

## INTISARI

Plak berperan besar dalam menyebabkan masalah kesehatan gigi dan mulut. Pengendalian plak sangat dibutuhkan salah satunya dengan konsumsi buah berserat seperti buah jambu biji dan buah stroberi. Penelitian ini bertujuan untuk mengetahui efektivitas mengonsumsi buah stroberi dan buah jambu biji dalam menurunkan skor plak dan pH saliva.

Jenis metode yang digunakan adalah *Randomized Clinical Trial* dengan rancangan *pre-post test group design* terhadap 80 mahasiswa Fakultas Kedokteran Gigi UNISSULA. Subjek penelitian dibagi menjadi 2 kelompok yang masing-masing kelompok terdapat 40 orang. Pembagian kelompok yaitu kelompok mengunyah buah stroberi dan kelompok mengunyah buah jambu biji. Pengukuran plak dilakukan dengan menggunakan *Personal Hygiene Performance Index (PHP)*. Data yang diperoleh dianalisis menggunakan uji *Wilcoxon* dan uji *Mann Whitney*.

Berdasarkan uji *Wilcoxon* didapatkan hasil bermakna ( $p < 0,05$ ), dapat disimpulkan bahwa terdapat perbedaan antara indeks plak dan pH saliva sebelum dan sesudah mengonsumsi buah stroberi maupun buah jambu biji, sedangkan hasil uji *Mann Whitney*, didapatkan perbedaan rata-rata penurunan indeks plak gigi yang signifikan pada konsumsi buah stroberi dan jambu biji sedangkan pada penurunan pH saliva tidak ditemukan perbedaan rata-rata yang signifikan.

Hasil tersebut dapat disimpulkan bahwa mengonsumsi buah stroberi dan jambu biji efektif dalam menurunkan skor plak dan berpengaruh terhadap pH saliva.

**Kata kunci: Konsumsi buah berserat , indeks plak, pH saliva**

## **ABSTRACT**

*Plaque plays a major role in causing dental problems. Dental plaque control is needed and the way is by consumption of fiber fruit for example strawberry and guava. This research aims to find out the effectiveness of strawberry and guava consumption to lower the teeth plaque score and pH saliva.*

*The method of this research using Randomized Clinical Trial with pre-post test group design of 80 students Dentistry Faculty of UNISSULA. Subject were divided into two groups, there were 40 people each group. The division of groups were group of strawberry consumption and group of guava consumption. Plaque measurements performed using Personal Hygiene Performance Index (PHP). Data were analyzed using Wilcoxon test and Mann Whitney test.*

*Based on Wilcoxon test, the result shows that there was difference in each group with significance  $p < 0,05$  so it can be concluded that there was a difference plaque index and pH saliva before and after eating strawberry and guava. Based on the Mann Whitney test, the result shows that there was significance difference in the average of decrease in the plaque index after strawberry and guava consumption while in the decrease of pH saliva there was no significance difference.*

*These result can be concluded that strawberry and guava consumption effective in reducing teeth plaque score and affect the pH salliva.*

**Keywords:** *fiber fruit consumption, plaque index, pH saliva*