



Dental Aesthetics and Its Impact on Psychosocial Wellbeing among Students of Dental Colleges in South Kerala

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ABSTRACT

AIM:To evaluate the factors influencing dental aesthetics and its impact on psychosocial wellbeing on young adults.

METHODOLOGY:A cross-sectional survey was conducted among the selected study population. The survey was conducted online through the medium of google forms. The data was analysed using descriptive statistics and association among the variables were done using Chi square test.

RESULTS: 87.6% of participants like their teeth when they see it in the mirror or photograph and are not socially withdrawn because of their dental appearance.53.3% of participant have received any kinds of comments or suggestions about their smile from others and get irritated with joking remarks.

CONCLUSION: Dental aesthetics can significantly affect an individual's social and psychosocial wellbeing which affects their behavior and self-confidence. The students most affected by poor dental aesthetics had lower self-esteem and higher level of perfectionism.

KEYWORDS: Dental aesthetics, Dental appearance, Psychosocial wellbeing.

I.INTRODUCTION

A perfect smile is a key of recommendation. Media has a strong influence on the behaviour and thinking of our splendor standards. This leads to the extensive demand for aesthetic treatment from community[1].Dental aesthetic is an essential component for higher psychosocial wellbeing[2, 3].Also a captivating dental appearance is one of the essential factor of facial aesthetics [5].The appreciation a person makes concerning the individual characteristics of others can be affected by dental image[4].A splendid dental appearance is regarded to be an important requirement of prestigious occupation of

some expert groups[5].The self-esteem and level of comfort of a person's life can be upgraded by good dental aesthetics[6].Oral health is influenced by the absence of oral disease and dysfunction as well as the subjects social life and dentofacial self-confidence. This is in line with the WHO's definition of quality of life [7]

With the chief role being played by the media, the significance of the dental aesthetic is appreciably affecting their psychosocial wellbeing. Being a unit of social platform, there is an inherent need for one to feel recognised. Various social and appearance standards set by the community may affect an individual seriously [12]. In young individuals, even a small breach from the community standard regarding facial aesthetics result in lack of self-confidence and thinking about others "superior" to themselves. This results in a negative impact on their satisfactory of life [13].

Some literature put forward that there exist a sturdy relationship between self-learned need concerning dental aesthetic and psychosocial wellbeing which in turn play a significant role in general health of an individual and it should not be compromised. Compromised aesthetic is a foreteller of a bad oral health [13, 14].

Some studies have reported that dental students showed higher awareness of aesthetic in contrast to their counterpart from other universities. Thus it is concluded that awareness is a primary aspect which impacts judgements and understanding of the observer [15]. Therefore the aim of the present study is to assess the self-perceived psychosocial impact of dental aesthetics among the dental students.

II.MATERIALS AND METHODOLOGY

This is a cross sectional study conducted between October 2022 & November 2022.



Participants were selected using convenience sampling.

INCLUSION CRITERIA

The study was conducted among the dental students of South Kerala zone, India. The questionnaire was sent to 211 dental students aged between 18 to 30 years.

EXCLUSION CRITERIA

Participants who did not consent to the survey were excluded from the survey.

III.METHODOLOGY

A cross-sectional survey was conducted among the selected study population. The survey was conducted online through the medium of google forms. "DENTAL AESTHETIC AND ITS IMPACT ON PSYCHOSOCIAL WELLBEING AMONG STUDENTS OF DENTAL COLLEGES IN SOUTH KERALA ZONE" (google.com). We prepared a questionnaire consisting of a total of 23 question, including the demographic details as well as question pertaining to their knowledge and

awareness about dental aesthetic and its impact on psychosocial wellbeing. The questionnaire was distributed among the participants by means of email and various social media platforms including WhatsApp and telegram. Informed consent was taken from all the participants at the beginning of the survey. The participants were asked to choose an appropriate response to each question from the set of options provided below. Data was collected from the recorded response.

IV.STATISTICAL ANALYSIS

Collected data was analysed using SPSS software version 25.0.The data was analysed using descriptive statistics and association among the variables were done using Chi square test.

V.RESULT

The study was completed with 211 responses, of which 92.9% of responses were recorded from the age group 18 to 25 while 7.1% of people belong to 25 to 30 year group as given in figure 1.

FIGURE 1: FREQUENCY OF AGE DISTRIBUTION

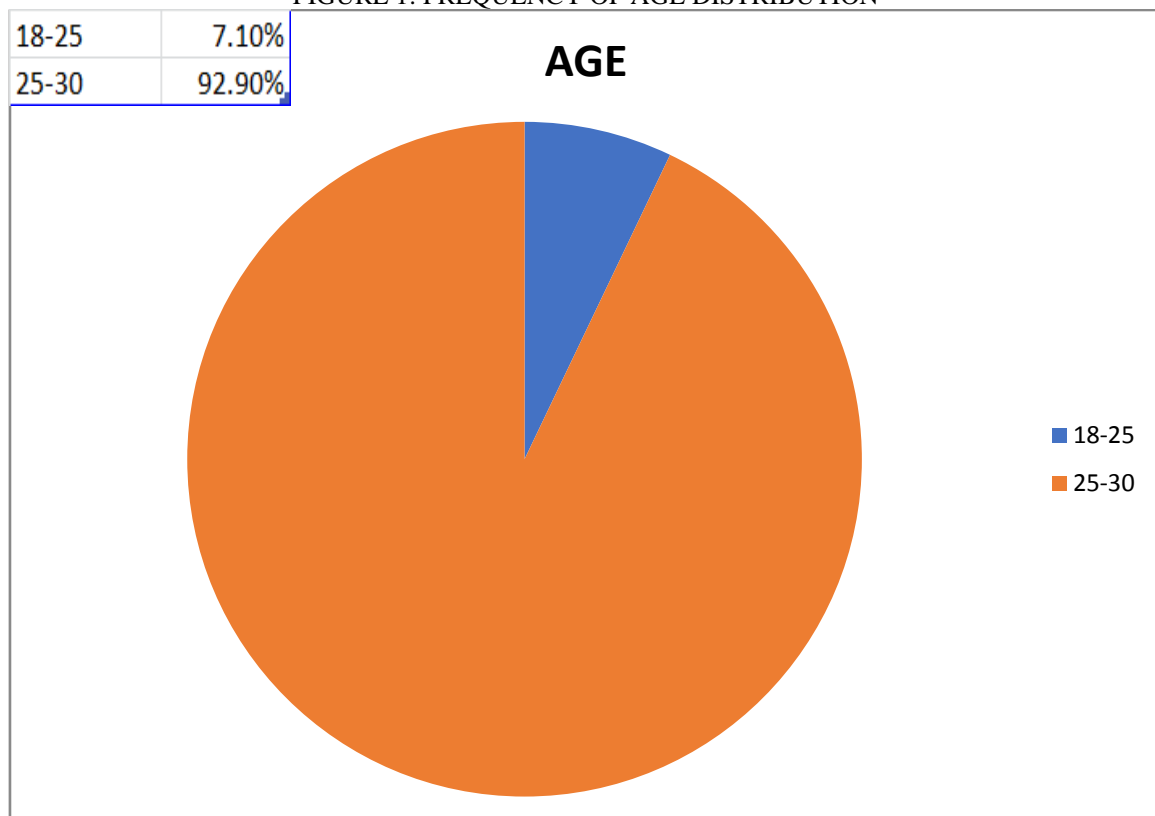




Figure 2 shows that 75.2% of respondents were females and 24.8% were males.

FIGURE 2: FREQUENCY OF GENDER DISTRIBUTION

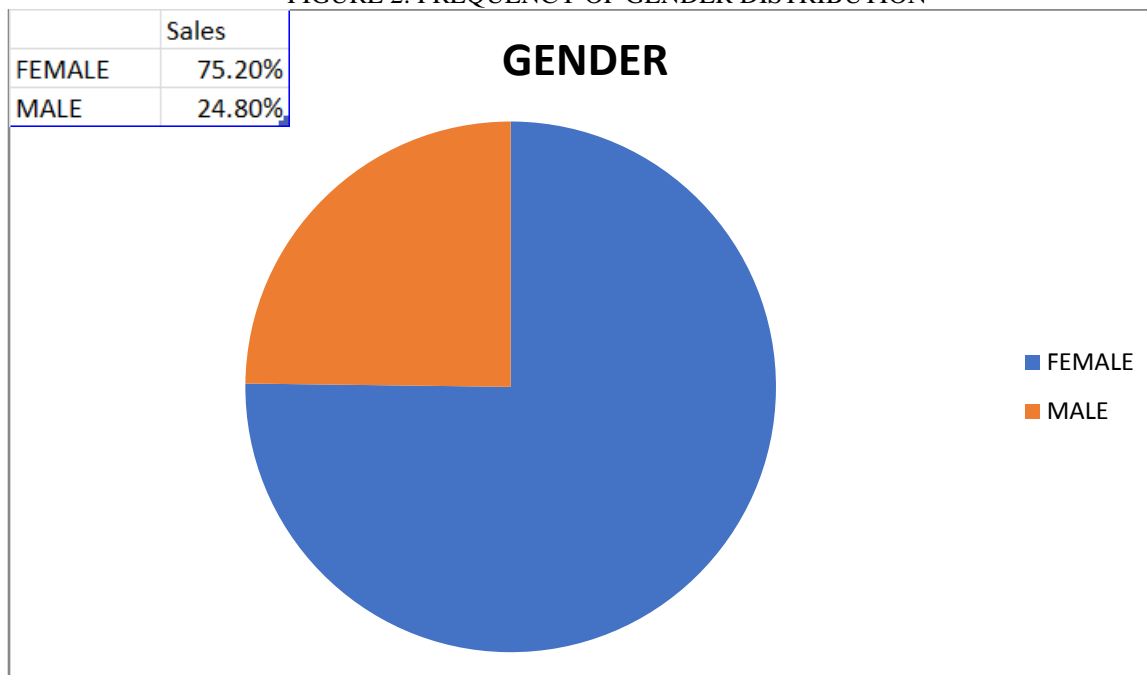


Table 1 shows the frequency if awareness of the participants. Most (98.5%) of participants think their dental aesthetics has an effect on their self-esteem. Majority (72%) of them like to see their teeth in the mirror/ photograph. Highest (79.9%) of respondents have received comments

and suggestions about their smile from others. Majority (54.3%) of participants do not get irritated with any joking remarks about their teeth. Most (82.4%) of respondents are not socially withdrawn because of their dental appearance

TABLE 1: FREQUENCY TABLE OF DEMOGRAPHIC DETAILS

SLNO:	VARIABLE		FREQUENCY	PERCENTAGE
3.	Do you think your dental esthetics has an effect on your self esteem	No	20	9.2
		Yes	190	90.5
4.	Do you like your teeth when you see it in the mirror or photograph	No	57	27.1
		Yes	153	72.9
5.	Have you received any kind of comments or suggestions about your smile from others	No	43	20.5
		Yes	167	79.5
6.	Does any joking remarks about your teeth irritates you	No	114	54.3
		Yes	96	45.7
7.	Are you socially withdrawn because of your dental appearance	No	173	82.4
		Yes	37	17.6
8.	Are you conscious	No	110	52.4



	about the way you smile when you are around the opposite sex	Yes	100	47.6
9.	Do you think dental aesthetics have a significant effect on your general appearance	No	22	10.5
		Yes	188	89.5
10.	Does people stare at your teeth when you smile or talk	No	123	58.6
		Yes	87	41.4
11.	Do you like to show your teeth when you smile	No	56	26.7
		Yes	154	73.3
12.	How would you rate the overall look or esthetics of your teeth as compared to other people you have seen	Above average	60	28.6
		Average	138	65.7
		Below average	12	5.7
13.	Are you satisfied with your smile	No	26	12.4
		Yes	123	58.6
14.	Which aspect of your smile you aren't satisfied of	Tooth color	33	15.7
		Tooth shape	15	7.1
		Tooth size	26	12.4
		Tooth arrangement	93	44.3
		Lip color	24	11.4
		Gingiva	19	9
15.	Do you feel confident when you wear a mask	No	70	33.3
		Yes	140	66.7
16.	Do you hide your teeth when you smile	No	153	72.9
		Yes	57	27.1
17.	Do you wish your teeth to look better	No	49	23.3
		Yes	161	76.7
18.	Do you feel mentally demotivated because of your dental appearance	No	169	80.5
		Yes	41	19.5
19.	Do you fear others might tease you because your teeth	No	171	81.4
		Yes	79	18.6
20.	Have you undergone any previous dental treatments for improving esthetics	No	121	57.6
		Yes	89	42.4
21.	Do you feel that you need a dental treatment	No	83	39.5
		Yes	127	60.5
22.	Why do you hesitate to take dental treatment to improve your dental esthetics	Economic	37	17.6
		Anxiety towards dental procedures	27	12.9
		Lack of parental support	12	5.7
		Laziness	47	22.4



		Do not hesitate	87	41.4
23.	Do you take any home remedies to improve your dental appearance	No	145	69
		Yes	65	31

TABLE 2: COMPARISON OF AGE AND GENDER WITH DENTAL ESTHETICS

		AGE			GENDER		
		18-25	25-30	p-value	M	F	p-value
Do you think your dental esthetics has an effect on your self esteem	No	9.7	6.7	0.696	9.6	9.5	0.979
	Yes	90.3	93.3		90.4	90.5	
Do you like your teeth when you see it in the mirror or photograph	No	28.2	13.3	0.212	28.8	26.6	0.750
	Yes	71.8	86.7		71.2	73.4	
Have you received any kind of comments or suggestions about your smile from others	No	22.1	0	0.041	26.9	18.4	0.184
	Yes	77.9	100		73.1	81.6	
Does any joking remarks about your teeth irritate you	No	55.4	40	0.249	65.4	50.6	0.064
	Yes	44.6	60		34.6	49.4	
Are you socially withdrawn because of your	No	81.5	93.3	0.248	84.6	81.6	0.626



dental appearance	Yes	18.5	6.7		15.4	18.4	
Are you conscious about the way you smile when you are around the opposite sex	No	51.8	60	0.540	48.1	53.8	0.474
	Yes	48.2	40		51.9	46.2	
Do you think dental esthetics have a significant effect on your general appearance	No	10.8	6.7	0.617	11.5	10.1	0.773
	Yes	89.2	93.3		88.5	89.9	
Does people stare at your teeth when you smile or talk	No	57.9	66.7	0.509	65.4	56.3	0.250
	Yes	42.1	33.3		34.6	43.7	
Do you like to show your teeth when you smile	No	25.6	40	0.226	36.5	23.4	0.063
	Yes	74.4	60		63.5	76.6	



How would you rate the overall look or esthetics of your teeth as compared to other people you have seen	Above average	28.7	26.7	0.976	25	29.7	0.341
	Average	65.6	66.7		65.4	65.8	
	Below average	5.6	6.7		9.6	4.4	
Are you satisfied with your smile	No	11.8	20	0.544	15.4	11.4	0.636
	Yes	58.5	60		59.6	58.2	
	Maybe	29.7	20		25	30.4	
Which aspect of your smile you aren't satisfied of	Tooth color	15.9	13.3	0.909	21.2	13.9	0.439
	Tooth shape	7.2	6.7		7.7	7	
	Tooth size	11.8	20		5.8	14.6	
	Tooth arrangement	44.6	40		48.1	43	
	Lip color	11.8	6.7		11.5	11.4	
	Gingiva color and position	8.7	13.3		5.8	10.1	
Do you feel confident when you wear a mask	No	31.8	53.3	0.088	51.9	27.2	0.001
	Yes	68.2	46.7		48.1	72.8	
Do you hide your teeth when you smile	No	72.8	73.3		71.2	73.4	0.750



	Yes	27.2	26.7		28.8	26.6	
Do you wish your teeth to look better	No	23.1	26.7	0.751	28.8	21.5	0.279
	Yes	76.9	73.3		71.2	78.5	
Do you feel mentally demotivated because of your dental appearance	No	80.5	80	0.961	86.5	78.5	0.204
	Yes	19.5	20		13.5	21.5	
Do you fear others might tease you because of your teeth	No	80.5	93.3	0.219	88.5	79.1	0.133
	Yes	19.5	6.7		11.5	20.9	
Have you undergone any previous dental treatments for improving aesthetics	No	57.4	60	0.846	55.8	58.2	0.756
	Yes	42.6	40		44.2	41.8	
Do you feel that you need a dental treatment	No	40	33.3	0.611	42.3	38.6	0.636
	Yes	60	66.7		57.7	61.4	
Why do you hesitate to take dental	Economic	17.4	20	0.713	21.2	16.5	0.084



treatment to improve your dental esthetics	Anxiety towards dental procedure	12.8	13.3		5.8	15.2	
	Lack of parental support	6.2	0		7.7	5.1	
	Laziness	23.1	13.3		32.7	19	
	Do not hesitate	40.5	53.3		32.7	44.3	
Do you take any home remedies to improve your dental appearance	No	69.2	66.7	0.836	63.5	70.9	0.315
	Yes	30.8	33.3		36.5	29.1	

TABLE 3: COMPARISON OF JOKES RELATED TO ESTHETICS AND COMMENTS ABOUT THEIR SMILE

	Does any joking remarks about your teeth irritate you		PVALUE
	NO	YES	
Have you received any kind of comments or suggestions about your smile from others	NO	16.3%	P<0.001*
	YES	53.3%	

83.7% of participant haven't received any kinds of comments or suggestions about their smile from others and doesn't get irritated with joking remarks.53.3%of participants have received

comments or suggestions about their smile from others and get irritated with joking remarks. There exist a significant relationship between comments and jokes (p value <0.001).

TABLE 4: COMPARISON OF ESTHETICS AND PSYCHOSOCIAL WELL BEING

	Do you like your teeth when you see it in the mirror or photograph		P VALUE
	NO	YES	
Are you socially withdrawn because of your dental appearance	NO	87.6%	0.001*
	YES	12.4%	



Are you conscious about the way you smile when you are around the opposite sex	NO	42.1%	56.2%	0.069
	YES	57.9%	43.8%	
Do you feel mentally demotivated because of your dental appearance	NO	61.4%	87.6%	P < 0.001*
	YES	38.6%	12.4%	
Do you feel that you need a dental treatment	NO	21.1%	46.4%	0.001*
	YES	78.9%	53.6%	

68.4%. Of participants do not like their teeth when they see it in the mirror or photograph and they are not socially withdrawn because of their dental appearance. 87.6% of participants like their teeth when they see it in the mirror or photograph and are not socially withdrawn because of their dental appearance. There exist a significant relationship between aesthetics and psychosocial wellbeing (p value=0.001)

61.4% of them do not like their teeth when they see it in the mirror or photograph and they do not feel mentally demotivated because of their dental appearance. 87.6% of them like their teeth when they see it in the mirror or photograph and are not mentally demotivated. There exist a significant relationship between aesthetics and psychosocial wellbeing (p value <0.001).

78.9% of them do not like their teeth when they see it in the mirror or photograph and they feel that they need a dental treatment while 53.6% like their teeth when they see it in the mirror or photograph and they feel that they need a dental treatment. There exist a significant relationship between aesthetics and psychosocial wellbeing (p value 0.001).

VI. DISCUSSION

Dental esthetics is one of the crucial determinants of quality of life. (8-11). The positive

co relation existing between dental esthetics and quality of life has been proved by many scientific investigations. (8-11). Poor dental esthetics can negatively affect a person's social interaction with others self-esteem, acceptance and judgment of intellectual capacity by others. (2, 3, 8-11).

From the analysis of results yielded from our study we interpreted the following facts and information.

87.6% of participants like their teeth when they see it in the mirror or photograph and are not socially withdrawn because of their dental appearance. This conclusion was supported in accordance with a study conducted by KehindeKazeemKanmod et al.

53.3% of participant have received any kinds of comments or suggestions about their smile from others and get irritated with joking remarks. This conclusion was supported in accordance with a study conducted by KehindeKazeemKanmod et al.

Furthermore, 90.5 % people have significant effect of aesthetics on self-esteem, 72.9 % have received negative comments regarding their dental appearance, 72.9% are satisfied with their dental appearance on mirror or photograph, 85.7% rated their look as average, and 44.3% people aren't satisfied with their tooth arrangement. It has been observed that 66.7% people are confident



while wearing mask .60.5 %have felt a need to undergo esthetic correction to improve their dental appearance while 42.4 % have previously undergone esthetic treatments .41.4% people are ready to undergo esthetic correction without any hesitate.

VII.CONCLUSION

Based on the findings obtained from the study it is concluded that dental aesthetics can significantly affect an individual's social and psychosocial wellbeing which affects their behavior and self-confidence. The students most affected by poor dental aesthetics had lower self-esteem and higher level of perfectionism. Clinician should pay attention to these traits and their implications for treating these patients.

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