

ABSTRAK

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PENGARUH BERKUMUR REBUSAN DAUN SIRIH HIJAU *PIPER BETLE* (L.) KONSENTRASI 10% TERHADAP *GINGIVITIS* PADA IBU HAMIL DI UPT PUSKESMAS KAMAL KABUPATEN BANGKALAN TAHUN 2025
xvi + 113 Halaman + 10 Tabel + 12 Lampiran

Laporan Survei Kesehatan Indonesia pada tahun 2023, *gingivitis* adalah penyakit ketiga yang paling umum di Indonesia. Faktor hormon, lokal dan perilaku dapat menyebabkan *gingivitis* pada ibu hamil. *Gingivitis* melemahkan sistem kekebalan tubuh ibu hamil, menyebabkan BBLR dan prematur. Rebusan daun sirih hijau memiliki kemampuan untuk membunuh bakteri di rongga mulut, yang dapat mencegah *gingivitis*. Mayoritas ibu hamil di UPT Puskesmas Kamal mengalami *gingivitis*. Tujuan penelitian: Menganalisa pengaruh berkumur rebusan daun sirih hijau dengan konsentrasi 10% terhadap *gingivitis* pada ibu hamil di UPT Puskesmas Kamal Kabupaten Bangkalan Tahun 2025.

Metode Penelitian: Studi dilakukan dengan metode *Quasi Experimental Design*, melibatkan 83 ibu hamil sebagai responden. Pengukuran *gingival* indeks (Loe dan Silness) digunakan untuk mengumpulkan data baik sebelum dan sesudah berkumur. Lembar observasi berkumur dirumah digunakan untuk melihat kepatuhan ibu hamil dalam melakukan kumur – kumur. Analisis data menggunakan uji *Wilcoxon*.

Hasil penelitian: Hasil uji statistik menunjukkan perbaikan rerata awal *gingival* indeks 2,1013 katagori berat menjadi 1,2787 katagori sedang. Hasil uji *Wilcoxon* didapatkan sign. (p) = 0,000 sehingga ada pengaruh berumur rebusan daun sirih hijau (*Piper betle L.*) dengan konsentrasi 10% terhadap *gingivitis* pada ibu hamil di UPT Puskesmas Kamal Kab. Bangkalan Tahun 2025. Kesimpulan: Daun sirih hijau (*Piper betle L.*) memiliki pengaruh untuk meringankan kejadian *gingivitis* pada ibu hamil.

Kata kunci: *Gingivitis*, Daun sirih hijau, *Piper betle L.*, Ibu hamil, Obat kumur
Daftar Bacaan: 19 Buku (2015 – 2025)

ABSTRACT

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THE EFFECT OF GARGLING WITH 10% CONCENTRATION DECOCTION OF GREEN BETEL LEAF PIPER BETLE (L.) AGAINST GINGIVITIS IN PREGNANT WOMEN AT UPT PUSKESMAS KAMAL, BANGKALAN DISTRICT IN 2025

xvi + 113 Pages + 10 Tables + 12 Appendices

According to the 2023 Indonesian Health Survey, gingivitis ranks as the third most prevalent disease in Indonesia. In pregnant women, gingivitis can result from hormonal fluctuations, local oral conditions, and behavioral factors. This condition weakens the immune system which increases the risk of low birth weight and preterm delivery. The decoction of green betel leaves exhibits antibacterial properties that may help prevent gingivitis. Research Objectives: This study addresses the high prevalence of gingivitis among pregnant women at UPT Puskesmas Kamal. It aims to evaluate the effects of gargling a 10% green betel leaf decoction on gingivitis in pregnant women at UPT Puskesmas Kamal, Bangkalan District, in 2025.

Research Methods: This study employed a quasi-experimental design, involving 83 pregnant women as respondents. The gingival index, as proposed by Loe and Silness, was measured both before and after gargling to assess the impact of the intervention. Additionally, an observation sheet was utilized to evaluate participants' adherence to the gargling regimen at home. Data were analyzed using the Wilcoxon test.

Research results: The results indicated an improvement in the average initial gingival index from 2.1013, classified as severe, to 1.2787, classified as moderate. The Wilcoxon test yielded a significance value of $p = 0.000$, demonstrating a statistically significant effect of gargling a 10% green betel leaf (Piper betle L.) decoction on gingivitis in pregnant women at UPT Puskesmas Kamal, Bangkalan District, in 2025. Conclusion: Betel leaf (Piper betle L.) has an effect to relieve the incidence of gingivitis in pregnant women.

Keywords: Gingivitis, Green betel leaf, Piper betle L., Pregnant women, Mouthwash

References: 19 books (2015 – 2025)