



## A Survey on Knowledge and Attitude towards Oral Hygiene among Dental Students of Central Vidarbha

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**ABSTRACT:** Attitudes of dental students toward their own oral health affect their oral health habits and also have a possible influence on the improvement of the oral health of their patients and society. Aim of study was assessment of Knowledge and Attitude Towards Oral Hygiene Among Dental Students of Central Vidarbha. In a cross-sectional study, a self-administered structured questionnaire consisting of 11 questions on attitudes toward dental care, oral health practice and knowledge of oral health was distributed to 1057 dental students of different years of course. In the present study, 72% students brush teeth more than once a day using fluoridated toothpaste. 41.8% visited dentist only when problem arose and 55.8% visited dentist for periodic check-up. Majority of students considered oral health as important as general health and believed that oral health affects the general health. The survey concluded that even the dental students were aware about different aids for maintaining the oral hygiene and the other harmful affect in general health related to oral health. But at the same time the students lack of motivation to practice basic preventive oral health habit.

**KEYWORDS:** Dental students, Oral health, Oral health behaviour, Oral hygiene

### I. INTRODUCTION

Oral health is the mirror to general well-being of an individual as many systemic diseases show their early manifestations in the oral cavity. Thus, maintenance of oral hygiene forms a considerably significant part in everyday life and thereby making the knowledge of oral tissues important for any medical professional. (1)

Dental students are expected to play a critical role in instructing public oral health; their attitude reflects their understanding of the importance of disease prevention and their responsibility for improving their patients' oral health. (2) By virtue of their profession, dentists play

a pivotal role in oral health promotion and dissemination of preventive information among their patients, family, and society. (1,3)

The attitude and behaviour of dental students to their own oral health reflect their understanding of the importance of preventive health care services (4) and they are found to vary in different countries and different cultures. (5)

The professional students come across a great number of patients of different age groups from different backgrounds hence with proper knowledge and oral health behaviour they can play an important role in oral health education of individuals and act as role models for these patients and community. (6) The variation in the favourable attitudes/behaviour towards oral health appeared to reflect the students' clinical training experience. (7)

Education and training in preventive measures should be effective enough to overcome background characteristics. (8) Besides the positive changes, preventive behaviour among the students could still be improved. (9)

In this modern era, oral health care relies on prevention of the disease rather providing expensive and invasive treatments. Raising public awareness about dental check-up may assist in early diagnosis; however, public awareness in this regard as compared with other medical fields is low to nil mostly in the developing countries, and this contributes to delay in the diagnosis. (1)

Studies have shown that attitude and behaviour of dental students vary in accordance with the year of studies (preclinical and clinical years) as well as cultures and countries of origin. Hence, we determined to conduct such kind of study in Central Vidarbha.

### II. AIMS & OBJECTIVES

Assessment of Knowledge and Attitude Towards Oral Hygiene Among Dental Students of Central Vidarbha.



### III. MATERIALS AND METHODS

The analysis protocol was approved by the Institutional Ethical Committee of college. The study was administered out on undergraduate dental students from first to final BDS students and interns studying in dental colleges of Central Vidarbha.

#### Study design

A cross-sectional based study was designed. A questionnaire was distributed among first to final BDS students and Intern of different dental institute of Central Vidarbha.

#### Study population

There was total 1057 students from all the dental colleges of Central Vidarbha. There were about 224 male students and 833 female students.

#### Study procedure

The questionnaire consisted of total 11 questions. The entire questionnaire was got validated. The Inclusion criterion was all the willing students of first to final BDS and interns of all dental institutes of Central Vidarbha. The unwilling students was the exclusion criteria. The questionnaire was distributed in form of google forms.

### IV. RESULTS

The present study was carried out among the dental colleges of Central Vidarbha. The total sample size was 1057 in which 224(21.2%) were males and 833(78.8%) were females.

In the first question, 761(72%) of students brush their teeth more than once a day and 295(27.9%) didn't brush their teeth more than once a day and there was no response for don't know option.

713(67.3%) of students uses fluoridated toothpaste, 231(21.9%) didn't use fluoridated toothpaste and 43(10.7%) and didn't know about it.

The next question was, in which 898(85%) of students knew about different toothbrushing techniques, 127(12%) replied no when they were asked if they knew different toothbrushing techniques and 32(3%) didn't know.

The 697(65.9%) of dental students knew about correct technique for dental flossing, 285(27%) didn't know about correct dental flossing technique and 75(7.1%) didn't know about it.

The next question was, were 770(72.8%) of students knew about different tongue cleaning aids, 226(21.4%) said no they don't know different tongue cleaning aids and 61(5.8%) didn't know about it.

978(92.5%) of dental students agreed that they knew about replacing their toothbrush within few months, 66(6.2%) replied no and 13(1.3%) didn't know.

The 442(41.8%) of dental students said they will visit dentist for periodic dental check-up, surprisingly 590(55.8%) of students said they will not go to dentist for regular dental check-up and 25(2.4%) didn't know about it.

Every dental student 1046(99%) were aware about harmful effects of tobacco, smoking and alcohol over oral health, 8(0.8%) were not aware about the harmful effects of tobacco, smoking and alcohol and 3(0.2%) of students didn't know about it.

The 943(89.2%) of dental students were aware about different cleaning aids for teeth, 89(8.4%) were not aware about different tooth cleaning aids and 25(2.4%) didn't know.

The next question was, in which 995(94.1%) of student knew about effects of oral health on general health, 43(4.1%) of students are not aware about effects of oral health on general health and 19(1.8%) didn't know about it.

The last question was, are students concern about their appearance and aesthetics in which 1005(95.1%) of students were concerned about their appearance and aesthetics, 33(3.1%) of students were not concern about their appearance and aesthetics and 19(1.8%) of students didn't know.

### V. DISCUSSION

A cross-sectional study was conducted in dental institutes of Central Vidarbha among 1057 students to evaluate self-reported oral health attitude, knowledge and behaviour.

Baseline information on oral health, associated with adequate preventive procedures, is fundamental to promote self-preventive behaviour. An important task of oral health professionals is to instil in their patients the correct oral habits to prevent oral diseases. (1)

Shruti Gupta et al (1) found that, out of 200 students 56.8% of males and 24.4% of females brush their teeth more than once. Maan Surinder Singh et al (3) 727 participants found that majority of participants brushed their teeth twice. Quasem Diefallah Al-Omari et al (5) found that from 375 students that 66.9% brushes their teeth more than once. Kefah Nusair et al (10) found that, out of 375 dental students about 95% of students brushes their teeth more than once. Morenike Folayan et al (11) found that, out of 223 respondents 47.5% brush more than once a day. S



Kumar et al (12) found that 56.4% of dental students brushed their teeth twice daily. A Emmanuel et al (13) found that all participants reported to brush their teeth at least once a day, only 24% brush twice a day., in our study we found that 72% of dental students brush their teeth more than once a day.

Maan Surinder Singh et al (3) found that, out of 727 participants 69% in group A and 58% in group B used fluoridated toothpastes. MorenikeFolayan et al (11) found that, out of 223 respondents 95.4% of them uses fluoridated toothpaste always, at the same time in our study we found that 67.3% of dental students uses fluoridated toothpastes.

Shruti Gupta et al (1) found that about 66.9% of male students uses toothpaste for tooth cleaning aid, in our study we found that 72.8% of dental students knew about different tongue cleaning aids.

The study conducted by Shruti Gupta et al (1) found that about 42.7% of females visit to dentist every 6 months, in our study 41.8% of students visit dentist for periodic dental check-up.

Shruti Gupta et al (1) found that about 94.1% male and 97.6% female students are aware of harmful effects of tobacco, in our study 99% of dental students were aware about harmful effects of tobacco, smoking and alcohol.

The study conducted by Shruti Gupta et al (1) found that about 100% of male students of Jaipur know about the effect of oral health on general health, at the same time in our study we found that 94.1% of students knew about effects of oral health on general health.

The author Shruti Gupta et al (1) found that 96.3% of female students and 90.7% male students are concern about appearance and aesthetics, in our study we found that 95.1% of dental students were concerned about their appearance and aesthetics.

## VI. LIMITATIONS AND FUTURE DIRECTIONS

The questionnaire was self-reported therefore answers given by the students could be biased. The study result cannot be generalised for the Indian population because, the survey was limited to dental students of Central Vidarbha only. The survey may be extended by conducting it in large scale in different dental college to expand the sample size to get more precise results which can be generalised.

## VII. CONCLUSION

The present study can be concluded that; the knowledge and attitude towards oral hygiene is prevalently present among dental students. Even the dental students were aware about different aids for maintaining the oral hygiene and the other harmful affect in general health related to oral health. But at the same time the students lack of motivation to practice basic preventive oral health habit. The student needs properly designed oral health educational programs to increase their attitude and behaviour toward oral health and at the same it is necessary to implicate preventive measures for prevention of oral diseases.

## VIII. ACKNOWLEDGEMENT

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### Conflicts of interest

There are no conflicts of interest

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**TABLE 1:** Detailed result of all questions

Sr no.	Questions	Total in no. N-1057	In %
1	Do you brush your teeth more than once a day? (a) Yes (b) No (c) Don't Know	761 295 0	72 27.9 0
2	Do you use fluoridated toothpaste always? (a) Yes (b) No (c) Don't Know	713 231 43	67.5 21.9 10.7
3	Do you know different techniques of tooth brushing? (a) Yes (b) No (c) Don't Know	898 127 32	85 12 3
4	Do you know the correct technique for dental flossing? (a) Yes (b) No (c) Don't Know	697 285 75	65.9 27 7.1
5	Do you know what are the different tongue cleaning aids? (a) Yes (b) No (c) Don't Know	770 226 61	72.8 21.4 5.8
6	Do you know in how many months the toothbrush should be replaced? (a) Yes (b) No	978 66 13	92.5 6.2 1.3



	(c) Don't Know		
7	Do you visit dentist for periodic dental checkup? (a) Yes (b) No (c) Don't Know	442 590 25	41.8 55.8 2.4
8	Are you aware about harmful effects of tobacco, smoking and alcohol? (a) Yes (b) No (c) Don't know	1046 8 3	99 0.8 0.2
9	Are you aware about different cleaning aids for teeth? (a) Yes (b) No (c) Don't Know	943 89 25	89.2 8.4 2.4
10	Do you know the effects of oral health on general health? (a) Yes (b) No (c) Don't Know	995 43 19	94.1 4.1 1.8
11	Are you concern about your appearance and aesthetics? (a) Yes (b) No (c) Don't Know	1005 33 19	95.1 3.1 1.8