

Assessment of Oral Hygiene Knowledge, Attitude and Practices among Law Students in Chennai

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Abstract: Aim and objectives: A cross section study was carried out to assess the oral hygiene practices and habits among law students in Chennai. Materials and methods: The study was carried out in Law College with the help of a self administered questionnaire. The questionnaire covered oral hygiene knowledge, attitude and practise. A total of 100 students responded, of which 57% were males and 43% were female. Result: This survey found that only 38% of students are using dental floss and identification of decayed tooth was inadequate. Conclusion: Results of this study suggest that oral health KAP of study participants are good but needs to be improved. More concentrated needs to be undertaken regarding oral health care in terms of health education programs

Keywords: self administered questionnaire, oral health attitudes and behaviour, flourides prevent tooth decay

1. Introduction

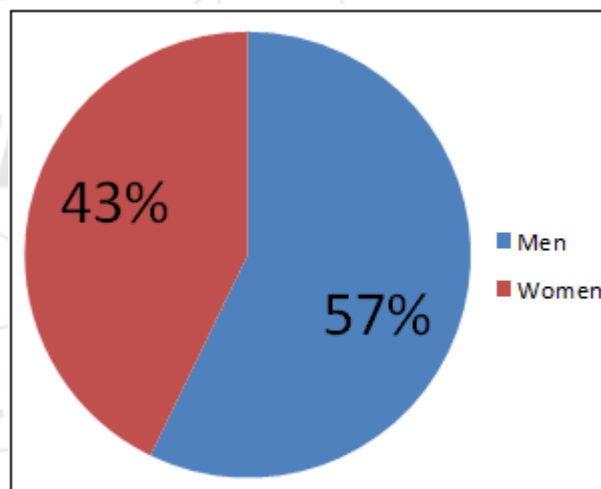
Oral hygiene knowledge is considered to be an essential prerequisite for health-related behaviour. Little is known about oral health attitudes and behaviour of people from developing countries as comparison with developed countries. (1, 2) The primary concern of the dental professional should be to impact a positive oral health, knowledge, and behaviour in the society. (3). Knowledge acquisition regarding oral health involves complex cognitive processes: perception, learning, communication, association, and reasoning (4). Studies have shown that there is an association between increased knowledge regarding oral hygiene and better oral health (5, 6). Those who have assimilated the knowledge and feel a sense of personal control over their oral health are more likely to adopt self-care practices. Developing such knowledge plays a key role in improving the oral health (7). The young college students play a vital role in health promotion and preventive information dissemination among the family and their society. It is therefore important that their own oral health knowledge is good(8). Apart from that, their oral health attitude and practices conforms to the expectation of the population. They play a vital role in health promotion and preventive information dissemination among the family and their society. (9,10)

Aim of this study was to assess oral health attitude, knowledge, and practice (KAP) of law college students in a private law college in Chennai city

2. Materials and methods

The cross section study was carried out among law student of saveetha law college. The data comprised of 100 law students. The questionnaire was selected from a previous research on relevant topic and few amendments in the

questionnaire were made with the help of professionals. The questions in the questionnaire were related to oral hygiene knowledge attitude and practise. The study population of 100 law college students voluntarily completed a questionnaire consisting of twenty three (23) close ended questions The law college students were given the questionnaire in the lecture hall and asked to fill it out without conferring it with their fellow students. The data collected were compiled using MS-Office Excel and was subjected to statistical analysis using the statistical software package. Frequency distribution, number, and percentage were calculated.



Year of study	Number	Percentage
1 st year	32	32%
2 nd year	20	20%
3 rd year	18	18%
Final year	30	30%

Questions	Options	Frequency	Percentage
How many permanent teeth are present in adult's mouth?	20	0	0%
	28	23	23%
	32	71	71%
	26	6	6%
If bleeding occurs while brushing what does it mean?	Food particles	20	20%
	Calculus/tartar	55	55%
	Stains	10	10%

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	Don't know	15	15%
If there is yellow or brownish discolouration near tooth/gum, what is it?	Gum infection	44	44%
	Healthy gums	4	4%
	Unhealthy gums	52	52%
How do you notice ,if there is tooth decay/cavity?	Black spot and hole in the tooth	20	20%
	Bleeding	15%	15%
	Tooth pain	22	22%
	Don't know	43%	43%
Fluorides prevent tooth decay/cavity?	Agree	60	60%
	Disagree	30	30%
	Don't know	10	10%
Mouth washes contain medications that can prevent or reduce gum problem?	Agree	65	65%
	Disagree	20	20%
	Don't know	15	15%
Where do you learn on oral health?	T.V	50	50%
	Internet	20	20%
	Newspaper	22	22%
	Magazine	8	8%
	other		
Do you think,oral health is important for overall health of our body?	Yes	64	64%
	No	36	36%
Why should you take care of teeth and gums?	To have good smile	45	45%
	To prevent bad breath	10	10%
	To keep teeth in healthy condition as long as possible	25	25%
	To reduce future dental treatment	20	20%
Do you feel dental treatment is expensive?	Yes	74	74%
	No	26	26%
Do you have anxiety or fear to visit a dentist for routine check up or nay treatment?	Yes	65	65%
	No	35	35%
How often do you think,you should visit the dentist?	Once in 6 months	50	50%
	Once in a year	40	40%
	Once in two years	10	10%
	When there is a problem		
How many times do you brush your teeth daily?	Once	25	25%
	Twice	70	70%
	More than two times	5	5%
	After every meal		
How much time do you brush?	1-2mins	35	35%
	2-3mins	43	43%
	3-4mins	17	17%
	More than 5 mins	5	5%
In addition to the tooth brush and tooth paste what else do you use to keep your tooth clean?	Dental floss	38	38%
	Tongue cleaner	29	29%
	none	33	33%
What kind of tooth brush do you use?	Hard	23	23%
	Medium	10	10%
	Soft	15	15%
	Don't know	52	52%
How often do you change your tooth brush?	Every 3 months	20	20%
	Every 6 months	31	31%
	When it gets spoil	49	49%
	Cannot decide		
Do you use mouth wash?	Yes	38	38%
	No	62	62%
How frequently do you eat sweets?	Daily	11	11%
	3-4times a week	75	75%
	Occasionally	10	10%
	Never	4	4%
How frequently do you take carbonated drinks?	Daily	22	22%
	3-4 times a week	43	43%
	Occasionally	21	21%
	Never	14	14%
Do you rinse your mouth with water after eating?	Always	13	13%
	Sometimes	53	53%
	Never	34	34%
Have you ever visited a dentist?	Yes	31	31%
	No	69	69%

3. Discussion

This questionnaire evaluated the knowledge, attitudes and practices about oral hygiene among law students in Saveetha law.

Health is a universal human need. It has been established that optimal health cannot be attained independent of oral health. In the present studies, the knowledge regarding oral hygiene was satisfactory except about tongue cleaner and identification of tooth decay. A very high percentage of about 70% of students brushes their teeth twice daily and 25% of students brushes once daily. 43% of students brushes their teeth for 2-3 minutes and 35% of students brushes for 1-2 minutes and only 17% are brushes their teeth for 3-4 minutes. About 43% of students don't know to identify the decayed tooth. There are about 38% of students using dental floss. About 50% of students change their tooth brush once in a year and 40% of students changes their tooth brush once in two years. There are about 64% of students thought that the oral health is important for overall health of our body and 50% of student visit their dentist for routine checkup. 60% of students agree that the fluorides prevent tooth decay. 23% of students using hard tooth brush to clean their teeth, 15% using medium and 10% using soft brush to clean their teeth. 13% of students rinse their mouth with waste after eating and 34% of students are not rinse their mouth with water after eating. 31% of students visited dentist and undergone treatments like extraction restoration and root canal treatment.

4. Result

Among 100 law students, 57 males and 43 females filled the questionnaire. The percentage of male law students was 57% higher than female. This study presented a comprehensive view of oral hygiene related knowledge, attitude, practise among law college students in Chennai city. The awareness about oral hygiene of the student subjects stands acceptable. knowledge about dental floss and identification of tooth decay was inadequate. more concentrated needs to be undertaken regarding oral health care in terms of health education programs

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