# GAMBARAN LAJU ALIR SALIVA DAN SKOR PLAK PADA PEROKOK KONVENSIONAL

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## ABSTRACT

**Background:** Smoking had become a common habit that was commonly found. In Lampung Dormitory, smokers who had smoked for more than 1 year had a moderate level of dental and oral hygiene. The level of dental and oral hygiene could be said to be clean if it was free from impurities such as debris, plaque, and calculus. **Purpose:** The purpose was known to conditions of salivary flow rate and plaque score in convensional smokers in Lampung dormitories. **Method:** The research used a descriptive research design with a cross-sectional approach. The research time was February 2024. The population of this study was conventional cigarette users aged 18–30 years in Lampung Dormitory. The sampling technique used was purposive sampling. The aspects studied were the salivary flow rate and plaque score. Saliva samples were taken using the spitting method, and plaque scores were taken using PHP indexes. Data analysis was done using frequency distribution and crosstabs. **Result:** Smokers had low criterion salivary flow rates (50.0%), and smokers had poor criterion plaque scores (45.7%). The average salivary flow rate (0.29) was low, and the plaque score (2.85) was poor. Most smokers were aged 22–25 who had smoked for more than 10 years, and the number of cigarettes consumed was more than 20. **Conclusion:** Salivary flow rate in conventional smokers was low criteria, and plaque scores were poor.

**Keywords :** Salivary Flow Rate, Plaque Score, Conventional Smokers

## ABSTRAK

**Latar Belakang:** Merokok sudah menjadi suatu kebiasaan lazim yang umum ditemukan. Di Asrama Lampung, perokok yang telah merokok lebih dari 1 tahun memiliki tingkat kebersihan gigi dan mulut yang sedang. Tingkat kebersihan gigi dan mulut dapat dikatakan bersih apabila bebas dari kotoran seperti *debris*, plak dan kalkulus. **Tujuan:** Diketahuinya kondisi laju alir saliva dan skor plak pada perokok konvensional di asrama lampung. **Metode:** Penelitian menggunakan rancangan penelitian deskriptif dengan pendekatan *cross-sectional*. Waktu penelitian pada bulan Februari 2024. Populasi penelitian ini adalah pengguna rokok konvensional berusia 18–30 tahun di Asrama Lampung. Teknik pengambilan sampel yang digunakan adalah *purposive sampling*. Aspek yang diteliti yaitu laju alir saliva dan skor plak. Sampel saliva diambil dengan menggunakan metode *spitting* dan skor plak diambil dengan menggunakan indeks PHP. Analisis data menggunakan distribusi frekuensi dan *crosstabs*. **Hasil:** Perokok memiliki laju alir saliva kriteria rendah (50.0%) dan perokok memiliki skor plak kriteria buruk (45.7%)**.** Hasil rerata

laju alir saliva (0.29) rendah dan skor plak (2.85) buruk. Perokok terbanyak berusia 22-25 tahun yang telah merokok lebih dari 10 tahun dan jumlah rokok yang dikonsumsi lebih dari 20 batang. **Kesimpulan:** Laju alir saliva pada perokok konvensional kriteria rendah dan skor plak berkriteria buruk.
**Kata Kunci :** Laju Alir Saliva, Skor Plak, Perokok Konvensional