

INTISARI

Plak gigi adalah suatu lapisan bening, tipis, terdiri dari *mucus* dan kumpulan bakteri yang menutupi permukaan gigi. Pengendalian plak dapat dilakukan secara kimiawi menggunakan obat kumur. Pada penelitian ini digunakan obat kumur klorheksidin yang terbukti paling efektif sebagai agen pengontrol plak dan obat kumur herbal dari daun kemangi dengan kandungan minyak atsiri yang memiliki aktivitas antibakteri. Penelitian ini dilakukan untuk mengetahui perbedaan efektifitas obat kumur herbal daun kemangi dan obat kumur non herbal klorheksidin terhadap akumulasi plak di dalam rongga mulut.

Metode yang digunakan adalah *Randomized Controlled Trial* jenis *pretest-posttest* terhadap santri Pondok Pesantren Al-Itqon Banat. Sebanyak 52 santri dibagi dua kelompok dengan cara simple random sampling yaitu berkumur larutan klorheksidin glukonat 0,2% dan berkumur obat kumur herbal daun kemangi dengan kandungan minyak atsiri 4%, pengukuran plak menggunakan Patient Hygiene Performance Index (PHP). Data yang diperoleh dianalisis menggunakan uji Paired t-test dan Independent t-test.

Hasil uji Paired t-test sebelum dan sesudah perlakuan pada kedua kelompok didapatkan adanya pengaruh secara bermakna terhadap penurunan indeks plak gigi dengan nilai signifikansi 0,000. Dari hasil uji Independent t-test didapatkan nilai signifikansi 0,069 hal ini menunjukkan bahwa tidak ada perbedaan bermakna antara berkumur dengan klorheksidin dan daun kemangi.

Dari hasil penelitian dapat disimpulkan bahwa obat kumur klorheksidin dan obat kumur herbal daun kemangi dapat menurunkan akumulasi plak di dalam rongga mulut, namun perbedaan efektifitas antara pemakai obat kumur klorheksidin dan obat kumur herbal daun kemangi terhadap akumulasi plak tidak ada perbedaan yang bermakna.

Kata kunci : Plak Gigi, Obat kumur klorheksidin, Obat kumur herbal daun kemangi, Indeks plak

ABSTRACT

Dental plaque is a transparent layer, a thin, consisting of a mucus and collection of bacteria that cover the surface of the tooth. Plaque control can be done chemically using mouthwash. This research used chlorhexidine mouthwash that proved most effective as a control agent plaque and herbal mouthwash of basil leaves containing essential oils 4% that have antibacterial activity. This research was conducted to determine the differences between the effectiveness of herbal mouthwash basil and non-herbal mouthwash chlorhexidine toward the accumulation of plaque in the oral cavity.

The research used Randomized Controlled Trial as the methodology. The pretest-posttest taken from students of Pondok Pesantren Al-Itqon Banat. A total of 52 students divided into two groups by simple random sampling technique was rinsing with chlorhexidine gluconate solution 0.2% and rinsing herbal mouthwash of basil leaves containing essential oils 4%, plaque measurements conducted using the Patient Hygiene Performance Index (PHP). The data was analyzed used Paired t-test and Independent t-test.

The Results of Paired t-test before and after treatment in both treatment obtained any significant influence on the reduction of dental plaque index with the significance value 0,000. From the test results of Independent t-test was obtained significance value 0.069, it indicated that there was not any meaningful difference between rinsing of chlorhexidine mouthwash and basil leaves herbs.

The result of the data analysis reveals that the chlorhexidine mouthwash and gargle herbs basil leaves can reduce the accumulation of plaque in the oral cavity, but the difference of effectiveness between users of chlorhexidine mouthwash and basil leaves herbs gargle to the accumulation of plaque was not any meaningful difference.

Keywords: Dental Plaque, chlorhexidine mouthwash, herbal mouthwash basil, plaque index