

EFEKTIVITAS PENGGUNAAN SIKAT GIGI KHUSUS ORTHODONTI DAN SIKAT GIGI KONVESIONAL DENGAN TEKNIK KOMBINASI TERHADAP INDEKS PLAK

Restin Ananda Saputri, Suharyono, Almujadi
Jurusan Kesehatan Gigi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email :

ABSTRAK

Latar Belakang: Berdasarkan survey dan wawancara awal yang telah dilakukan secara acak pada pasien pengguna orthodonti cekat terdapat 35 persen pasien yang menggunakan sikat gigi khusus orthodonti dan 65 persen pasien yang belum menggunakan sikat gigi khusus orthodonti, masih menggunakan sikat gigi konvesional dan belum menggunakan sikat gigi yang dianjurkan.

Tujuan Penelitian: Mengetahui efektivitas menyikat gigi menggunakan sikat gigi khusus orthodonti dan sikat gigi konvesional dengan teknik kombinasi terhadap indeks plak.

Metode Penelitian: Penelitian ini adalah *Quasi Experiment* dengan rancangan *Nonequivalent Control Group Design*. Penelitian ini dilaksanakan pada bulan Juli-Agustus 2021. Populasi penelitian ini adalah siswa yang menggunakan orthodonti cekat di SMAN Titian Teras H. Abdurrahman Sayoeti. Sampel penelitian jumlah 40 responden. Teknik pengambilan sampel menggunakan *non probability* dengan cara *total sampling*. Analisis data dilakukan dengan *uji wicoxon* dan *uji independent T-test* dengan program *SPSS* yaitu : *uji wicoxon*.

Hasil Penelitian: Analisis data penelitian yang diketahui pada tabel analisis korelasi mengenai efektivitas penggunaan sikat gigi khusus orthodonti dan sikat gigi biasa terhadap skor plak pasien pengguna orthodonti cekat dapat di uji menggunakan uji statistik *Mann Whitney* diperoleh nilai signifikan $0,02 < 0,05$, maka H_0 ditolak dan H_a diterima. Hal ini menunjukkan bahwa terdapat perbedaan skor plak penggunaan sikat gigi khusus orthodonti dan sikat gigi biasa pada pengguna orthodonti cekat.

Kesimpulan: Efektivitas menyikat gigi menggunakan sikat gigi khusus orthodonti dan sikat gigi konvesional dengan teknik kombinasi terhadap indeks plak sangat efektif dilakukan.

Kata Kunci : Gigi, Efektivitas, Perawatan Orthodonti, Sikat Gigi, Plak.

THE EFFECTIVENESS OF USING A SPECIAL ORTHODONTIC TOOTHBRUSH AND A CONVENTIONAL TOOTH BRUSH WITH TECHNIQUE COMBINATION OF THE PLAQUE INDEX

Restin Ananda Saputri, Suharyono, Almujadi
Jurusan Kesehatan Gigi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email :

ABSTRACT

Background: based on initial survey and interviews that were randomly assigned to patients using fixed orthodontics there were 35 percent of patients who used a special orthodontic toothbrush and 65 percent of patients who had not used a special orthodontic toothbrush were still using a conventional toothbrush and had not used the recommended toothbrush.

Objectives: To determine the effectiveness of brushing teeth using a special orthodontic toothbrush and a conventional toothbrush with a combination technique on the plaque index.

Research Methods: This research is a Quasi Experiment with the design of nonequivalent control group design. This research was conducted in July-August 2021. The population of this study were students who used fixed orthodontics at SMAN Titian Teras H. Abdurrahman Sayoeti. The research sample is 40 respondents. The sampling technique used non-probability by total sampling. Data analysis was carried out using the Wicoxon test and independent T-test with the SPSS program, namely: Wicoxon test.

Research Results: Analysis of research data that is known in the correlation analysis table regarding the effectiveness of using special orthodontic toothbrushes and ordinary toothbrushes on plaque scores of patients using fixed orthodontics can be tested using the Mann Whitney statistical test obtained a significant value of $0.02 < 0.05$, then H_0 is rejected and H_a is accepted. This shows that there is a difference in plaque scores using a special orthodontic toothbrush and a regular toothbrush in fixed orthodontic users.

Conclusion: The effectiveness of brushing teeth using special orthodontic toothbrushes and conventional toothbrushes with a combination technique on plaque index is very effective.

Keywords: Teeth, Effectiveness, Orthodontic Nurse, Toothbrush, Dental Flak.

