

ABSTRAK

Acne vulgaris merupakan salah satu wujud kelainan kulit yang sering dikeluhkan oleh remaja dewasa. Flavonoid dalam kurma ajwa (*Phoenix dactylifera*) berpotensi sebagai antiinflamasi dan antibakteri. Tujuan penelitian untuk mengetahui pengaruh masker kurma ajwa terhadap perbaikan klinis acne vulgaris pada siswa Pondok Pesantren Nurul Ulum Ungaran Barat.

Penelitian eksperimen dengan rancangan *pre post test control group design*. Sampel penelitian 12 orang santri laki-laki umur 14-22 tahun dibagi dalam 3 kelompok secara acak. Kelompok 1 dan 2 diberi masker ekstrak kurma ajwa konsentrasi 4% dan 8%, kelompok 3 diberi masker yang mengandung niacinamide. Pengaplikasian masker dilakukan 1/minggu selama 4 minggu. Perbaikan klinis akne vulgaris dihitung menggunakan *Global Acne Grading System* sebelum dan sesudah aplikasi masker, yang kemudian dianalisis dengan uji *One Way Anova* untuk mengetahui kemaknaan perbedaannya.

Perbaikan klinis di kelompok 3 sebelum aplikasi masker, dari minggu ke-1, 2, 3, dan 4 masing-masing 16,50; 16,50; 16,00; 15,50; 14,50. Pada kelompok 2 masing-masing sebesar 22,50; 22,50; 21,25; 19,75; 18,00, sedangkan pada kelompok 3 masing-masing sebesar 18,00; 18,00; 17,25; 19,00 ; 15,75 ($p > 0,05$). Hasil uji *One Way Anova* diperoleh tidak terdapat perbedaan perbaikan klinis acne vulgaris antar ketiga kelompok ($p > 0,05$). Secara klinis penelitian ini mampu memberikan perbaikan klinis berupa penurunan derajat keparahan akne vulgaris.

Kesimpulan: masker ekstrak kurma ajwa (*Phoenix dactylifera*) secara klinis berpengaruh terhadap perbaikan klinis akne vulgaris.

Kata kunci: *Phoenix dactylifera*, Akne Vulgaris, Perbaikan Klinis, Topikal.

ABSTRACT

Background: Acne Vulgaris is a form of skin disease often complained by adolescents to young adults. On of the content of Ajwa Dates (Phoenix dactylifera) is flavonoid which has the potential to be an anti-inflammatory and anti-bacterial substance. This research was conducted to determine the effect of Ajwa Dates (Phoenix dactylifera) mask on the clinical improvement in Acne Vulgaris in students of Nurul Ulum Islamic Boarding School at West Ungaran.

Methods: This research was an experimental research with the design of pre post test control group design. Eighteen Subjects aged of between 14-22 years old were randomly divided into 3 groups: Group 1 (Ajwa date extract face mask with concentration of 4%), Group 2 (Ajwa dates extract face mask with concentration of 8%) and Group 3 (control mask with niacinamide). The masks then applied by the groups for one one a week for 4 weeks. The clinical improvement in acne vulgaris was calculated using the Global acne grading system by assessing the severity, the calculation was previously conducted prior and after the application of the mask. The data variance normality and homogeneity of the average severity score was calculated using the Global Acne Grading System in a sequence of statistical tests and then tested differently through One way Anova and Post Hoc LSD tests.

Results: Clinical improvement score in the control group before the mask use, of week 1, 2, 3, 4, were 16.50; 16.50; 16.00; 15.50; 14.50 respectively. In mask with the concentration of Ajwa date extract (Phoenix dactylifera) 4% were 22.50; 22.50; 21.25; 19.75; 18.00, while the results of mask with the concentration of Ajwa dates (Phoenix dactylifera) extract of 8% from each week were 18.00; 18.00; 17.25; 19.00; 15.75 ($p > 0.05$). Statistical tests resulted in normal and homogeneous data. The ANOVA test showed no statistically significant effect ($p > 0.05$).

Concluision: Ajwa Dates extract mask (Phoenix dactylifera) had a clinical but not statistical effect on severity level of acne.

Keywords: *Phoenix dactylifera, Ajwa Dates, Acne Vulgaris, Clinical, Topical, Clinical Repair.*