterial infection, and inflammatory processes are the main causes of acne vulgaris. Dysseborrhea is the term for the quantitative and qualitative change in sebum levels that occurs during puberty. In addition to external variables like comedogenic medicines and cosmetics, internal factors including hormonal and genetic factors can also cause the problem.

Purpose: To determine the impact of supplement and face care product on the development of acne vulgaris in students at the University of Muhammadiyah Makassar's (Unismuh), Faculty of Medicine.

Methods: Cross-sectional methodology was employed for the investigation. Simple random sampling is the sampling technique employed. Chi-Square analysis is used in questionnaires as part of the data collection process.

Results: A value of $p = 0.552$ ($p > 0.05$) was obtained from the analysis using the Chi-Square test, indicating that there is no significant relationship between the use of facial care products and the incidence of acne vulgaris, and a value of $p = 0.132$ ($p > 0.05$) indicated that there was no significant relationship between supplement use and the incidence of acne vulgaris.

Conclusion: There is no connection between using face care products and supplements to prevent the development of acne vulgaris in students at Faculty of Medicine, Unismuh.

Keywords: Medicine; Papule; Probiotic; Pustule; Vitamin

Topic: Caring for Communicable and Non-Communicable Diseases