

**HUBUNGAN ANTARA TINGKAT STRES, FREKUENSI
ASUPAN *MONOUNSATURATED FATTY ACID* (MUFA), DAN
PROFIL LIPID LDL DENGAN DERAJAT KEPARAHAN
PSORIASIS PADA PASIEN PSORIASIS PERIODE MEI 2017 -
JUNI 2017 DI RSPAD GATOT SOEBROTO**

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Abstrak

Psoriasis merupakan penyakit inflamasi kulit autoimun, yang bersifat kronik dan residif. Kelainan kulit Psoriasis berupa plak meninggi dengan eritema berbatas tegas, dan terdapat berbagai ukuran. Populasi Psoriasis di dunia terbilang kecil, namun Psoriasis sering terjadi pada usia produktif dan memiliki keterkaitan antara faktor risiko dan derajat keparahannya. Faktor risiko Psoriasis diantaranya adalah stres, asupan makanan, dan profil lipid. Penelitian ini bertujuan untuk mengetahui hubungan tingkat stres, frekuensi asupan *Monounsaturated fatty acid* (MUFA) dan profil lipid *Low Density Lipoprotein* (LDL) dengan derajat keparahan Psoriasis pada Pasien Psoriasis di RSPAD Gatot Soebroto. Penelitian ini adalah penelitian analitik observasional dengan desain *Cross Sectional*. Sampel penelitian yang diambil adalah sampel jenuh pasien yang datang ke RSPAD Gatot Soebroto selama Mei-Juni 2017 sejumlah 25 orang. Variabel independen yang diambil adalah tingkat stres, frekuensi asupan MUFA, dan profil lipid LDL, variabel dependen adalah derajat keparahan Psoriasis. Dari analisis bivariat menggunakan *Chi Square* menyatakan bahwa terdapat hubungan yang bermakna antara tingkat stres, frekuensi asupan MUFA, profil lipid LDL dengan derajat keparahan Psoriasis ($p < 0.05$). Kesimpulan dari penelitian ini adalah terdapat hubungan antara tingkat stres, frekuensi asupan MUFA, profil lipid LDL dengan derajat keparahan Psoriasis.

Kata kunci : Asupan makanan, LDL, Monounsaturated Fatty Acid (MUFA), Psoriasis, Stres

**THE RELATIONS BETWEEN LEVEL OF STRESS, INTAKE
FREQUENCY OF MONOUNSATURATED FATTY ACID
(MUFA), AND LDL PROFILE WITH DEGREE OF PSORIASIS
SEVERITY ON PATIENTS WITHIN MAY 2017 – JUNE 2017
PERIOD IN GATOT SOEBROTO CENTRAL ARMY
HOSPITAL**

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Abstract

Psoriasis is a chronic and recurrent autoimmune inflammatory disease. A person with Psoriasis is generally characterized by patches abnormal skin such as plaque erythema with several different sizes. The worldwide prevalence of Psoriasis is around 2%. Psoriasis often happened on productive ages and has a linkage between risk factor (stress, food intake, and lipid profile) and its degree of severity. The aim of this study were to determine the relations of stress level, intake frequency of Monounsaturated Fatty Acid (MUFA), and Low Density Lipoprotein (LDL) with the degree of Psoriasis severity in Gatot Soebroto Central Army Hospital, This study was an observational analytic study with cross sectional design. The sample of this study were total patients who visited to Gatot Soebroto Central Army Hospital during May-June 2017. Independent variables of this study were stress level, intake frequency of MUFA, and LDL profile. The dependent variable was a degree of Psoriasis severity. Bivariate analysis using Chi Square analytics test showed that there was significant relations between stress level, intake frequency of MUFA, and LDL profile with degree of Psoriasis severity ($p < 0.05$). It can be concluded from this study that there was a significant relations between stress level, intake frequency of MUFA, LDL profile with degree of Psoriasis severity.

Keyword : Food Intake, LDL, Monounsaturated Fatty Acid (MUFA), Psoriasis, Stress