

**HUBUNGAN ANTARA PERILAKU MEROKOK DAN  
PSORIASIS AREA AND SEVERITY INDEX (PASI) PADA PASIEN  
PSORIASIS DI RUMAH SAKIT UMUM DAERAH DR. SOEDARSO  
PONTIANAK PERIODE JULI 2014-JANUARI 2015**  
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**Abstrak**

Psoriasis adalah penyakit kulit kronik inflamasi. Gejala klinis psoriasis adalah plak merah berskuama dan hiperproliferasi epidermis. Perilaku merokok dapat meningkatkan risiko kejadian psoriasis. Asap rokok mengandung banyak bahan beracun yang dapat mempengaruhi imunopatogenesis psoriasis. Derajat keparahan psoriasis dapat diukur menggunakan PASI. Tujuan penelitian adalah untuk mengetahui hubungan antara perilaku merokok dan PASI pada pasien psoriasis di RSUD dr. Soedarso Pontianak periode Juli 2014 – Januari 2015. Penelitian ini merupakan penelitian *cross sectional* dan menggunakan uji *Chi-Square* penggabungan sel dengan  $p < 0,05$ . Subjek penelitian sebanyak 35 orang dipilih menggunakan *consecutive sampling*. Perilaku merokok dan PASI dinilai langsung menggunakan kuesioner. Berdasarkan hasil penelitian didapatkan perokok yang memiliki PASI ringan hingga sedang sebanyak 3 orang, sedangkan PASI berat hingga sangat berat sebanyak 13 orang. Bukan perokok yang memiliki PASI ringan hingga sedang sebanyak 14 orang, sedangkan PASI berat hingga sangat berat sebanyak 5 orang. Pada penelitian ini, didapatkan hasil bahwa terdapat hubungan bermakna ( $p=0,001$ ) antara perilaku merokok dan PASI.  
Kata kunci : Rokok, psoriasis, PASI, perilaku merokok.

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**THE RELATIONSHIP BETWEEN SMOKING BEHAVIOUR AND  
PSORIASIS AREA AND SEVERITY INDEX (PASI) OF PSORIASIS PATIENTS  
AT DR SOEDARSO DISTRICT GENERAL HOSPITAL PONTIANAK  
FROM JULY 2014 TO JANUARY 2015**

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**Abstract**

*Psoriasis is a chronic inflammatory skin disorder. Psoriasis is characterized by scaly, red cutaneous plaques that contain inflammatory infiltrates and epidermal hyperproliferation. Smoking may increase the risk of psoriasis. Cigarette smoke contains many potentially toxic materials and may affect the immunopathogenesis of psoriasis. The severity of psoriasis can be measured using Psoriasis Area and Severity Index (PASI). The objective of this study was to evaluate the association between smoking behavior and the clinical severity of psoriasis in patients with psoriasis at dr. Soedarso District General Hospital Pontianak from July 2014 to January 2015. This was a cross sectional study with 35 respondents, using Chi-Square test cell merging with  $p < 0.05$ . The respondents were selected using consecutive sampling. Smoking behavior and PASI assessed directly using questionnaires. Based on the results, there were 3 smokers who had mild to moderate PASI, while 13 had heavy to very heavy PASI. There were 14 non-smokers who had mild to moderate PASI, while 5 had heavy to very heavy PASI. In this study, smoking is found to be associated ( $p=0,001$ ) with the clinical severity of psoriasis.*

*Keywords : Cigarettes, psoriasis, PASI, smoking behaviour.*

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