

POLITEKNIK KESEHATAN TANJUNGPURUNING
JURUSAN KESEHATAN GIGI

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**PENGARUH PENGUNYAHAN SAYUR SELEDRI TERHADAP PH SALIVA
PADA KOMUNITAS PENGAJIAN DI KAMPUNG WAY TAWAR, KEC.
PAKUAN RATU TAHUN 2024**

XII + 26 Halaman + 5 Tabel + 3 Gambar + 9 Lampiran

RINGKASAN

Saliva merupakan salah satu faktor penting yang berperan dalam karies gigi. Masalah karies gigi di Indonesia cukup tinggi menurut Riset Kesehatan Dasar tahun 2018 menyatakan bahwa proporsi terbesar masalah gigi di Indonesia adalah gigi rusak/berlubang/sakit (45,3%), sebanyak 57,6% penduduk di Indonesia bermasalah gigi dan mulut selama 12 bulan terakhir. Sekresi saliva dipengaruhi oleh rangsangan berupa pengecap dan pengunyahan makanan. Jumlah sekresi yang banyak akan berpengaruh terhadap peranan saliva dalam mencegah karies. Tekstur makanan yang renyah bagus untuk menyigkirkan plak serta memoles gigi dan gusi. Jenis makanan seperti seledri bermanfaat memperbanyak produksi air liur (saliva) sehingga melumpuhkan bakteri penyebab gigi berlubang.

Dalam Penelitian ini menggunakan metode penelitian praeksperimen dengan desain One Group Pretest posttest, dilakukan uji Wilcoxon Signed Rank Test untuk membandingkan antara dua pengukuran sebelum dan sesudah. Hasil sebelum mengunyah sayur seledri adalah bersifat asam 26 orang (76,5%) dan bersifat normal 8 orang (23,5%). Dan sesudah mengunyah sayur seledri adalah bersifat asam 3 orang (8,8%), bersifat normal 16 orang (47,1%) dan bersifat basa 15 orang (44,1%). hasil *asympt.sig* adalah 0.00 lebih kecil dari 0,05 maka data tersebut signifikan atau berpengaruh.

Kata Kunci : PH Saliva

Daftar Bacaan : 18 (2018-2023)

**TANJUNGPURANG HEALTH POLYTECHNIC
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**THE EFFECT OF CHEWING CELERY VEGETABLES ON THE PH OF
SALIVA IN THE TEACHING COMMUNITY IN WAY TAWAR
VILLAGE, KEC. QUEEN'S FERN IN 2024**

XII + 26 Pages + 5 Tables + 3 Figures + 9 Attachments

ABSTRACT

Saliva is an important factor that plays a role in dental caries. The problem of dental caries in Indonesia is quite high, according to the 2018 Basic Health Research, which states that the largest proportion of dental problems in Indonesia are damaged/caved/sick teeth (45.3%), as many as 57.6% of the population in Indonesia have dental and oral problems within 12 months. Salivary secretion is influenced by stimuli in the form of tasting and chewing food. A large amount of secretion will affect the role of saliva in preventing caries. The crunchy texture of food is good for removing plaque and polishing teeth and gums. Types of food such as celery are useful for increasing the production of saliva (saliva) thereby paralyzing the bacteria that cause cavities.

In this research, a pre-experimental research method was used with a One Group Pretest posttest design, the Wilcoxon Signed Rank Test was carried out to compare the two measurements before and after. The results before chewing celery were acidic for 26 people (76.5%) and normal for 8 people (23.5%). And after chewing celery, it was acidic for 3 people (8.8%), normal for 16 people (47.1%) and alkaline for 15 people (44.1%). asymp.sig result is 0.00, smaller than 0.05, then the data is significant or influential.

Keywords: Saliva PH

Reading List: 18 (2018-2023)