

INTISARI

Minuman ringan banyak disukai anak-anak karena rasanya manis berasal dari karbohidrat yang dapat menyebabkan penurunan pH saliva dan demineralisasi email gigi. Yoghurt merupakan produk olahan susu dengan kandungan tinggi protein, lemak, kalsium, fosfat, serta bakteri probiotik yang dapat meningkatkan pH saliva dan menghambat demineralisasi email gigi. Penelitian ini bertujuan untuk mengetahui pengaruh konsumsi yoghurt setelah minum minuman ringan terhadap perubahan derajat keasaman (pH) saliva pada anak usia 8-10 tahun.

Penelitian eksperimental semu dilakukan terhadap 25 subjek yang dibagi menjadi kelompok perlakuan mengkonsumsi yoghurt setelah minum minuman ringan dan kelompok kontrol meminum minuman ringan. Pengukuran pH saliva dilakukan sebelum minum minuman ringan, 5 menit dan 20 menit setelah minum minuman ringan. *Crossover* dilakukan dengan masa jeda 1x24 jam. Data nilai pH saliva dianalisis dengan uji *two ways repeated measures anova* dilanjutkan *paired sample t-test*.

Hasil penelitian menunjukkan nilai pH saliva pada kedua kelompok mengalami penurunan tajam 5 menit setelah minum minuman ringan. pH saliva perlakuan mengkonsumsi yoghurt setelah minum minuman ringan menunjukkan nilai pH dari 5,68 menjadi 6,26, sedangkan pH saliva setelah perlakuan meminum minuman ringan menunjukkan nilai pH dari 5,67 menjadi 5,90. Disimpulkan bahwa konsumsi yoghurt setelah minum minuman ringan dapat lebih cepat meningkatkan pH saliva pada anak usia 8-10 tahun.

Kata kunci: konsumsi yoghurt, minuman ringan, pH saliva

ABSTRACT

Soft drink has become children's favourite drink because provide a sweet taste from carbohydrate that cause decreasing salivary pH and enamel surface demineralization. Yogurt is a dairy product with high content protein, calcium, phosphate, as well as probiotic bacteria which can increase salivary pH and inhibit enamel surface demineralization. This study aims to determine the effect of consumption yogurt after drinking soft drink towards salivary pH changes on 8-10 years old children.

Quasi experimental research was done to 25 subjects who were divided into treatment group consumed yogurt after drinking soft drink and control group drinking soft drink only. Salivary pH measurement was conducted before drinking soft drink, 5 minutes and 20 minutes after drinking soft drink. Crossover was done with 1x24 hours interval. Salivary pH data values were analyzed with two ways repeated measures ANOVA followed by paired sample t-test.

The results showed that there was a sharp decrease salivary pH 5 minutes after drinking soft drink in both groups. Salivary pH consumption yogurt after drinking soft drink showed pH value from 5.68 to 6.26, while salivary pH after drinking soft drink showed pH value from 5.67 to 5.90. It was concluded that consumption yogurt after drinking soft drink can increase salivary pH more quickly on 8-10 years old children.

Keywords: yogurt consumption, soft drink, salivary pH