

INTISARI

Bubble milk tea adalah minuman berbasis teh yang dicampur dengan susu dan sering ditambah isian (*topping*) berupa bola-bola dari tepung tapioka (*tapioca pearl*) yang bersifat kenyal. Sekresi saliva dapat dirangsang dengan proses pengunyahan terutama pada makanan yang konsistensinya kenyal. Peningkatan laju alir saliva dapat meningkatkan pH saliva. Pengunyahan *tapioca pearl* dalam *bubble milk tea* diduga dapat menimbulkan stimulasi mekanis dan kimiawi melalui rangsang pengunyahan dan pengecapan rasa manis. Tujuan penelitian ini adalah untuk mengetahui efek mengunyah *tapioca pearl* pada *bubble milk tea* terhadap derajat keasaman (pH) dan volume saliva.

Jenis penelitian yang digunakan merupakan penelitian eksperimental dengan rancangan *pre-* dan *post test*. Subjek penelitian sebanyak 10 orang, masing-masing mendapatkan dua jenis minuman yaitu *bubble milk tea* (intervensi) dan *milk tea* (kontrol). Setiap subjek meminum dan mengunyah dalam durasi 5 menit selama 3 hari berturut-turut. *Unstimulated* saliva dikumpulkan secara mandiri oleh setiap subjek menggunakan metode *spitting*. Pengukuran pH dan volume saliva dilakukan sesuai protokol standar manipulasi sampel BSL2. Data dianalisis menggunakan uji statistik *Paired Sampel T-Test*.

Hasil penelitian menunjukkan nilai signifikansi perbandingan pH saliva antara *milk tea* (kontrol) dan *bubble milk tea* (intervensi) sebesar 0,044 ($p < 0,05$) sedangkan nilai signifikansi perbedaan volume saliva (ml) sebesar 0,776 ($p > 0,05$). Disimpulkan bahwa mengunyah *tapioca pearl* pada *bubble milk tea* dapat meningkatkan pH saliva secara bermakna namun tidak berpengaruh terhadap volume saliva.

Kata kunci: *Bubble milk tea*, *Tapioca pearl*, pH saliva, Volume saliva

ABSTRACT

Bubble milk tea is a tea-based drink mixed with milk and often topped with chewy tapioca starch (tapioca pearl) balls. The secretion of saliva can be stimulated by the chewing process, especially on foods that have a chewy consistency. Increasing the salivary flow rate can increase salivary pH. Chewing tapioca pearls in bubble milk tea is thought to cause mechanical and chemical stimulation through stimulation of mastication and taste of sweetness. The purpose of this study was to determine the effect of chewing tapioca pearls on bubble milk tea on the degree of acidity (pH) and volume of saliva.

This type of study is experimental research with pre- and post-test designs. Subjects were 10 people, each getting two types of drinks, namely bubble milk tea (intervention) and milk tea (control). Each subject drank and chewed for 5 minutes for 3 consecutive days. Unstimulated saliva was collected independently by each subject using the spitting method. The pH and volume of saliva were measured according to the standard BSL2 sample manipulation protocol. Data were analyzed using the Paired Sample T-Test statistical test.

The results showed the significance value of the pH ratio of saliva between milk tea (control) and bubble milk tea (intervention) was 0.044 ($p < 0.05$), while the significance value of the difference in salivary volume (ml) was 0.776 ($p > 0.05$). It was concluded that chewing tapioca pearls in bubble milk tea could significantly increase saliva pH but had no effect on saliva volume.

Keyword: Bubble milk tea, Tapioca pearls, pH of saliva, Volume of saliva