



# A Study on Awareness About Oral Health Care and Oral Hygiene Amongst School Going Primary Students.

1. Dr. Rafana Kazi – Nakid 2. Dr. Sara Kazi – Kharbe.

**ABSTRACT:** Oral health care and oral hygiene is an essential part of complete health and well-being. Tooth decay and gum disease are most prevalent conditions affecting primary school going students. Moreover, the school going primary students are more fascinated towards Junk foods, and Junk foods particularly those high in sugar causes cavities, also weakens tooth enamel overtime or erodes the teeth enamel. The aim of the following study is to create awareness of oral health care amongst school going primary students. A total of 200 children were selected, within the age group of 6-10 years. of which 92 were boys and 108 were girls. The study was conducted by using a questionnaire method. The outcomes exhibited that 55.50% of Primary school going students brush their teeth twice daily, 100% of the participants use tooth brush and paste to clean their teeth, 66.50% of the participants change their tooth brush once in a month, 20.25% of participant change their brush once in 2 months, 9.25% of participant change their brush once in 3 months. 39.50% of participant cleans their tongue regularly by using tooth brush and tongue cleaner. 26.50% of children's wash their mouth after eating sticky foods and chocolate. 10.5% of children visit their family dentist/ local dentist regularly for dental checkup.

**Keywords:** Awareness, Oral Health Care, Oral Hygiene, Primary students.

## Introduction:

Oral health care and Oral hygiene is closely interconnected to general health and the well-being of our body and it's not just tooth health. Being able to improve oral healthcare and oral hygiene could have great benefits for the organism, and in the prevention of pathologies and also in improvement of quality life for individuals. Therefore, oral health care and oral hygiene awareness and promotion is fundamental, starting from childhood because poor oral health impacts both the children's lives and their families' as well. Like many areas of the human body, our mouth is seething with bacteria, out of which most of them are harmless. Normally the body's natural defenses and good oral health care, such as daily brushing and flossing, can keep these bacteria under control. However, without proper oral hygiene, bacteria can reach levels that might lead to oral infections, such as tooth decay and gum disease. Normally the body's natural defenses and good oral health care, such as daily brushing and flossing, can keep these bacteria under control. However, without proper oral care and oral hygiene, bacteria can reach levels that might lead to

oral infections, such as tooth decay and gum disease. Tooth decay and gum diseases are among the most widespread conditions in human populations affecting over 80% of primary school children in some countries.

### Aims And Objectives of the study:

The aim of the research was to assess the:

- Awareness of Oral Health Care among primary school going students.
- Awareness of Oral Hygiene among primary school going students.
- Awareness of the role of the dentist.
- Awareness of frequency of dental visit.

### Research Methodology:

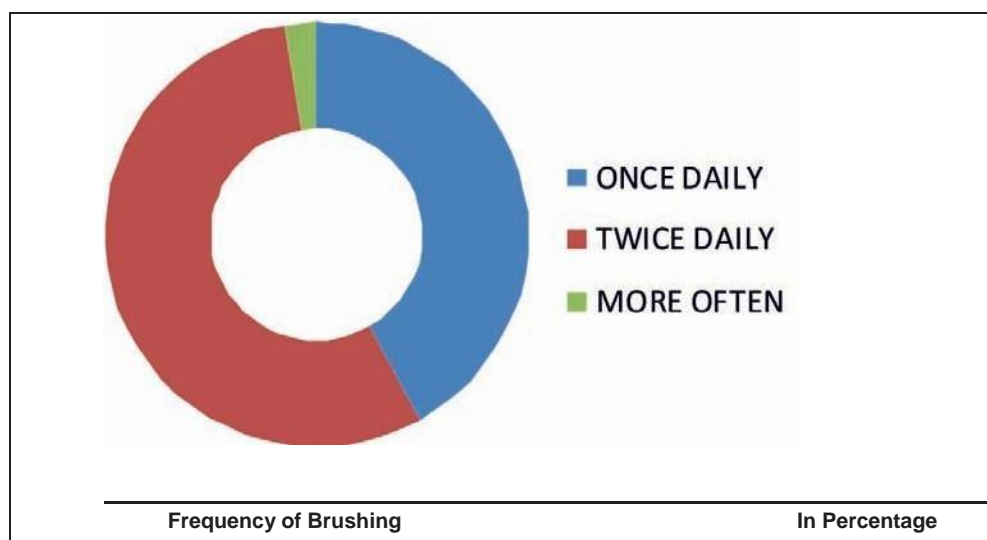
The research work was instigated among the primary school going students in Kalyan, Thane, Maharashtra, India. The inclusion criteria for this study were children aged between 6-12 as they were a little older to understand and complete the questionnaire by themselves. A total of 200 students were invited to participate in this study, of which the data were collected using a self-structured questionnaire.

### Discussions And Results:

In the study conducted, there were a total of 200 students. Out of these 200 respondents, 92 of the respondents were boys while 108 were girl's respondents. The students were between the age group of 6-12 years of age. The results are represented in the form of Tables and Graphs.

### Oral Health Care Practices and Oral Hygiene

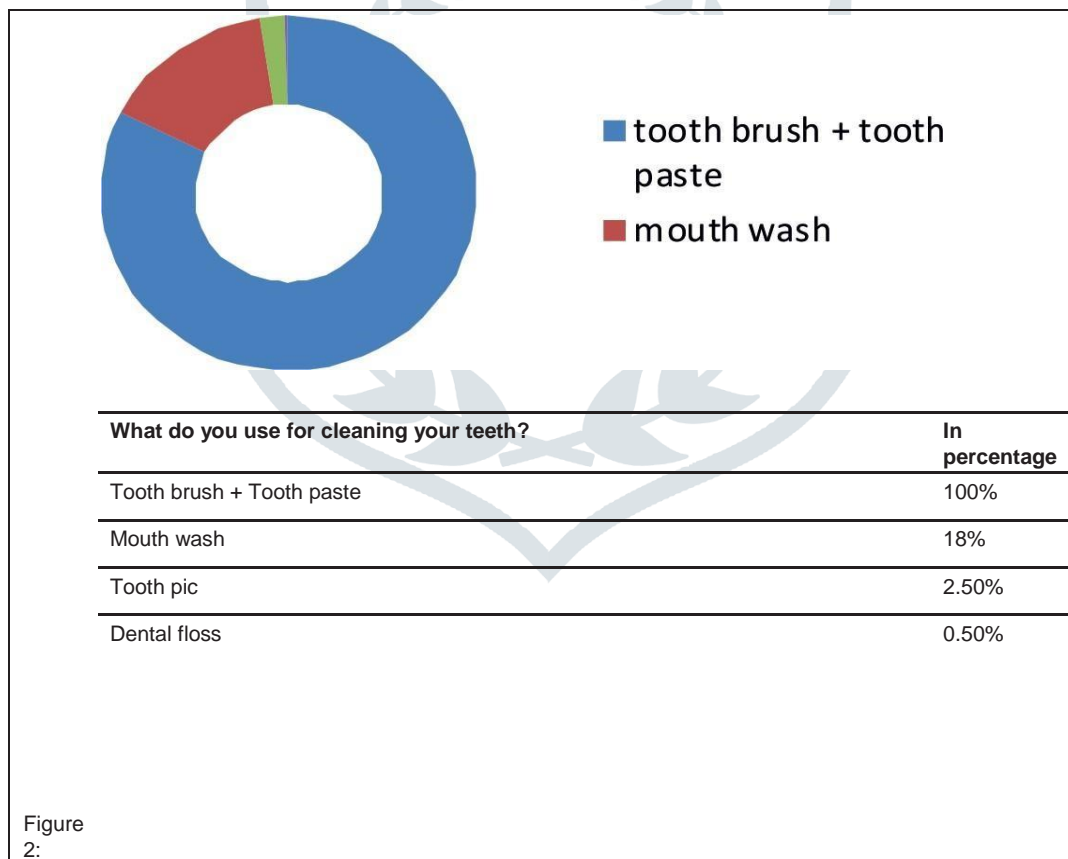
The objective of the survey was to examine the oral health care and Oral hygiene habits practices and awareness levels amongst primary school going students. Out of the 200 respondents when asked about 'how often they brush their teeth', 55.50% brush their teeth twice a day, whereas 42.00% brush their teeth once daily, wherein only 2.50% brush their teeth more often. The same is exhibited in figure 1.



|             |        |
|-------------|--------|
| Once Daily  | 42.00% |
| Twice Daily | 55.50% |
| More Often  | 2.50%  |

Figure 1:

When the respondents were asked on what do you use for cleaning their teeth, about 100% respondents use Tooth brush + Tooth paste for cleaning their teeth, where only 18% respondents apart from using Tooth Brush + Tooth Paste also make use of Mouth wash, whereas only 2.50% make use of tooth pic, and only 0.50% make use of dental floss apart from using Tooth Brush + Tooth Paste respectively. Figure 2 represents it.



When the respondents were asked on the manner of their brushing / How do you brush, 52.50% respondents use a horizontal motion, whereas 9.50% respondents are using a vertical motion, 10.50% use a circular motion, but there were also respondents do 'don't know' the manner / motion in which they brush their teeth.

Figure 3 displays the data on it.

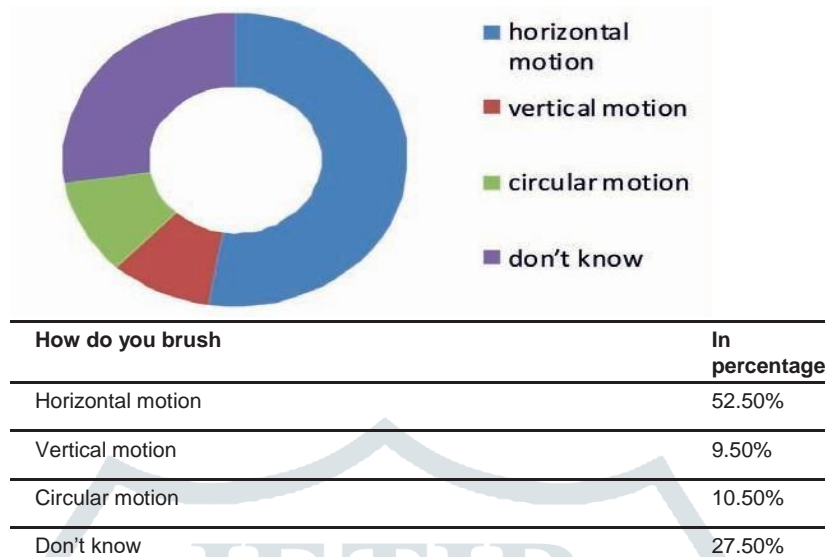


Figure 3

Further when respondents were queried about how often do you change your tooth brush, about 66.50% respondents change their tooth brush monthly, where in about 20.25% respondents change it after two months, about 9.25% change it quarterly, about 2.50% change it weekly where about 1.50% change it yearly. Figure 4 demonstrates it.

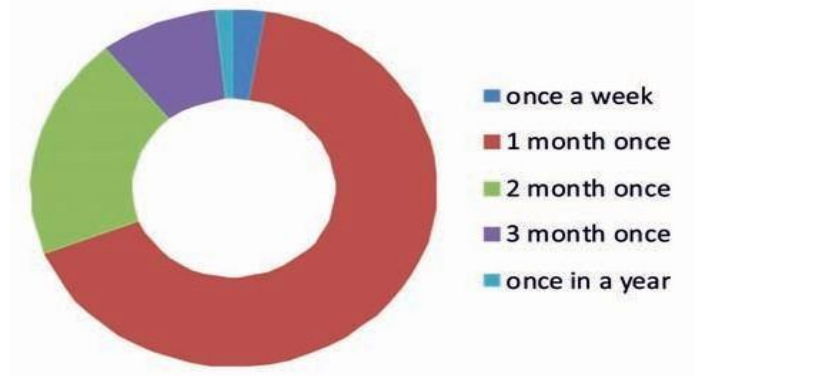
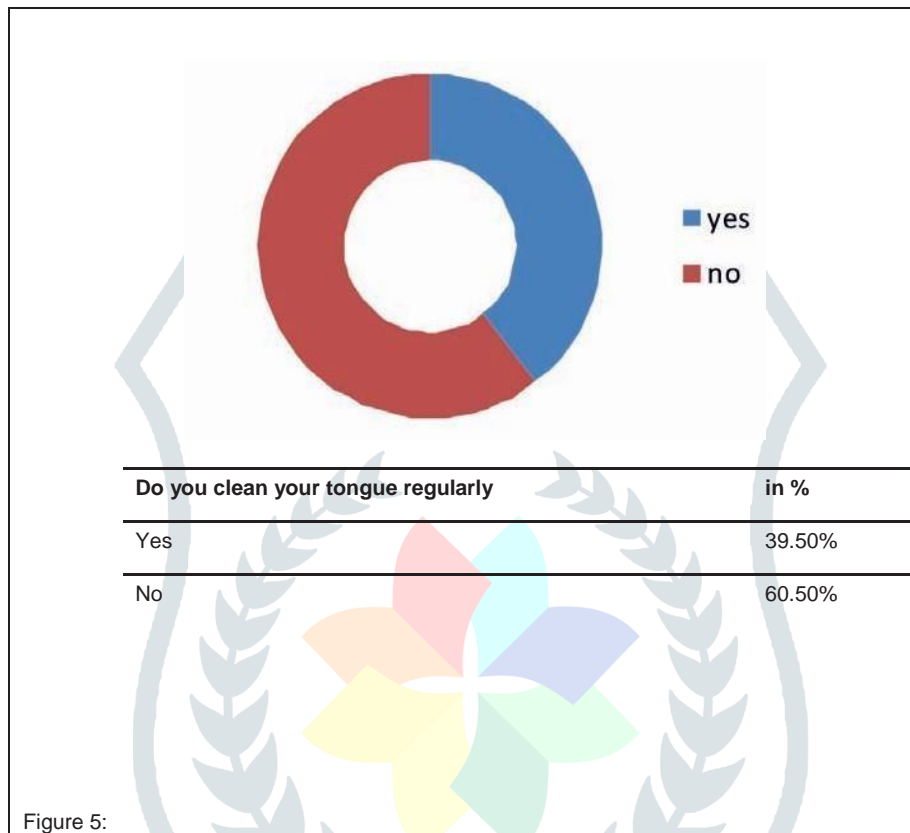
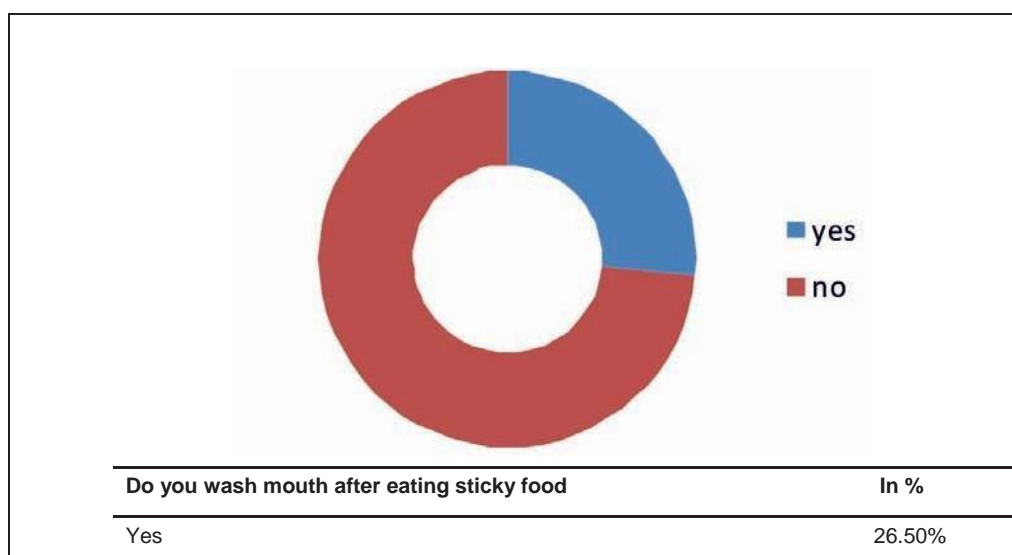


Figure 4:

When the respondents were questioned on Oral hygiene care and were asked about that do they clean their tongue regularly, to this about 60.50% respondents said No, where only 39.50% respondents do take care of oral hygiene care and clean their tongue regularly. Figure 5 reveals the same.



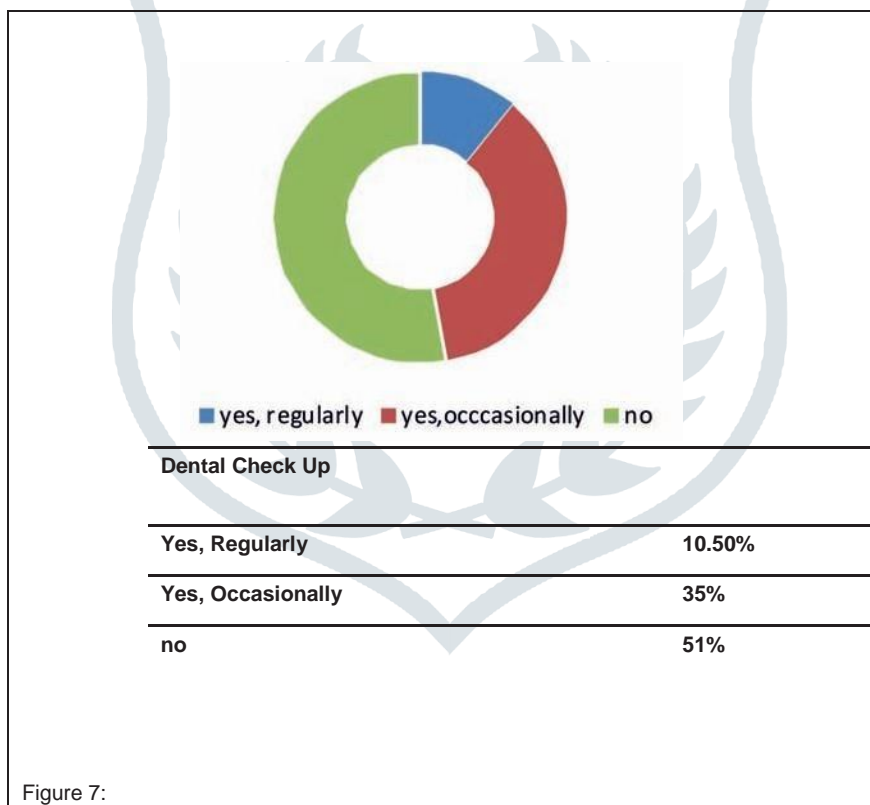
When the respondents were asked about their oral habits that do they wash their mouth after eating sticky foods, about 73.50% respondents do not wash their mouth after having sticky foods, whereas only 26.50% take care of oral habits and wash their mouth after having sticky foods. Figure 6 discloses it.



|    |        |
|----|--------|
| No | 73.50% |
|----|--------|

Figure 6:

When the respondents were enquired about their awareness on dental checkup and dental treatment, the respondents were questioned about their dental visit, about 51 % respondents have said that they do not take up dental checkup, whereas only 10.50% take up regular dental checkup, but about 35% respondents occasionally visit / take dental checkup. Figure 8 represent it.



When a questioned was raised on whether the respondents have ever undergone any kind of dental treatment Out of 91 who had visited the dentist at least once, 19 of them had underwent scaling and filling, 6 of them filling alone, 2 of them underwent scaling, filling and extraction, 10 of them had underwent an extraction ,20 of them underwent orthodontic treatment (braces) and 20 of them do not know what treatment they received. Results are illustrated in figure 8.



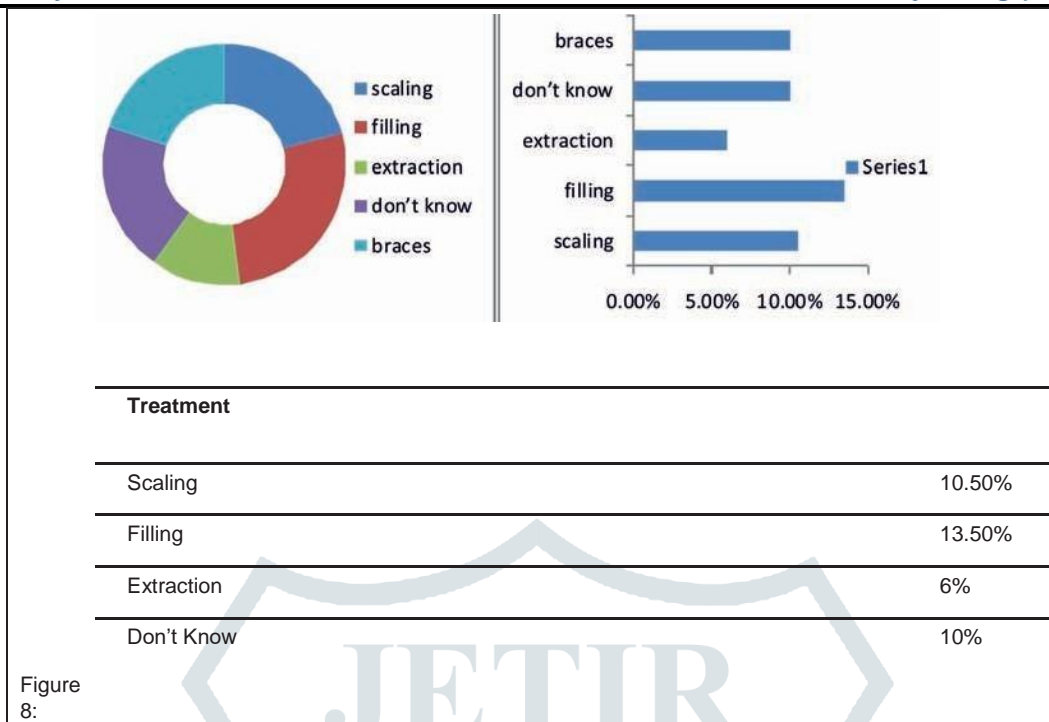


Figure 8:

**Interpretation and Implication:**

A study conducted on awareness of oral health care and oral hygiene care amongst primary school students in Kalyan, out reveals that overall, the level of awareness and knowledge score was statistically significant with  $P = 0.004$ . There was statistically significant difference with  $P = 0.008$  when comparing the frequency of brushing the teeth twice per day among the two different age groups. Comparing the various other factors such as gender, type of school and age groups to the visit to the dentist, it was observed that statistically significant difference with  $P < 0.001$  was found when comparing the girl children (75.3%) and boy children (60.3%) and  $P = 0.002$  observed when comparing the younger and older age group who visited the dentist within the age group of 6 -12 years.

**Conclusion:**

Dental problems cause many children to experience dental caries and their complications, both in childhood and in later life. Hence it is essential that awareness about oral health care and oral hygiene care is important. It is very important to instill good oral health practices from a young age to ensure long-term dental health and hygiene. And the present study conducted in order to create awareness on oral health care and oral hygiene care by using a questionnaire amongst primary school going students within the age group of 6-12 years. The results showed that 55.50% of students brush their teeth twice daily, 100% of the students use tooth brush and paste to clean their teeth, 66.50% of the students change their tooth brush once in a month, 20.25% of students change their brush once in 2 months, 9.25% of students change their brush once in 3 months. 39.50% of students cleans their tongue regularly by using tooth brush and tongue cleaner. 26.50% of children’s wash their mouth after eating sticky foods and chocolate. 10.5% of students visit dentist regularly for dental checkup. 99.5%. Measures should be taken by parents and also by school authorities to conduct awareness program and dental check up camps in school for their students.

**References:**

- Chandra, A., Yadav, O.P., Narula, S. and Dutta, A. Epidemiology of periodontal diseases in Indian population since last decade. Journal of International Society of Preventive & Community Dentistry.2016; 6(2), p.91.
2. Naheeda, Asif SM, Padma M, Paul A. Assessment of periodontal status of Konda Reddy Tribe in Bhadrachalam, Khammam District, India. J Clin Diagn Res. 2015;9:ZC23–5.
3. Jain M, Mathur A, Sawla L, Choudhary G, Kabra K, Duraiswamy P, et al. Oral health status of mentally disabled subjects in India. J Oral Sci. 2009;51:333-40.
4. Sabounchi SS, Torkzaban P, Shabnam SS, Ahmadi R. Association of oral health behaviour – Related factors with periodontal health and oral hygiene. Avicenna J Dent Res 2016;8:298.
5. Naghibi Sistani, M.M., Yazdani, R., Virtanen, J., Pakdaman, A. and Murtooma, H., 2013. Determinants of oral health: does oral health literacy matter?. ISRN dentistry, 2013.
6. Nutbeam D; Health literacy as a public health goal:A challenge for contemporary health education and communication strategies into the 21st century.Health promotion international, 2000; 15(3):259-67.
7. Simmons S, Smith R, Gelbier S; Effect of oral hygiene instruction on brushing skills in preschool children. Community Dent Oral Epidemiol., 1983;11(4):193-8.

