

POLITEKNIK KESEHATAN KEMENKES TANJUNGPURWOREJO
JURUSAN KESEHATAN GIGI
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PENGARUH MINUM INFUSED WATER TIMUN DAN INFUSED WATER NANAS TERHADAP PH SALIVA PADA MAHASISWA TINGKAT I JURUSAN KESEHATAN GIGI POLTEKKES TANJUNGPURWOREJO TAHUN 2024

xv + 40 Halaman + 8 Gambar + 5 Tabel + 8 Lampiran

RINGKASAN

Infused Water merupakan air minum yang berisi potongan buah dan sayuran yang kaya akan manfaat, salah satunya mempertahankan daya tahan tubuh, sebagai antioksidan, dan antibakteri. Minuman *Infused Water* dapat mempengaruhi kondisi pH saliva, dimana tingkat keasaman penting dipertahankan dalam keadaan netral untuk mencegah karies gigi. Dalam keadaan normal pH saliva berkisar 6,8-7,2. Menurunnya pH saliva dalam keadaan asam menunjukkan resiko karies, sedangkan meningkatnya pH saliva dalam keadaan basa dapat mengakibatkan pembentukan karang gigi.

Hasil penelitian menunjukkan bahwa tidak adanya perubahan pH setelah mengonsumsi *Infused Water* Mentimun dimana sebelum mengonsumsi *Infused Water* timun 57,8% Mahasiswa dalam kategori netral dan sesudah mengonsumsi *Infused Water* timun 53,3% Mahasiswa dalam kategori netral. Dan setelah mengonsumsi *Infused Water* Nanas menunjukkan hasil 88,9% Mahasiswa dalam kategori asam. Sementara itu diketahui pengaruh sebelum dan sesudah mengonsumsi *Infused Water* timun tidak memiliki perbedaan yang signifikan dengan hasil P.Value 0,739 dan diketahui pengaruh sebelum dan sesudah mengonsumsi *Infused Water* Nanas memiliki perbedaan yang signifikan dengan hasil P.Value 0,000 karena P.Value <0.05. Saran pada Mahasiswa Poltekkes Tanjungpurwo dapat menjaga kesehatan gigi salah satunya dengan mengonsumsi *Infused Water* untuk menyeimbangkan pH saliva.

Kata Kunci : *Infused Water* Mentimun dan *Infused Water* Nanas, pH Saliva

Daftar Bacaan : 36 (2016-2023)

POLYTECHNIC HEALTH TANJUNGPUR
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THE EFFECT OF DRINKING CUCUMBER INFUSED WATER AND PINEAPPLE INFUSED WATER ON SALIVA PH IN LEVEL I STUDENTS DEPARTMENT OF DENTAL HEALTH POLTEKKES TANJUNGPUR IN 2024

xv + 40 Pages + 8 Pictures + 5 Tables + 8 Attachment

ABSTRACT

Infused Water is drinking water containing pieces of fruit and vegetables which are rich in benefits, one of which is maintaining the body's immune system, as an antioxidant and antibacterial. Infused water drinks can affect salivary pH conditions, where it is important to maintain the acidity level in a neutral state to prevent dental caries. Under normal circumstances the pH of saliva ranges from 6.8-7.2. A decrease in the pH of saliva in an acidic state indicates a risk of caries, while an increase in the pH of saliva in an alkaline state can result in the formation of tartar.

The research results showed that there was no change in pH after consuming Cucumber Infused Water, where before consuming Cucumber Infused Water, 57.8% of students were in the neutral category and after consuming Cucumber Infused Water, 53.3% of students were in the neutral category. And after consuming Pineapple Infused Water, 88.9% of students showed results in the sour category. Meanwhile, it is known that the effect before and after consuming cucumber Infused Water does not have a significant difference with a P.Value result of 0.739 and it is known that the effect before and after consuming pineapple Infused Water has a significant difference with a P.Value result of 0.000 because P.Value <0.05 . One suggestion for Tanjungpur Health Polytechnic students is to maintain dental health, one of which is by consuming infused water to balance the pH of saliva.

Keywords : Cucumber Infused Water and Pineapple Infused Water, pH Saliva

Reading List : 36 (2016-2023)