

PENGARUH EKSTRAK DAUN UNGU (*GRAPTOPHYLLUM PICTUM (L.) GRIFF*) SEBAGAI OBAT KUMUR TERHADAP SKOR PLAK PADA MAHASISWA ASRAMA JURUSAN KEPERAWATAN GIGI

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ABSTRAK

Latar Belakang : Berkumur dengan ekstrak daun ungu mampu menghambat perkembangan bakteri. Daun Ungu terbukti mampu menghambat pertumbuhan *Streptococcus mutans* yang berperan dalam proses terjadinya karies.

Tujuan Penelitian: Untuk mengetahui pengaruh ekstrak daun ungu (*Graptophyllum pictum(L.)Griff*) sebagai obat kumur terhadap skor plak.

Metode Penelitian : Penelitian ini bersifat *pra eksperimen* dengan menggunakan rancangan *one group pretest-posttest design*. penelitian ini di laksanakan pada bulan Oktober 2019. Populasi studi penelitian ini adalah mahasiswa asrama 2 Jurusan Keperawatan Gigi Poltekkes Kemenkes Yogyakarta. Sampel dengan jumlah 40 responden. Analisis data menggunakan *paired t-test* yaitu untuk mengetahui perbedaan skor plak sebelum dan sesudah berkumur ekstrak daun ungu dan uji analisis regresi sederhana yaitu untuk mengetahui ada tidaknya pengaruh berkumur ekstrak daun ungu terhadap skor plak.

Hasil penelitian : Rata-rata skor plak sebelum berkumur ekstrak daun ungu adalah 2,03, sedangkan rata-rata skor plak sesudah berkumur ekstrak daun ungu adalah 0,20. Ekstrak daun ungu dapat menurunkan skor plak secara signifikan dengan selisih sebesar 1,79. Hasil penelitian menunjukkan adanya pengaruh berkumur ekstrak daun ungu terhadap skor plak $P=0,000$.

Kesimpulan : Ada pengaruh ekstrak daun ungu sebagai obat kumur terhadap indeks plak pada mahasiswa asrama jurusan Keperawatan Gigi, terbukti dengan nilai significancy $P = 0,000$.

Kata Kunci : Ekstrak daun ungu, skor plak

THE EFFECT OF PURPLE LEAF EXTRACT (GRAPTOPHYLLUM PICTUM
(L.) GRIFF) AS A GROWTH MEDICINE ON SCORE PLORTS IN PLACES
OF ASRAMA STUDENTS IN DENTAL NURSING

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ABSTRACT

Background : Gargling with purple leaf extract can inhibit bacterial development. Purple leaves are proven to be able to inhibit the growth of Streptococcus mutans which play a role in the process of caries.

Objective: To determine the effect of purple leaf extract (Graptophyllum pictum (L.) Griff) as a mouthwash on plaque score.

Research Methods: This study was a pre-experimental study using one group pretest-posttest design. This research was carried out in October 2019. The population of this research study was boarding students 2 Department of Dental Nursing Polytechnic Ministry of Health Yogyakarta. Sample with 40 respondents. Data analysis used paired t-test to find out the differences in plaque scores before and after gargling of purple leaf extract and a simple regression analysis test that was to determine whether there were any effects of purple leaf extract gargling on plaque scores.

Results: The average plaque score before gargling of purple leaf extract was 2.03, while the average plaque score after gargling of purple leaf extract was 0.20. Purple leaf extract can significantly reduce plaque score with a difference of 1.79. The results showed the effect of gargling of purple leaf extract on the plaque score $P = 0,000$.

Conclusion: There is an effect of purple leaf extract as a mouthwash on the plaque index in boarding students majoring in Dental Nursing, as evidenced by the significance value $P = 0,000$.

Keywords: Purple leaf extract, plaque score