

# Hubungan Kronotipe dan Rinitis Alergi Pada Kalangan Pelajar Sekolah Menengah Atas di Kecamatan Jagakarsa Jakarta Selatan = The Relationship between Chronotype and Allergic Rhinitis among High School Students in Jagakarsa District South Jakarta

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## Abstrak

Perubahan gaya hidup seiring perkembangan zaman membuat kronotipe manusia semakin bervariasi. Kronotipe malam diketahui banyak dijumpai pada kalangan remaja akhir. Pola irama sirkadian memiliki hubungan dengan sistem imun dan penyakit alergi. Rinitis alergi merupakan penyakit alergi yang paling banyak dijumpai pada kalangan remaja dan dapat menurunkan kualitas hidup penderitanya. Penelitian ini bertujuan untuk mengetahui hubungan kronotipe dan rinitis alergi pada pelajar sekolah menengah atas.

**Metode:** Pada penelitian potong lintang ini, analisis dilakukan pada 196 pelajar sekolah menengah atas yang telah menjawab empat kuesioner: *International Study of Asthma and Allergy in Childhood Core Questionnaire*, *Reduced Version Morningness-Eveningness Questionnaire*, *Epworth Sleepiness Scale* dan Kuesioner Studi Kohort Faktor Risiko PTM Tahun 2011 Bagian Penggunaan Tembakau dan Kebiasaan Merokok. Data dianalisis menggunakan uji *chi square* dan analisis regresi logistik.

**Hasil:** Lebih banyak pelajar berkronotipe pagi (64,8%) dibandingkan tipe malam (35,2%). Sebanyak 28,1% pelajar mengalami rinitis alergi dalam 12 bulan terakhir. Kronotipe berhubungan signifikan dengan rinitis alergi ( $p < 0,05$ ; OR=2,273; CI 95% 1,198-4,311). Terdapat perbedaan proporsi rinitis alergi yang signifikan antara pelajar dengan kronotipe malam (39.1%) dan pelajar dengan kronotipe pagi (22%).

**Kesimpulan:** Terdapat perbedaan proporsi rinitis alergi yang signifikan antara pelajar sekolah menengah atas dengan kronotipe malam dan pelajar dengan kronotipe pagi.

.....Changes in lifestyle over the times make human chronotypes more varied. The evening type are known to be frequently found among late adolescents. Circadian rhythm has a relationship with the immune system and allergic disease. Allergic rhinitis is the most common allergic disease among adolescents and can reduce the patient's quality of life. This study aims to determine the relationship between chronotype and allergic rhinitis in high school students.

**Method:** In this cross-sectional study, 196 high school students answered four different questionnaires: the *International Study of Asthma and Allergy in Childhood Core Questionnaire*, the *Reduced Version Morningness-Eveningness Questionnaire*, *Epworth Sleepiness Scale* and *Kuesioner Studi Kohort Faktor Risiko Penyakit Tidak Menular Tahun 2011 Bagian Penggunaan Tembakau dan Kebiasaan Merokok*. The data was analyzed using chi-square test and logistic regression.

**Result:** More students were morning type (64,8%) compared to evening type (35,2%). As many as 28.1% of students experienced allergic rhinitis in the last 12 months. Chronotype was significantly associated with allergic rhinitis ( $p < 0,05$ ; OR=2,273; CI 95% 1,198-4,311). There was a significant difference in the proportion

of allergic rhinitis between high school students with evening chronotype (39,1%) and high school students with morning chronotype (22%).

**Conclusion**: There was a significant difference in the proportion of allergic rhinitis between high school students with evening chronotype and students with morning chronotype.