

ABSTRAK

EFEKTIVITAS SARI BUAH JAMBLANG DAN SARI BUAH NAGA SUPER MERAH TERHADAP PLAK INDEKS

Masalah: Masalah kesehatan gigi dan mulut pada siswa SDN Batukerbuy IV Pamekasan adalah tingginya plak indeks. Berdasarkan data pemeriksaan plak indeks yang dilakukan di SDN Batukerbuy IV Pamekasan tahun 2019 tersebut, menunjukkan bahwa rata – rata plak indeks sudah termasuk dalam kategori sedang. Menyikat gigi yang benar dan tidaknya bisa dilihat dari adanya plak gigi yang terlihat setelah diberi pewarnaan yang dimaksud *disclosing solution kimia*. Tapi di penelitian ini memakai *disclosing solution* yang dari alam. Karena *disclosing solution kimia* berbahaya jika sampai tertelan. **Tujuan:** Penelitian dilakukan bertujuan untuk mengetahui perbedaan efektivitas sari buah jamblang dan sari buah naga super merah terhadap plak indeks siswa – siswi kelas III SDN Batukerbuy IV Pamekasan. **Metode:** Jenis penelitian yang digunakan adalah penelitian eksperimen dengan rancangan post- test. Subjek penelitian ini terdiri dari 36 siswa , yang dibagi menjadi 2 kelompok. Semua responden diarahkan untuk menyikat gigi yang baik dan benar. Selanjutnya dikasih biskuit dan dilarang kumur – kumur selama 5 menit.. Teknik analisa data yang digunakan Independent sample T-test. **Hasil:** Pada penelitian ini menunjukkan keduanya dapat mewarnai plak gigi. Ada perbedaan efektivitas sari buah jamblang dan sari buah naga super merah terhadap plak indeks, bahwa sari buah naga super merah lebih efektif dibandingkan sari buah jamblang dalam memberikan pewarnaan terhadap plak gigi.

Kata kunci : *Buah Jamblang, Buah Naga Super Merah, Plak Indeks*

ABSTRACT

EFFECTIVENESS OF JAMBLANG FRUIT AND SUPER RED DRAGON FRUIT ON INDEX PLAQUE

Problem: Dental and oral health problems in students at SDN Batukerbuy IV Pamekasan are high index plaques. Based on the index plaque inspection data conducted at SDN Batukerbuy IV Pamekasan in 2019, it shows that the average index plaque is included in the medium category. Brushing teeth properly and whether or not it can be seen from the presence of dental plaque that is visible after being stained is meant chemical disclosing solution. But in this study using disclosing solutions from nature. Because disclosing a dangerous chemical solution if it is swallowed. **Purpose:** The study was conducted aimed to find out the differences in the effectiveness of jamblang fruit and super red dragon fruit juice on the plaque index of the third grade students of SDN Batukerbuy IV Pamekasan. **Method:** This type of research is an experimental study with a post-test design. The subjects of this study consisted of 36 students, who were divided into 2 groups. All respondents were directed to brush their teeth properly. Furthermore, biscuits were given and mouth rinses were banned for 5 minutes. Data analysis techniques used were Independent sample T-test. **Results:** In this study it was shown that both of them can dye dental plaque. There is a difference in the effectiveness of jamblang juice and super red dragon fruit juice on the index plaque, that super red dragon fruit juice is more effective than jamblang juice in staining dental plaque.

Keywords : *Syzygium cumini*, *Hylocereus costaricensis*, *index plaque*