

EFEKTIVITAS PENGGUNAAN SIKAT GIGI ORTHODONTI DAN SIKAT GIGI BIASA TERHADAP SKOR PLAK PASIEN PENGGUNA ORTHODONTI CEKAT

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ABSTRAK

Latar belakang : Fixed orthodontia tau disebut juga dengan orthodonti cekat merupakan alat yang dicitak langsung pada gigi. komponen fixed orthodonti terdiri dari *brcket*, *archwire*, *power o* dan *power chain*. Adanya peranti fixed orthodonti yang menempel pada gigi geligi akan menyulitkan untuk membersihkan gigi sehingga cenderung terjadi penumpukan plak pada gigi di sekitar bracker dan tepi-tepi gingiva.

Tujuan Penelitian : Mengetahui perbedaan efektivitas menyikat gigi dengan sikat gigi khusus orthodonti dan sikat gigi biasa terhadap skor plak pada pasien pengguna orthodonti cekat di praktek drg Meltha Septia.

Metode Penelitian : Jenis penelitian *quasi eksperiment* dengan desain *Nonequivalent Control Group Design*. Populasi seluruh pasien orthodonti cekat Praktek mandiri drg. Meltha Septiya pada bulan Oktober, sampel berjumlah 30 dengan menggunakan teknik *accidental sampling*. Instrumen penelitian menggunakan sikat gigi orthodonti dan sikat gigi biasa. Analisa data yang dilakukan melalui uji *Mann-Whitney Test*.

Hasil Penelitian : Responden terbanyak terbanyak yaitu berjenis kelamin perempuan 21 (70%) dan Responden terbanyak menurut usia yaitu usia 17-25 sebanyak 27 (90%). Rata-rata skor plak sesudah menyikat gigi menggunakan sikat gigi orthodonti dengan kriteria baik sebesar 10 (33.3) sedangkan Rata-rata skor plak sesudah menyikat gigi menggunakan sikat gigi biasa dengan kriteria baik sebesar 5 (16.7), menggunakan uji statistik *ManniWhitney U* diperoleh nilai signifikan $0,03 < 0,05$.

Kesimpulan : Adanya perbedaan skor plak penggunaan sikat gigi orthodonti dan sikat gigi biasa pada pengguna orthodontik cekat di praktek mandiri drg. Meltha Septiya.

Kata Kunci : Sikat gigi biasa, Sikat gigi khusus, skor plak, orthodonti cekat

THE EFFECTIVENESS OF THE USE OF ORTHODONTIC TOOTHBRUSHES AND ORDINARY TOOTHBRUSHES ON PLAQUE SCORES OF FIXED ORTHODONTIC PATIENTS

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ABSTRACT

Background : Fixed orthodontia or also known as fixed orthodontics is a tool that is attached directly to the teeth. fixed orthodontic components consist of *brackets, archwire, power o and power chain*. The presence of fixed orthodontic appliances attached to the teeth will make it difficult to clean the teeth so that plaque tends to accumulate on the teeth around the brackets and the edges of the gingiva.

Objective: To determine the difference in the effectiveness of brushing teeth with special orthodontic toothbrushes and ordinary toothbrushes on plaque scores in patients using fixed orthodontics at the practice of Dr. Meltha Septia.

Research Methods: This type of research is *quasi-experimental* with the *Nonequivalent Control Group Design*. The population of all fixed orthodontic patients Independent practice drg. Meltha Septiya in October, the sample amounted to 30 using *accidental sampling technique*. The research instrument used an orthodontic toothbrush and an ordinary toothbrush. Data analysis was carried out through the *Mann-Whitney Test*.

Research Results: The most respondents were women 21 (70%) and the most respondents according to age were age 17-25 as many as 27 (90%). The average plaque score after brushing using an orthodontic toothbrush with good criteria was

10 (33.3), while the average plaque score after brushing using an ordinary toothbrush with good criteria was 5 (16.7), using the statistical test *Mann-Whitney U*, a significant value was obtained. $0.03 < 0.05$.

Conclusion: There is a difference in plaque scores using orthodontic toothbrushes and ordinary toothbrushes in fixed orthodontic users in the independent practice of drg. Meltha Septiya.

Keywords: Ordinary toothbrush, special toothbrush, plaque score, fixed orthodontics