

The Correlation of Dental Hygiene in Pregnant Women With the Salivary Acidity Level (*pH*)

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ABSTRACT

Background: Oral hygiene that is not properly maintained during pregnancy can lead to various diseases that appear in the oral cavity. From preliminary studies, there were 60% of pregnant women with bad OHI-S category and including 30% in the medium category and 10% in the good category. Prolonged vomiting in pregnant women can lead to increased gastric acid and the level of saliva acidity (*pH*) becoming increasingly acidic.

Objective: To investigate the correlation of dental hygiene in pregnant women with the level of saliva acidity (*pH*).

Method: This research was an analytical survey with a cross-sectional approach, the sample was selected by accidental sampling method with the number of respondents were 44 expectant mothers who had a pregnancy check-up visit at Puskesmas Rembon. The research was conducted in September 2019. Data collected by performing OHI-S examination of the pregnant women and determining the level of saliva acidity (*pH*) using *pH* stick. The results of the study were analyzed using a correlation test of Kendall-tau b with SPSS program.

Results: It was found that the dental hygiene in pregnant women was mostly categorized as moderate criteria (50%); Criteria of saliva acidity level (*pH*) in the pregnant women was largely included in the acidic criteria (77%). From the test result of Kendall's-tau b, a significance value (p) = 0.352 > 0.05 was obtained; No correlation was found of dental hygiene in pregnant women with their saliva acidity level (*pH*).

Conclusion: Dental hygiene in pregnant women does not correlate with their saliva acidity level (*pH*).

Keywords: OHI-S, Pregnant Women, *pH* Saliva

Hubungan Kebersihan Gigi Pada Ibu Hamil Dengan Derajat Keasaman (*pH*) Saliva

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ABSTRAK

Latar Belakang: Kebersihan mulut yang tidak dipelihara dengan baik selama kehamilan dapat menimbulkan berbagai penyakit yang muncul di dalam rongga mulut. Dari studi pendahuluan terdapat 60% ibu hamil dengan kategori OHI-S buruk dan 30% termasuk kategori sedang dan 10% kategori baik. Perilaku muntah yang berkepanjangan pada ibu hamil dapat menyebabkan meningkatnya asam lambung dan derajat keasaman (*pH*) saliva menjadi semakin asam.

Tujuan Penelitian: Mengetahui hubungan antara kebersihan gigi pada ibu hamil dengan derajat keasaman (*pH*) saliva.

Metode Penelitian: Penelitian ini berjenis survey analitik dengan pendekatan *cross sectional*, sampel dipilih dengan metode *accidental sampling* dengan jumlah responden adalah 44 orang ibu hamil yang melakukan kunjungan pemeriksaan kehamilan di Puskesmas Rembon. Waktu penelitian pada bulan September 2019. Cara pengambilan data dengan melakukan pemeriksaan OHI-S ibu hamil dan menentukan derajat keasaman (*pH*) saliva menggunakan *pH stick*. Hasil penelitian dianalisis menggunakan uji korelasi *Kendall-Tau b* dengan bantuan program SPSS.

Hasil penelitian: Diketahui bahwa Kebersihan gigi pada ibu hamil sebagian besar termasuk dalam kriteria sedang (50%); Kriteria derajat keasaman (*pH*) saliva pada ibu hamil sebagian besar termasuk dalam kriteria asam (77%). Dari hasil uji *Kendall's-tau b*, diperoleh nilai signifikansi (p) = 0.352 > 0.05; tidak ada hubungan antara kebersihan gigi pada ibu hamil dengan derajat keasaman (*pH*) saliva ibu hamil.

Kesimpulan: Kebersihan gigi pada ibu hamil tidak berhubungan dengan derajat keasaman (*pH*) saliva ibu hamil.

Kata kunci: OHI-S, Ibu Hamil, *pH* Saliva