INTISARI

Anak tunanetra memiliki persepsi stimulasi visual yang rendah dan cenderung kesulitan dalam praktik menyikat gigi. Kondisi tersebut membuat akumulasi plak gigi pada anak tunanetra tinggi dan beresiko menimbulkan penyakit periodontal. Salah satu cara yang untuk mengontrol plak adalah berkumur dengan larutan yang mengandung antibakteri. Salah satu tumbuhan yang mengandung zat antibakteri adalah temulawak. Temulawak mengandung antibakteri berupa *xanthorrhizol* dan kurkumin. Tujuan penelitian ini adalah untuk mengetahui pengaruh berkumur larutan ekstrak temulawak (*Curcuma xanthorrhiza* Roxb.) 1% terhadap skor plak gigi pada anak tunanetra.

Penelitian dilakukan pada 20 orang subyek terpilih. Sebelum penelitian, dilakukan *manual scaling*. Setiap subyek menerima dua kali perlakuan, yaitu (1) Subyek menyikat gigi hingga skor plak mencapai 0, berkumur akuades steril setiap 2 jam setelah menyikat gigi sebanyak 10 ml selama 30 detik di pagi dan malam hari selama 2 hari, lalu skor plak diukur dengan indeks *O'Leary,* (2) Subyek menyikat gigi hingga skor plak mencapai 0, berkumur larutan ekstrak temulawak 1% setiap 2 jam setelah menyikat gigi sebanyak 10 ml selama 30 detik di pagi dan malam hari selama 2 hari, lalu skor plak diukur. Skor plak yang diperoleh dianalisis dengan uji t berpasangan.

Hasil analisis data menunjukkan terdapat perbedaan yang signifikan antara skor plak setelah berkumur akuades steril dan setelah berkumur larutan ekstrak temulawak 1% (sig. <0,05). Kesimpulan dari penelitian ini adalah berkumur larutan ekstrak temulawak (*Curcuma xanthorrhiza* Roxb.) 1% berpengaruh terhadap skor plak gigi pada anak tunanetra, skor plak gigi lebih rendah setelah berkumur larutan ekstrak temulawak 1% dibandingkan akuades steril.

Kata kunci : Larutan ekstrak temulawak (*Curcuma xanthorrhiza* Roxb.) 1%, skor plak gigi, anak tunanetra,

ABSTRACT

Visual impairment children have low perception of visual stimulation and difficulty brushing teeth practices. This condition makes the accumulation of dental plaque is high and likely to cause periodontal disease. One of the ways that can be done to control the plaque was by gargling solution which containing antibacterial agent. One of the plants that contains antibacterial agent is curcuma. Curcuma contains curcumin and xanthorrhizol which has antibacterial activity. The aim of this study was to determine the effect of gargling with curcuma extract solution (Curcuma xanthorrhiza Roxb.) 1% against dental plaque scores of visual impairment children.

The study was conducted on 20 subjects were selected. Before the study began, manual scaling have made. Each subject received twice treatment. Firstly, subject brushing teeth until plaque score reached 0, gargling sterile distilled water every 2 hours after brushing the teeth as 10 ml for 30 seconds in the morning and evening in 2 days, then measuring plaque scores using O'Leary index. Secondly, subject brushing teeth until plaque score reached 0, gargling curcuma extract solution 1% every 2 hours after brushing the teeth as 10 ml for 30 seconds in the morning and night in 2 days, then measuring plaque scores. Plaque scores were analyzed by paired t test.

The results of data analysis showed that are significant differences between the scores of plaque after gargling sterile distilled water and gargling curcuma extract solution 1% (sig. <0,05). The conclusion of this study was gargling with curcuma extract solution (Curcuma xanthorrhiza Roxb.) 1% had effected on dental plaque scores of visual impairment children and visual impairment children dental plaque scores were lower after gargling curcuma extract solution 1% compared with sterile distilled water.

Keywords: Curcuma extract (Curcuma xanthorrhiza Roxb.) 1% solution, dental plaque scores, Visual impairment children,