

**POLITEKNIK KESEHATAN KEMENKES TANJUNGPURWANG
JURUSAN KESEHATAN GIGI**

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ADINDA PUTRI MAHARANI

**PERBANDINGAN MENGUNYAH BUAH PEPAYA DAN BENGGKANG
TERHADAP PENURUNAN DEBRIS INDEKS PADA MAHASISWA/I
TINGKAT 1 JURUSAN KESEHATAN GIGI POLTEKKES
TANJUNGPURWANG 2024**

viii + 47 halaman, + 15 tabel, + 12 gambar, + 11 lampiran

ABSTRAK

Masyarakat Indonesia kurang mengonsumsi buah-buahan setiap harinya. Pada provinsi Lampung hanya 6,20% yang mengonsumsi buah 5 porsi setiap hari dan pada usia 15-19 tahun 5,35% yang mengonsumsi buah 5 porsi setiap hari. Penduduk dikategorikan cukup konsumsi sayur dan buah apabila mengonsumsi minimal 5 porsi per hari dalam seminggu (Riskesdas 2018). Berdasarkan Badan Kesehatan Dunia (WHO) merekomendasikan konsumsi buah 150 gram/hari. Buah-buahan membantu proses pembersihan alami gigi, menurunkan skor debris indeks dan mencegah terjadinya karies.

Tujuan penulisan laporan tugas akhir untuk mengetahui perbandingan mengunyah buah pepaya & bengkoang terhadap penurunan debris indeks pada mahasiswa/i tingkat 1 jurusan kesehatan gigi poltekkes tanjungpurwang 2024.

Prosedur kerja dalam penelitian ini tahap persiapan yaitu mencakup seluruh bagian yang akan dibutuhkan. Tahap pelaksanaan meliputi penjelasan tujuan penelitian, melakukan pretest posttest memeriksa debris indeks sebelum dan sesudah mengunyah buah pepaya dan bengkoang. Tahap penyelesaian pengolahan data, analisis data dan penyusunan laporan hasil.

Hasil penelitian menunjukkan terdapat perbandingan mengunyah buah pepaya dan bengkoang dapat dilihat dari selisih rata-rata kriteria nilai debris indeks sebelum dan sesudah mengunyah buah pepaya yaitu sedang sedangkan selisih rata-rata kriteria nilai debris indeks sebelum dan sesudah mengunyah buah bengkoang yaitu baik.

Kata kunci : Buah Pepaya, Buah Bengkoang, Debris Indeks

Daftar Bacaan : 16 (2014-2021)

DEPARTMENT OF DENTAL HEALTH

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ADINDA PUTRI MAHARANI

COMPARISON OF CHEWING PAPAYA AND BENGKUANG FRUIT ON DECREASE IN DEBRIS INDEX IN STUDENTS OF 1ST YEAR OF DENTAL HEALTH DEPARTMENT, TANJUNGKARANG HEALTH POLYTECHNIC 2024.

viii + 47 pages, + 15 tables, + 12 pictures, + 11 attachment

ABSTRACT

Indonesian people consume less fruits every day. In Lampung province, only 6.20% consume 5 servings of fruit every day and at the age of 15-19 years 5.35% consume 5 servings of fruit every day. The population is categorized as having sufficient consumption of vegetables and fruits if they consume at least 5 servings per day in a week (Riskesdas 2018. Based on the World Health Organization (WHO) recommends consuming 150 grams of fruit/day. Fruits help the natural cleaning process of teeth, reduce the debris index score and prevent caries.

The purpose of writing the final assignment report is to determine the comparison of chewing papaya & jicama fruit on reducing the debris index in first-year students majoring in dental health at the Tanjungkarang Polytechnic of Health 2024.

The work procedure in this study is the preparation stage, namely covering all parts that will be needed. The implementation stage includes explaining the purpose of the study, conducting a pretest posttest checking the debris index before and after chewing papaya and jicama fruit. The stage of completing data processing, data analysis and compiling the results report.

The results of the study showed that there was a comparison between chewing papaya and jicama fruit which can be seen from the difference in the average criteria for the debris index value before and after chewing papaya fruit, which was moderate, while the difference in the average criteria for the debris index value before and after chewing jicama fruit was good.

Keywords : Papaya Fruit, Jicama Fruit, Debris Index

Reading List : 16 (2014-2021)