

ABSTRAK

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Judul :Pengukuran Plak Gigi pada Anak-anak Usia 7-8 Tahun setelah Pemakaian Sikat dengan Timer 2 Menit

Latar Belakang: Plak gigi merupakan salah satu penyebab karies gigi. Prevalensi karies gigi di dunia masih sangat tinggi, terdapat 60% hingga 90% anak usia sekolah yang terkena karies gigi. Salah satu faktor pencegah karies gigi yaitu dengan menyikat gigi. Durasi menyikat gigi yang direkomendasikan ADA adalah 2 menit, namun banyak anak di Indonesia yang belum mencapainya. Tujuan: Mengetahui efektivitas sikat gigi *timer* 2 menit dibandingkan sikat gigi konvensional terhadap akumulasi plak. Metode: Penelitian ini merupakan eksperimental lapangan dengan desain *pre-test post-test group control* dengan metode *single blind*. Subjek terdiri siswa/i berusia 7-8 tahun, berjumlah 40 anak. Dibagi kelompok kontrol dan intervensi dipilih berdasarkan *simple random sampling*. Pengukuran indeks plak yang digunakan yaitu *Löe & Silness*, dan edukasi teknik menyikat gigi yaitu metode *Bass*. Hasil: Hasil Uji *Independent T-test*, terdapat perbedaan yang bermakna, rata-rata penurunan indeks plak lebih tinggi pada kelompok sikat gigi *timer* dibanding kelompok sikat gigi konvensional, tetapi pada akhir kunjungan tidak terdapat perbedaan bermakna. Hasil Uji *2 Way-ANOVA* dan *Friedman*, tidak ada perbedaan yang bermakna pada setiap kunjungan. Rata-rata durasi kelompok kontrol masih di bawah 2 menit. Kesimpulan: Pemakaian sikat gigi *timer* 2 menit efektif dalam menurunkan akumulasi plak. Dengan bertambahnya kemampuan anak dalam menyikat gigi, membuat penggunaan sikat gigi *timer* maupun tanpa *timer* bermanfaat dalam menurunkan akumulasi plak. Menurut Islam manfaat sikat gigi *timer* 2 menit maupun tanpa *timer* yang terbukti efektif menurunkan plak, sehingga berdasarkan kaidah fiqih hukum asal segala sesuatu yang bermanfaat adalah boleh.

Kata Kunci : Durasi; indeks plak; plak gigi; sikat gigi.

ABSTRACT

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Study Program :Dentistry
Tittle :Measurement of Dental Plaque in Children 7-8 Years After
the Use of a 2 Minute Toothbrush Timer

Background: Dental plaque is one of the causes of dental caries. Prevalence of dental caries globally is still very high, where 60% to 90% of school age children have dental caries. One of the factors that can prevent dental caries is brushing teeth. The duration that is recommended in brushing teeth from ADA is 2 minutes, but many children in Indonesia haven't reached the ADA standard. Purpose: Knowing the effectiveness of 2 minute toothbrush timer compared to conventional toothbrush towards plaque accumulation. Method: This study used experiment field with a pre-test, post-test group control with single blind method. Subject consisted of 40 students age 7-8 years old. The children then divided into control and intervention group using simple random sampling, then plaque index measurements were done using *Löe & Silness*, and education about brushing technique using *Bass* method. Results: Independent T-test results showed that there are significant differences, average plaque index reduction was higher in timer toothbrush group compared to conventional toothbrush group, but at the end of visit there was no significant difference. 2-Way ANOVA and Friedman test showed that there is no significant differences at every visit. The average duration of the control group were still under 2 minutes. Conclusion: Using 2 minutes toothbrush timer is effective to reduce plaque accumulation. With the increasing of children's ability in brushing teeth, making the use of timer toothbrush or without timer is useful in reducing plaque. According to Islam, there is benefit in using toothbrush without timer or with 2 minute toothbrush timer in reducing plaque accumulation, so based on the fiqh law where everything that is useful is allowed.

Keywords: Dental plaque; duration; plaque index; tooth brush.