



A Study to Assess the Knowledge on Dental Hygiene among the Children in the Age Group of 6-12years at Selected School, Chennai.

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ABSTRACT

Dental caries is commonly seen among school children. The World Health Organization has stated it to be one of the leading non-communicable diseases. Objective: To study the assess the knowledge on Dental hygiene among school children, An exploratory survey was conducted and non probability purposive sampling technique was used to select 30 samples. Structured questionnaire was used to collect the data from 30 school children in the age group of 6-12 years and the data was analyzed using descriptive and inferential statistics. The study findings revealed that 40% of the samples had inadequate knowledge on dental hygiene, 56.7% of the samples had moderate knowledge on dental hygiene and 3.3% of the sample had adequate knowledge on dental hygiene and there is a significant association between level of knowledge regarding dental carries with demographic variables such as age, monthly income of father and source of health information at $p < 0.5$ level.

Keywords: knowledge, oral health, dental hygiene etc

INTRODUCTION

Oral hygiene can vary in children within the same age group and depends on many factors, one of the most important of which are the hygiene habits of adults and the steps they take to pass on these habits to those in their care. Being aware of the need to take care of oral health is reflected in the frequency with which one brushes one's teeth, uses toothpaste, mouthwash and dental floss. Another factor, that should not be overlooked, is the influence of advertising on the choice and use of oral hygiene products, as well as in shaping dietary habits, including the consumption of sweets and soft drinks. Over the last few years, many researchers have looked at the problem of dental caries in children and the relationship between the disease and oral hygiene. They have stressed the importance of brushing teeth carefully 1-2 times a day so as to prevent carious lesions occurring.

Even frequent consumption of sweets and sweetened beverages has no significant impact on the occurrence of caries in child patients when regular, and proper oral hygiene is observed. A study conducted by the Medical University of Lublin shows that parents frequently do not attach much importance to the oral hygiene of their children and only take them to the dentist for the first time when their son or daughter is already complaining of toothache. It has also been pointed out that in the majority of cases children do not brush their teeth after meals, eating sweets or drinking beverages that cause dental caries.

The most common areas for dental caries to develop in are those in which it is difficult to maintain hygiene. Such places include areas in which food debris and dental deposits can easily build up, even when the patient has proper occlusion. Correct oral hygiene is impeded by pathological changes occurring in the mucous membrane, hypertrophy of the interdental papilla, the appearance of pathological pockets, cavities, badly shaped fillings and malocclusions as well as wearing orthodontic appliance, hence the study aimed to assess the knowledge on Dental Hygiene among school children.

Statement of the problem

a study to assess the knowledge on dental hygiene among the children in the age group of 6-12years at P.U.P.S School, kannagi Nagar. chennai.

Objectives

- To assess the knowledge on dental hygiene among school children
- To find out the association between the level of knowledge on dental hygiene with selected demographic variables
- To create awareness on dental hygiene among school children.

Methodology

An exploratory survey was conducted. Thirty samples in the age group of 6 to 12 years of P.U.P. .S school children, Kannagi Nagar, Urban slum Community area were selected as samples using non probability purposive sampling technique. The tool consisted of demographic variables and a structured questionnaire was used to collect data. Data analysis and interpretation was done using inferential statistics. Informed consent was obtained from the study samples

Result : The study findings revealed that 40% of the samples had inadequate knowledge on dental hygiene, 56.7% of the samples had moderate knowledge on dental hygiene and 3.3% of the sample had adequate knowledge on dental hygiene and there is a significant association between level of knowledge regarding dental carries with demographic variables such as age, monthly income of father and source of health information at $p < 0.5$ level and the study findings was supported by Arlette Setiawan et al., 2023 conducted a study on A descriptive study on oral hygiene practice and caries increment in children with growth stunting and the study findings revealed that, Most stunting children (60.2%) experienced increased caries rates classified as low, and 70.8% had poor oral hygiene practices. There were 50 children (44.3%) with poor oral hygiene practice with low caries increment, while 18 children (15.9%) had good oral hygiene practice with low caries increment.

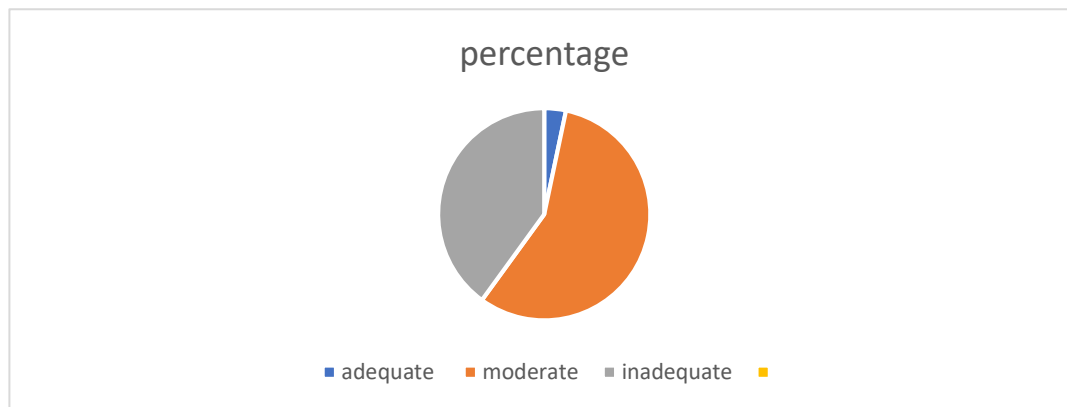


Fig-I Overall frequency and percentage distribution of level of knowledge on Dental Hygiene among school children.

NURSING IMPLICATIONS :

- i) Nurses in all setting should provide the basic health education programme on dental hygiene.
- ii) It helps the health care professionals to gain awareness into the problems faced by teachers knowledge regarding disease
- iii) Nursing professionals may arrange regular awareness campaigns in schools to spread the awareness regarding dental hygiene
- iv) Nursing professionals give guidance and counselling on dental hygiene to the teachers and students.
- v) Nursing professionals may motivate the teachers to educate their students during school health programmes.

NURSING EDUCATION:

- i) For nurse educator, there are abundant opportunities to educate the teachers and general public regarding disease transmission and its prevention.
- ii) This study stresses the need for in-service education for the teachers in order to provide education on dental hygiene to their students.
- iii) The nurse educator should take initiation in conducting community based education programme on dental hygiene and prevention of diseases.

NURSING ADMINISTRATION:

- i) The nursing administrator may take part in developing protocols, preparing posters and flash cards on hygienic practices in designing the health education programmes and strategies for teachers and students at schools.
- ii) The nursing administrator may arrange awareness programme by nursing professionals who have obtained in-service education especially in the hygiene and infection control at schools.
- iii) The nurse administrators should explore and encourage innovative ideas in the preparation of an appropriate teaching material.

- iv) The nurse administrator should organize sufficient manpower and material for disseminating information regarding hygiene during community visits.
- v) The nurse administrator should take initiation in organizing and conducting classes for teachers on dental hygiene.

NURSING RESEARCH:

- i) This study helps nurse researchers to conduct researches on other aspects of disease transmission.
- ii) Nurses should come forward to take up unsolved questions in the field of hygiene and prevention of dental caries to carry out studies and publish them for the benefit of public and nursing fraternity. The public and private agencies should also encourage research in this field through materials and funds.

RECOMMENDATIONS:

On the basis of the findings of the study following recommendations have been made:

- A similar study may be replicated on a large sample to generalize the findings.
- An experimental study may be undertaken with a control group for effective comparison of the result.
- A study may be conducted by including additional demographic variables.
- A comparative study may be conducted between rural and urban settings or between rich and poor socioeconomic status people or between men and women.
- Manuals, information booklets and self-instruction module may be developed in areas of food hygiene and food safety.
- A study may be carried out to evaluate the efficiency of various teaching strategies like pamphlets, leaflets and computer-assisted instruction on dental hygiene.

Ethical considerations

- Ethical committee approval was obtained
- Informed consent was obtained from study participants in language known to them after explaining the purpose of the study.
- Confidentiality was maintained

Conflict of interest: The authors have no conflict of interest

to declare

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CONCLUSION

The study concludes that the findings indicate the effectiveness of the programme in school children with essential knowledge on promoting dental hygiene among school children is vital for their overall health and well-being. Implementing comprehensive oral health education programs, regular dental check-ups, and encouraging good oral hygiene habits can significantly reduce the prevalence of dental issues and contribute to a lifetime of healthy smiles. By prioritizing dental hygiene in schools, we can empower children to take control of their oral health and prevent future dental problems.

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