

**POLITEKNIK KESEHATAN TANJUNGPURANG
JURUSAN KESEHATAN GIGI**

Karya Tulis Ilmiah, 13 Juli 2023

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**PENGARUH pH SALIVA SEBELUM DAN SESUDAH MINUM KOPI
ROBUSTA PADA MAHASISWA JURUSAN KESEHATAN GIGI
POLTEKKES TANJUNGPURANG TAHUN 2023**

xv + 31 halaman, 7 tabel, 3 gambar dan 8 lampiran

ABSTRAK

Derajat keasaman (pH) saliva merupakan salah satu faktor penting yang berperan dalam pencegahan karies gigi, demineralisasi gigi, dan penyakit lain di rongga mulut. Sifat asam di dalam rongga mulut akibat konsumsi makanan kariogenik seperti sukrosa, dapat menyebabkan perubahan pada pH Saliva, seperti minuman kopi robusta, karena kopi mengandung sukrosa dan beberapa zat asam. Judul: Pengaruh pH Saliva Sebelum dan Sesudah Minum Kopi Robusta pada Mahasiswa Jurusan Kesehatan Gigi Poltekkes Tanjungpurang Tahun 2023. Tujuan: : Penelitian ini bertujuan untuk mengetahui perbedaan pH saliva sebelum dan sesudah minum kopi pada kopi Robusta pada Mahasiswa jurusan Kesehatan Gigi Poltekkes Tanjungpurang. Metode: Penelitian ini merupakan penelitian experiment dengan pendekatan pre dan post test design, menggunakan Teknik Random sampling. Responden: Mahasiswa Kesehatan Gigi Poltekkes Tanjungpurang dengan sampel sebanyak 66 Mahasiswa. Hasil: Rata - rata pH saliva sebelum minum kopi Robusta adalah 6,27 dan sesudah minum kopi Robusta adalah 5,29. diperoleh hasil $p = .000$ ($p < 0.05$) menunjukkan terjadinya penurunan pH saliva sesudah minum kopi robusta.

Kata kunci : Kopi Robusta, pH Saliva

Daftar Bacaan : 28 (2007-2021)

**TANJUNGKARANG HEALTH POLYTECHNIC
DENTAL HEALTH DEPARTMENT**

Scientific Writing, July 13, 2023

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**EFFECT OF SALIVA pH SALIVA BEFORE AND AFTER DRINKING
COFFE ROBUSTA IN DENTAL HEALTH DEPARTMENT STUDENTS
TANJUNGKARANG HEALTH POLYTECHNIC 2023**

xv + 31 pages, 7 tables, 3 figures and 8 attachments

ABSTRACT

The degree of acidity (pH) of saliva is an important factor that plays a role in the prevention of dental caries, tooth demineralization, and other diseases in the oral cavity. The acidic nature in the oral cavity due to consumption of cariogenic foods such as sucrose, can cause changes in the pH of saliva, such as robusta coffee drinks, because coffee contains sucrose and several acids. Title: The Effect of Saliva pH Before and After Drinking Robusta Coffee on Students of the Dental Health Department of the Tanjungkarang Polytechnic in 2023. Purpose: This study aims to determine the difference in salivary pH before and after drinking coffee on Robusta coffee in Students majoring in Dental Health at the Tanjungkarang Polytechnic. Method: This research is an experimental research with a pre and post test design approach, using a random sampling technique. Respondents: Dental Health Students of the Tanjugkarang Health Polytechnic with a sample of 66 students. Results: The average salivary pH before drinking Robusta coffee was 6,27 and after consuming Robusta coffee was 5,29. The results obtained were $p = .000$ ($p < 0.05$) indicating a decrease in salivary pH after drinking Robusta coffee.

Keywords : Robusta Coffee, Saliva pH

Reading List : 28 (2007-2021)