

INTISARI

Konsumsi makanan kariogenik menimbulkan terjadinya fermentasi glukosa makanan dan menghasilkan asam sehingga membuat rongga mulut bersuasana asam. Kulit kentang (*Solanum tuberosum* L.) mengandung senyawa flavonoid dan antosianin yang merupakan senyawa potensial untuk mempertahankan pH mulut dan saliva. Tujuan penelitian ini adalah untuk mengetahui apakah terdapat pengaruh berkumur larutan rebusan kulit kentang (*Solanum tuberosum* L.) setelah mengonsumsi makanan kariogenik terhadap pH saliva.

Rancangan penelitian yang digunakan adalah penelitian *quasi experimental* dengan *pretest-posttest control group design*. Subjek penelitian berjumlah 33 orang dibagi menjadi 3 kelompok secara acak, masing-masing 11 orang. Kelompok perlakuan berkumur 10 ml larutan rebusan kulit kentang konsentrasi 50%, kelompok kontrol positif berkumur dengan 10 ml *chlorhexidine* 0,2% dan kelompok kontrol negatif berkumur 10 ml akuades selama 30 detik. Derajat keasaman (pH) saliva diukur menggunakan pH meter digital. Pengukuran dilakukan pada saat sebelum mengonsumsi coklat sebagai data *baseline*, setelah mengonsumsi coklat dan setelah berkumur. Selanjutnya dilakukan analisis data menggunakan uji statistik *One-Way ANOVA* dan *Post-Hoc LSD* ($p < 0,05$).

Hasil uji statistik *One-Way ANOVA* menunjukkan terdapat perbedaan rerata pH yang signifikan antara kelompok. Hasil uji statistik *Post-Hoc LSD* nilai pH antara setelah makan coklat dibandingkan setelah berkumur pada kelompok larutan rebusan kulit kentang ($p = 0,004$) dan kelompok akuades ($p = 0,050$) menunjukkan perbedaan yang signifikan ($p < 0,05$). Namun, tidak terdapat perbedaan rerata pH yang signifikan ($p > 0,05$) antara setelah makan coklat dengan setelah berkumur pada kelompok *chlorhexidine*. Berdasarkan uji statistik *Post-Hoc LSD* ditunjukkan bahwa larutan rebusan kulit kentang dan akuades belum efektif untuk meningkatkan pH saliva.

Kata Kunci: Makanan Kariogenik, Larutan Rebusan Kulit Kentang, pH Saliva

ABSTRACT

Consumption of cariogenic foods causes fermentation of food glucose and produces acid, making the oral cavity acidic. Potato skin (*Solanum tuberosum* L.) contains flavonoid and anthocyanin compounds which are potential compounds to maintain oral and salivary pH. The purpose of this study was to determine whether there is an effect of gargling potato peel (*Solanum tuberosum* L.) decoction solution after consuming cariogenic food on salivary pH.

The research design used was quasi experimental research with pretest-posttest control group design. The research subjects amounted to 33 people divided into 3 groups randomly, 11 people each. The treatment group gargled 10 ml of 50% concentration potato peel decoction solution, the positive control group gargled with 10 ml of 0.2% chlorhexidine and the negative control group gargled 10 ml of distilled water for 30 seconds. Salivary acidity (pH) was measured using a digital pH meter. Measurements were taken before consuming chocolate, after consuming chocolate and after gargling. Data were analyzed using One-Way ANOVA and Post-Hoc LSD statistical tests ($p < 0.05$).

The results of the One-Way ANOVA statistical test showed that there was a significant difference in mean pH between groups. The results of the Post-Hoc LSD statistical test of the pH value between after eating chocolate compared to after gargling in the potato peel decoction solution group ($p = 0.004$) and the distilled water group ($p = 0.050$) showed a significant difference ($p < 0.05$). However, there was no significant difference in mean pH ($p > 0.05$) between after eating chocolate and after gargling in the chlorhexidine group. Based on the Post-Hoc LSD statistical test, it was shown that the potato peel decoction solution and distilled water were not effective in increasing salivary pH.

Keywords: Cariogenic Food, Potato Peel Decoction Solution, Salivary pH