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Knowledge on Dental Hygiene Among Mothers in selected area, Puducherry

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Abstract:

Children Oral hygiene behavior develops through the central role of mothers. There should be sufficient maternal dental hygiene self-education on the prevention of early childhood caries and other oral diseases. The purpose was to evaluate the degree of knowledge about dental hygiene among mothers having young children and to find out which socio-demographic variables the knowledge. A cross-sectional study of the type descriptive was carried out on a sample of 200 mothers with children aged between 3 and 10 years who attended the selected outpatient clinics and schools. Multistage sampling was employed in selecting the participants. The questionnaire items were based on knowledge about brushing habits, fluoride application, diet, dental appointments, and dental caries prevention to collect data. Outcomes 38 percent of mothers had sufficient knowledge, 44 percent had slightly sufficient knowledge, and 18 percent had inadequate knowledge. The level of knowledge was associated with education level and the exposure to dental health education ($p < 0.05$). Despite the moderate knowledge, there were still blank any gaps in regards to proper brushing methods, fluoride application, and the earliest time to see a dentist. Organized educative interventions are proposed.

Keywords: Dental hygiene, oral hygiene, children

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INTRODUCTION:

General health and wellbeing involve the oral health. Dental hygiene will encompass such practices as healthy nutrition, dental check-ups, perfect brushing, and flossing. Major risk factors of dental caries and periodontal diseases are poor oral hygiene. Being the main caregivers, mothers are great contributors to the oral hygiene behavior of children. Their knowledge has a direct effect on the early childhood prevention of caries.

Research indicated that better oral hygiene practices in children are positively linked with maternal education. Lack of awareness on age at which first dental visit can be made and proper use of fluoridated toothpaste has been observed. The above findings highlight the value of maternal oral health education.

OBJECTIVES:

1. To determine the amount of dental hygiene knowledge mothers have.
2. To determine the relationship that exists between maternal knowledge and individual socio-demographic outcomes.

METHODOLOGY:

The research design implemented in the study was a descriptive cross-sectional research study to evaluate the level of the dental hygiene knowledge among mothers. The research was done in some primary schools and outpatient departments in a city of choice. The target population targeted was mother with children of the age between 3-10 years. The study used 200 mothers as the total sample. Multiphase sampling method was employed where purposive selection of the settings in the first phase was applied followed by simple random selection of the subjects. A structured questionnaire that included two parts, i.e., socio-demographic variables, and 20 multiple-choice questions that helped evaluate knowledge regarding dental hygiene were applied to collect data.

RESULT:

Demographic data

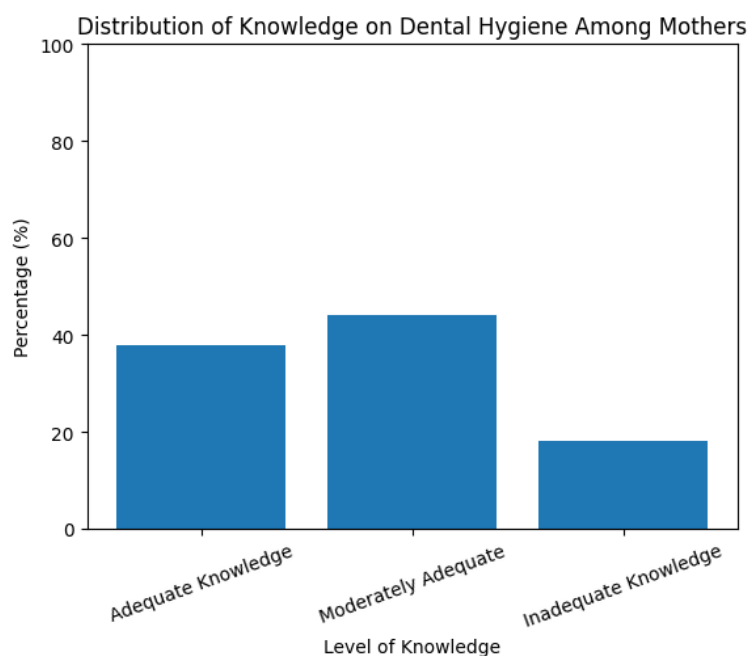
Among 200 mothers, most were between 26-30 years old (36%). In relation to education, 37 and 19 percent had secondary and graduates respectively. The vast majority of mothers (62 per cent) were housewives. The income of the families lay between 10,001-20,000 almost 39 percent. Over fifty-seven per cent. of the number of mothers (57) had never received dental health education before.

Knowledge

The report indicated that 38 percent of the mothers possessed adequate knowledge on dental hygiene, and 44 percent possessed moderate but adequate knowledge on the same. But the percentage of mothers who lacked proper knowledge was 18. The statistical data revealed the level of knowledge to be significantly related with the chosen demographic characteristics, specifically the educational status and family income, as well as the prior exposure to dental health education.

Table 1: Distribution of Mothers According to Demographic Variables (N = 200)

S. No	Demographic Variable	Category	Frequency (n)	Percentage (%)
1	Age (years)	20–25	48	24%
		26–30	72	36%
		31–35	52	26%
		>35	28	14%
2	Educational Status	Primary	32	16%
		Secondary	74	37%
		Higher Secondary	56	28%
		Graduate and Above	38	19%
3	Occupation	Homemaker	124	62%
		Employed	76	38%
4	Family Income (Monthly)	< ₹10,000	40	20%
		₹10,001–₹20,000	78	39%
		₹20,001–₹30,000	50	25%
		> ₹30,000	32	16%
5	Previous Dental Health Education	Yes	86	43%
		No	114	57%



SUMMARY:

The current research determined the level of knowledge about dental hygiene among mothers with children aged between 3 and 10 years. The results showed that 38 percent of the mothers possessed sufficient knowledge with a majority of them (44) having moderately sufficient knowledge. Nevertheless, 18% of the mothers had poor knowledge about the practice of dental hygiene.

These results mean that despite a significant ratio of mothers being adequately aware, there is a substantial amount of gaps, especially in almost a fifth of the participants. The fact that moderately adequate knowledge prevails implies that some of the required elements, namely proper brushing technique, how regularly to brush your teeth, do you use fluoride and when to visit the dentist, are known somewhat.

In addition, the research has found statistically significant relationships between the level of knowledge and the selected demographic variables. There was a very strong correlation between educational status and knowledge scores, which means that mothers who are more educated were more aware of dental hygiene practices. There were also significant association factors between family income and knowledge level and this indicates that socioeconomic status can be a factor in the access of health information and services. Moreover, mothers that had been educated in dental health showed much better levels of knowledge levels when compared to those who were not.

The results support the importance of specific oral health education of mothers that are less educated and socio-economically disadvantaged in order to promote preventive dental behavior and an improvement in the oral health of children.

CONCLUSION:

The study concluded that most of the mothers had moderately adequate knowledge in dental hygiene, though a smaller group stated adequate knowledge and one almost fifth had inadequate knowledge. Even though the fundamental level of awareness had been achieved, still, there were gaps of significant concern in certain areas of preventive oral care. Knowledge level and educational status were significantly linked with family income and pre-intervention exposure to dental health education, thus showing a major role in dental health education awareness of the socio-demographic factor. As such, the need to consider and implement continuous and well-organized oral health education programs that should focus on mothers and especially women who are of lower educational and socio-economic status is imperative in enhancing knowledge and effective implementation of dental hygiene practices on children.

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