

ABSTRAK

Pembersihan lidah dengan teknik *scrub* efektif dalam menghilangkan *coated tongue*. *Coated tongue* dapat mempengaruhi kadar zat yang terkandung dalam saliva salah satunya adalah sekretori immunoglobulin A (sIgA). sIgA merupakan sistem imun yang paling banyak di dalam rongga mulut dan berperan sebagai proteksi atau perlindungan yang dapat menetralkan virus, bakteri dan enzim yang bersifat toksin dalam rongga mulut. Tujuan penelitian ini adalah untuk menganalisis kadar sIgA saliva pada kasus *coated tongue* kelompok lansia sebelum dan sesudah dilakukan pembersihan lidah.

Jenis penelitian ini adalah eksperimental laboratorium dengan desain *pre and post test only one group design* dengan teknik *consecutive sampling*. Sampel saliva masing-masing 16 orang diambil sebelum dan sesudah pembersihan lidah dengan teknik *scrub*. Pengambilan sampel saliva dilakukan pada pukul 07.00-09.00 WIB kemudian dilakukan uji kadar sIgA dalam saliva menggunakan ELISA kit (Fine test). Pengamatan *optical density* dilakukan pada *microplate reader* 450 nm. Uji statistik yang digunakan adalah uji t berpasangan menggunakan program SPSS versi 22.

Hasil penelitian mengindikasikan bahwa kadar sIgA saliva sebelum pembersihan lidah mencapai 2.14 ng/ml dan sesudah dilakukan pembersihan lidah turun menjadi 1.43 ng/ml yang artinya terdapat penurunan rerata sebesar 0.71 ng/ml. Hasil uji t-berpasangan menunjukkan perbedaan bermakna pada kadar sekresi immunoglobulin A (sIgA) dalam saliva sebelum dan sesudah pembersihan lidah ($P=0.000$). Kesimpulan dari penelitian ini adalah kadar sIgA saliva sebelum dan sesudah dilakukan pembersihan lidah dengan teknik *scrub* berbeda. Kadar sIgA sesudah pembersihan lidah lebih rendah dibandingkan sebelum pembersihan lidah.

Kata Kunci : Pembersihan lidah, Kadar sIgA saliva, *Coated tongue*

ABSTRACT

The tongue cleansing with scrub technique is effective in removing coated tongue. The levels of coated tongue can affect the substances contained in saliva, named secretory immunoglobulin A (sIgA). sIgA is common an immune system in the oral cavity and acts as protection in the suppress viruses, bacteria and enzymes in the oral cavity. The aim of study was to analyzed the levels of sIgA saliva in coated tongue population of elderly before and after tongue cleansing.

An experimental laboratory with pre and post test only group design followed by consecutive sampling technique was carried-out in this study. Sixteen subjects of saliva were taken at before and after tongue cleansing with scrub technique. Saliva samples were collected 07.00-09.00 am. The levels of sIgA saliva were analyzed using the fine test Elisa kit. Optical density (O.D) with wavelength of 450 nm was confirmed in this study. Paired t-test with SPSS version 22.0 program was used.

The results revealed the levels of sIgA salivary before tongue cleansing was found at 2.14 ng/ml and after tongue cleansing was detected at 1.43 ng/ml. It means that was decreased 0.71 ng/ml . Analyzed data using paired t-test showed the levels of sIgA secretion on before and after tongue cleasing was significantly differences ($p=0.000$) . In conclusion the levels of sIgA salivary before and after tongue cleansing with scrub technique was markedly different. The levels of sIgA saliva after tongue cleansing was appraised lower than before tongue cleansing.

Key words : Tongue cleansing, Salivary sIgA levels, Coated tongue