

INTISARI

Plak merupakan penyebab karies gigi dan penyakit gusi. Akumulasi plak gigi dapat dikontrol dengan berkumur obat kumur yang mengandung antibakteri, salah satunya teh hijau, karena mengandung polifenol (tanin). Teh hijau dapat diseduh berulang. Tujuan penelitian ini untuk mengetahui pengaruh berkumur seduhan ulang teh hijau terhadap akumulasi plak gigi pada anak usia 10-12 tahun.

Penelitian eksperimental semu dilakukan terhadap 30 anak usia 10-12 tahun di SDN Sinduadi Timur, Sleman, Yogyakarta. Subjek dibagi 3 kelompok, masing-masing 10 anak. Kelompok I berkumur selama 30 detik air seduhan pertama teh hijau, kelompok II seduhan ulang pertama, dan kelompok III seduhan ulang kedua. Subjek diinstruksikan untuk berkumur dua kali sehari, pagi setelah makan dan malam sebelum tidur selama dua hari. Skoring plak menggunakan metode PHP-M modifikasi Amith. dilakukan sebelum dan sesudah perlakuan. *Washing period* selama seminggu kemudian dilakukan *crossing over*, sehingga setiap kelompok subjek mengalami tiga macam perlakuan yang sama. Data dianalisis dengan Anova satu jalur dan *post hoc Tamhane* dari program SPSS 16,0 untuk Windows.

Hasil penelitian menunjukkan adanya perbedaan bermakna ($p < 0,05$) skor plak antar kelompok I, II, dan III. Penurunan skor plak terbesar terjadi pada kelompok I ($1,08 \pm 0,58$), diikuti kelompok II ($0,82 \pm 0,53$) dan III ($0,36 \pm 0,24$). Perbedaan signifikan hanya antara kelompok I dan III serta kelompok II dan III ($p < 0,05$). Dapat disimpulkan bahwa seduhan ulang teh hijau dapat menurunkan akumulasi plak gigi pada anak usia 10-12 tahun.

Kata kunci : akumulasi plak gigi, berkumur seduhan teh hijau, anak usia 10-12 tahun

ABSTRACT

Dental plaque cause dental caries and gum disease. Plaque accumulation can be controlled by rinsing with mouth wash antibacterial contain, such as green tea. Its contains polyphenols. Green tea can be repeat infused. The aims of this study was to determine the effect of mouth rinsing with of reinfused green tea to the dental plaque accumulation in 10-12 years old children.

The quasi-experimental research was conducted on 30 children aged 10-12 years students of SDN Sinduadi Timur, Sleman, Yogyakarta. Subjects were divided into 3 groups, 10 children each. Group I rinsed for 30 seconds with the first infused green tea, group II with first re-infused, and group III with second re-infused. Subjects were instructed to rinse twice a day, at morning after breakfast and at night before sleep for two days. Plaque scoring using the modified Amith PHP-M method was carried out before and after rinsing. After washing period for a week, crossing over was carried out, so each group has the same 3 kinds of three treatments. Data were analyzed by one way Anova and Tamhane post hoc from SPSS 16.0 program for Windows.

The results showed that there was a significant difference ($p < 0.05$) in plaque scores among the groups. Plaque score decrease was occurred in group I (1.08 ± 0.58), followed by group II (0.82 ± 0.53) and group III (0.36 ± 0.24). The significant difference ($p < 0.05$) was occurred between groups I and III; groups II and III. It can be concluded that mouth rinsing with first re-infused green tea could reduce dental plaque accumulation in children aged 10-12 years.

Keywords: plaque accumulation, rinsed green tea infused, children aged 10-12 years