



## A Survey About Oral Hygiene Awareness Among The Students Residing At Asarwa, Ahmedabad

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### Abstract

**Aim:** Oral hygiene is most important factor for prevention of oral diseases. With educated people, concept of prevention and well-being could be more easily understood, irrespective of their course of study. So, present study was conducted to assess oral health, knowledge, attitude, and behaviour in professional college students. Present study was performed with an objective to compare the oral health awareness among the students of Dental, Nursing, Ayurveda and MBA to compare oral hygiene awareness among male and female students.

**Materials and Method:** Survey Performa was prepared with help of a self-administered structured questionnaire written in English to assess oral health knowledge, attitude and behaviour of students. 500 students who voluntarily agreed to participate in the survey were selected. SPSS, Version 20.0 was utilized for statistical analysis.

**Results:** Oral health awareness was high among the Dental students compared to Nursing, Ayurveda and MBA students. Females showed better oral health behaviour than male students.

**Conclusion:** There was lack of exposure in Ayurveda, nursing and MBA students about oral health in their education. Hence, provision for oral health education must be implemented in professional courses.

**Keywords:** Knowledge, Oral health education, Oral hygiene, Students

### Introduction

Oral health is equally important in relation to general health. Various factors like nutritional status, tobacco, smoking, alcohol, hygiene, stress, are linked to a wide range of oral diseases forming the fundamental basis of the common risk factor approach (WHO, 2000) to prevent the oral diseases. 1 Recently, researchers have found that bidirectional relationship between systemic diseases and periodontal diseases. 2,3 Oral diseases can be prevented by proper tooth brushing, use of interdental aids, flossing and regular visit to dentist. 1 Dental health is different concept which is affected by individual's socioeconomical status, environment and culture. To maintain oral hygiene is proved to be an effective preventive measure for good oral health as a part of general health. "Public health is the coalition of

professions united by their shared mission" (Institute of Medicine Committee for the study of the future public health, Division of Health Care Services, 1988).

The phrase "coalition of professions" stresses that the achievement of better public health requires more than the participation of the various health professions: public health individuals and groups bind together to achieve a common goal. 2 The present study was conducted to assess the oral health knowledge, attitude, behaviour, the periodontal status in professional college students.

This survey was therefore initiated with a prime focus to determine the oral health awareness levels among the Dental, Ayurveda, Nursing and MBA

students at Asarwa Ahmedabad. Present study was performed with an objective to compare the oral health awareness among the students of dental, nursing, Ayurveda and MBA to compare oral hygiene awareness among male and female students.

**Materials And Methods:** Present cross-sectional study was conducted from May to July 2023 professional among students at Asarwa Ahmedabad. Ethical approval was taken from hospital’s research ethics committee and written informed consent was taken from the study participants.

**Inclusion Criteria:** Undergraduate students having age of above 17 years.

**Exclusion Criteria:** Postgraduate students. Age more than 24 years.

**Sampling Design:** Simple random sampling method was used to select Students from Four different professions at Asarwa; Ahmedabad. From the total number of students pursuing the undergraduate

course, 500 students who voluntarily agreed to participate in the survey were selected. They were asked to respond each question according to the given format provided in the questionnaire. The students took an average of 15 minutes to complete the procedure.

**Survey Performa:** The survey Performa was prepared with the help of a self-administered structured questionnaire written in English to assess the objectives. The Performa consisted of 2 parts. The first part includes general information like age, gender, and profession of students. The second part included 10 questions. Questions were related to the awareness about the oral hygiene in dental , ayurveda , nursing and MBA students.

**Statistical Analysis:** The recorded data was compiled and entered in a spreadsheet computer program (Microsoft Excel 2007) and then exported to data editor page of SPSS version 15 (SPSS Inc., Chicago, Illinois, USA).

**Table 1: Percentage of students of dental, ayurveda, nursing having a knowledge about oral hygiene awareness**

Questions	Dental	Ayurveda	Nursing	MBA	Total
Brushing teeth daily	300 (60.2%)	100 (20.1%)	55 (11.1%)	43 (8.6%)	498 (100%)
Frequency of brushing twice daily	150 (51.7%)	70 (24.1%)	43 (14.8%)	27 (9.3%)	290 (100%)
Frequency of changing toothbrush in 3months	170 (60.7%)	55 (19.6%)	34 (12.1%)	21 (7.5%)	280 (100%)
Knowledge about dental floss	68 (65.4%)	18 (17.3%)	12 (11.5%)	6 (5.8%)	104 (100%)
Knowledge about mouthwash	155 (69.2%)	35 (15.6%)	21 (9.4%)	13 (5.8%)	224 (100%)
Clean your tongue	320 (65.6%)	110 (22.5%)	38 (7.8%)	20 (4.1%)	488 (100%)

Dental visit for oral hygiene	180 (73.5%)	38 (15.5%)	15 (6.1%)	12 (4.9%)	245 (100%)
Frequency of visiting a dentist in one year	172 (71.7%)	45 (18.8%)	16 (6.7%)	7 (2.9%)	240 (100%)
Students having awareness about bad breath	40 (33.3%)	35 (29.2%)	30 (25%)	15 (12.5%)	120 (100%)
Students having knowledge about effect of poor oral hygiene on general health	265 (62.4%)	80 (18.8%)	45 (10.6%)	35 (8.2%)	425 (100%)

**Table 2: Percentage of male and female student having awareness about oral hygiene.**

Questions	Female	Male	Total
Brushing teeth daily	368 (73.9%)	130 (26.1%)	498 (100%)
Frequency of brushing twice daily	215 (74.1%)	75 (25.9%)	290 (100%)
Frequency of changing toothbrush in 3 months	210 (75%)	70 (25%)	280 (100%)
Knowledge about dental floss	90 (86.5%)	14 (13.5%)	104 (100%)
Knowledge about mouthwash	178 (79.4%)	46 (20.5%)	224 (100%)
Clean your tongue	360 (73.7%)	128 (26.2%)	488 (100%)

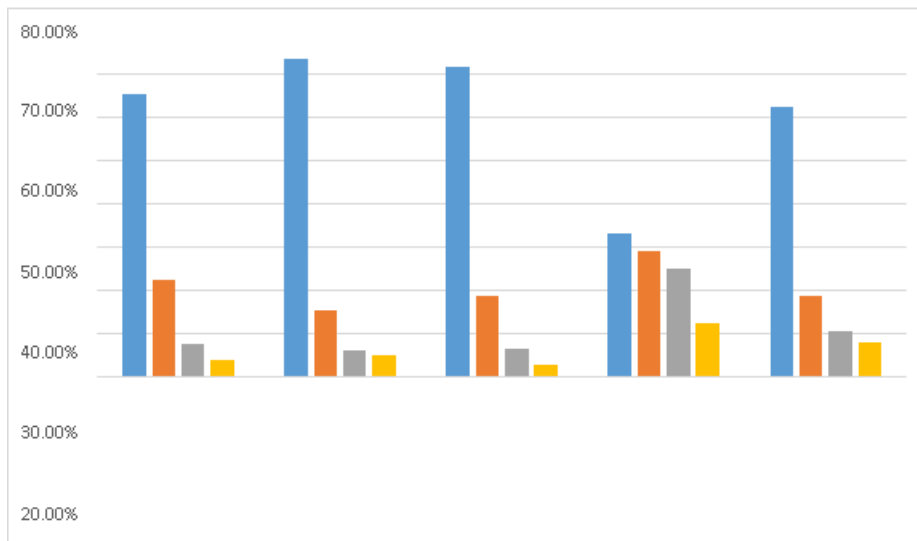
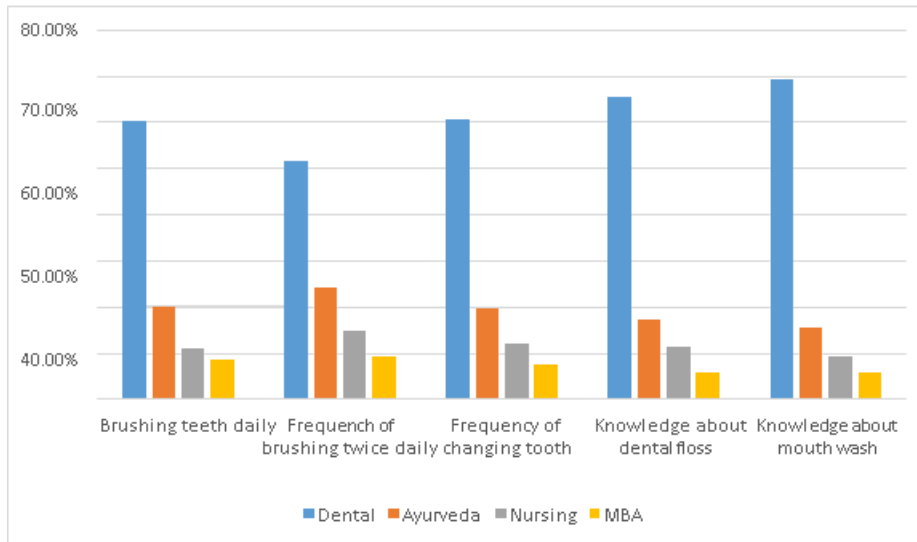
Dental visit for oral hygiene	175 (71.4%)	70 (28.6%)	245 (100%)
Frequency of visiting a dentist in one year	176 (73.3%)	64 (26.7%)	240 (100%)
Students having awareness about bad breath	70 (58.3%)	50 (41.7%)	120 (100%)
Students having knowledge about effect of poor oral hygiene on general health	300 (70.6%)	125 (29.4%)	425 (100%)

**Result:** Out of 500 participants 368(73.6%) were female, 130(26%) were male students. 300 (60%) were dental, 100 (20%) were ayurvedic, 55 (11%) were nursing and 43 (8.6%) were MBA students.

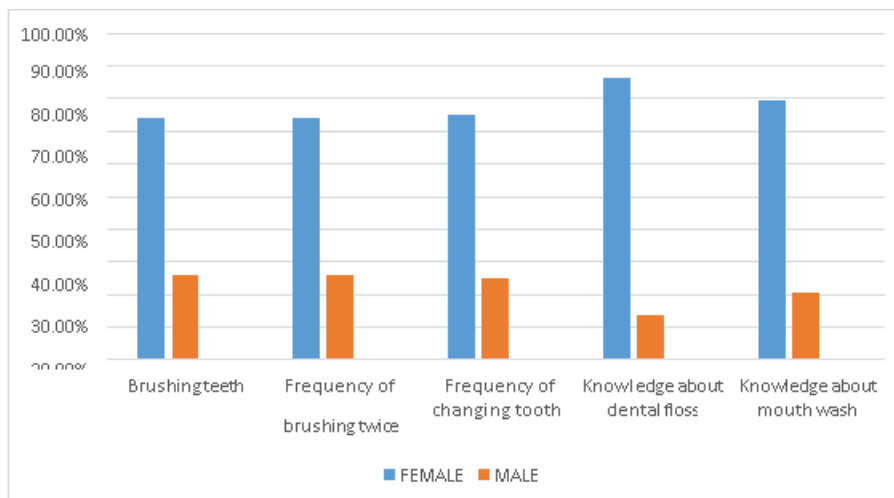
Brushing is important step for maintenance of oral hygiene and prevention of oral disease. This study result shows 300 (60.2%) Dental, 100(20.1%) Ayurveda, 55(11.1%) and 43(8.6%) MBA students were brushing teeth daily. 150 (51.7%) Dental, 70(24.1%) Ayurveda, 43 (14.8 %) Nursing and 27(9.3%) MBA students were having twice a day brushing frequency. (Table- 1). This result shows more awareness in dental compared to other students. 170(60.7%) Dental, 55(19.6%) Ayurveda, 34 (12.1%) Nursing and 21 (7.5%) MBA students were having frequency of changing toothbrush in 3 months. 68(65.4%) Dental, 18(17.3%) Ayurveda, 12(11.5%) Nursing and 6(5.8%) MBA students were having knowledge about Dental Floss. 155(69.2%) Dental, 35(15.6%) Ayurveda, 21(9.4%) Nursing and 13(5.8%) MBA students were having knowledge

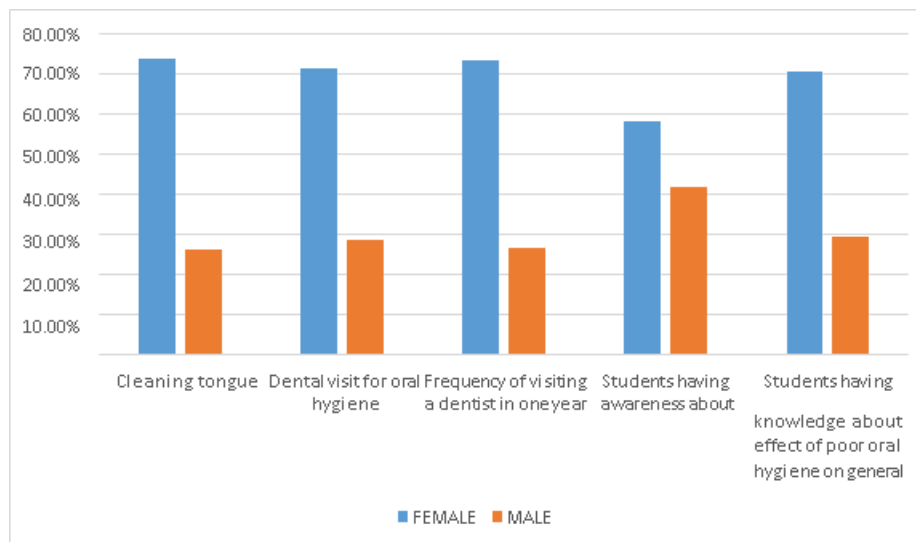
about mouth wash. 320(65.6%) Dental, 110(22.5%) Ayurveda, 38(7.8%) Nursing and 20(4.1%) MBA students were cleaning their tongue regularly. 180(73.5%) Dental, 38(15.5%) Ayurveda, 15(6.1%) Nursing and 12(4.9%) MBA students visited dental clinic for oral hygiene. 172(71.7%) Dental, 45(18.8%) Ayurveda, 16(6.7%) Nursing and 7(2.9%) MBA students visited dental clinic once in a year. 40 (33.3%) Dental, 35 (29.2%) Ayurveda, 30 (25%) Nursing students and 15(12.5%) MBA students were having bad breath. 265(62.4%) Dental, 80 (18.8%) Ayurveda, 45 (10.6%) Nursing students and 35(8.2%) MBA students were having knowledge about effect of poor oral hygiene on general health. Mean oral health awareness score was high among dental followed by Ayurveda, Nursing and MBA students. Table -1 result showed that Dental students had more knowledge about oral hygiene in compared to ayurveda and nursing and MBA students. Mean awareness about oral hygiene was high among female than male students. Details are shown in Table-2.

**Percentage of Dental, Ayurveda, Nursing and MBA students having knowledge about Oral Hygiene Awareness**



**Percentage of male and female students having awareness about oral hygiene**





**Discussion:** Oral hygiene is mostly neglected by people because most of people are oblivious about the relationship between oral hygiene and their effect on systemic diseases like cardiovascular disease, diabetes. Oral health knowledge is considered to be an essential for health-related behaviour. Health related behavior.<sup>3</sup>In this survey we studied the status of awareness in that section of society which is considered to have a better knowledge and awareness than general population. As was expected, in this present study the dental students had the highest knowledge, attitude and behaviour scores because it is an important content in their professional education, and they need this knowledge to educate patients and community when they start working in health care system. There is a positive link between dental education experiences. Oral health attitudes, behaviour, and improvement of personal oral health of dental students.<sup>4</sup>The present study shows 51.7% dental students brushed twice daily, which in accordance with study of Neeraja *et al.* in 2011,<sup>5</sup> and Rahman and Kawas in 2013.<sup>6</sup>The present study reported that the 75% females showed better oral health behaviour than 25% male students regarding brushing twice daily which is in accordance with the studies of Rahman and Kawas 2013.<sup>6</sup> and Polychronopoulou *et al.* (2002)<sup>7</sup>, Fukai *et al.*, 1995<sup>8</sup>, Ostberg *et al.*, 1999.<sup>9</sup>In the present study, response to the awareness to the bad breath have been seen more in dental students as compared to ayurveda, nursing student and MBA students. (33.3% of dental students as compared with 29.2% ayurveda, 25% nursing students and 12.5% MBA students). The

findings were found to be similar to that of study done by Laxman Singh *et al.*<sup>10</sup>

**Conclusion:** The present study shows that lack of oral health awareness and there is need to educate and spread of knowledge of proper dental care and dental diseases through dentists. Dental education starts early stage in life, be delivered by trained personnel and also included in general health

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