

Awareness and Practice Regarding Maintenance of Oral Hygiene Among Primary School Children in Urban and Rural Areas

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ABSTRACT

Background: Oral hygiene is an integral part of health care. It encompasses health promotion, preventative strategies, and assessment and treatment interventions. Assessment and delivery of appropriate oral care can prevent potential infections as well as reduce distress and discomfort. The principal objective of oral care is to maintain the mouth in a good condition. Many oral health problems are preventable because dental diseases can begin very early in childhood. Care takers need to know about simple intervention that can prevent the onset of disease the key to oral health promotion and disease prevention lies in anticipatory guidance and education of the parent early detection and timely referral for appropriate intervention.

Objective: To assess the awareness regarding oral hygiene among Primary school children in urban and rural areas of vadodara. To assess the practice regarding oral hygiene among Primary school children in urban and rural areas of vadodara. To compare the awareness & practice regarding oral hygiene among Primary school children in urban and rural areas. To correlate awareness & practice regarding oral hygiene among Primary school children in urban & rural areas of vadodara.

Material and methods: Co-relational research study design was employed among 246 children to find out the correlation between maintenance of oral hygiene from selected urban and rural schools of Vadodara. Non probability Quota sampling was preferred to select the samples. The data was collected by using structured knowledge questionnaire assess knowledge and checklist for practice. Descriptive analysis was done by manually.

Results: It was observed that among 246 participants, 30(12.19%) of school children had poor knowledge, 110(44.71%) had average knowledge, 96(39.02%) had good knowledge and only 10(4.08%) had excellent knowledge regarding maintenance of oral hygiene. In relation to the level of practice, regarding maintenance of oral hygiene among school children, it was observed that 75(30.50%) had poor practice, more than half 146(59.34%) had average practice and only few 25(10.16%) had good practice. Moreover, the relation between knowledge and practice was found 0.00736, thus minor correlation between knowledge and practice.

Conclusion: Majority of school children had insufficient knowledge and practice on oral hygiene. Hence, there is a need of continuous monitoring and training on maintenance of oral hygiene, in which they can prevent many oral disease.

Key words:- Assess, awareness , practice , urban & rural area , oral hygiene , primary school children.

INTRODUCTION

The goal of WHO, “Health for all by the year 2025”, includes oral health as one among the healthy life. so WHO has selected the theme “Oral health for healthy life” in 1994”. The purpose behind this was to make the people aware about various diseases of oral cavity and to educate them in relation to prevention of these diseases Oral hygiene is an integral part of health care. It encompasses health promotion, preventative strategies, and assessment and treatment interventions. Assessment and delivery of appropriate oral care can prevent potential infections as well as reduce distress and discomfort. The principal objective of oral care is to maintain the mouth in a good condition.¹

Dental caries are the most common chronic disease of childhood poor and minority children suffer disproportionately from dental decay and have limited access to dental care pediatricians may be able to play a role in enhancing prevention of dental caries however their current level of involvement in oral health is unknown. Dental disease restricts activities in school, work and home and often significantly diminishes the quality of life for many children and adults especially those who are low income or uninsured.² It is generally accepted that dental caries is caused by acid resulting from the action of microorganisms on carbohydrate. It is characterized by a decalcification of the inorganic portion and in accompanied or followed by disintegration of the organic substance of the primary and permanent dentition.³

MATERIALS AND METHODS

Research methodology defines what the activity of research is, how to proceed, how to measure progress, and what constitute success. The methodological decision paves crucial implication for validity and creditability of the study findings. Methodological of research indicates the general pattern for organizing the procedure for the empirical study together with the method of obtaining valid and reliable data for the investigation. Methodology of research refers to the investigations of the way of obtaining, organizing and analyzing data. Methodology studies or research address the development, validation, and evaluation of research tools or methods. Methodology of research indicates the general pattern for organizing the procedure for the empirical study together with the method of obtaining valid and reliable data for an investigation. This chapters deals with methodology adopted for assessing the “Awareness & practice regarding maintenance of oral hygiene among school children in Urban & rural areas of Vadodara.” It includes the research approach, research design, setting of the study, sample and sampling technique, development of data collection tools and questionnaires for data analysis.

RESULTS

Frequency and percentage of knowledge regarding maintenance of oral hygiene of selected primary school children

KNOWLEDGE LEVEL	FREQUENCY	PERCENTAGE (%)
POOR	30	12.19%
AVERAGE	110	44.71%
GOOD	96	39.02%
EXCELLENT	10	4.08%
TOTAL	246	100%

It was observed that among 246 participants, there was about 30(12.19%) had poor knowledge, 110(44.71%) having average knowledge, 96(39.02%) having good knowledge, 10(4.08%) having excellent knowledge regarding maintenance of oral hygiene.

Section-b: check list for assessment of practice regarding oral hygiene of selected primary school children.

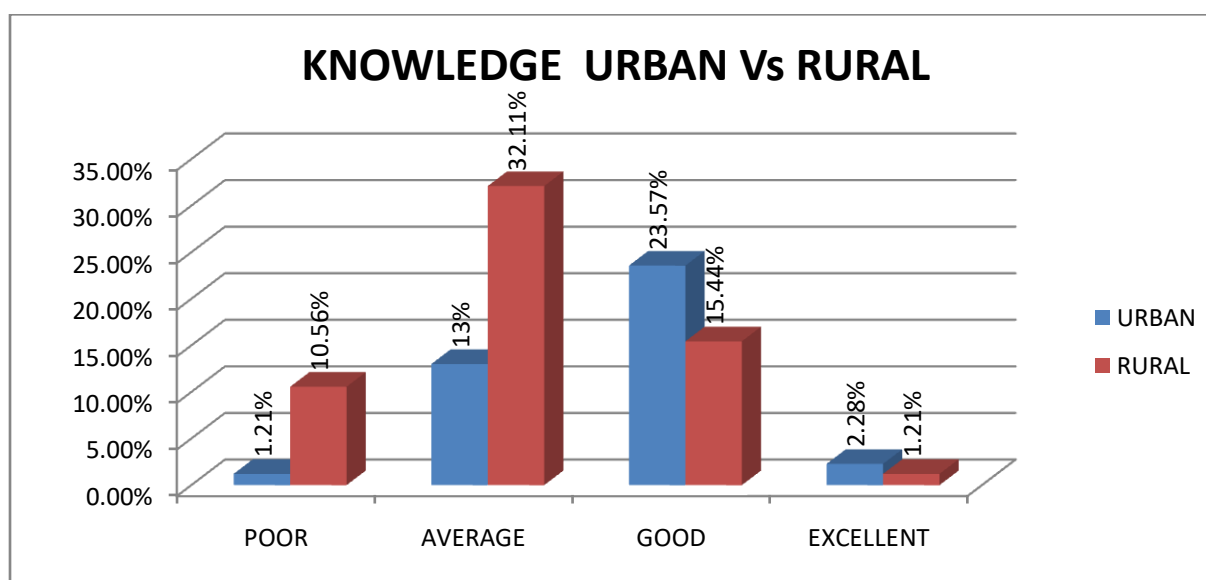
LEVEL OF PRACTICE	FREQUENCY	PERCENTAGE (%)
POOR	75	30.50%
AVERAGE	146	59.34%
GOOD	25	10.16%
TOTAL	246	100%

This table show the level of practice regarding maintainance of oral hygiene among school children. It was observed that among 246 participants, there was about 75(30.50%) had poor practice, 146(59.34%) having average practice and 25(10.16%) having good practice regarding maintainance of oral hygiene.

Section-c: compare knowledge and practice in urban and rural area.

CATEGORY	POOR	AVERAGE	GOOD	EXCELLENT
URBAN	1.21%	13%	23.57%	2.28%
RURAL	10.56%	32.11%	15.44%	1.21%

This table shows that comparison of knowledge between urban and rural areas of vadodara. It was observed that among 246 participants, in urban area 1.21% poor, 13% average, 23.57% good, 2.28% excellent belong to urban area & 10.56% poor, 32.11% average, 15.44% good, 1.21% excellent belong to rural area. The urban area is having good knowledge regarding maintenance of oral hygiene.

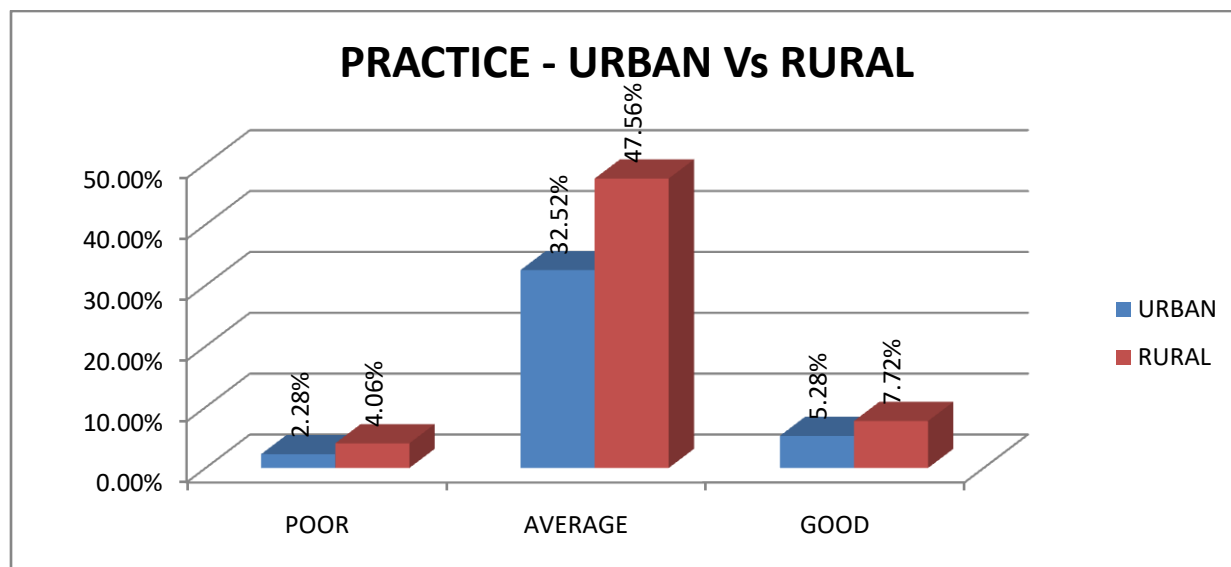


Comparison of knowledge between urban and rural areas of vadodara

Comparison of level of practice between urban and rural area.

CATEGORY	POOR	AVERAGE	GOOD
URBAN	2.28%	32.52%	5.28%
RURAL	4.06%	47.56%	7.72%

This table shows that comparison practice between urban and rural areas of vadodara. It was observed that among 246 participants, in urban area 2.28% poor, 32.52% average, 5.28% good, belong to urban area & 4.06% poor, 47.56% average, 7.72% good belong to rural area. The rural area is having good practice regarding maintenance of oral hygiene.



Comparison of Practice between uraban and rural aeas of vadodara

Section-d: co-relation between maintenance of oral hygiene among school children in urban and rural in vadodara.

KNOWLEDGE SCORE	PRACTICE SCORE	CO-RELATION
2434	2834	0.00736

This table show the correlation between knowledge and practice. The score was knowledge is 2434 and practice 2834 and the relation between knowledge and practice is 0.00736. There is mild Positive correlation between knowledge and practice. So H1 is accepted.

DISCUSSION:-The level of knowledge regarding maintenance of oral Hygiene among School going children. It was observed that among 246 participants, there was about 30(12.19%) had poor knowledge, 110(44.71%) having average knowledge, 96(39.02%) having good knowledge, 10(4.08%) having excellent knowledge regarding maintenance of oral hygiene. This table show the level of practice regarding maintainance of oral hygiene among school children. It was observed that among 246 participants, there was about 75(30.50%) had poor practice, 146(59.34%) having average practice and 25(10.16%) having good practice regarding maintainance of oral hygiene. The correlation between knowledge and practice. The score was knowledge is 2434 and practice 2834 and the relation between knowledge and practice is 0.00736. There is mild correlation between knowledge and practice.

CONCLUSION

Study finding revealed that the children had average knowledge and practice regarding maintenance of oral hygiene. Although there was insufficient knowledge obtained from school children, hence there is a need of continuous monitoring and training on maintenance of oral hygiene. Periodic examination of oral should be done to find out any problems. Moreover, there is a requirement of health education on oral hygiene among school children in which they can prevent many oral diseases.

Conflict of interest

The authors declare that there is no any conflict of interest.

Source of funding

This is a self funded research and all the expenses were borne by the investigator.

Ethical clearance

As the study conducted on humans, approval from institutional ethical committee was obtained before commencement of the study.

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