

HUBUNGAN KONSUMSI SUSU WHEY PROTEIN DENGAN KEJADIAN AKNE VULGARIS PADA MAHASISWA OLAHRAGAWAN DI SEMARANG

Raoul Audwin Farand Raynaldi¹, Liza Afriliana², Radityastuti², Retno Indar Widayati²

¹Program Studi Kedokteran, Fakultas Kedokteran, Universitas Diponegoro

²Bagian Dermatologi Venereologi dan Estetika

Jl.Prof.H.Soedarto, SH., Tembalang-Semarang 50275, Telephone: 02476928010

ABSTRAK

Latar Belakang: Akne vulgaris (AV) adalah penyakit kulit yang umum, terutama pada remaja. Patogenesis AV multifaktorial, konsumsi makanan dengan indeks glikemik tinggi, seperti susu, telah dikaitkan dengan peningkatan risiko akne. Susu whey protein, yang populer di kalangan olahragawan, mengandung indeks glikemik tinggi dan faktor pertumbuhan yang dapat mempengaruhi produksi sebum. Namun, hubungan antara konsumsi susu whey protein dan akne vulgaris belum banyak dikaji di Indonesia.

Tujuan: Mengetahui hubungan konsumsi susu whey protein dan kejadian akne vulgaris pada mahasiswa olahragawan di Semarang.

Metode Penelitian: Penelitian ini menggunakan desain penelitian observasional *cross-sectional*. Sampel penelitian adalah mahasiswa olahragawan berusia 18-25 tahun di Semarang yang mengonsumsi susu whey protein. Data dikumpulkan melalui kuesioner dan pengamatan dermatologis oleh dokter spesialis kulit. Analisis statistik dilakukan untuk mengidentifikasi hubungan antara konsumsi susu whey protein dan kejadian akne vulgaris.

Hasil: Terdapat hubungan bermakna ($p < 0,05$) antara frekuensi susu whey protein dengan kejadian akne vulgaris sehari ($p = 0,038$) dan seminggu ($p = <0,001$)

Simpulan: Penelitian ini menunjukkan adanya hubungan bermakna antara frekuensi konsumsi susu whey protein dengan kejadian akne vulgaris pada mahasiswa olahragawan di Semarang.

Kata Kunci: *Akne Vulgaris, Susu Whey Protein, Indeks Glikemik, Mahasiswa Olahragawan*

ABSTRACT

Background: Acne vulgaris (AV) is a common skin condition, particularly among adolescents. Pathogenesis of AV is multifactorial, the consumption of high glycemic index foods, such as milk, has been associated with an increased risk of acne. Whey protein milk, popular among athletes, contains a high glycemic index and growth factors that can influence sebum production. However, the relationship between whey protein milk consumption and acne vulgaris has been underexplored in Indonesia.

Objective: To investigate the relationship between whey protein milk consumption and the occurrence of acne vulgaris among college students involved in sports in Semarang.

Methods: This study utilized a cross-sectional observational research design. The study sample included college students involved in sports aged 18-25 years in Semarang who consumed whey protein milk. Data were collected through questionnaires and dermatological assessments by a dermatologist. Statistical analysis was performed to identify the association between whey protein milk consumption and the occurrence of acne vulgaris.

Results: Significant associations ($p < 0.05$) were found between daily ($p = 0.038$) and weekly ($p < 0.001$) whey protein milk consumption frequencies and the occurrence of acne vulgaris.

Conclusion: This study demonstrates a significant association between the frequency of whey protein milk consumption and the occurrence of acne vulgaris among college students involved in sports in Semarang.

Keywords: Acne Vulgaris, Whey Protein Milk, Glycemic Index, College Students Involved In Sports