

HUBUNGAN PENGGUNAAN MASKER TERHADAP KELUHAN KELAINAN KULIT PADA WAJAH TENAGA KESEHATAN RSUD A PALU TAHUN 2021

Hesti Azzahra Tosadapotto

Abstrak

Selama pandemi *Coronavirus Disease 2019* (COVID-19) terjadi peningkatan kejadian kelainan kulit pada wajah tenaga kesehatan yang menggunakan alat pelindung diri setiap hari. Tenaga kesehatan menggunakan masker ketat untuk mengurangi risiko infeksi COVID-19. Tekanan mekanis, bahan masker, dan keringat dapat menyebabkan keluhan kelainan kulit, seperti kulit kering, gatal, dan kemerahan apabila digunakan dalam kurun waktu yang lama. Tujuan penelitian ini untuk mengetahui hubungan penggunaan masker dan faktor yang paling berpengaruh terhadap keluhan kelainan kulit. Desain penelitian ini menggunakan metode *cross-sectional*. Data dikumpulkan melalui kuesioner. Populasi penelitian ini adalah tenaga kesehatan di RSUD A Palu dengan sampel berjumlah 60 orang. Teknik pengambilan sampel menggunakan *proportionate stratified random sampling*. Data dianalisis bivariat menggunakan *Chi-square*. Hasil bivariat diperoleh jenis masker ($p=0.001$), frekuensi penggantian masker ($p=0.514$), dan durasi penggunaan masker ($p=0.006$) sehingga terdapat hubungan yang bermakna antara jenis masker dan durasi penggunaan masker terhadap timbulnya keluhan kelainan kulit. Sedangkan frekuensi penggantian masker terhadap timbulnya keluhan kelainan kulit secara statistik tidak terdapat hubungan yang bermakna. Selain itu, data dianalisis multivariat menggunakan regresi logistik. Hasil multivariat didapatkan jenis masker ($p=0.009$; OR=5.48; CI 95% 1.52 hingga 19.78) dan durasi penggunaan masker ($p=0.031$; OR=4.17; CI 95% 1.14 hingga 15.23). Faktor yang memengaruhi keluhan kelainan kulit pada wajah tenaga kesehatan adalah jenis masker dan durasi penggunaan masker dengan menunjukkan jenis masker adalah faktor yang paling memengaruhi timbulnya keluhan kelainan kulit.

Kata kunci: kelainan kulit, penggunaan masker, tenaga kesehatan

THE RELATIONSHIP OF WEAR MASK TO COMPLAINTS OF SKIN DISORDERS ON THE FACE OF HEALTHCARE WORKERS A PALU HOSPITAL IN 2021

Hesti Azzahra Tosadapotto

Abstract

During the Coronavirus Disease 2019 (COVID-19) pandemic, there was an increase in the incidence of skin disorders on the faces of health workers who use personal protective equipment every day. Health workers wear tight masks to reduce the risk of COVID-19 infection. Mechanical pressure, mask material, and sweat can cause complaints of skin disorders, such as dry skin, itching, and redness when used for a long time. The purpose of this study was to determine the relationship between the use of masks and the most influential factors on complaints of skin disorders. The design of this study used a cross-sectional method. Data were collected through a questionnaire. The population of this study was health workers at A Hospital Palu with a sample of 60 people. The sampling technique used is proportionate stratified random sampling. Data were analyzed bivariate using Chi-square. Bivariate results were obtained by type of mask ($p = 0.001$), frequency of mask replacement ($p = 0.514$), and duration of mask use ($p = 0.006$) so that there was a significant relationship between the type of mask and duration of mask use on the incidence of skin disorders complaints. While the frequency of mask replacement on the incidence of skin disorders complaints, there is no statistically significant relationship. In addition, the data were analyzed multivariate using logistic regression. Multivariate results showed the type of mask ($p=0.009$; OR=5.48; 95% CI 1.52 to 19.78) and duration of mask use ($p=0.031$; OR=4.17; 95% CI 1.14 to 15.23). Factors that influence complaints of skin disorders on the faces of health workers are the type of mask and the duration of using the mask by showing the type of mask is the factor that most influences the incidence of complaints of skin disorders.

Keywords: skin disorders, use of masks, healthcare workers