

ABSTRAK

Nama : Husna Farihah
Program Studi : Kedokteran Gigi Program Sarjana
Judul : Perbandingan pH saliva antara perokok konvensional dan bukan perokok di Batalyon D Pelopor Satuan Brimob Metro Jaya

Latar Belakang: Merokok merupakan kebiasaan yang masih banyak ditemukan dan diketahui berdampak terhadap kesehatan sistemik serta kesehatan rongga mulut, termasuk perubahan karakteristik saliva. Saliva, khususnya pH saliva, berperan penting dalam menjaga keseimbangan mikroorganisme dan kesehatan rongga mulut, sehingga perubahan pH dapat meningkatkan risiko penyakit gigi dan mulut. **Tujuan:** Untuk mengetahui perbedaan nilai pH saliva antara perokok konvensional dan bukan perokok di Batalyon D Pelopor Satuan Brimob Metro Jaya, serta pandangannya dari sisi Islam. **Bahan dan metode:** Penelitian kuantitatif dengan metode *cross-sectional* ini dilakukan terhadap 95 responden, terdiri dari 60 perokok konvensional dan 35 bukan perokok yang merupakan anggota Brimob Batalyon D Pelopor Satuan Metro Jaya. Kadar pH saliva diukur menggunakan strip pH dan dianalisis menggunakan uji Mann-Whitney U. **Hasil:** Nilai pH saliva pada kedua kelompok berada dalam rentang normal. Secara deskriptif, pH saliva pada kelompok perokok (6,8) cenderung lebih rendah dibandingkan kelompok bukan perokok (7,1), namun perbedaan tersebut tidak bermakna secara statistik ($p \geq 0,05$). **Kesimpulan:** Tidak terdapat perbedaan pH saliva yang bermakna secara statistik antara perokok konvensional dan bukan perokok. Meskipun demikian, dari sudut pandang Islam, menjaga kesehatan merupakan amanah yang harus dipelihara, sehingga kebiasaan merokok yang berpotensi menimbulkan mudarat, sebaiknya dihindari meskipun pengaruhnya terhadap pH saliva tidak selalu tampak signifikan.

Kata kunci: pH saliva, perokok konvensional, bukan perokok

ABSTRACT

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Study Program : *Dentistry Degree*
Title : *Comparison of Salivary pH between Conventional Smokers and Non Smokers at Battalion D Pelopor, Metro Jaya Brimob Unit*

Background: *Smoking is a common habit and is known to have adverse effects on systemic health as well as oral health, including changes in salivary characteristics. Saliva, particularly salivary pH, plays an important role in maintaining microbial balance and oral health; alterations in salivary pH may increase the risk of oral diseases. Objective:* *To determine the difference in salivary pH values between conventional smokers and non-smokers at Battalion D Pelopor, Metro Jaya Brimob Unit, as well as to examine the findings from an Islamic perspective. Materials and Methods:* *This quantitative study used a cross-sectional design and involved 95 respondents, consisting of 60 conventional smokers and 35 non-smokers who were members of Battalion D Pelopor, Metro Jaya Brimob Unit. Salivary pH was measured using pH indicator strips and analyzed using the Mann-Whitney U test. Results:* *Salivary pH values in both groups were within the normal range. Descriptively, the salivary pH of the smoker group tended to be lower than that of the non-smoker group; however, the difference was not statistically significant ($p \geq 0.05$). Conclusion:* *There was no statistically significant difference in salivary pH between conventional smokers and non-smokers. Nevertheless, from an Islamic perspective, maintaining health is considered a trust that must be preserved; therefore, smoking habits that may cause harm should still be avoided, even if their effect on salivary pH are not always statistically evident.*

Keywords: *salivary pH, conventional smokers, non-smokers*