

PENGARUH EKSTRAK DAUN UNGU (*Graptophyllum Pictum* (L.) Griff)
SEBAGAI OBAT KUMUR TERHADAP VISKOSITAS SALIVA PADA
MAHASISWA ASRAMA JURUSAN KEPERAWATAN GIGI

Wahyu Ningsih¹, Wiworo Haryani², Ety Yuniarly³.
Jurusan Keperawatan Gigi Poltekkes Kemenkes Yogyakarta,
Jl. Kyai Mojo no. 56, Pingit, Yogyakarta 555234 telp. 0274-514306
Email : Wn29386@gmail.com

ABSTRAK

Latar belakang : Kekentalan saliva yang tinggi dapat menyebabkan sisa-sisa makanan menumpuk dan akan menyebabkan karies, sedangkan viskositas saliva rendah akan meningkatkan laju aliran sehingga didapatkan efek *self cleansing* yang dapat mengurangi resiko terjadinya karies. Daun ungu memiliki banyak khasiat yang mengandung zat yaitu flavonoid yang dapat menghambat pertumbuhan bakteri *streptococcus mutans* penyebab terjadinya karies.

Tujuan penelitian : Untuk mengetahui pengaruh viskositas sebelum dan sesudah berkumur ekstrak daun ungu (*graptophyllum pictum* (L) griff)

Metode Penelitian : Jenis penelitian ini adalah *pre experimental* dengan rancangan *One Group Pretest-Posttest Design*. Penelitian dilakukan di asrama 2 jurusan keperawatan gigi pada bulan Oktober 2019 dengan pengambilan sampel menggunakan *purposive sampling* yang memenuhi kriteria inklusi dan eksklusi. Pengukuran viskositas saliva menggunakan viskometer *Ostwald*. Analisis data menggunakan uji *Paired sampel T-Tes* dan *Regresi Linear Sederhana*.

Hasil Penelitian : Viskositas saliva sebelum berkumur menunjukkan nilai rata-rata 3,58, sedangkan sesudah berkumur rata-rata nilai 3,21 dan berdasarkan hasil analisis menggunakan uji *Paired Sample t-Test* menunjukkan perbedaan viskositas sebelum dan sesudah berkumur ekstrak daun ungu diperoleh nilai signifikan $p=0,000$ maka $p<0,05$. Sedangkan hasil uji *Regresi linear sederhana* menunjukkan viskositas saliva sebelum dan sesudah berkumur ekstrak daun ungu di peroleh nilai signifikan $p=0,004$ maka $p<0,05$.

Kesimpulan: Ekstrak daun ungu sebagai obat kumur berpengaruh terhadap viskositas saliva.

Kata Kunci : Viskositas saliva, Daun ungu (*Graptophyllum pictum* (L) Griff), karies gigi

The Effect Of Purple Leaf Extract (*Graptophyllum Pictum* (L.) Griff) As a Mouthwash on Saliva Viscosity In Boarding Students Of Dental Nursing Departement.

Wahyu Ningsih,¹ Wiworo Haryani,² Etty Yuniarly³
Jurusan Keperawatan Gigi Poltekkes Kemenkes Yogyakarta,
Jl. Kyai Mojo no. 56, Pingit, Yogyakarta 555234 telp. 0274-514306
Email : Wn29386@gmail.com

ABSTRACT

Background: High saliva viscosity can cause food debris to accumulate and will cause caries, while low salivary viscosity will increase the flow so that the self cleansing effect is obtained which can reduce the risk of caries. Purple leaves have many properties that contain flavonoid which can inhibit the growth of *streptococcus mutans* bacteria that cause caries.

Research Purposes : To know the effect of purple leaf extract as a mouthwash against the viscosity of saliva

Research Methods : this type of research is a *pre experimen with one group pretest-posttest design*. This research was conducted in dormitory 2 majoring in dental nursing in October 2019 with sampling using *purposive sampling* met the inclusion and exclusion criteria. Saliva viscosity measurement using *Ostwald* viskometer. Data Analysis using *paired sample t-test* and *simple linear regression*

Research result : Saliva viscosity before gargling showed an average value of 3,58, while after gargling the average value of 3,24 and based on the results of the analysis used *Paired sample t-test* showed differences in viscosity before and after gargling of purple leaf extract obtained a significant value of $p = 0,000$ then $p < 0,05$. While the results of a simple liner regression test showed the viscosity of saliva before and after gargling of purple leaf extract obtained a significant value of $p < 0,004$ then $p < 0,05$.

Conclusion : purple leaf extract as a mouthwash affects saliva viscosity.

Keywords : Saliva viscosity, Purple Leaf (*Graptophyllum Pictum* (L) Griff), dental Caries.