

PENGARUH MINUM KOPI ROBUSTA TERHADAP PENURUNAN PH
SALIVA MASYARAKAT DESA SADU, KECAMATAN BTS ULU,
KABUPATEN MUSI RAWAS, SUMATERA SELATAN

Agus Triansyah*, Siti Sulastri, Almujadi
Jurusan Terapi Gigi Poltekkes Kemenkes Yogyakarta
Jl Tatabumi No.3, Banyuraden, Gamping, Sleman
Email : agustriansyah92@gmail.com

ABSTRAK

Latar Belakang : Hasil Riset Kesehatan Dasar 2018, proporsi masalah karies di Indonesia sebesar 45,3%, sedangkan di Sumatera Selatan sebesar 45,1%. Minuman dengan pH rendah menyebabkan demineralisasi. Kopi Robusta memiliki pH 5,25-5,4. Masyarakat Desa Sadu minum kopi robusta setiap harinya, dan dalam berbagai kegiatan masyarakat.

Tujuan Penelitian : Diketahuinya pengaruh minum kopi robusta (*Coffea canephora*) terhadap penurunan pH saliva.

Metode Penelitian : Jenis Penelitian adalah pra eksperimen. Pengambilan dilakukan secara *cross sectional*. Desain penelitian adalah “One Group Pretest-Postest Design. Populasi penelitian warga Desa Sadu umur dewasa awal (usia 26-35 tahun), berjumlah 84 orang. Sampel penelitian berjumlah 74 orang. Analisa data menggunakan Wilcoxon sign test.

Hasil : pH saliva sebelum minum kopi robusta (*Coffea canephora*) adalah 6,73. pH saliva setelah minum kopi robusta (*Coffea canephora*) adalah 5,979. Selisih rata-rata pH saliva sebelum dan setelah minum kopi robusta (*Coffea canephora*) adalah 0,74. Ada pengaruh minum kopi robusta (*Coffea canephora*) terhadap penurunan pH saliva Masyarakat Desa Sadu, Kecamatan BTS Ulu dengan hasil *wilcoxon sign test*, kemaknaan (probabilitas) $p=0,00<0,05$.

Kesimpulan : Minum kopi robusta (*Coffea canephora*) dapat menurunkan pH saliva.

Kata kunci : Kopi Robusta, pH saliva.

THE EFFECT OF DRINKING ROBUSTA COFFE ON DECREASING
SALIVARY PH OF PEOPLE IN SADU VILLAGE, BTS
ULU SUB-DISTRICT, MUSI RAWAS REGENCY,
SOUTH SUMATERA

Agus Triansyah*, Siti Sulastri, Almujadi
Majoring in dental therapy Poltekkes Kemenkes Yogyakarta
Tatabumi Streets No.3, Banyuraden, Gamping, Sleman, D.I.Yogyakarta
Email : agustriansyah92@gmail.com

ABSTRACT

Background: Results of Basic Health Research in 2018, the proportion of dental caries problems in Indonesia by 45,3 while in South Sumatera by 45,1%. Drinks with a low pH can cause demineralization in the enamel. Robusta coffee has a pH of 5.25- 5.4. The Sadu's peoples drinks coffee every day, and in various community activities.

Research Objectives: To determine the effect of drinking robusta coffee (*Coffea canephora*) on decreasing salivary pH.

Research Methods: This type of research is pre-experimental. Intake is cross sectional. The research design was "One Group Pretest-Postest Design. The research population of Sadu Village residents is early adulthood (aged 26-35 years), totaling 84 people. Samples amounted to 74 people. Analysis of data using *Wilcoxon sign test*.

Results: The salivary pH before drinking robusta coffee (*Coffea canephora*) was 6.73. The salivary pH after drinking robusta coffee (*Coffea canephora*) was 5.979. The difference in average salivary pH before and after drinking coffee is 0.74. There is an effect of drinking robusta coffee (*Coffea canephora*) on the decreasing salivary pH of the people of Sadu Village, Ulu BTS District, Musi Rawas Regency, South Sumatera. by *wilcoxon sign test* result, significance (probability) $p=0.00<0.05$.

Conclusion: Drinking robusta coffee (*Coffea canephora*) can decrease salivary pH.

Keywords: Robusta coffee, salivary pH.