

EFEKTIVITAS BERKUMUR SEDUHAN TEH PUTIH (*Camellia Sinensis* L.) TERHADAP INDEKS PLAK GIGI PADA MAHASISWA KEDOKTERAN GIGI UNIVERSITAS MUHAMMADIYAH SEMARANG

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Abstrak

Pendahuluan: Teh merupakan suatu produk minuman terpopuler yang banyak dikonsumsi oleh masyarakat Indonesia maupun masyarakat dunia dikarenakan teh mempunyai rasa dan aroma yang khas. Teh memiliki kandungan kaya sumber polifenol (katekin) yang merupakan bagian dari flavonoid yang dapat menghambat pertumbuhan bakteri *Streptococcus mutans*, *Streptococcus sobrinus* dan *Lactobacillus* yang merupakan bakteri penyebab terbentuknya plak gigi. **Tujuan :** Menganalisis efektivitas berkumur seduhan teh putih (*camellia sinensis* L.) terhadap indeks plak gigi. **Metode :** *Quasy experiment* dengan *pre and posttest control group design*. Penelitian ini dilaksanakan di Fakultas Kedokteran Gigi Universitas Muhammadiyah Semarang dengan jumlah 36 sampel yang diambil dengan teknik *sample random sampling*. Kelompok perlakuan (teh putih) dan kelompok kontrol (*chlorhexidine* 0,2%) dihitung menggunakan indeks plak PHP-M. **Hasil :** Nilai indeks plak sebelum berkumur seduhan teh putih mempunyai nilai rerata $1,77 \pm 0,60$ dan nilai indeks plak sesudah berkumur seduhan teh putih mempunyai nilai rerata $1,18 \pm 0,48$. Hasil uji analisis statistik *dependent t test* menunjukkan $p=0,000$ ($p<0,005$) sehingga terdapat perbedaan bermakna antara indeks plak pada kelompok teh putih sebelum dan sesudah perlakuan. Hasil uji analisis statistik *independent t test* menunjukkan kelompok kontrol *chlorhexidine* 0,2% $p=0,024$ ($p<0,005$) dan teh putih $p=0,003$ ($p<0,005$) **Kesimpulan :** Berkumur seduhan teh putih efektif dalam penurunan indeks plak gigi.

Kata Kunci : teh putih, indeks plak gigi

THE EFFECTIVENESS OF THE SEED TURED WHITE TEA (*Camellia Sinensis L.*) ON DENTAL PLAQUE INDEX IN STUDENTS DENTAL MEDICINE OF MUHAMMADIYAH SEMARANG UNIVERSITY

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ABSTRACT

Introduction : Tea is the most popular beverage product that is consumed by many people in Indonesia and the world community because tea has a distinctive taste and aroma. Tea contains a rich source of polyphenols (catechins) which are part of flavonoids that can inhibit the growth of Streptococcus mutans, Streptococcus sobrinus and Lactobacillus which are bacteria that cause dental plaque formation. **Purpose :** to analyze the effectiveness of white tea (*camellia sinensis L.*) gargling on the dental plaque index. **Method :** quasy experiment with pre and posttest control group design. This research was conducted at the Faculty of Dentistry, University of Muhammadiyah Semarang with a total of 36 samples taken by random sampling technique. The treatment group (white tea) and the control group (0.2% chlorhexidine) were calculated using the PHP-M plaque index. **Results :** the value of plaque index before gargling in white tea steeping had an average value of 1.77 ± 0.60 and the value of the plaque index after gargling in steeping white tea had an average value of 1.18 ± 0.48 . The results of the statistical analysis dependent test t test showed $p = 0,000$ ($p < 0.005$) so that there were significant differences between the plaque indices in the white tea group before and after treatment. The results of the independent statistical t test showed that the chlorhexidene control group was 0.2% $p = 0.024$ ($p < 0.005$) and white tea $p = 0.003$ ($p < 0.005$). **Conclusion:** Gargling of white tea steeping is effective in decreasing dental plaque index.

Keywords: white tea, dental plaque index