

POLITEKNIK KESEHATAN TANJUNG KARANG
JURUSAN KESEHATAN GIGI

Karya Tulis Ilmiah, Juli 2025

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**GAMBARAN DEBRIS INDEKS SEBELUM DAN SESUDAH
MENGKONSUMSI BUAH PEPAYA PADA MURID KELAS V SDN 2
HAJIMENA LAMPUNG SELATAN TAHUN 2025**
(xvi* 26 halaman , 6 tabel , 3 gambar , 13 lampiran)

ABSTRAK

Latar Belakang: Jumlah prevalensi provinsi lampung mengalami karies gigi 56,2%. Berdasarkan hasil data kabupaten lampung selatan 52,34% mengalami masalah kesehatan gigi dan mulut.

Tujuan Penelitian: dari Karya Tulis Ilmiah ini adalah untuk mengetahui gambaran debris indeks sebelum dan sesudah mengkonsumsi buah pepaya pada murid kelas V. Jenis penelitian menggunakan kuantitatif deskriptif.

Metode Penelitian: Pengumpulan data menggunakan informed consent dan lembar penilaian debris indeks. Penilaian tingkat debris dilakukan sebelum mengkonsumsi buah pepaya (*pretest*) dan sesudah mengkonsumsi buah pepaya (*post test*).

Hasil Penelitian: Siswa/I sebelum mengkonsumsi buah pepaya didapatkan debris indeks dengan kategori baik sebanyak 5 siswa/I, sedang 45 siswa/I dan buruk 18 siswa/i. Selanjutnya sesudah dilakukan intervensi mengkonsumsi buah pepaya didapatkan debris indeks dengan kategori baik sebanyak 55 siswa/i, sedang 13 siswa/I, dan buruk 0 siswa/i.

Kesimpulan: peneliti menyimpulkan setelah dilakukan intervensi mengkonsumsi buah pepaya pada siswa/I didapatkan hasil debris indeks baik 55 siswa/I, sedang 13 siswa/I dan buruk 0 siswa/I sehingga menandakan adanya gambaran debris indeks sebelum dan sesudah mengkonsumsi buah pepaya pada murid kelas V.

Kata kunci : Buah Pepaya, Debris Indeks

Daftar Pustaka : 14 (2013-2023)

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**DEBRIS INDEKS DESCRIPTION BEFORE AND AFTER CONSUMING
PAPAYA IN GRADE V STUDENTS OF SDN 2 HAJIMENA, SOUNTH
LAMPUNG IN 2025**
(xvi 26 pages, 6 tables, 3 figures, 13 appendices)

ABSTRACT

Background: The prevalence of dental caries in lampung Lampung Province is 56.2%. Based on data from south Lampung Regency, 52.34% experience dental and oral health problems.

Purpose of the study: The purpose of this scientific paper is to determine the debris index before and after consuming papaya in grade V students. The research method used is quantitative descriptive research.

Method: Data collection method used informed consent and a debris indeks assessment sheet. Debris levels were assessed before consuming papaya (pretest) and after consuming papaya (posttest).

Result: Before consuming papaya, 5 students had a good debris index, 45 students had a moderate debris index, and 18 students had a poor debris indeks. Furthermore, after the intervention of consuming papaya, the debris index was good for 55 students, moderate for 13 students, and poor for 0 student. Based on these results.

Conclusion: the researchers concluded that after the intervention of consuming papaya, the debris indeks was good for 55 students, moderate for 13 students, and poor for 0 students, indicating a debris indeks before and after consuming papaya in fifth- grade students.

Keywords : Papaya, Debris Indeks

Bibliography : 14 (2013-2023)