

POLITEKNIK KESEHATAN KEMENKES TANJUNGPURUNING
JURUSAN KESEHATAN GIGI

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ELGA ADJENG PRAMUJA

**EFEKTIVITAS BERKUMUR AIR REBUSAN DAUN JAMBU BIJI DAN
AIR REBUSAN DAUN SALAM TERHADAP PENURUNAN SCORE PLAK
PADA ANAK KELAS III-IV SDN 2 AIR KUBANG TAHUN 2023**

Xvii + 44 halaman, 5 tabel , 6 gambar, dan 9 lampiran

ABSTRAK

Obat herbal merupakan obat yang berasal dari tanaman. Kandungan dalam daun jambu biji dan daun salam sebagai antibakteri dan antimikroba yang dapat menghambat pertumbuhan bakteri pada rongga mulut sehingga pertumbuhan plak dapat terhambat. Tujuan Penelitian adalah diketahui efektivitas air rebusan daun jambu biji dan air rebusan daun salam terhadap penurunan score plak. Metode dan desain penelitian adalah ekperiment dengan desain penelitian pretest-posttest control grup. Sampel penelitian sebanyak 32 sampel kelas III-IV SD Negeri 2 Airkubang. Hasil penelitian hasil uji T independent–test yang dilakukan diperoleh nilai P.value $0.018 < 0.05$. Berkumur air rebusan daun salam lebih efektif dibandingkan berkumur dengan air rebusan daun jambu biji. Saran penelitian ini adalah adanya program berkumur satu bulan sekali dan berkumur setelah makan minimal dengan air putih maupun air rebusan daun jambu biji dan air rebusan daun salam dalam penurunan score plak gigi.

Kata kunci: Efektivitas, Daun Jambu Biji, Daun Salam, Plak Gigi.

Daftar Bacaan : 32 (2000-2021)

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THE EFFECTIVENESS OF GARGLING GUAVA LEAF DECOCTION WATER AND BAY LEAF DECOCTION WATER ON REDUCING PLAQUE SCORE IN CHILDREN IN CLASS III-IV SDN 2 AIR KUBANG IN 2023

Xvii + 44 page, 5 tables, 6 pictures, and 9 attachments

ABSTRACT

Herbal medicine is a medicine derived from plants. The content in guava leaves and bay leaves as antibacterial and antimicrobial which can inhibit the growth of bacteria in the oral cavity so that plaque growth can be inhibited. The purpose of the study was to determine the effectiveness of guava leaf decoction water and bay leaf decoction water on reducing plaque score. The research method and design is an experiment with a pretest-posttest control group research design. The research sample was 32 samples of class III-IV SD Negeri 2 Airkubang. The results of the independent-test T test conducted obtained a P.value of 0.018 <0.05. Gargling with bay leaf decoction water is more effective than gargling with guava leaf decoction water. The suggestion of this study is the existence of a gargle program once a month and gargle after eating at least with plain water or guava leaf decoction water and bay leaf decoction water in reducing dental plaque score.

Keywords: Effectiveness, Guava Leaf, Bay Leaf, Dental Plaque.

Reading List: 32 (2000-2021)