

# **PENGARUH AIR ALKALI TERHADAP DERAJAT KEASAMAN SALIVA PADA PEROKOK DI KAMPUNG LEGOK JAYA KOTA TASIKMALAYA TAHUN 2024**

## **ABSTRAK**

Penyakit gigi dan mulut yang banyak diderita masyarakat dan dialami pula oleh hampir 90% masyarakat di Indonesia adalah karies gigi. Kebiasaan yang buruk seperti perilaku merokok dapat mempengaruhi kesehatan gigi dan mulut. Kondisi rongga mulut seorang perokok cenderung memiliki *pH* saliva yang asam sedangkan penurunan *pH* jika terjadi secara terus menerus akan menyebabkan demineralisasi pada permukaan gigi. Air alkali mengandung antioksidan serta bersifat basa dan memiliki *pH* lebih dari 7 dan dapat membantu menetralkan pengaruh asam terhadap gigi. Tujuan: mengetahui pengaruh air alkali terhadap derajat keasaman saliva pada perokok. Metode: quasi experiment design rancangan one group pretest and posttest design. Sampel: 25 orang usia 18-40 tahun. Jalan penelitian responden diperiksa *pH* saliva sebelum dan sesudah diberi perlakuan meminum air alkali sebanyak 400 ml dilakukan selama satu hari. Analisis data: uji Paired Sampel T-Test. Hasil: sebelum perlakuan meminum air alkali, kategori responden semuanya asam sebanyak 25 (100%), sesudah perlakuan responden dengan kategori asam turun menjadi 21 orang (84%), dan responden dengan kategori netral menjadi 4 orang (16%). Hasil uji Paired Sampel T-Test pengaruh air alkali terhadap derajat keasaman saliva pada perokok nilai *p-value* 0,001 (<0,05). Kesimpulan: ada pengaruh air alkali terhadap derajat keasaman saliva pada perokok di Kampung Legok Jaya Kota Tasikmalaya.

**Kata kunci:** Penyakit gigi dan mulut, perokok, *pH* saliva, air alkali.

**THE EFFECT OF ALKALINE WATER ON SALIVARY  
ACIDITY OF SMOKER IN LEGOK JAYA VILLAGE  
TASIKMALAYA CITY, 2024**

**ABSTRACT**

*Dental and oral diseases that many people suffer from and are also experienced by almost 90% of people in Indonesia are dental caries. Bad habits such as smoking behavior can affect oral and dental health. The condition of the oral cavity of a smoker tends to have an acidic salivary pH while a decrease in pH if it is continuously involved will cause demineralization of the tooth surface. Alkaline water contains antioxidants and is alkaline and has a pH of more than 7 and can help neutralize the effect of acid on teeth. Objective: determine the effect of alkaline water on the degree of salivary acidity in smokers. Method: quasi experiment design one group pretest and posttest design. Sample: 25 people aged 18-40 years. The way of research respondents were checked salivary pH before and after treatment. Data analysis: Paired Sample T-Test. Results: before the treatment of drinking alkaline water, the respondent category was all acidic as much as 25 (100%), after the treatment of respondents with the acid category dropped to 21 people (84%), and respondents with the neutral category became 4 people (16%). Test results of Paired Sample T-Test effect of alkaline water on salivary acidity in smokers p-value 0.001 (<0.05). Conclusion: there is an effect of alkaline water on salivary acidity in smokers in Kampung Legok Jaya Tasikmalaya City.*

*Keywords: Dental and oral disease, smoker, salivary pH, alkaline water.*