

A Descriptive Study to Assess the Knowledge Regarding Oral Hygiene Among Students Studying in Selected School of Guwahati, Assam

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ABSTRACT

Oral hygiene is essential for everybody but especially for the children. Children are most vulnerable assets of a country. In India dental caries is the commonest disease in school age, affecting 50-75% of them. Children are suffering more from dental disease which is continuously increasing at a high rate due to lack of appropriate care and inadequate knowledge regarding oral hygiene. Dental health is recognized as one of the vital needs for the children. Hence importance of preventing dental disease at the school level is very essential. AIM: the aim of the study was to assess the knowledge regarding oral hygiene among students regarding oral hygiene.

METHODS AND MATERIALS: A descriptive research design was adopted to accomplish the objectives. Study was undertaken among 80 students in selected schools of Guwahati by using random sampling technique. Structured questionnaire was used to assess knowledge regarding oral hygiene among students.

RESULTS: Out of 80 students, majority 87.5% students have moderately adequate knowledge and 12.5% have adequate knowledge regarding oral hygiene. **CONCLUSION:** The findings revealed that out of 80 students, majority 87.5% have moderately adequate knowledge and 12.5% have adequate knowledge regarding oral hygiene. Despite a moderate level of knowledge among students was found, there remains a need to enhance knowledge and awareness on this topic.

KEYWORDS: Knowledge, Assessment, Oral Hygiene

INTRODUCTION:

Children are most vulnerable assets of a country. In India dental caries is the commonest disease in school age, affecting 50-75% of them. Children are suffering more from dental disease which is continuously increasing at a high rate due to lack of appropriate care and inadequate knowledge regarding oral hygiene. Dental health is recognized as one of the vital needs for the children. Hence importance of preventing dental disease at the school level is very essential. In India more than 80% of children between 6- 19 years are affected by dental caries in comparison with the more developed countries only a small fraction of Indian school going children has good oral hygiene.

OBJECTIVE:

To assess the knowledge regarding oral hygiene among students studying in selected school of Guwahati, Assam.

RESEARCH METHODOLOGY

Research approach – quantitative approach

Research design- Descriptive research design

Variables –

Research variable - knowledge on oral hygiene

Demographic variable - age, gender, religion, class, type of family, education qualification of mother and father , source of knowledge

Setting of the study – Bethany School, Guwahati

Population- students

Sample size – 80

Sampling technique- random sampling technique

Tools and technique – self structured questionnaire was used to assess the knowledge and self report technique was used to gather the data.

CONTENT VALIDITY OF THE TOOL –

The structured questionnaire was prepared by the researcher and was validated by 4 experts. The prepared instrument with the problem statement and objective was submitted to 4 experts in the field of Medical Surgical Nursing and Community Health Nursing. Minor modifications were done as per the suggestions of the experts.

RELIABILITY OF THE TOOL –

The reliability of the self structured questionnaire was obtained by split half method and was found to be 0.89.

PILOT STUDY-

The pilot study was conducted on 24/04/24. It included those who were present at the time of data collection. The study was found to be feasible.

MAIN STUDY :

The main study was done on 06/06/24 and 11/6/24. An informed consent was taken from each student who were willing to participate in the study. The samples were selected by using random sampling technique. The knowledge questionnaire was administered. All the students cooperated during the data collection process, which was terminated after thanking the students for their cooperation and patience.

RESULTS:

Section A : Description of subject characteristics

Table 1-

VARIABLES		FREQUENCY	PERCENTAGE (%)
Age(in years)	9-10	27	33.8%
	10-11	26	32.5%
	11-12	27	33.8%
Gender	Male	9	11.3
	Female	71	88.7

Religion	Hindu	71	88.7
	Muslim	9	11.3
Class	Class 5	27	33.8
	Class 6	26	32.4
	Class 7	27	33.8
Type of family	Nuclear	53	66.3
	Joint	18	22.5
	Extended	9	11.2
Previous source of knowledge	Family members	54	67.4
	School teacher	8	10.0
	Social media	9	11.3
	Health care professionals	9	11.3

SECTION 2: Frequency and percentage distribution regarding knowledge of oral hygiene among students studying in selected school.

N=80

Table -2

Knowledge	Frequency	Percentage
Moderately adequate (5-8)	70	87.5%
Adequate (9-12)	10	12.5%
Total	80	100

*no one scored ≤ 4 (inadequate knowledge)

Table -3

Mean	7.0
Standard deviation	1.42
Median	7.50

RECOMMENDATION

The present study recommends the following:- To make the study generalize, it is recommended that future studies should aim to increase the sample size and explore similar research questions in diverse settings .

CONCLUSION:

The findings revealed that out of 80 students, majority 87.5% have moderately adequate knowledge and 12.5% have adequate knowledge regarding oral hygiene. Despite a moderate level of knowledge among students was found, there remains a need to enhance knowledge and awareness on this topic. Prospective studies should aim to increase sample size and can explore similar research questions in diverse settings.

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