



ABSTRAK

Kesehatan rongga mulut merupakan komponen penting dalam kesehatan tubuh secara umum. Salah satu faktor kesehatan rongga mulut ialah saliva. Saliva dapat berfungsi secara lebih baik ketika terjadi penurunan viskositas saliva. Senam wajah dapat menstimulasi sekresi saliva yang kaya akan air dibanding *protein-rich saliva*. Tujuan penelitian ini untuk mengetahui pengaruh senam wajah terhadap viskositas saliva.

Penelitian dilakukan dengan desain *crossover* dan periode *wash-out* 1X24 jam terhadap 30 subjek mahasiswa FKG UGM berusia 19-25 tahun yang terdiri dari 15 orang laki-laki dan 15 orang perempuan. Subjek dibagi menjadi 2 kelompok masing-masing 15 orang. Subjek di-*scalling* 3-5 hari sebelum perlakuan. Subjek juga menggosok gigi dan berpuasa selama 1 jam sebelum perlakuan. Senam wajah dilakukan selama 9 sampai 14 menit dengan melakukan 3 macam gerakan, yaitu gerakan otot wajah, gerakan otot lidah, dan pemijatan kelenjar saliva.

Hasil penelitian menunjukkan viskositas saliva ketika tidak senam wajah sebesar $4,464 \pm 0,925$ mP, sedangkan hasil viskositas saliva ketika senam wajah sebesar $3,548 \pm 0,436$ mP. Hasil penelitian kemudian dianalisis menggunakan *paired t-test*. Berdasarkan hasil analisis data, didapatkan angka signifikansi $p < 0,05$ yang menunjukkan bahwa terdapat perbedaan yang signifikan antara viskositas saliva saat tidak senam wajah dibandingkan ketika senam wajah. Kesimpulan penelitian ini adalah senam wajah menurunkan viskositas saliva.

Kata kunci: Viskositas Saliva, Senam Wajah, Kesehatan Rongga Mulut



ABSTRACT

Oral health is an important component of general health. One of the oral health factors is saliva. Saliva works better when the viscosity decreases. Facial exercises can stimulate saliva secretion that is rich in water compared to protein-rich saliva. The purpose of this study was to determine the effect of facial exercises on the viscosity of saliva.

The study was conducted using crossover design with 1X24 hours wash-out period on 30 subjects of FKG UGM students aged between 19 to 25 years old. The subjects consist of 15 male and 15 female. Subjects were divided into 2 groups of 15 people. Scalling procedure was performed to all subjects 3-5 days prior the treatment. An hour before treatments, subjects were brushing their teeth and fasting. On facial exercises phase, subjects were performing 9-14 minutes movements of facial muscles and tongue muscles as well as massaging their salivary glands.

The result showed salivary viscosity in non-facial exercises group was 4.464 ± 0.925 mP, while the result of salivary viscosity in the facial exercises group was 3.548 ± 0.436 mP. The results of the study was analyzed using paired t-test. Based on the results of data analysis, obtained a significance number $p < 0.05$ which indicates that there was a significant difference between the salivary viscosity of the non-facial exercises group and the facial exercises group. The conclusion of this study was facial exercises reduce salivary viscosity.

Keywords: Salivary Viscosity, Facial Exercises, Oral Health