

**POLITEKNIK KESEHATAN TANJUNG KARANG**  
**JURUSAN KESEHATAN GIGI**  
Karya Tulis Ilmiah, Juni 2024

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**PENGARUH MENGGONSUMSI BUAH PIR TERHADAP SKOR DEBRIS  
PADA ANAK USIA 7 – 9 TAHUN DI MI NURUL ULUM TAHUN 2024**  
(xiv + 34 halaman , 11 tabel , 4 gambar, 20 lampiran)

**ABSTRAK**

Jumlah prevalensi provinsi Lampung mengalami gigi rusak, berlubang, dan sakit 19,63%. Berdasarkan hasil data dari puskesmas Sukaraja Bandar Lampung didapatkan data sebanyak 134 siswa/i Mi Nurul Ulum yang mengalami karies gigi. Pada anak usia sekolah antara 7-9 tahun sangat rentang terhadap permasalahan kesehatan gigi. Tujuan dari Karya Tulis Ilmiah ini adalah untuk mengetahui pengaruh mengkonsumsi buah pir terhadap skor debris pada anak usia 7-9 tahun. Jenis penelitian menggunakan desain kuantitatif dengan jenis penelitian eksperimen dengan rancangan one group pre-test-posttest. Metode pengumpulan data menggunakan informed consent dan lembar penilaian tingkat debris. Penilaian tingkat debris dilakukan sebelum mengkonsumsi buah pir (*pretest*) dan setelah mengkonsumsi buah pir (*post test*). Siswa/i sebelum mengkonsumsi buah pir didapatkan skor debris dengan kategori baik sebanyak 0 siswa/i, sedang 22 siswa/i dan buruk 22 siswa/i. Selanjutnya sesudah dilakukan intervensi mengkonsumsi buah pir didapatkan skor debris dengan kategori baik sebanyak 32 siswa/i, sedang 12 siswa/i dan buruk 0 siswa/i. Berdasarkan hasil tersebut peneliti menyimpulkan setelah dilakukan intervensi mengkonsumsi buah pir pada siswa/i didapatkan hasil skor debris baik 32 siswa/i dan buruk 12 siswa/i sehingga menandakan adanya pengaruh mengkonsumsi buah pir terhadap skor debris pada anak usia 7-9 tahun.

Kata kunci : Buah Pir, Skor Debris  
Daftar Pustaka : 31 (2018-2023)

**TANJUNGPURBAN HEALTH POLYTECHNIC  
DENTAL HEALTH DEPARTMENT  
Scientific Paper, June 2024**

KARISMA AYU ELISSA

**THE EFFECT OF CONSUMING PEARS ON DEBRIS SCORES IN  
CHILDREN AGED 7-9 YEARS AT MINURUL ULUM, 2024  
(xiv + 34 pages, 11 tables, 4 pictures, 20 attachment)**

**ABSTRAK**

The prevalence in Lampung province of experiencing damaged, cavities and diseased teeth is 19.63%. Based on data from the Sukaraja Bandar Lampung community health center, data was obtained on 134 Mi Nurul Ulum students who experienced dental caries. School age children between 7-9 years are very susceptible to dental health problems. The aim of this scientific paper is to determine the effect of consuming pears on debris scores in children aged 7-9 years. This type of research uses a quantitative design with an experimental research type with a one group pre-test-posttest design. Data collection methods used informed consent and debris level assessment sheets. Debris level assessment was carried out before consuming pears (pretest) and after consuming pears (post test). Before consuming pears, students obtained a debris score in the good category of 0 students, moderate 22 students and bad 22 students. Furthermore, after the pear consumption intervention was carried out, debris scores were obtained in the good category of 32 students, 12 students were medium and 0 students were bad. Based on these results, the researchers concluded that after the pear consumption intervention was carried out on students, the debris scores were good for 32 students and bad for 12 students, indicating that there was an influence of consuming pears on debris scores for children aged 7-9 years.

Kata Kunci : Pear, Debris Score

Daftar Pustaka : 31 (2018-2023)