

**PENGARUH MENGUNYAH BUAH NANAS TERHADAP *DEBRIS INDEX*  
PADA SISWA KELAS V DI SD NEGERI KARSAMENAK  
KOTA TASIKMALAYA**

**Chandra, E.F<sup>1</sup>, Daniati, N<sup>2</sup>, Primawati, R.S<sup>3</sup>**

<sup>1)</sup>Mahasiswa Jurusan Kesehatan Gigi Poltekkes Kemenkes Tasikmalaya

<sup>2,3)</sup>Dosen Jurusan Kesehatan Gigi Poltekkes Kemenkes Tasikmalaya  
elsapebrianc@gmail.com

**ABSTRAK**

**Latar Belakang:** Kebersihan gigi dan mulut merupakan bagian penting dari kesehatan tubuh secara keseluruhan. Indikator penting dalam menilai kebersihan gigi dan mulut adalah *debris index*. Masalah kesehatan gigi masih tinggi di Indonesia, salah satunya akibat sisa makanan (*debris*) yang menempel pada permukaan gigi yang dapat mempengaruhi kebersihan dan kesehatan gigi anak. Anak-anak usia sekolah dasar rentan terhadap akumulasi *debris* akibat kebiasaan menyikat gigi yang belum optimal. Buah nanas diketahui memiliki kandungan kaya serat dan air yang berpotensi memberikan efek pembersih alami pada permukaan gigi. **Tujuan:** Mengetahui pengaruh mengunyah buah nanas terhadap *debris index*. **Metode:** Jenis penelitian yang digunakan yaitu metode penelitian *quasi experiment* dengan rancangan penelitian *pre and post-test design*. Sampel penelitian adalah 52 siswa yang diambil menggunakan teknik total sampling. Intervensi dilakukan dengan pemberian buah nanas sebanyak 50 gram untuk dikunyah selama 15 kali disetiap permukaan. Alat ukur penelitian menggunakan lembar pemeriksaan *debris index* dilakukan sebelum dan sesudah perlakuan mengunyah buah nanas. Analisis data menggunakan uji *Wilcoxon*. **Hasil:** Pemeriksaan menunjukkan adanya penurunan *debris index* secara signifikan setelah mengunyah buah nanas, yang berarti buah nanas efektif dalam membantu membersihkan sisa makanan di permukaan gigi. Kandungan serat dan enzim bromelain dalam nanas berkontribusi terhadap efek *self-cleansing*. Uji Statistik *Wilcoxon* didapatkan nilai signifikansi  $0.000 < 0,05$ , menunjukkan adanya pengaruh buah nanas terhadap *debris index*. **Kesimpulan:** Mengunyah buah nanas secara signifikan berpengaruh terhadap penurunan *debris index* siswa kelas V SDN Karsamenak Kota Tasikmalaya, sehingga buah nanas dapat menjadi alternatif alami dalam meningkatkan kebersihan gigi dan mulut, terutama bagi anak-anak yang belum optimal dalam menyikat gigi.

**Kata Kunci:** Kebersihan Gigi dan Mulut, Mengunyah Buah Nanas, *Debris Index*, Anak Sekolah Dasar

**Daftar Pustaka:** 42 Sumber (2010-2024)

## THE EFFECT OF CHEWING PINEAPPLE ON DEBRIS INDEX IN STUDENTS OF GRADE V AT SD NEGERI KARSAMENAK TASIKMALAYA CITY

Chandra, E.F<sup>1</sup>, Daniati, N<sup>2</sup>, Primawati, R.S<sup>3</sup>

<sup>1)</sup> Student of Dental Health Department, Poltekkes Kemenkes Tasikmalaya

<sup>2,3)</sup> Lecturers of Dental Health Department, Poltekkes Kemenkes Tasikmalaya  
elsapebrianc@gmail.com

### ABSTRACT

**Background:** Oral hygiene is an important part of overall body health. An important indicator in assessing oral hygiene is the debris index. Dental health problems are still high in Indonesia, one of which is due to food debris that sticks to the surface of the teeth which can affect the cleanliness and health of children's teeth. Elementary school children are susceptible to debris accumulation due to suboptimal brushing habits. Pineapples are known to have a high fiber and water content that has the potential to provide a natural cleaning effect on the surface of the teeth. **Objective:** To determine the effect of chewing pineapple on the debris index. **Method:** The type of research used is a quasi-experimental research method with a pre and post-test design. The research sample was 52 students who were taken using the total sampling technique. The intervention was carried out by giving 50 grams of pineapple to be chewed 15 times on each surface. The research measuring instrument used a debris index examination sheet carried out before and after the pineapple chewing treatment. Data analysis used the Wilcoxon test. **Results:** The examination showed a significant decrease in the debris index after chewing pineapple, which means that pineapple is effective in helping to clean food residue on the surface of the teeth. The fiber and bromelain enzyme content in pineapple contributes to the self-cleansing effect. The Wilcoxon Statistical Test obtained a significance value of  $0.000 < 0.05$ , indicating the effect of pineapple on the debris index. **Conclusion:** Chewing pineapple significantly affects the decrease in the debris index of fifth grade students of SDN Karsamenak, Tasikmalaya City, so that pineapple can be a natural alternative in improving dental and oral hygiene, especially for children who are not yet optimal in brushing their teeth.

**Keywords:** Dental and Oral Hygiene, Chewing Pineapple, Debris Index, Elementary School Children

**Bibliography:** 42 Sources (2010-2024)