

TABLE OF CONTENT

TABLE OF CONTENT	i
FIGURE LIST	iii
TABLE LIST	iv
APPENDIX LIST	v
CHAPTER 1	
Introduction	1
1.1 Background.....	1
1.2 Problem Analysis.....	2
1.3 Research Objective.....	3
1.3.1 General objective.....	3
1.3.2 Specific objective.....	3
1.4 Research Benefits.....	3
1.4.1 For the researcher.....	3
1.4.2 For the scientific.....	3
1.4.3 For the students.....	3
CHAPTER 2	
Literature Review.....	4
2.1 Acne vulgaris.....	4
2.1.1 Definition of Acne.....	4
2.1.2 Epidemiology of Acne Vulgaris.....	4
2.1.3 Classificaton.....	7
2.1.4 Pathogenesis.....	8
2.1.5 Etiology of Acne Vulgaris.....	9
2.1.6 Anatomy of Folicullarpilosebaceous-unit.....	9
2.2 Psychological Stress	
2.2.1 Definition of stress.....	13
2.2.2 Physiology of Stress.....	13
2.2.3 Stress Related to Acne.....	14
CHAPTER 3	
Conceptual framework.....	15
3.1 Hypothesis.....	16
CHAPTER 4	
Methods.....	17
4.1 Research Design.....	17
4.2 Population.....	17
4.3 Sample.....	17
4.4 Operational Definition.....	18
4.5 Variable.....	18
4.6 Research Instrumentation.....	18
4.7 Research Design Framework.....	22
4.8 Procedure.....	23

CHAPTER 5

Research findings and Data Analysis Results.	24
5.1 Individual Characteristics of Research Subjects.	24
5.2 Analysis for Correlation Between Stress Levels and Acne Stage.....	25
5.3 Others factor that relate in appearance of acne	25
5.4 Correlation between stress level and acne stage.....	26
5.5 Comparison Group Acne and non Acne.....	27
5.6 Analysis for Correlation Between Stress Levels and Acne Stage.....	27
5.7 Analysis for Correlation Between Stress Levels and Acne Stage Levels only on Acne Sufferers Group.....	28
5.8 Cross tabulation for Stress Scale and Acne Stage.....	29

CHAPTER 6

Discussion.	28
6.1 Individual Characteristics of Research Subjects	28
6.2 Stress Scale On Respondents.	28
6.3 Additional Information Relate to The Acne Sufferer	28
6.4 Correlation Between Psychological Stress and Acne Stage	30

CHAPTER 7

Conclusion and Suggestion.....	33
7.1 Conclusion	33
7.2 Suggestion.....	33

REFERENCES	34
-------------------------	----

APPENDIX	37
-----------------------	----

FIGURE LIST

Figure 2.1	Acne severity	7
Figure 2.2	Follicular unit	12
Figure 3.1	Figure of conceptual framework	17
Figure. 4.1.	Figure of Research Design Framework	22
Figure 6.1	Corelation between psychological stress and environmental test	32

TABLE LIST

Table 2.1. Classification on Acne Vulgaris 7

Table 2.2. Classification of Acne Vulgaris in Indonesia by grading system FKUI / RSCM.....8

Table 2.3 GAGS, Global Acne Grading Score8

Table 2.4 Psychological factor related to skin disorder 14

Table 4.1 Operational Definition19

Table 5.1 Distribution of frequency based on gender, age.....24

Table 5.2 PSS score in Acne and non Acne respondents25

Table 5.3 Others factor that relate in appearance of acne25

Table 5.4 Correlation between stress level and acne stage.26

Table 5.5 Comparison Group Acne and non Acne.....27

Table 5.6 Analysis for Correlation Between Stress Levels and Acne Stage.....27

Table 5.7 Analysis for Correlation Between Stress Levels and Acne Stage Levels only on Acne Sufferers Group.....28

Table 5.8 Cross tabulation for Stress Scale and Acne Stage.....29

APPENDIX LIST

Appendix 1 Research schedule	37
Appendix 2 Research questionnaire	38
Appendix 3 Perceived Stress Scale	40
Appendix 4 Surat Penjelasan.	41
Appendix 5. Informed Consent.	42

ABBREVIATION

ACTH :	Adrenal Corticotropin Hormone
AV :	Acne Vulgaris
CGRP :	Calcitonin Gene Related Peptide
CRH :	Corticotropin Releasing Hormone
DHT :	Dihydrotestosterone
FKUI :	Fakultas Kedokteran Universitas Indonesia
FPSU :	Folicullarpiloseceaous-unit
GAGS :	Global Acne Grading System
GCs :	Glucocorticoids
HPA :	Hipothalamic Pituitary Adrenal
HPO :	Hipothalamic Pituitary Ovary
PPAR :	Proliferators Activated Receptors
PRL :	Prolactin
PSS :	Perceived Stress Scale
RSCM :	Rumah Sakit Cipto Mangunkusumo
SP :	Substance P
USA :	United State of America
UV :	Ultraviolet