

INTISARI

Karbohidrat merupakan sumber energi utama bagi tubuh manusia. Kentang dan singkong termasuk golongan karbohidrat polisakarida jenis amilum (zat pati). Pemanasan pada kentang dan singkong yang direbus menyebabkan kandungan glukosa pada pati dengan mudah dihidrolisis oleh enzim amilase. Adanya keberadaan enzim amilase memberi dampak yang berarti dalam menurunkan pH saliva. Penelitian ini bertujuan untuk mengetahui derajat keasaman (pH) saliva setelah konsumsi kentang rebus dan singkong rebus pada anak usia 7-8 tahun.

Jumlah subjek penelitian 20 anak dengan usia 7-8 tahun, dibagi menjadi 2 kelompok masing-masing berjumlah 10 anak. Pada periode pertama kelompok I diberi perlakuan konsumsi kentang rebus dan kelompok II diberi perlakuan konsumsi singkong rebus. Berat kentang dan singkong yaitu 50 gram. Derajat keasaman saliva diukur sebelum dan setelah 5, 10, serta 15 menit mengonsumsi kentang rebus dan singkong rebus. Pada periode kedua dilakukan *cross over design* dengan jeda waktu 7 hari. Data dianalisis dengan uji *Two Way Anova*.

Hasil penelitian menunjukkan bahwa terdapat perbedaan yang signifikan pH saliva antara setelah mengonsumsi kentang rebus dan singkong rebus berdasarkan waktu ($p < 0,05$). Berdasarkan hasil penelitian dapat disimpulkan bahwa setelah lima menit dan sepuluh menit konsumsi singkong rebus lebih menurunkan pH saliva dibandingkan kentang rebus. Setelah lima belas menit tidak ada perbedaan perubahan derajat keasaman saliva antara konsumsi kentang rebus dan singkong rebus pada anak usia 7-8 tahun.

Kata Kunci : kentang rebus, singkong rebus, pH saliva, anak usia 7-8 tahun.

ABSTRACT

Carbohydrates are the main source of energy for the human body. Potato and cassava belonged to the type of starch polysaccharide carbohydrate (starch). Heating on boiled potatoes and cassava causes the glucose contained in starch to get easily hydrolyzed by the enzyme amylase. The existence of enzyme amylase gives a significant impact in lowering the pH of saliva. This study aims to determine the degree of acidity (pH) of saliva after the consumption of boiled potatoes and boiled cassava in children age 7-8 years.

The number of subjects in this study is 20 children age 7-8 years, divided into 2 groups consisting of 10 children each. In the first period the first group was treated with boiled potato and the second group was treated with boiled cassava. The weight of both potato and cassava are 50 grams. The acidity of saliva was measured before and after 5, 10, and 15 minutes of boiled potatoes and boiled cassava consumption. In the second period, a cross-over design was conducted with a 7-days interval. The data were analyzed with Two Way Anova test.

The results exhibited that there are significant difference pH of saliva between after boiled potatoes and boiled cassava consumption based on the time ($p < 0,05$). Based on the results of research can be conclude that after five minutes and ten minutes consuming boiled cassava more lowered pH of saliva than boiled potatoes. After fifteen minutes there is no difference changes of pH saliva between consuming boiled potatoes and boiled cassava on children aged between 7 and 8 years.

Key Words: boiled cassava, boiled potatoes, pH saliva, children ages 7-8 years.