

ABSTRACT

Caries is a demineralization of tooth enamel caused by an interaction between microorganisms, saliva, parts derived from foods and email. One component that contributes to the level of acidity (pH) mouth is saliva. Children of school age are susceptible to the growth and development of dental caries because it has the habit of consuming foods and beverages that can damage dental health. Yogurt is milk-based products that have beneficial effects for dental health, especially in increasing the pH of saliva as a result of demineralization. Yogurt contains more calcium and protein, and contains cultures cultures consisting of "good" bacteria, namely Lactobacillus bulgaricus and Streptococcus. The purpose of this study was to determine differences in salivary pH before and after consuming yoghurt in children Primary School Class V Islam Sultan Agung Semarang IV.

The method used in this study is a quasi experimental (quasi experimental) provide treatment to the effects of manipulated without control group (all the samples treated) for neutralizing the pH of saliva after eating sweet foods. This study design was used pre-test and post-test group design. The sample was 51 students Elementary School fifth grade IV Islam Sultan Agung Semarang. Data were analyzed using statistical tools Wilcoxon signed rank test because the data distribution was not normal.

Based on the results of data analysis known that the average value of the pH of saliva children Elementary School fifth grade IV Islam Sultan Agung Semarang before drinking yoghurt 6.4 is acidic. The average value of the pH of saliva children Elementary School fifth grade Islam Sultan Agung Semarang after drinking yoghurt IV of 6.7 is normal. Wilcoxon signed rank test results, it is known there are significant differences between the pH before drinking yoghurt with a pH after drinking yoghurt ($p = 0.000$).

From the results of this study concluded that yoghurt drinks have an influence on the increase in the pH of saliva graders of elementary school V Islam Sultan Agung IV Semarang.

Keywords: Yoghurt, pH saliva.