

EFFECTIVENESS OF GARGLING WITH FOREST HONEY SOLUTION ON
GINGIVITIS SCORE OF JUNIOR HIGH SCHOOL STUDENT
MUHAMMADIYAH 2 GAMPING

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ABSTRACT

Background: Prevalence of periodontal disease in Indonesia ranks in the second place with percentage of 96,58%. One of the periodontal diseases which is often found is gingivitis. Gingivitis medication can be done by using natural utilization that contains antibacterial substance such as forest honey. Forest honey contains *hydrogen peroxide*, *lysozine* as antibacterial, and *inhibine* as disinfectant.

Research Objective: Establish the effectiveness of gargling with forest honey solution on gingivitis score of junior high school student Muhammadiyah 2 Gamping.

Research Method: Type of this research is quasi experiment research with non-randomized control group pretest-posttest design. The research was performed in October 2019. Population of this research is all students in grade VII of Junior High School Muhammadiyah 2 Gamping. The technique of sample collection is purposive sampling with number of 60 people. Data collection is done by examining gingivitis before and after gargling with forest honey solution. Data analysis uses Wilcoxon Test and Mann Whitney Test.

Research Result: Criteria of the highest gingivitis score before gargling with forest honey solution is medium (66.7%) while after gargling with forest honey solution the highest gingivitis score is in light criteria (90%). Result of wilcoxon test shows that gargling with forest honey solution is effective on the decreasing of gingivitis score with value $(p) = 0.000$, value $(p) < 0.05$. Based on mann whitney test, it shows that there is significant difference between gargling with forest honey solution and aquades on gingivitis score with value $(p) = 0.000$

Conclusion: Gargling with forest honey solution is effective on the decreasing of gingivitis score.

Keywords: Gargle, Forest Honey Solution, Gingivitis

EFEKTIVITAS BERKUMUR LARUTAN MADU HUTAN TERHADAP SKOR GINGIVITIS PADA SISWA SMP MUHAMMADIYAH 2 GAMPING

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ABSTRAK

Latar Belakang: Prevalensi penyakit periodontal di Indonesia menduduki urutan kedua yaitu sebesar 96,58%. Salah satu penyakit periodontal sering dijumpai adalah gingivitis. Pengobatan gingivitis dapat dilakukan dengan cara pemanfaatan alamiah yang mengandung bahan antibakteri seperti madu hutan. Madu hutan terdapat senyawa *hydrogen peroksida*, senyawa *lysozine* bersifat antibakteri, dan senyawa *inhibine* sebagai desinfektan.

Tujuan Penelitian: Mengetahui efektivitas berkumur larutan madu hutan terhadap skor gingivitis pada siswa SMP Muhammadiyah 2 Gamping.

Metode Penelitian: Jenis penelitian bersifat *quasi experiment* dengan rancangan *non randomized control group pretest-posttest design*. Penelitian dilaksanakan pada bulan Oktober 2019. Populasi penelitian adalah seluruh siswa kelas VIII SMP Muhammadiyah 2 Gamping. Teknik pengambilan sampel adalah *purposive sampling* berjumlah 60 orang. Pengumpulan data dengan cara pemeriksaan gingivitis sebelum dan sesudah berkumur larutan madu hutan. Analisis data menggunakan Uji *Wilcoxon* dan *Mann Whitney Test*.

Hasil Penelitian: Kriteria skor gingivitis sebelum berkumur larutan madu hutan yang tertinggi adalah sedang (66.7%) sedangkan sesudah berkumur larutan madu hutan yang tertinggi adalah ringan (90%). Hasil uji *wilcoxon test* menunjukkan bahwa berkumur larutan madu hutan efektif terhadap penurunan skor gingivitis dengan nilai $(p) = 0.000$, nilai $(p) < 0.05$. Berdasarkan uji *mann whitney test* menunjukkan ada perbedaan bermakna antara berkumur larutan madu hutan dan aquades terhadap skor gingivitis dengan nilai $(p) = 0.000$

Kesimpulan: Berkumur larutan madu hutan efektif terhadap menurunkan skor gingivitis.

Kata Kunci: Berkumur, Larutan Madu hutan, Gingivitis