

**PERBANDINGAN LAJU ALIR SALIVA SEBELUM
DAN SESUDAH MENGUNYAH PERMEN KARET
YANG MENGANDUNG *XYLITOL* PADA
PEROKOK DAN BUKAN PEROKOK**



SKRIPSI

**Sebagai Salah Satu Syarat untuk Meraih Gelar Sarjana
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THE COMPARISON OF SALIVARY FLOW RATE BEFORE AND AFTER CHEWING GUM CONTAINING XYLITOL ON SMOKERS AND NON-SMOKERS

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ABSTRACT

Background: Saliva plays an important role in homeostatic processes in the oral cavity, such as mastication, digestion, protecting the oral mucosa, self-cleansing and remineralization. Long term smoking habits can reduce the flow rate of saliva, this will interfere with self-cleansing in the oral cavity which results a decrease in oral hygiene. Xylitol gum can stimulate the salivary glands so it can increase the flow rate of saliva followed by an increase in oral hygiene. **Objective:** To determine the ratio of salivary flow rate before and after chewing gum containing xylitol on smokers and non-smokers. **Method:** This research was a quasi experimental with non equivalent control group design on 20 smokers and 20 non-smokers. Respondents were instructed to chew xylitol gum for 5 minutes. Saliva collection using the spitting method. Measurement of salivary flow rate using digital scales. **Result:** There is a significant increase salivary flow rate in each group. Independent t-test showed that there was a significant comparative difference ($p=0,001$) increase salivary flow rate on smokers and non-smokers. The increasing ratio of salivary flow rate on smokers was 0,233 mL/minute and the non-smokers was 0,572 mL/minute. **Conclusion:** There is a significant difference in the ratio of increased salivary flow rate between smokers and non-smokers. Salivary flow rate on smokers increased a lower rate than non-smokers.

Keywords: gum, saliva, salivary flow rate, smoke, xylitol

