

ABSTRAK

TESSA PERMATA PUTRI RIANTIARNO, 2025, PREVALENSI DAN FAKTOR RISIKO KEJADIAN RHINITIS ALERGI PADA MAHASISWA FAKULTAS FARMASI UNIVERSITAS SETIA BUDI, SKRIPSI, PROGRAM STUDI S1 FARMASI, FAKULTAS FARMASI, UNIVERSITAS SETIA BUDI, Dibimbing oleh Prof. Dr. apt. RA. Oetari, S.U., M.M., M.Sc. dan apt. Yane Dila Keswara, M.Sc.

Iklim tropis seperti Indonesia menghasilkan alergen, seperti tungau debu rumah. Tungau debu lazim di rumah dan memiliki tingkat sensitisasi tinggi. Penelitian ini bertujuan untuk menganalisis prevalensi dan faktor risiko kejadian rhinitis alergi di kalangan mahasiswa Fakultas Farmasi Universitas Setia Budi.

Sampel diambil menggunakan *stratified sampling*, melibatkan mahasiswa yang memenuhi kriteria inklusi dan eksklusi. Data dikumpulkan melalui kuesioner lalu diidentifikasi prevalensi rhinitis alergi serta faktor risiko yang terkait, seperti riwayat atopi, paparan lingkungan, dan kebiasaan hidup. Analisis dilakukan deskriptif meliputi karakteristik responden dan gambaran kejadian rhinitis alergi diperoleh dari kuesioner ISAAC. Analisis prevalensi dan risiko menggunakan *Chisquere* untuk menilai pengetahuan, faktor pencetus, riwayat penyakit alergi lain, riwayat keluarga, jenis kelamin dan usia.

Prevalensi rhinitis alergi mahasiswa Fakultas Farmasi Universitas Setia Budi paling dominan terjadi pada mahasiswa perempuan sebesar 91,9% dengan prevalensi OR 1,169x (95%CI 0,973-1,404, $p=0,04$). Prevalensi tingkat pengetahuan mahasiswa 82,4% sebesar OR 2,49; $p=0,013$; 95% CI 1,272-4,873. Prevalensi faktor pemicu (allergen) sebesar 61,8% dengan OR 2,95; $p=0,001$; 95% CI 1,58-5,506. Prevalensi adanya riwayat keluarga 76,4% (OR 3,712; $p=0,000$; 95%CI 1,991-6,992). Prevalensi ada riwayat alergi lain sebesar 89,1% (OR 3,712; $p=0,000$; 95%CI 1,991-6,922). Faktor-faktor risiko rhinitis alergi diantaranya jenis kelamin, riwayat keluarga, riwayat penyakit alergi lain dan faktor pemicu seperti allergen.

Kata Kunci : Rhinitis Alergi, Prevalensi, Faktor Risiko, Alergen

ABSTRACT

TESSA PERMATA PUTRI RIANTIARNO, 2025, PREVALENCE AND RISK FACTORS OF ALERGY RHINITIS AT STUDENTS OF FACULTY OF PHARMACY SETIA BUDI UNIVERSITY, THESSIS, PROGRAM OF STUDY S1 PHARMACY, FACULTY OF PHARMACY, SETIA BUDI UNIVERSITY, Supervised by Prof. Dr. apt. RA. Oetari, S.U., M.M., M.Sc. and apt. Yane Dila Keswara, M.Sc.

Tropical climates like Indonesia's produce a constant presence of allergens, like house dust mites. Dust mites are common in homes and have a high sensitization rate. This study aimed to analyze the prevalence and risk factors for allergic rhinitis among students of the Faculty of Pharmacy, Setia Budi University.

The sample was drawn using stratified sampling, involving students who met the inclusion and exclusion criteria. Data were collected through a questionnaire, and then the prevalence of allergic rhinitis and associated risk factors, such as a history of atopy, environmental exposure, and lifestyle habits, were identified. Descriptive analysis included respondent characteristics and a description of allergic rhinitis incidence obtained from the ISAAC questionnaire. Prevalence and risk analysis used Chisquere to assess knowledge, triggering factors, history of other allergic diseases, family history, gender, and age.

The prevalence of allergic rhinitis in students of the Faculty of Pharmacy, Setia Budi University was most dominant in female students at 91.9% with a prevalence of OR 1.169x (95%CI 0.973-1.404, $p = 0.04$). The prevalence of student knowledge level was 82.4% with an OR of 2.49; $p = 0.013$; 95% CI 1.272-4.873. The prevalence of trigger factors (allergens) was 61.8% with an OR of 2.95; $p = 0.001$; 95% CI 1.58-5.506. The prevalence of family history was 76.4% (OR 3.712; $p = 0.000$; 95% CI 1.991-6.992). The prevalence of a history of other allergies was 89.1% (OR 3.712; $p=0.000$; 95%CI 1.991-6.922). Risk factors associated with the occurrence of allergic rhinitis in Pharmacy students at Setia Budi University include gender, family history, history of other allergic diseases, and triggering factors such as allergens (dusty places and cold air).

Keywords: *Allergic Rhinitis, Prevalence, Risk Factors, Allergens*