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DAFTAR ISI

DAFTAK ISI	Halaman
Penerimaan Keluarga pada Orang dengan HIV/AIDS (ODHA). Choiriyah Choiriyah, Ahmat Pujianto, Maria Imaculata Ose, Donny Tri Wahyudi, Paridah Paridah	5245-5252
Hubungan Pengetahuan dengan Kepatuhan Penggunaan Insulin dada Pasien DM Tipe 2. Alfrida Rangga, Najihah Najihah, Dewi Wijayanti, Ramdya Akbar Tukan, Hendy Lesmana, Ayuk Cucuk Iskandar	5253-5260
Level of Knowledge "Cerdik" Programs on Blood Pressure in Hypertension Patients. Nita Arisanti Yulanda, Uray Weza Azalia Dika Putri, Mita Mita	5261-5272
Pengaruh Konseling Teknik Menyusui terhadap Kejadian Lecet Puting Susu pada Ibu Multipara. Henniwati Henniwati, Fazdria Fazdria, Meliani Sukmadewi Harahap, Nurdahliana Nurdahliana, Alchalidi Alchalidi	5273-5280
Hubungan Tingkat Depresi dengan Kualitas Hidup Pasien Herniated Nucleus Pulposus (HNP) di RSUD dr. H. JUSUF SK Tarakan Provinsi Kalimantan Utara. Harno Harno, Ana Damayanti, Donny Tri Wahyudi, Najihah Najihah	5281-5291
Education On the Contents of My Plate to Mothers in an Effort to Prevent Stunting at Posyandu Melati 7 Kel. Bandar Selamat. Reni Agustina Harahap, Sharifah A'ini, Sopiah Widi Rahma Nst	5292-5299
A Review on the Effect of Cell Phone Electromagnetic Radiation on Histological Testicles. Irsandi Rizki Farmananda, Irmawan Farindra, Ni Made Linawati	5300-5315
Determinan Kepatuhan Remaja Putri Tingkat SMA di Kota Ruteng Dalam Mengonsumsi Tablet Fe. Imelda Rosniyati Dewi, Maria Choncita Leyla Centis, Reineldis E E Trisnawati	5316-5324
The Most Common Nursing Diagnoses Enforced in Diabetes Mellitus Patients with Complications. Annisa Mega Puspita, Nita Arisanti Yulanda, R.A Gabby Novikadarti Rahmah	5325-5333
Quality of Life of Dots Tuberculosis Patients Based on Domain Review. Pavita Arista Widya, Nita Arisanti Yulanda, Ervina Lili Neri	5334-5348
Analisis Faktor Kejadian Unmet Need KB Pada Wanita Usia Subur di Wilayah Kerja Puskesmas Wae Kanta. Viviana Hamat, Jayanthi Petronela Janggu, Makrina Sedista Manggul, Olivera Agnes Adar, Kornelia Kurniati	5349-5360

[MAHESA: MALAHAYATI HEALTH STUDENT JOURNAL, P- ISSN: 2746-198X
E-ISSN 2746-3486 VOLUME 4, NOMOR 12 TAHUN 2024] DAFTAR ISI

Tahun 2024

Skrining Gangguan Kesehatan Mental pada Masyarakat Pesisir di Kota Tual. Grace Latuheru, Elpira Asmin, Farah C Noya, Juen Carla Warella, Melda Yunita, Rosdiana Mus, Sulfiana Sulfiana	5361-5370
Pengaruh Aplikasi Pojok Remaja terhadap Pengetahuan Remaja tentang Kesehatan Reproduksi di SMA Muhammadiyah 01 Medan. Mila Syari, Novy Ramini Harahap, Pratiwi Nasution, Rauda Rauda	5371-5380
Hubungan Dukungan Keluarga dengan Self Care Management Pada Penderita Hipertensi di Wilayah Kerja UPTD Puskesmas Sukawati I. Luh Putu Juni Antari, Ni Putu Kamaryati, Anak Agung Istri Wulan Krisnandari D	5381-5396
Hubungan Pola Asuh Orang Tua dengan Kepercayaan Diri Mahasiswa Program Studi Keperawatan S-1 Universitas Muhammadiyah Purwokerto. Khadija Kusumawati, Yektiningtyastuti Yektiningtyastuti, Ikhsan Mujahid	5397-5414
Efektivitas Edukasi Laktasi terhadap Pengetahuan dan Self Efficacy Ibu Menyusui di Puskesmas Waode Buri Buton Utara. Masluroh Masluroh, Risnayanti Risnayanti	5415-5425
Faktor-Faktor yang Berhubungan dengan Praktik Ibu dalam Pemberian Makan Pada Balita Berdasarkan Teori Health Belief Model. Nizaar Ferdian, Zahroh Shaluhiyah, Apoina Kartini	5426-5440
Efektivitas Mengistirahatkan Mata dengan Metode 20.20.20 terhadap Penurunan Gejala Computer Vision Syndrome (CVS) Pada Siswa di MTSN 24 Jakarta timur. Aryani Aryani, Abdul Khamid	5441-5449
Faktor-Faktor yang Mempengaruhi Pengetahuan Remaja tentang Kesehatan Reproduksi di Kelas XI SMAN 2 Karawang. Shilvi Septiani Putri, Nofa Anggraini	5450-5461
Pengaruh Terapi Puzzle terhadap Peningkatan Fungsi Kognitif Pada Pasien Stroke Iskemik di RS Islam Jakarta Pondok Kopi. Fenty Selviyanti, Abdul Khamid	5462-5470
Pengaruh Edukasi Perilaku Hidup Bersih dan Sehat (PHBS) terhadap Masalah Kesehatan di Pesantren. <i>Ari</i> Novita, Siti Zahara Nasution, Evi Karota	5471-5486
Hubungan Pengetahuan dan Sikap Perilaku Remaja dalam Pencegahan Infeksi Saluran Kemih di MTS Negeri 24 Jakarta Timur. <i>Ladina Safitri</i>	5487-5497
Penerapan Sistem Pelayanan Pendaftaran Pasien Rawat Jalan di RSUD Waluyo Jati. Himmatul Faroha Daroin, Fita Rusdian Ikawati, Endang Fitriyani	5498-5511

[MAHESA: MALAHAYATI HEALTH STUDENT JOURNAL, P- ISSN: 2746-198X	
E-ISSN 2746-3486 VOLUME 4. NOMOR 12 TAHUN 20241 DAFTAR ISI	

Tahun

Efektivitas Krim Ekstrak Daun Dadap Serep dalam Mengurangi Pembengkakan Payudara pada Ibu Nifas. Evilia Hamida, Runjati Runjati, Lanny Sunarjo	5512-5530
Implementasi Program Pencegahan dan Penanganan HIV/AIDS di Kota Tebing Tinggi. Noflita Noflita, Chrismis Novalinda Ginting, Sri Wahyuni Nasution	5563-5587
Implementasi Program Pencegahan dan Penanganan Stunting di Kota Tebing Tinggi. Elisa Widyastari, Chrismis Novalinda Ginting, Ali Napiah Nasution	5531-5547
Analysis of Hemodialysis Service Unit Development in Sri Pamela Hospital Tebing Tinggi. Dita Armaya, Chrismis Novilda Ginting, Ali Napiah	5548-5562
Determinan Penyakit Hipertensi pada Peserta Posbindu PTM di Desa Meunasah Timu Kecamatan Peusangan Aceh. Siti Zahara Nasution, Nadya Gusva	5588-5606
Pengaruh Terapi Musik Klasik terhadap Lama Persalinan Kala I Fase Aktif di Puskesmas Waode Buri Buton Utara. Masluroh Masluroh, Nur Asma	5607-5615
Penggunaan DAPT (Dual Antiplatelet) Pada CVA (Cerebrovascular Accident) Trombosis atau Stroke Iskemik dengan Riwayat PJK (Penyakit Jantung Koroner). Rizky Ayu Artama Putri, Rani Nur Badriah, Jainuri Erik Pratama, Antonius Adji Prayitno Setiadi, Fauna Herawati, Marisca Evalina Gondokesumo	5616-5624
Analisis Karakteristik Anemia pada Ibu Hamil Trimester III di Alia Hospital Jakarta Timur. Wening Handayani, Masluroh Masluroh	5625-5637
Efektivitas Terapi Teh Daun Kelor dan Teh Hijau Terhadap Penurunan Kadar Gula Darah Sewaktu (GDS) pada Penderita Diabetes Melitus di Puskesmas Palimanan Kabupaten Cirebon. Santika Dewi, Arifah Rakhmawati	5638-5649
Perbedaan Efektivitas Progressive Muscle Relaxation, Autogenik, dan Slow Deep Breathing Terhadap Penurunan Kadar Glukosa Darah Pada Penderita Diabetes Melitus Tipe 2 Di Puskesmas Palimanan Kabupaten Cirebon. Hilda Putriant, Tri Mochartini	5650-5664
Faktor-Faktor yang Berhubungan dengan Perilaku Hidup Bersih dan Sehat (PHBS) Pada Siswa Kelas IV SD Al Wildan Islamic School 2 Bekasi. <i>Ayu Khairunnisa, Isnaeni Isnaeni</i>	5665-5679

[MAHESA: MALAHAYATI HEALTH STUDENT JOURNAL, P- ISSN: 2746-198X
E-ISSN 2746-3486 VOLUME 4, NOMOR 12 TAHUN 2024] DAFTAR ISI

Tahun 2024

Penggunaan Aplikasi Kesehatan untuk Media Edukasi Kesehatan pada Ibu Hamil: Narrative Review. Ermiati Ermiati, Ara Ardiansah Suherman, Regina Cahyani, Maria Ulpa Ananda Putri, Hanny Cindi Parwati, Nur Rini Rahmawati, Sadarul Khalam, Nita Ayu Srimurni	5680-5696
An Observational Study on Cognitive Function, Sleep Quality, Depression, Educational Background, and Functional Independence on Elderly at Sasana Tresna Werdha RIA Pembangunan Nursing Home, Ciracas, East Jakarta, Indonesia. Yovian Timothy Satyo, Irawaty Hawari	5697-5709
Pengaruh Pemberian Madu terhadap Penurunan Frekuensi Batuk Pada Anak di RSIA Sitti Khadijah Kota Gorontalo. Dewi Modjo, Andi Akifa Sudirman, Rianti U Rias	5710-5723
Hubungan Kepemimpinan Transformasional Dosen terhadap Produktivitas Kerja Mahasiswa Keperawatan Universitas Malahayati Kota Bandar Lampung. Novindri Ryalita, M. Arifki Zainaro, Triyoso Triyoso	5724-5732
An Observational study of Skin Hydration with Its Risk Factors on Pruritus Severity Level in The Elderly at Sasana Tresna Werdha RIA Pembangunan Nursing Home, Ciracas, East Jakarta, Indonesia. Fladys Jashinta Mashadi, Catharina Sagita Moniaga	5733-5745
Analisis Faktor Employee Agility terhadap Kesiapan Penerapan Rekam Medis Elektronik di Rumah Sakit Pertamina Bintang Amin. Deny Eka Liasari, Achmad Farich, Christin Angelina, Ika Sudirahayu, Rachmawati Rachmawati	5746-5771
Analisis Faktor Optimisme terhadap Kesiapan Penerapan Rekam Medis Elektronik di Rumah Sakit Pertamina Bintang Amin. Joko Sugiharto, Achmad Farich, Christin Angelina, Ika Sudirahayu, Rachmawati Rachmawati	5772-5804
Analisis Faktor Keterlekatan Kerja terhadap Kesiapan Penerapan Rekam Medis Elektronik di Rumah Sakit Pertamina Bintang Amin. Annissa Achmadsyah Gewang, Achmad Farich, Christin Angelina F, Ika Sudirahayu, Riyanti Riyanti	5805-5835

AN OBSERVATIONAL STUDY OF SKIN HYDRATION WITH ITS RISK FACTORS ON PRURITUS SEVERITY LEVEL IN THE ELDERLY AT SASANA TRESNA WERDHA RIA PEMBANGUNAN NURSING HOME, CIRACAS, EAST JAKARTA, INDONESIA

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ABSTRACT

The increasing elderly population increases the prevalence of health problems associated with the aging of the elderly. Aging causes the alteration of the skin function as a barrier in the elderly, which affects the skin hydration and can be influenced by various factors. Decreasing skin hydration causes dry skin. Dry skin can increase the risk and severity of pruritic skin, which is one of the most common skin problems in the elderly. Pruritus triggers the elders to scratch their skin and could result in opened wounds, which could lead to infection and a lower quality of life. To get a description of the skin hydration along with its risk factors' data distribution (such as age, total daily liquid consumption, daily moisturizer usage frequency, and hot water usage for bathing) on the elders with and without pruritus, as well as on each of the pruritus severity levels of the elders at Sasana Tresna Werdha RIA Pembangunan Nursing Home. This research used an observational-descriptive approach using a cross-sectional method. In total, there are 41 elders at Sasana Tresna Werdha RIA Pembangunan Nursing Home who participated in this research. The sampling technique used was total sampling. The data were collected through interviews using 12-items pruritus severity scale questionnaires and measurements with Large LCD BIA Skin Analyzer for skin hydration values. The data were analyzed using a univariate analysis. Crosstabs will be made between variables to be observed in more detail about the possibilities of interrelationships between the variables. From the 41 elders at Sasana Tresna Werdha RIA Pembangunan Nursing Home, there were 16 elders (39%) without pruritus and 25 elders (61%) with pruritus, which composed of 6 elders (24%) with mild pruritus, 15 elders (60%) with moderate pruritus, and 4 elders (16%) with severe pruritus. The mean of skin hydration of the elders without pruritus was 52.7% and with pruritus was 44.5%. Among the elders with pruritus, the mean of skin hydration of them with mild pruritus was 48%, moderate pruritus was 45.5%, and severe pruritus was 35.6%. This data showed that the population of elders with pruritus was increasing along with an increase in age. Our data also showed that the majority of the elders had a total daily liquid consumption of less than eight glasses and it was increasing along with an increase in pruritus severity level. Further, the data showed that the majority of elders with pruritus never used daily moisturizer and always used hot water for daily bathing. The mean of skin hydration of the elders without pruritus was 52.7% and that of the elders with pruritus was 44.5%. The lowering of the skin hydration level was in parallel with the increase of the pruritus severity of the elders. There was an increase in the population of the elders with pruritus along with an increase in age. The percentage of elders with a total daily liquid consumption of less than eight glasses was increasing along with an increase in pruritus severity levels. The majority of the elders with pruritus never used daily moisturizer and always used hot water for daily bathing.

Keywords: Skin Hydration, Pruritus Severity Level, Elderly, Age, Liquid Consumption, Moisturizer Usage, Hot Water

INTRODUCTION

Someone who has reached the age of 60 and over is called the elderly (Kurtubi, 2022). The increasing elderly population, along with current development, increases the prevalence of health problems associated with the aging of the elderly. The number of elderly people worldwide is expected to double from 1 billion in 2020 to 2.1 billion in 2050, according to the World Health Organization (WHO, 2022). In Indonesia, the proportion of senior people is approximately 10.48% of the total population, with 51.81% of elderly women and 48.19% of elderly males (Badan Pusat Statistik, 2022).

Aging causes various organ functions to decline in the elderly, such as skin, which serves as a barrier (Lopez-Ojeda et al., 2022). Aging of the skin causes structural and functional changes that disrupt the stratum corneum, causing skin hydration to decrease and leading to dry skin (xerosis cutis) (Camilion et al., 2022; Rawlings & Harding, 2004). Dry skin is one of the reasons why elderly people often have pruritus. Pruritus encourages scratching. which could cause open wounds and infection that lower the elderly's quality of life (Wang et al., 2020).

From the elaboration above, an observational study of skin hydration and its risk factors on pruritus severity level is important as it can affect the elderly's quality of life and can serve as a foundation for studies such as analytical and interventional studies in the future

that aim to improve the elderly's quality of life.

LITERATURE REVIEW

As the primary and largest organ for protection, skin serves as the body's first line of physical defense against the outside world, which is called as the epidermal or skin protective barrier. It covers the whole surface of the body and helps maintain adequate skin hydration (Camilion et al., 2022; Lopez-Ojeda et al., 2022). The stratum corneum is the most outer layer of the skin and comprises corneocytes, which act as a mechanical barrier on the epidermis to prevent pathogen invasion and water loss (Murphrey et al., 2022). Water is very important for skin hydration and the skin's ability to retain water depends on stratum corneum. The primary elements that impact the stratum corneum's capacity to retain water are the intercellular lipids within the stratum corneum, which arranged to create a barrier against trans epidermal water loss (TEWL), and a group of naturally occurring hygroscopic agents in the corneocytes known as natural moisturizing factor (NMF) (Verdier-Sévrain & Bonté, 2007). Other components of the skin that must be in equilibrium for the epidermal protective barrier to be competently permeable are ceramides, free fatty acids, and cholesterol. A deficiency in any of these three components will disrupt the barrier permeability (Wang et al., 2020).

The skin of the elderly will experience a decline in quality, both naturally and due to comorbid diseases, which usually affect skin function (Kurtubi, 2022). Aging increases the likelihood of dry skin by reducing the number of small blood vessels. resulting in diminished supply of blood and nutrients to the skin. Aging also reduces the number of sweat and sebaceous glands as well as lipid production in the skin. Thinning of the epidermis and elastic fibers that provide dermal support reduces the strength of the barrier layer that protects the skin from water loss (Hurlow & Bliss, 2011). Natural skin moisturizers such as trans-urocanic acid and pyrrolidone carboxylic acid, which are metabolites of filaggrin, are found in lower concentrations in aged skin. A drop in lipid levels is observed in addition to ceramide is one type of lipid that has the ability to bind water. The majority of the epidermal protective barrier is made up of extracellular multilamellar bilayers, generated by which were an enzymatic process from extracellular lipid precursors in the stratum corneum. The stratum corneum can be made more acidic to enhance the barrier's capacity to repair, with 5.0 being the usual ideal pH for this enzyme activity. The amounts of sebum, filaggrin, and secretory phospholipase 2 (sPLA2) can all contribute to an acidic skin. Triglycerides found in sebum will break down into free fatty acids, and secretory phospholipase 2 (sPLA2) facilitates this process by helping phospholipids convert into free fatty Through acids. the filaggrinhistidine-urocanic acid pathway, filaggrin will be broken down into trans-urocanic acid, which has a positive link with skin acidity. Aging reduced the amounts of these three components. According to previous

studies, the total lipid levels in the aging stratum corneum drop by over 30% in comparison to the young stratum corneum. Decreased cholesterol production also became one of the primary causes of this decline. Nevertheless, the pH of the skin's surface rises with age, which obstructs the process of barrier repair (Wang et al., 2020).

Another factor that has an effect on barrier permeability is daily liquid consumption. Adequate liquid consumption is important to maintain adequate skin hydration, which is crucial for the epidermal protective barrier (Palma et al., 2015). Generally, 2.0 L of liquid per day for women and 2.5 L of liquid per day for men is considered an appropriate intake (AI) of liquids for the elderly. Given that 20% of liquids are obtained from meals, women require at least 1.6 L of liquids per day and men 2.0 L of liquids per day (Vilmundardóttir £t Skúladóttir, 2021). Trans epidermal water loss (TEWL) is a measurement used to illustrate the integrity of the epidermal protective barrier. measures the amount of water lost from the stratum corneum in the skin (Green et al., 2022). Lack of water and increased TEWL with aging are linked to dry skin or xerosis cutis (Gade et al., 2023; Ibuki et al., 2018). If the skin's water content falls below 10%, the enzymatic responsible process desquamation will be impaired, causing the corneocytes to adhere to one another and accumulate on the skin's surface. As a result, the skin looks rough, dry, scaly, and peeling (Verdier-Sévrain & Bonté, 2007).

Water exposure for prolonged periods caused disturbances in the lipid layer inside the stratum corneum, which caused corneocytes to swell and deposit a large portion of water. This may facilitate the penetration of allergens or extrinsic

irritants and foster the growth of microorganisms. Bathing with hightemperature water causes trans epidermal water loss (TEWL) to increase and disrupt the lipid structure inside the stratum corneum, which may disturb the permeability of the epidermal protective barrier (Herrero-Fernandez et al., 2022).

Complex chemical combinations called moisturizers are intended to increase the water content of the skin and reduce trans epidermal water loss (TEWL), making the skin softer and more pliable (Hurlow & Bliss, 2011). There are different types of moisturizers. Emollients, which fill up gaps between intercorneocyte clusters to improve skin hydration, smoothness, softness, and flexibility, are mostly lipids and composed of Another constituents. form moisturizer that is largely oil-based is called an occlusive. It works to keep the skin's water content stable by covering the skin in a hydrophobic laver and preventing transepidermal water loss. Humectants, the next type of moisturizers, are made up of hygroscopic substances that transfer moisture from the dermis and humidity into epidermis to aid in water absorption by the stratum corneum. The correct choice of moisturizer and consistent application are key factors in its effectiveness (Purnamawati et al., 2017). It is advised to moisturize the entire body with at least two ounces (50 g) of a cream body moisturizer, as much as twice a day. Usage of a moisturizer after bathing while skin is moist will help 'trap' the moisture so it can be used to hydrate the tissues (Hurlow & Bliss, 2011).

All of the factors above that disrupts the permeability of the epidermal protective barrier can exacerbate the expression of cytokines and the infiltration of inflammatory cells into the skin. Histamine and cytokines that are produced in excess in the skin create pruritus (Wang et al., 2020). Pruritus is an itchy sensation that can trigger the urge to scratch (Potenzieri & Undem, 2011; Rupert & Honeycutt, 2022). An epidermal 'window' can emerge as a result of scratching. Inhibition of the healing process due to aging causes the epidermal 'window' to open long enough, allowing dangerous substances to enter the skin. This leads to heightened skin inflammation and exacerbates pre-existing inflammatory diseases, including atopic dermatitis. eczema and Persistent skin inflammation can lead to systemic inflammation, which can lead to inflammatoryassociated disorders (Wang et al., 2020).

From the elaboration above, an observational study of skin hydration and its risk factors on pruritus severity level is important as it can affect the elderly's quality of life and can serve as a foundation for studies such as analytical and interventional studies in the future that aim to improve the elderly's quality of life.

Problem formulation:

- How was the description of the skin hydration on the elderly with and without pruritus at Sasana Tresna Werdha RIA Pembangunan?
- How was the description of the skin hydration on each of the pruritus severity level at Sasana Tresna Werdha RIA Pembangunan Nursing Home?
- 3. How was the data distribution of the elders' age on each pruritus severity level of the elderly at Sasana Tresna Werdha RIA Pembangunan Nursing Home?
- 4. How was the data distribution of total daily liquid consumption on each pruritus severity level of

- the elderly at Sasana Tresna Werdha RIA Pembangunan Nursing Home?
- 5. How was the data distribution of daily moisturizer usage frequency on each pruritus severity level of the elderly at Sasana Tresna Werdha RIA Pembangunan Nursing Home?
- 6. How was the data distribution of daily hot water usage on bathing on each pruritus severity level of the elderly at Sasana Tresna Werdha RIA Pembangunan Nursing Home?

METHODS

This research used a crossmethod with sectional observational-descriptive approach. The research was carried out from December 2023 to January 2024 for an estimated duration of one month Sasana Tresna Werdha RIA Pembangunan, which was located in Jl. Pusdika No. 8, RT. 08/RW. 07, Kelurahan Cibubur, Kecamatan Ciracas, Kota Jakarta Timur, DKI Jakarta, Indonesia.

Overall, 41 elderly people who reside there had agreed to take part in this research and met the inclusion requirement, that was still be able to be interviewed. This research used the total sampling technique.

The researcher collected the data through direct interviews with guestionnaires and measurement with a tool. There were two questionnaires being used in this research. The first questionnaire was for demographics, which included the elder's name, gender, and risk factors for skin hydration. The first risk factor was the elder's age, which was divided into three categories (listed in the result section). The second risk factor was elders' total daily consumption, which was divided into two categories, e.g. the elders who had total daily liquid consumption of less than eight glasses and them who had total daily liquid consumption of more than or equal to eight glasses. The third risk factor was the elders' daily moisturizer usage frequency, which was divided into the elders who never used moisturizer daily. them who had daily usage of moisturizer frequency less than two times, and them who had daily usage of moisturizer frequency more than or equal to two times. The last risk factor was the elders' daily hot water usage on bathing, e.g. the elders who never used hot water on bathing, them who sometimes used hot water on bathing, and them who always used hot water on bathing. The second questionnaire was the assessment of pruritus severity level, named 12-items of pruritus severity scale. This questionnaire comprised of 12 items for a multidimensional approach to pruritus. These items categorized into domains: five pruritus intensity, pruritus extent, pruritus frequency and duration, pruritus impact on daily activities mood, and approach scratching activities as a response to pruritus. Based on the range, the questionnaire findings were divided into three categories, which was listed in the result section. The measurement of skin hydration was being done using Large LCD BIA Skin Analyzer on the anterior surface of the distal portion of both upper arms, which had less hair, with consideration to minimize interference with the measurement result. The health research ethical committee of the Faculty of Medicine Tarumanagara University had approved research with the document number 246/KEPK/FK UNTAR/XI/2023.

The data was organized and analyzed with a univariate analysis

using the statistical package for the social sciences (SPSS) after the collection process is complete. The categorical data will be presented with its proportion in frequency and its percentage, while the numerical data will be presented with its mean and standard deviation if its

distribution is parametrical and will be presented with its median and interquartile range if its distribution is non-parametrical. Crosstabs will be made between variables to be observed in more detail about the possibilities of interrelationships between variables.

RESULTS

Table 1. Research Results

Variable	Categorical Data	cal Numerical Dat	
variable	Frequency (%)	Mean (SD)	Median (IQR)
Total Population	41 (100%)		
Elders without Pruritus	16 (39%)		
Elders with Pruritus	25 (61%)		
Age	•	•	
Young-Old	5 (12%)		
Middle-Old	14 (34%)		
Very-Old	22 (54%)		
Gender	· · · · · · · · · · · · · · · · · · ·		
Male	17 (42%)		
Female	24 (58%)		
Skin Hydration	· · · · · · · · · · · · · · · · · · ·		
Without Pruritus		52.7 (9.8)	50 (4.4.05)
With Pruritus		44.5 (12.8)	59 (14.25) 43 (25)
Pruritus Severity Level	·	· · · · · · · · · · · · · · · · · · ·	
Mild	6 (24%)		
Moderate	15 (60%)		
Severe	4 (16%) [´]		
Total Daily Liquid Consumption	· · · · · · · · · · · · · · · · · · ·		
< 8 glasses	28 (68%)		
> 8 glasses	13 (32%)		
Daily Moisturizer Usage	· · · · · · · · · · · · · · · · · · ·		
Frequency			
Never	26 (63%)		
< 2 times	8 (20%)		
2 times	7 (17%)		
Hot Water Usage for Bathing	•		
Never	9 (22%)		
Sometimes	10 (24%)		
Always	22 (54%)		

In total, there were 41 elders in Sasana Tresna Werdha RIA Pembangunan. The majority of the elders had pruritus (61%), and fall into the very-old category (54%). The skin hydration of elders without pruritus was 52.7%, which was higher than the skin hydration of elders with pruritus (44.5%). The majority of elders with pruritus were the elders with moderate pruritus (60%). More than half of the elders at

Sasana Tresna Werdha RIA Pembangunan had a total daily liquid consumption of less than eight glasses, which was 28 out of 41 elders with a percentage of 68%. The majority of the elders also never used daily moisturizer, which was 26 out of 41 elders with a percentage of 63%. And more than half of the elders always used hot water for bathing, which was 22 out of 41 elders with a percentage of 54%.

Table 2. The Description of Pruritus Severity Level with Skin Hydration

Pruritus Severity Level Skir	n Hydration (%	Total Frequency (%)
Mild	48	6 (24%)
Moderate	45.5	15 (60%)
Severe	35.6	4 (16%)

Table 3. Classification of Pruritus Severity Level

No.	Interval	Interpretation
1.	3-6 points	Mild
2.	7-11 points	Moderate
3.	12-22 points	Severe

From the table above, it was shown that the skin hydration was decreasing along with an increasing pruritus severity level. The highest skin hydration was 48% at the mild pruritus level, and the lowest was 35.6% at the severe pruritus level.

Table 4. The Description of Pruritus Severity Level with Age

		Age		Total
Pruritus Severity Level	Young-Old Frequency (%)	Middle-Old Frequency (%)	Very-Old Frequency (%)	Frequency (%)
Mild	1 (17%)	2 (33%)	3 (50%)	6 (100%)
Moderate	1 (6%)	7 (47%)	7 (47%)	15 (100%)
Severe	0 (0%)	1 (25%)	3 (75%)	4 (100%)
Total	2 (8%)	10 (40%)	13 (52%)	25 (100%)

Table 5. Classification of Age

No.	Interval	Interpretation
1.	60-69 years old	Young-Old
2.	70-79 years old	Middle-Old
3.	> 80 years old	Very-Old

From the table above, it was shown that the majority of the elders were categorized as very-old, with a total of 13 out of 25 elders. There was an increase in the population along with an increase in

the elders' age on each pruritus severity level, except for the elders with moderate pruritus, where the total population between the middle-old and the very-old was equal.

Table 6. The Description of Pruritus Severity Level with Total Daily Liquid Consumption

	Total Daily Liqu	Total		
Pruritus Severity Level	< 8 glasses Frequency (%)	≥ 8 glasses Frequency (%)	Frequency (%)	
Mild	3 (50%)	3 (50%)	6 (100%)	
Moderate	12 (80%)	3 (20%)	15 (100%)	
Severe	4 (100%)	0 (0%)	4 (100%)	
Total	19 (76%)	6 (24%)	25 (100%)	

From the table above, it was shown that the percentage of the elders who had a total daily liquid consumption of less than eight glasses was increasing along with an increase in the pruritus severity level.

Table 7. The Description of Pruritus Severity Level with Daily Moisturizer Usage Frequency

Pruritus Severity Level	Daily Moisturizer Usage Frequency			Total
	Never Frequency (%)	< 2 times Frequency (%)	2 times Frequency (%)	Total Frequency (%)
Mild	5 (83%)	1 (17%)	0 (0%)	6 (100%)
Moderate	10 (67%)	4 (27%)	1 (6%)	15 (100%)
Severe	2 (50%)	1 (25%)	1 (25%)	4 (100%)
Total	17 (68%)	6 (24%)	2 (8%)	25 (100%)

From the table above, it was shown that in all of the pruritus

severity levels, the majority of the elders never used daily moisturizer.

Pruritus Severity Level	Hot Water Usage for Bathing			Tatal
	Never Frequency (%)	Sometimes Frequency (%)	Always Frequency (%)	Total Frequency (%)
Mild	1 (17%)	0 (0%)	5 (83%)	6 (100%)
Moderate	5 (33%)	4 (27%)	6 (40%)	15 (100%)
Severe	0 (0%)	1 (25%)	3 (75%)	4 (100%)
Total	6(24%)	5 (20%)	14 (56%)	25 (100%)

Table 8. The Description of Pruritus Severity Level with Hot Water Usage for Bathing

From the table above, it was shown that in all of the pruritus severity levels, the majority of the elders always used hot water for daily bathing.

DISCUSSION

In this research, it was found that 16 out of 41 elders with a percentage of 39% was without pruritus, and 25 out of 41 elders with a percentage of 61% was with pruritus. The description of skin hydration for the elders without pruritus was 52.7%, which was higher than the skin hydration for the elders pruritus (44.5%). with description of skin hydration for each pruritus severity level of the elderly in Sasana Tresna Werdha RIA Pembangunan Nursing Home was 48% 45.5% for mild pruritus. for moderate pruritus, and 35.6% for severe pruritus. From this result, it could be observed that the skin hydration was decreasing along with an increase in the pruritus severity level. This finding is in line with the research done by Long (1992), which stated that pruritus severity level is interconnected with skin hydration, and patients with more severe pruritus had lower skin hydration (Long & Marks, 1992). Research done by Debora (2019) also stated that lower skin hydration causes more frequent pruritus complaints (Debora, 2019).

A crosstab between the elders' age and pruritus severity level showed that the majority of the elders were categorized as very-old, which was as much as 13 out of 25 elders with a percentage of 52%. There was an increase in the population along with an increase in age in mild and severe pruritus, except in moderate pruritus, where the population between the middleold and very-old was equal, which was seven elders with a percentage of 47%. This finding is in line with research done by Fourzali (2019). which stated that older age are more prone to pruritus because of changes from aging in the skin, medication, systemic disease, and psychology (Fourzali & Yosipovitch, 2019). Research done by Putri (2023) also stated that the elderly skin is drier than the younger people and more vulnerable to external environment, which may cause subsequent scratching due to itchy sensation (Putri et al., 2023).

Another observation was done on a crosstab between pruritus severity level and total daily liquid consumption, which showed that the percentage of the elders who had a total daily liquid consumption of less than eight glasses was increasing along with an increase in the pruritus severity level. It was found that 50% of the elders with mild pruritus, 80% of the elders with moderate pruritus, and 100% of the elders with severe pruritus had a total daily liquid consumption of less than eight glasses. Comparing to research done overseas, there was research done by Hurlow (2011), which stated that adequate liquid consumption helps maintain skin hydration (Hurlow & Bliss, 2011).

A crosstab between pruritus severity level and daily moisturizer usage frequency was observed. The majority of the elders with pruritus never used moisturizer in their daily lives. This was seen in each pruritus severity level, with 83% of the elders with mild pruritus, 67% of the elders with moderate pruritus, and 50% of the elders with severe pruritus never used moisturizer in their daily lives. This finding is in line with research done by Hurlow (2011), which stated minimal usage of moisturizer twice a day helps decrease trans epidermal water loss (TEWL) and maintain skin hydration content (Hurlow & Bliss, 2011).

Observation on a crosstab between pruritus severity level and hot water usage for bathing showed that the majority of the elders always used hot water for bathing in their daily lives. This was seen in each pruritus severity level, that was 83% of the elders with mild pruritus, 40% of the elders with moderate pruritus, and 75% of the elders with severe pruritus. This finding is in line with research done by Fernandez (2022), which stated that water exposure can disturb the skin, especially hot water which can increases trans epidermal water loss (TEWL) (Herrero-Fernandez et al., 2022). It was also known that an increase in trans epidermal water

loss (TEWL) will make the skin drier (Rasyid, 2021).

The results of this research showed that the skin hydration of the elders without pruritus was 52.7%, and the skin hydration of the elders with pruritus was 44.5%. The skin hydration for each pruritus severity level of the elderly was 48% mild pruritus, 45.5% moderate pruritus, and 35.6% for severe pruritus. Based on previous research, the age and hot water usage for bathing had a positive association with the pruritus severity level, which meant an increase in these two factors would accompanied by an increase in the pruritus severity level. While skin hydration, total daily consumption, and daily moisturizer usage frequency had a negative association with pruritus severity level, it meant a decrease in these three factors would be accompanied by an increase in pruritus severity level, and the opposite. These results were in line with those previous researches but that did not close the possibility of the existence of another factor that was not being observed by the researcher and that could have an influence on the skin hydration and pruritus severity level data's results and distribution.

CONCLUSION

The results of this research on the elderly at Sasana Tresna Werdha RIA Pembangunan Nursing Home showed that the skin hydration of the elders without pruritus was 52.7%, and the skin hydration for the elders with pruritus was 44.5%. The skin hydration on each of the pruritus severity level were 48% in the elders with mild pruritus, 45.5% in the elders with moderate pruritus, and 35.6% in the elders with severe pruritus. The majority of the elders there were categorized as very-old

and there was an increase in the population of the elders with pruritus along with an increase in the age. The majority of the elders with pruritus had a total daily liquid consumption of less than eight glasses, and the percentage of elders with a total daily liquid consumption of less than eight glasses was increasing along with an increase in pruritus severity levels. The majority of the elders with pruritus never used moisturizer in their daily lives and always used hot water for bathing.

Based on the findings above, researcher hoped that controlling risk factors—such as consuming eight or more glasses of fluid daily, taking a bath without hot water with a maximum of two baths daily, and using moisturizer on a regular basiscan reduce complaints of pruritus in the elderly. Researcher also hoped that the findings in this research can serve as references for future analytical or interventional research that aims to improve the skin hydration content of the elders there, which ultimately will improve their quality of life. Future research can investigate more about this topic with a larger population because this study only included 41 elderly people, which causing the distribution of elderly people in each pruritus category was quite uneven.

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