

ABSTRACTS

Milk yogurt is fermentation of milk with starter mixture consisting of Streptococcus thermophilus and Lactobacillus delbrueckii and usually consumed as a beverage. Yogurt contains calcium and phosphate that can prevent osteoporosis. Yogurt is a fermented milk beverage that has pH of 5.5 which can cause demineralization of tooth enamel. This study was conducted to determine the effect of immersed time of the teeth in milk yogurt toward enamel hardness.

The type of this study was true experimental with post test only control group design. The amount of sample in this study was 24 pieces of maxillary premolar teeth and they're divided into 6 groups, there are control group (aquadest) 7, 15, and 30 days and the treatment group of milk yogurt 7, 15, and 30 days. The result of this study were tested with One Way ANOVA test and Post Hoc Test.

The result of One Way ANOVA test had significant value of 0.000 ($p < 0.05$), so it can be concluded that there's a significant difference between all groups. Based on the Post Hoc test it's showed the difference between the control group (aquadest) and the treatment group (yogurt) 7, 15, and 30 days, $p < 0.05$. The comparison between treatment groups 7, 15, and 30 days showed significant results ($p > 0.05$), which means there're no significant difference between each groups.

It can be concluded that milk yogurt has an influence toward the enamel hardness but there's no significant difference about the immersed time of the teeth in milk yogurt toward the hardness of the teeth.

Key word : Tooth Enamel, Hardness of The Teeth, Milk Yogurt, Demineralization