INTISARI

Tanaman herbal seperti stroberi dan daun sirih dipercaya dapat membantu pemeliharaan kesehatan gigi dan mulut. Stroberi dan daun sirih mengandung polifenol yang dapat berfungsi sebagai *self cleansing* dan dapat menghambat *Streptococcus Mutans* dalam rongga mulut. Tujuan penelitian ini untuk mengetahui perbedaan efektifitas berkumur dengan ekstrak stroberi dan daun sirih terhadap penurunan indeks plak.

Jenis penelitian *quasi* eksperimental dengan rancangan *pre-post test control group design*. Sampel penelitian sebanyak 28 orang dan dibagi menjadi 2 kelompok: kelompok A berkumur dengan ekstrak stroberi 25% dan kelompok B dengan ekstrak daun sirih 25%.

Data hasil penelitian ekstrak stroberi dianalisis dengan uji *Wilcoxon test* dan dihasilkan nilai p=0,001, sedangkan pada ekstrak daun sirih dianalisis dengan Uji *Paired t-test* dan dihasilkan nilai p=0,000 ($p<0,05$), artinya ada perbedaan rata rata nilai indeks plak sebelum dan sesudah perlakuan. Rata rata penurunan pada ekstrak stroberi sebesar 1,45 dan daun sirih sebesar 0,66. Lalu dilakukan Uji *independent t-test* dan didapatkan nilai p=0,000, artinya ada perbedaan penurunan indeks plak antara ekstrak stroberi dan daun sirih.

Kesimpulan: ekstrak stroberi 25% lebih efektif dalam menurunkan indeks plak

Kata kunci: indeks plak, ekstrak stroberi, ekstrak daun sirih

ABSTRACT

Herbal plants such as strawberries and betel leaf is believed to be able to help the maintenance of oral health. Strawberries and betel leaf contain polyphenols that can be as a self-cleansing and may inhibit the Streptococcus Mutants in the oral cavity. The aim of this research is to know the difference in the effectiveness of gargle between strawberry extract and betel leaf against a decrease of plaque index.

This type of research was a quasi-experimental with pre-post-test control group design. 28 samples were divided into 2 groups: Group A gargle with the strawberry extracts 25% and Group B with betel leaf extract 25%.

Data research of Strawberry extracts was analyzed with the Wilcoxon test found p value= 0.001, and for Betel leaf extracts were analyzed by Paired t-test found p value= 0.000 (p< 0.05), means there is a significant difference in average index value of plaque before and after treatment. The average decrease in strawberry extract is 1.45 and betel leaf is 0.66. Then analyzed to independent t-test and resulted p value= 0.000, means that there were a significant difference between the plaque index decreased the extracts of strawberries and betel leaf.

Conclusion: Strawberry extracts 25% more effective to decrease the plaque index

Keywords: plaque index, strawberry extract, betel leaf extract