

ABSTRAK

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Program Studi : Kedokteran Gigi
Judul : Pengaruh Kadar pH Air Kolam Terhadap Kesehatan Rongga Mulut Atlet Renang Di Kota Medan Tahun 2022

Peraturan Menteri Kesehatan No. 32 tahun 2017 menyebutkan standar pH untuk kolam renang adalah 7- 7,8. Kadar pH dibawah 7 mengakibatkan air kolam renang bersifat asam sehingga menyebabkan erosi gigi, iritasi mata, merusak bagian kolam renang yang terbuat dari besi, dan merusak dinding kolam renang. Penelitian bertujuan mengetahui pengaruh kadar pH air kolam renang terhadap kesehatan rongga mulut atlet renang di Kota Medan Tahun 2022. Penelitian ini dilakukan di kolam renang Primbana kota Medan dengan menggunakan disain *cross sectional* pada bulan November 2021 sampai dengan Februari 2022. Hasil penelitian pH air kolam renang Primbana Kota Medan adalah 6,8 dan erosi gigi sebesar 70%. Dapat disimpulkan bahwa ada hubungan yang signifikan antara pH air kolam renang dengan tingkat erosi gigi pada atlet renang di kolam renang Primbana Kota Medan. Sehingga dibutuhkan peningkatan pemahaman bahaya keasaman pada pengelola kolam renang dan upaya perawatan gigi yang intensif bagi atlet agar mencegah erosi gigi.

Kata kunci:

Erosi gigi, atlet, pH, air kolam renang

ABSTRACT

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Title : The Effect of Pond Water pH Levels on Oral Health Swimming Athletes in Medan City in 2022

Minister of Health Regulation No. 32 of 2017 states that the pH standard for swimming pools is 7-7.8. A pH level below 7 causes swimming pool water to be acidic, causing tooth erosion, eye irritation, damaging the iron parts of the swimming pool, and damaging the walls of the swimming pool. This study aims to determine the effect of swimming pool water pH on the oral cavity health of swimming athletes in Medan City in 2022. This study was conducted at the Primbana swimming pool in Medan using a cross sectional design from November 2021 to February 2022. Primbana Medan City is 6.8 and tooth erosion is 70%. It can be concluded that there is a significant relationship between the pH of swimming pool water and the level of tooth erosion in swimming athletes in the Primbana swimming pool, Medan City. So it is necessary to increase the understanding of the dangers of acidity in swimming pool managers and intensive dental care efforts for athletes in order to prevent tooth erosion.

Keywords:

Tooth erosion, athletes, pH, swimming pool water