

**PENGARUH MENGKONSUMSI YOGHURT TERHADAP *pH* SALIVA
ANAK TUNAGRAHITA RINGAN SLB PATRIOT
KOTA TASIKMALAYA**

Rachmaputri, A.F¹, Kamelia, E², Rismayani, L³

¹⁾ Mahasiswa Jurusan Kesehatan Gigi Poltekkes Kemenkes Tasikmalaya

^{2,3)} Dosen Jurusan Kesehatan Gigi Poltekkes Kemenkes Tasikmalaya
anindafeyzar@gmail.com

ABSTRAK

Latar Belakang: Persentase penyandang tunagrahita di Indonesia sebanyak 56% dan prevalensi karies gigi pada anak tunagrahita mencapai 82,6%. Salah satu alternatif pencegahan karies gigi yaitu dengan mengkonsumsi minuman probiotik seperti yoghurt. Yoghurt merupakan susu asam yang dihasilkan oleh fermentasi susu dan kelompok produk probiotik yang paling diterima oleh anak-anak. **Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh mengkonsumsi yoghurt terhadap *pH saliva* anak tunagrahita ringan SLB Patriot Kota Tasikmalaya. **Metode:** Jenis penelitian yang digunakan yaitu metode penelitian *quasi experiment* dengan rancangan penelitian *one group pre-test and post-test* dengan sampel sebanyak 20 siswa anak tunagrahita ringan. Alat ukur penelitian menggunakan *pH* meter, dan data di analisis menggunakan uji *paired sampel t-test*. **Hasil:** Berdasarkan hasil uji statistik *paired sampel t-test* diperoleh nilai *p-value* = 0,001 ($p < 0,05$) yang artinya terdapat pengaruh mengkonsumsi yoghurt terhadap *pH saliva* anak tunagrahita ringan SLB Patriot Kota Tasikmalaya. **Kesimpulan:** Mengkonsumsi yoghurt secara berkala selama tujuh hari dapat meningkatkan *pH saliva* pada anak tunagrahita ringan.

Kata kunci: yoghurt, *pH saliva*, anak tunagrahita ringan

Referensi: 75 (1919-2023)

THE EFFECT OF CONSUMING YOGHURT ON THE SALIVARY PH OF MILDLY MENTALLY RETARDED CHILDREN SLB PATRIOT IN THE CITY OF TASIKMALAYA

Rachmaputri, A.F¹, Kamelia, E², Rismayani, L³

¹⁾ Students of the Department of Dental Health Poltekkes Kemenkes Tasikmalaya

^{2,3)} Lecturer of the Department of Dental Health Poltekkes Kemenkes Tasikmalaya
anindafeyzar@gmail.com

ABSTRACT

Background: The percentage of people with disabilities in Indonesia is 56% and the prevalence of dental caries in children with disabilities reaches 82.6%. One alternative to prevent dental caries is by consuming probiotic drinks such as yogurt. Yoghurt is sour milk produced by fermenting milk and the group of probiotic products most accepted by children. **Objective:** This study aims to determine the effect of consuming yogurt on the *pH* of *saliva* of children with mild deformities SLB Patriot Tasikmalaya City. **Methods:** The type of research used is a *quasi experiment* research method with a *one group pre-test and post-test* research design with a sample of 20 mildly retarded children. The research measuring instrument used a *pH* meter, and the data was analyzed using a *paired sample t-test*. **Results:** Based on the results of the paired sample t-test statistical test, the *p*-value = 0.001 (*p* < 0.05) means that there is an effect of consuming yogurt on the *pH* of the *saliva* of mildly retarded children of SLB Patriot Tasikmalaya City. **Conclusion:** Consuming yogurt regularly for seven days can increase *salivary pH* in mildly retarded children.

Keywords: yoghurt, *salivary pH*, mildly retarded children

Reference: 75 (1919-2023)