ABSTRAK

Body Mass Index merupakan parameter untuk menilai status gizi. BMI tinggi dan BMI rendah yang mengalami hiposaliva dan xerostomia menyebabkan saliva menurun. saliva mengandung Immunoglobulin A (IgA) yang berfungsi sebagai antibodi dan berperan di imunitas mukosa. Cara alternatif meningkatkan IgA yaitu berkumur larutan probiotik. Probiotik sebagai *inducer innate immunity* dapat meningkatkan IgA. Penelitian ini bertujuan untuk mengetahui pengaruh berkumur dengan larutan probiotik terhadap kadar Immunoglobulin A (IgA) dalam saliva pada orang dengan BMI tinggi dan BMI rendah.

Metode penelitian ini berjenis quasy eksperimental rancangan *pre and post test group design* . Jumlah sampel 13 orang terdiri dari 2 kelompok yaitu BMI tinggi dan BMI rendah. Sampel berkumur larutan probiotik sebanyak 10 ml dilakukan 2x1 hari. Analisis data dengan uji T berpasangan.

Hasil penelitian ini tidak dapat digunakan karena kurangnya jumlah mahasiswa dan mahasiswi dengan kriteria BMI tinggi dan BMI rendah yang mengalami hiposaliva. Selain itu, subyek penelitian tidak berkumur secara rutin dengan larutan probiotik selama 14 hari sehingga bubuk probiotik masih tersisa.

Kata kunci : BMI tinggi ,BMI rendah,IgA,larutan probiotik

ABSTRACT

Body Mass Index is a parameter used to assess nutritional status. High BMI and low BMI with hyposaliva and xerostomia can cause a decreased saliva. Saliva contained Immunoglobulin A (IgA) which functioned as an antibody and played a role in mucosal immunity. An alternative way to increased IgA could be done by gargling used a probiotic solution. Probiotics as an inducer of innate immunity could increase IgA.This study aimed to determined the effect of gargling with probiotic solutions on levels of Immunoglobulin A (IgA) in people with high BMI and low BMI saliva's.

Quasy experimental study were done with pre and post-test group design. The number of samples were 13 people consisted of 2 groups, high BMI and low BMI. All sample were asked to gargled a 10 ml of probiotic solution two times a day. Data were analyzed using paired t-test.

The results showed of this study cannot be used because of the insufficient number of students with high BMI and low BMI criteria who experience hyposaliva.
In addition, research subjects did not rinse their mouths routinely with probiotic solutions for 14 days so that the probiotic powder was still left.

Key words: high BMI, low BMI, IgA, probiotic solution