

## Relationship Between the Severity of Acne Vulgaris on The Face and Self Confidence in Adolescents

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### ABSTRAK

*Acne vulgaris adalah penyakit kulit kronis yang terjadi akibat peradangan menahun pilosebacea yang ditandai dengan adanya komedo, papul, pustul, nodul dan kista di area predileksinya yang biasanya pada kelenjar sebacea seperti wajah, dada dan punggung bagian atas. Penyakit ini bukan merupakan penyakit yang berbahaya namun mempunyai dampak yang besar bagi para remaja baik secara fisik maupun psikologi dapat menimbulkan kecemasan dan depresi. Wajah yang berjerawat akan berpengaruh pula pada perkembangan psikososial termasuk (self-confidence) kepercayaan diri. Tujuan penelitian ini untuk mengetahui Hubungan Derajat Keparahan Jerawat (Acne Vulgaris) Wajah Dengan Self-Confidence Pada Remaja. Jenis penelitian yang digunakan adalah kuantitatif dengan pendekatan cross-sectional. Populasinya sebanyak 135 siswa dan sampel yang digunakan 100 siswa dengan menggunakan teknik purposive sampling. Uji statistik menggunakan uji Chi-square. Hasil penelitian diperoleh derajat keparahan jerawat (acne vulgaris) wajah pada siswa tergolong kategori ringan sebanyak 41 orang (41%). Pada tingkat kejadian self-confidence pada siswa tergolong kategori rendah sebanyak 66 orang (66%). Nilai signifikansi hubungan derajat keparahan jerawat (acne vulgaris) wajah dengan self-confidence pada remaja yang menunjukkan bahwa memiliki nilai signifikan  $p$  value sebesar  $0.001 < \text{nilai } \alpha (0.05)$ . Terdapat hubungan signifikan antara derajat keparahan jerawat (acne vulgaris) wajah dengan self-confidence pada remaja.*

**Kata Kunci : Acne Vulgaris, Self Confidence, Remaja**

### ABSTRACT

*Acne vulgaris is a chronic skin disease that occurs due to chronic pilosebaceous inflammation which is characterized by the presence of comedowns, papules, pustules, nodules and cysts in the predilection areas which are usually the sebaceous glands such as the face, chest and upper back. This disease is not a dangerous disease but has a big impact on teenagers both physically and psychologically, causing anxiety and depression. A face with acne will also affect psychosocial development, including self-confidence. The aim of this research is to determine the relationship between the severity of facial acne and self-confidence in adolescents. The type of research used is quantitative with a cross-sectional approach. The population was 135 students and the sample used was 100 students using purposive sampling technique. Statistical tests use the Chi-square test. The research results showed that the severity of acne (acne vulgaris) on the face of 41 students (41%) was in the mild category. The incidence level of self-confidence among students is in the low category, as many as 66 people (66%). The significance value of the relationship between the severity of acne (acne vulgaris) on the face and self-confidence in adolescents shows that it has a significant  $p$  value of  $0.001 < \alpha (0.05)$ . There is a significant relationship between the severity of facial acne (acne vulgaris) and self-confidence in adolescents.*

**Keyword: Acne Vulgaris, Self Confidence, Adolescent**

## INTRODUCTION

Common skin problems faced by many people, especially during adolescence, are acne or acne vulgaris (M. R. S. Putra et al., 2020). Adolescence is often referred to as the "puberty" phase. This phase refers to traits and actions that indicate maturity, which are marked by physical growth. Adolescence also comes from the term adolescence, which means developing or maturing towards adulthood. The term adolescence actually includes various meanings, including mental, emotional, social, and physical maturity.

Acne vulgaris is a chronic skin condition caused by ongoing inflammation of the pilosebaceous unit. This condition is characterized by the presence of blackheads, papules, pustules, nodules, and cysts in certain areas, generally occurring in the sebaceous glands in the face, chest, and upper back (Asbullah et al., 2021). Although not medically dangerous, acne vulgaris has a significant impact on adolescents, especially in 2 aspects, namely physical and psychological. This can trigger feelings of anxiety and depression. Acne skin conditions can also have an impact on psychosocial aspects, including self-confidence (Shauma & Sani, 2020).

Based on the cases revealed (I'is Elfine, 2020) there are around 70-100% of acne cases that occur in early adulthood. Usually, acne in women begins to appear between the ages of 14-17 years, while in men, acne tends to appear between the ages of 16-19 years. The incidence of acne peaks at the age of 17, where around 85% of women and around 95% of men experience acne problems.

In Indonesia, around 37% of women and 36.5% of men experience acne on their faces. In East Java, there are 38% of women and 36.5% of men who experience acne problems, especially during adolescence when going through puberty.

Based on the results of the preliminary study that has been conducted, it shows that 7 out of 10 teenagers experience acne vulgaris with a high level of self-confidence, because they feel insecure and inferior due to comparing themselves with the lives of their friends or neighbors such as physical problems, beauty, intelligence, success, and so on. While the other 3 teenagers stated that they felt motivated and

driven to be like what they compared. This is what prompted the author to further study the Relationship between the Severity of Facial Acne (Acne Vulgaris) and Self-Confidence in Adolescents.

## LITERATURE REVIEW

Adolescence is a period of development derived from the Latin word adolescence which refers to the phase of growth and maturation towards adulthood. This phase includes various aspects, including mental, physical, and social emotional development. During this phase, individuals may not have a clear goal, because they are still part of the group of children, but not part of the group of adults. The adolescent period or adolescent phase is a transitional stage that occurs between youth and adulthood. During this period, individuals experience physical changes that are in line with the development of their sexual organs (I'is Elfine, 2020).

The adolescent phase is considered as a preparatory stage for entering adulthood, this phase involves various changes such as physical changes, social interactions, increased abilities and skills, and the formation of self-identity. At the end of the adolescent phase, it is expected that individuals have reached maturity that allows individuals to support themselves and form families. Adolescence is a stage experienced by adolescents when entering the transition phase from childhood to adulthood. This adolescence is marked by a series of real physical changes, as well as increased emotions, relationships, thoughts, and behavior, or psychological and sexual function maturation (Murlina Lema, 2019).

The adolescent period is characterized by rapid growth and development, involving changes in psychological, physical, and intellectual aspects. (World Health Organization, 2016) states that adolescents can be defined as individuals aged between 10-19 years, while according to the Regulation of the Minister of Health of the Republic of Indonesia in 2014, adolescents are defined as those aged 10-18 years. Meanwhile, the National Population and Family Planning Agency (BKKBN) states that the adolescent age category covers the age range of 10-24 years, with the note that the individual is not married (Ministry of Health of the Republic

of Indonesia, 2018).

In the process of growth, adolescents experience various changes, including physiological and psychological changes. Physiological changes include physical changes that have an impact on the psychological condition of adolescents. Changes in these physical aspects can affect the level of adolescent self-confidence, especially if problems such as acne arise that do not match the desired self-image. This can cause dissatisfaction and lead to a lack of self-confidence in adolescents.

The occurrence of self-perception disorders is not only caused by the emergence of acne, but the main impact of acne is reducing self-confidence, causing insecurity, and depression. Aspects of self-perception that are often affected in adolescents who experience acne are self-image (body image) and self-esteem. This arises because during adolescence, the main focus of adolescents is often on physical appearance, more prominent than other aspects. Although such psychological impacts may be experienced by some adolescents, there are also adolescents who have acne without experiencing disturbances in their self-perception (Murlina Lema, 2019).

Acne vulgaris is a skin problem that often occurs in all age groups, especially in adolescents. Although this may not be the most common among all cases of skin disease, it is more likely that someone will experience acne vulgaris compared to other skin diseases (Khoirin et al., 2023). Acne vulgaris (AV) is a skin condition that experiences blockage and inflammation of the polysebaceous unit and generally occurs in early adolescence. Acne is generally an early indication of puberty and can occur a year before the first menstruation. Acne vulgaris displays various clinical characteristics, namely the appearance of blackheads, small red bumps, pus-filled lesions, larger and painful bumps, and results in the formation of scar tissue (A. Putra, 2020).

The incidence of acne vulgaris in Indonesia continues to increase every year. According to a study conducted by the Indonesian Dermatologist and Venereologist Association (PERDOSKI) in 2017, it was found that acne vulgaris ranks third as the most common disease suffered by visitors to the Department of Dermatology and Venereology in hospitals and skin clinics (Artasih

et al., 2023). The majority of people who experience acne vulgaris are in the adolescent and adult age groups, especially in the 11-25 age range. The highest incidence of acne vulgaris is seen in the 14-17 age group, reaching around 83-85% in women and 95-100% in men aged 16-19 years (Saiya et al., 2023).

Self-confidence, which comes from the English phrase "self-confidence," describes a person's belief in their abilities, strengths, and self-assessment. In other words, self-assessment should be positive (Rais, 2022). Self-confidence includes the ability to have confidence in oneself and feel optimistic about one's abilities, without worrying about unwanted things. According to Lauster as quoted by (Putri, 2018) self-confidence can be defined as an attitude or belief in personal abilities. By having self-confidence, individuals are able to take action without excessive anxiety, feel free to carry out activities according to their wishes, and are responsible for every action taken. In addition, individuals who have a high level of self-confidence are generally polite when interacting with others, are motivated to achieve, and have the ability to recognize their own strengths and weaknesses.

Self-confidence is related to two main factors, namely internal and external factors. One of the internal factors that plays an important role is gender. Gender is one of the basic categories in social life that has an impact on individual self-confidence. Boys tend to have more opportunities to develop independence and adventurousness, and are more encouraged to show initiative and originality compared to girls. Gender roles also provide different expectations, where boys are expected to show strength, independence, aggressiveness, and the ability to manipulate the environment, achieve, and make decisions. On the other hand, girls are expected to show dependence, sensitivity, and maternal traits (Arafah, 2021).

Physical and psychological changes that occur during adolescence have a greater influence on female adolescents than on male adolescents. In fact, there are differences in the perception of self-confidence between the two sexes, especially in terms of sources or triggers of self-confidence. For male adolescents, self-confidence often comes from within themselves, while for female adolescents, external views have a greater

influence on the formation of their self-confidence. Differences in the concept of sources of self-confidence are influenced by external factors. Males often assess self-confidence in terms of mental quality and independence, while females are still often associated with assessments of physical appearance. Although assessments of ideal appearance have shifted towards more positive aspects, this does not mean that the initial standards or assessments of physical appearance have been completely erased (Putri, 2018). In this case, it can be interpreted that self-confidence has a big influence on the lives of teenagers. Self-confidence is an important factor for every individual, because it encourages them to face situations with clearer thinking and accept weaknesses without getting caught up in feelings of guilt and inferiority. Lack of self-confidence can hinder the achievement of a person's maximum potential (Ompi et al., 2016).

## METHODS

In this study, the approach used is a quantitative method with a cross-sectional approach. The focus of this study is on the independent variable or risk and the dependent variable or outcome collected simultaneously. This research was conducted in a specific time period and will not be repeated in other studies in different time periods for comparison. The population in this study consisted of 10th grade students at Sunan Giri Menganti Gresik High School who experienced acne vulgaris as many as 135 students. The sample is from a part of the population that is selected in such a way that the results can be concluded from the population or self (case). Sample size is the number of samples that will be taken by researchers from the entire population (Adiputra et al., 2021). In this study, determining the sample size taken from the population, the formula proposed by Slovin is used, so in this study the number of samples used is 100 respondents.

This study applies a non-probability sampling method using a purposive sampling technique. In this study, the instruments used were an observation sheet to see the severity of acne, and a self-confidence scale questionnaire. After obtaining data and information, then analyzing the two variables with 2 stages, namely

univariate analysis and bivariate analysis using the Chi-square test with a significance level of  $p < 0.05$ . According to (Ismayani, 2019), a valid instrument refers to a measuring instrument that can be effectively used in data collection. In this study, validity was tested using the SPSS program by comparing the correlation between each item with the total score (correlated item-total correlations) produced with the correlation value that has been determined in the table. If the  $r$  count value  $> r$  table and has a positive value, then the question is considered valid. Conversely, if  $r$  count  $< r$  table, then the question is considered invalid.

## RESULTS AND DISCUSSION

### Characteristics of Teenagers Based on Age

**Table 1.** Frequency Distribution of Characteristics Based on Adolescent Age At Sunan Giri Menganti Gresik High School

No.	Age	f	Percentage (%)
1.	15 years	37	37%
2.	16 years	63	63%
Total		100	100%

According to the data listed in the table, it can be concluded that the majority of teenagers aged 16 years are 63 people, with a percentage of 63%.

The growth and development of high school teenagers entering the mid-adolescent stage with an age range of 15-18 years. Adolescence is a transitional phase in which individuals experience physical changes from childhood to adulthood. These changes occur due to the influence of hormonal, physiological, psychological, and social aspects. In adolescence, problems often arise related to growth and development, one of which is the appearance of acne (acne vulgaris) especially on the face (Mujahidah et al., 2023).

### Characteristics of Adolescents Based on Gender

**Table 2.** Frequency Distribution of Characteristics Based on Gender of Adolescents at Sunan Giri Menganti Gresik High School

No.	Gender	f	Percentage (%)
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1.	Female	53	53%
2.	Male	47	47%
<b>Total</b>		100	100%

Based on the data in the table, it shows that the majority of adolescents are female, as many as 53 people, with a percentage of 53%.

The results of this study indicate that the incidence of acne vulgaris is higher in women reaching 53%, compared to men at 47%. The results of this study are in accordance with the results of a study conducted by (Maryanto, 2020) which stated that hormonal changes during puberty in adolescent girls more quickly trigger factors related to the prevalence of acne vulgaris.

### Characteristics of Teenagers Based on Class

**Table 3.** Frequency Distribution of Characteristics Based on Class Adolescents at Sunan Giri Menganti Gresik High School

No.	Class	f	Percentage (%)
1.	X-1	18	18%
2.	X-2	10	10%
3.	X-3	17	17%
4.	X-4	13	13%
5.	X-5	16	16%
6.	X-6	16	16%
7.	X-7	10	10%
<b>Total</b>		100	100%

Based on the data in the table, it shows that the majority of teenagers in class X-1 are 18 people, with a percentage of 18%.

### Characteristics of Adolescents Based on the Etiology of Acne Vulgaris

**Table 4.** Frequency Distribution of Characteristics Based on Etiology of Acne Vulgaris in Adolescents at Sunan Giri High School, Menganti, Gresik

No.	Etiology of Acne Vulgaris	f	Percentage (%)
1.	Hormonal	40	40%
2.	Personal Hygiene	12	12%
3.	Diet	19	19%
4.	Cosmetic Products	29	29%
<b>Total</b>		100	100%

Based on the table, it shows that the

majority of adolescents with hormonal factor etiology are 40 people with a percentage of 40%.

The results of this study are in accordance with the results of a study conducted by (Maryanto, 2020) which stated that hormonal changes during adolescent puberty are factors associated with the prevalence of acne vulgaris. In this phase, physical and psychological development peaks, in line with increased hormone levels. Androgen hormones such as testosterone in men and estrogen in women are the main triggers for acne because they can stimulate increased facial oil production and cause clogged pores, which ultimately triggers acne (Asbullah et al., 2021).

According to (Agustiniingsih et al., 2019), hormonal instability, which is a biological change, can easily cause acne vulgaris and produce inflammation that has a negative impact on the aesthetic appearance of the face.

### Characteristics of Adolescents Based on Acne Vulgaris Management

**Table 5.** Frequency Distribution of Characteristics Based on Management of Acne Vulgaris in Adolescents at Sunan Giri High School, Menganti, Gresik

No.	Acne Vulgaris Management	f	Percentage (%)
1.	Wash Face	26	26%
2.	Skincare Routine	56	56%
3.	Acne Mask	18	18%
<b>Total</b>		100	100%

Based on the table, it shows that most teenagers use skincare routine, as many as 56 people with a percentage of 56%.

The appearance of a face that has acne and does not match the ideal image of a teenager can cause feelings of dissatisfaction, this can result in low self-confidence in teenagers. Therefore, many teenagers use skincare to overcome acne problems on their faces.

### Severity of Acne (Acne Vulgaris) on the Face of Adolescents at Sunan Giri High School, Menganti, Gresik

**Table 6.** Frequency Distribution Based on the Variable of Acne Severity Degree in Adolescents

at Sunan Giri Menganti Gresik High School

No.	Acne Severity Degree	f	Percentage (%)
1.	Light	41	41%
2.	Currently	28	28%
3.	Heavy	31	31%
<b>Total</b>		100	100%

Based on the data in the table, it can be concluded that most teenagers have a mild degree of acne severity, as many as 41 people with a percentage of 41%.

According to the results of the analysis, it shows that the severity of acne (acne vulgaris) on the face of adolescents at SMA Sunan Giri Menganti Gresik is classified as mild. This is because the majority of adolescents who experience acne vulgaris are women. Women are quicker to take action or undergo treatment to overcome their facial acne, and from the results of this study it was found that the majority of management that has been carried out by adolescents is by using skincare to overcome acne vulgaris.

#### Self Confidence Level in Adolescents at Sunan Giri Menganti High School Gresik

**Table 7.** Frequency Distribution Based on Self Confidence Variables In Adolescents at Sunan Giri Menganti Gresik High School

No.	Self Confidence	f	Percentage (%)
1.	Low	66	66%
2.	Hight	34	34%
<b>Total</b>		100	100%

Based on the data in the table, it can be concluded that most teenagers have low self-confidence, as many as 66 people with a percentage of 66%.

Thus, the results of the analysis show that the level of self-confidence in adolescents at SMA Sunan Giri Menganti Gresik can be categorized as low. This indicates that these adolescents tend to have the habit of judging themselves negatively and making comparisons with others in several aspects of life, especially in terms of ability and opinion.

Based on the researcher's assumption, it can be concluded that most teenagers who

experience acne vulgaris tend to have low self-confidence. This can be caused by their dissatisfaction with their physical appearance, causing shame towards their body, and lack of self-appreciation. As a result, teenagers may have difficulty socializing with their surroundings. Therefore, support from those closest to them, especially from parents, family, and peers, is very important in helping them overcome this problem.

#### Relationship Between Severity of Acne (Acne Vulgaris) Face and Self Confidence in Adolescents

**Table 8.** Analysis of the Distribution of the Relationship between the Severity of Acne (Acne Vulgaris) on the Face and Self-Confidence in Adolescents

Chi-Square		Self Confidence					
		Low		Hight		Total	
		f	%	f	%	f	%
Severity of Acne Vulgaris on the Face	Light	19	46.3%	22	53.7%	41	100%
	Currently	20	71.4%	8	28.6%	28	100%
	Heavy	27	87.1%	4	12.9%	31	100%
Total		66	66%	34	34%	100	100%
$\rho$ Value		$\alpha$		Correlation Coefficient			
0.001		0.05		0.346			

Based on the table analysis regarding the distribution of the relationship between the severity of facial acne (acne vulgaris) and the level of self-confidence in adolescents, it can be seen that the significance value ( $\rho$  value) is 0.001  $< \alpha$  (0.05). This shows that there is a relationship between the severity of facial acne (acne vulgaris) and self-confidence in adolescents at Sunan Giri Menganti High School, Gresik. The correlation coefficient ( $r$ ) results have a value of 0.346, which means that the relationship between the two variables is low (weak).

The findings of this study are in line with the results of a study conducted by (Fithriyana, 2019) which showed a relationship between acne vulgaris and self-confidence levels in female students at SMAN 2 Bangkinang Kota. In fact, this shows that the emergence of acne during adolescence can increase awareness of the importance of appearance in social interactions, which can influence adolescents' self-

perceptions. Self-concept in adolescents is formed through the thoughts, ideas, and values that individuals have about themselves and how they interact with others. The five aspects that shape this self-concept involve self-image, self-ideal, role performance, personal identity, and self-confidence levels.

The main factor in the development of adolescent personality is the level of self-confidence. Self-confidence is the view and belief in an individual's ability to achieve success through their own efforts, as well as forming a positive assessment of themselves and their surroundings. By having a good level of self-confidence, a teenager can appear with full confidence and deal with various situations calmly (Fitri et al., 2018).

Based on the table above regarding the distribution of the relationship between the severity of acne (acne vulgaris) on the face and self-confidence, it is found that adolescents who have a mild degree of acne (acne vulgaris) on the face have a high level of self-confidence, while adolescents who have a moderate degree of acne (acne vulgaris) on the face have a low level of self-confidence, and for adolescents who have a severe degree of acne (acne vulgaris) on the face have a low level of self-confidence. This means that along with the increasing degree of acne severity (acne vulgaris) on the face, the level of adolescent self-confidence also tends to decrease.

This is in accordance with research by (Saiya et al., 2023) which revealed that the severity of acne vulgaris, especially those at moderate to severe levels, can have an impact on a person's level of self-confidence. This is due to the presence of efflorescence such as papules, pustules, nodules, and cysts that appear on the face. This risk increases the likelihood of scarring, which can last for years or even a lifetime, especially when this condition occurs on the face and causes significant psychosocial impacts.

According to the researcher's assumption, teenagers with severe acne (acne vulgaris) on their faces will cause them to be less confident and feel inferior about their appearance. Therefore, therapy is needed to overcome acne vulgaris in teenagers, therapy that can be done is by applying a mask to the face or using acne

medication, in addition, support and motivation are needed for teenagers to increase their self-confidence.

## CONCLUSION

In this study, it can be concluded that the severity of facial acne (acne vulgaris) in adolescents at Sunan Giri Menganti Gresik High School is classified as mild, the level of self-confidence in adolescents at Sunan Giri Menganti Gresik High School is classified as low, there is a significant relationship between the severity of facial acne (acne vulgaris) and self-confidence in adolescents at Sunan Giri Menganti Gresik High School, there is a difference in the level of self-confidence when viewed from the severity of facial acne (acne vulgaris), it is found that the more severe the severity of facial acne (acne vulgaris), the lower the level of self-confidence possessed by each adolescent.

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