

## INTISARI

Anak usia sekolah dasar sangat berisiko terkena penyakit gigi dan mulut seperti karies gigi. Menurut *World Health Organisation* (WHO) tahun 2005 menunjukkan bahwa 90% anak di seluruh dunia mengalami masalah kerusakan gigi. Penurunan pH saliva dapat disebabkan makanan yang mengandung karbohidrat membuat suasana mulut menjadi asam sehingga terbentuknya bakteri asidogenik. Buah nanas (*Ananas comosus*) memiliki kandungan enzim *bromelin* yang berfungsi sebagai antibakteri yang dapat menghambat pertumbuhan bakteri. Penelitian bertujuan mengetahui perbedaan derajat keasaman pH saliva antara sebelum dan sesudah mengunyah buah nanas (*Ananas comosus*).

Penelitian menggunakan metode eksperimental semu dengan *pretest and posttest control group design*. Subjek penelitian berjumlah 31 siswa. Subjek menyikat gigi sebelum dilakukan pengambilan saliva. Pengambilan saliva sebelum dan sesudah mengunyah buah nanas (*Ananas comosus*) sebanyak 100 gram yang dimasukkan kedalam pot saliva. Pengukuran pH saliva dengan menggunakan dental pH saliva indikator kemudian dianalisis menggunakan uji *wilcoxon test*.

Hasil penelitian menunjukkan terdapat perbedaan signifikan ( $P < 0,05$ ) antara pH saliva sebelum dan sesudah mengunyah buah nanas (*Ananas comosus*).

**Kata kunci:** pH, saliva, buah nanas (*Ananas comosus*)

## ABSTRACT

Primary school-aged children are very at risk of dental and oral diseases such as dental caries. According to the World Health Organization (WHO) in 2005 showed that 90% of children worldwide experience tooth decay problems. Decrease in saliva pH can be caused by foods containing carbohydrates to make the mouth become acidic so that the formation of bacteria asidogenik. Buah pineapple (*Ananas comosus*) contain *bromelin* enzyme that serves as an antibacterial that can inhibit bacterial growth. The aim of this research is to know the difference of acidity of pH saliva between before and after chewing pineapple fruit (*Ananas comosus*).

The study used a pseudo experimental method with pretest and posttest control group design. Subjects were 31 students. Subject brushing before saliva stabbing. Salivary stomach before and after chewing pineapple fruit (*Ananas comosus*) as much as 100 grams that is inserted into the saliva pot. Salivary pH measurements using dental pH saliva indicator were then analyzed using a wilcoxon test test.

The results showed significant differences ( $P < 0.05$ ) between salivary pH before and after chewing pineapple fruit (*Ananas comosus*).

**Keywords:** pH, saliva, pineapple fruit (*Ananas comosus*)