

Evaluation of Effectiveness of the Program on Importance of Oral Health Care in Primary School Students

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Abstract:- Mouth or oral cavity is the first part of the digestive system. Taking care of mouth is as important as taking care of body. Aim of this study was to evaluate the effectiveness of awareness program on the importance of oral care among students in selected schools. Objectives were to evaluate the knowledge of children about the importance of oral care before and after teaching, to evaluate the effectiveness of teaching about importance of oral care among school children and to find correlation between Pretest scores about the importance of oral hygiene among children and their demographic variables. A structured interview questionnaire was used to collect data from 50 samples through interview technique. One group pretest posttest design was used. Theoretical concept used was the open system model. Descriptive and inferential statistics used to analyze the data. Independent "t" test shows a significant improvement in knowledge after the teaching programme ($t = 35.2$, $P > 0.05$). No significant relationship exist between pretest knowledge and demographic variables.

Keywords:- Effectiveness; Oral Hygiene; Knowledge; School Children.

I. INTRODUCTION

Health is not a goal in life but a resource for daily living. Oral hygiene is also an important part of health. Good oral hygiene has limitless benefits. When our mouth, gums or teeth are not healthy, our body suffers more, so taking care of our mouth is as important as taking care of our body. Oral diseases affect approximately 3.5 billion people worldwide, three percent of whom live in middle-income countries. Approximately 2 billion people worldwide have tooth decay in their permanent teeth, and 514 million children have tooth decay in their teeth.

II. METHODOLOGY

➤ *Statement of the Problem*

Evaluation of effectiveness of the program on importance of oral health care in primary school students at selected school.

➤ *Objectives*

- To assess the knowledge on importance of oral care among school children before and after the structured teaching program
- To assess the effectiveness of awareness program on knowledge regarding importance of oral care among school children
- To find out association between the pretest scores on knowledge on importance of oral care among school children and their demographic variables.

III. OPERATIONAL DEFINITION

➤ *Assess*

It refers to determine the knowledge perceived by school children on importance of oral hygiene measured by using structured questionnaire before and after planned teaching program.

➤ *Effectiveness*

It refers to the improvement in the level of knowledge on importance of oral hygiene after the teaching program as evidenced by significant difference between pretest and posttest scores.

➤ *School Children*

It refers to those children who studies in school between the age of 10 to 12 years

➤ *Oral Care*

Health practices used to keep the Oral cavity clean and disease free.

➤ *Awareness Program*

It refers to the strategic teaching approach using power point to improve the level of knowledge including importance of oral hygiene, complication of poor oral hygiene, foot habits and methods to keep teeth healthy.

➤ *Hypotheses*

H1: There will be a significant increase in knowledge scores of children on importance of oral care following an awareness programme.

H2: There will be an association exist between pre-test knowledge scores of school children with selected demographic variables.

- Research approach - quantitative evaluative approach was used.
- Research design - pre-experimental, one group pretest - posttest design was adopted for this study
- Variables

➤ *Independent variable*

Awareness programme on Importance of Oral care

➤ *Dependent variable*

Knowledge

➤ *Extraneous variable*

Individual differences in subjects, influence of personnel and teaching programme on importance of oral hygiene

- Population: school children
- Sample: Primary school children at selected school
- Sampling technique: purposive sampling Technique

➤ *Inclusion Criteria*

- Grade IV students in selected school.

➤ *Exclusion Criteria*

Students who are;

- Sick during data collection.
- Absent on the day of data collection.

➤ *Tools & Technique*

Structured interview questionnaire used to assess the knowledge.

➤ *Data Collection Procedure*

Researchers introduced themselves and obtained informed consent from participants. The data collection was done between 9:00am to 1.00 pm. Total 50 students were interviewed. After pretest awareness programme was given by investigators. It took 40 minutes.

It contained information regarding oral cavity, tooth development, oral hygiene, importance of oral hygiene, choosing a toothbrush, complications of poor oral hygiene, foods for good oral hygiene and methods to keep the teeth healthy. After five days the participants attended posttest with same structured interview questionnaire.

IV. RESULTS

➤ *Section 1: Description of Children based on Socio Demographic Variables*

- About the religion 9 (18%) of children belongs to Hindu, 8 (16%) children belongs to Christian and 33(66%) belongs to Muslim religion.
- About 20(40%) belonged to nuclear family, 28(56%) belonged to joint family and 2(4%) belonged to other religion.
- About 2(4%) belonged to rural and 48(96%) belonged to seashore as domicile.
- About 26(52%) has history of dental carries and 24(48%) has no history of dental carries.
- Based on the source of previous knowledge of oral hygiene, about 1(2%) has knowledge from school and 49(98%) has knowledge from family.

➤ *Section 2: Description of Knowledge Scores on Importance of Oral Care*

Table 1 : Level of Knowledge before and after Intervention n=50

Knowledge Level	Pre Test		Post Test	
	F	%	F	%
Poor	15	30%	0	0
Average	35	70%	0	0
Good	0	0	46	92%
Very good	0	0	4	8%

➤ *Section 3: Effect of Structured Teaching Program on Importance of Oral Care.*

Table 2: Mean and Standard Deviation of Level of Knowledge n=50

Knowledge	Mean	Standard Deviation	t Value	p
Pretest	7.76	1.86	35.259	2.02
Posttest	17.5	1.44		

➤ *Section 4: Association between Pretest Knowledge with Selected Demographic Variables*

Calculated value of chi square at 0.05 level of significance is less than table value. So there is no significant association between pretest knowledge score regarding importance of oral hygiene with selected socio demographic variables.

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V. DISCUSSION

The present study focused to assess the effectiveness of an awareness programme on importance of oral care among primary school children at selected school. The findings of the study have been discussed based on the objectives and other similar studies.

Among the children during pre test 30% of samples had poor knowledge 70% had average knowledge and non of the samples had good and very good knowledge. After the awareness programme, 92% had good knowledge and 8% had very good knowledge.

Among that the calculated paired test value is 35.259 which is greater than table value (2.02). Hence the research hypothesis (H_1) is accepted.

VI. CONCLUSION

The present study was intended to assess the effects of awareness programme on oral care among primary school children at selected school. A total of 50 primary school students at selected school was considered as sample size. An interview was conducted before and after the intervention by using structured interview questionnaire. Awareness programme was given by the investigators on importance of oral care. Results show the intervention is effective to improve the knowledge among school children.

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