

Knowledge, Attitude and Practice on Oral Hygiene Among Mothers in Rural Area of Lahore

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Abstract

BACKGROUND: Oral health is an important element of good general health and plays a key role in the child's lifespan. Dental-carries is one of the best significant universal oral health-problems. In most under-developing states, the stages of dental caries were low but now have a tendency to increase (Kay, 1998) **METHODOLOGY:** The quantitative cross-sectional study design was used with convenient sampling (n=132). Data was analyzed by using the Statistical Package for the social science (SPSS) 21. The association between knowledge attitude and practice was drawn through Chi-square test with ($p < 0.05$) **RESULTS:** 50.76% people answer that dental carries was due to the food residual on teeth, 29.55% reported that pigments on teeth, 19.55% don't know. 38.64% people answer the Q2 true. 33.33% answer false. 28.28% don't know. **CONCLUSION:** The study determined that overall level of knowledge amongst women was acceptable but there are need to deliver the more responsiveness about oral-hygiene. The attitude shown positive and there were satisfactory practices of females about oral-hygiene. Majority have knowledge about plaque, cavity and other dental problem, but they did not hygienic their mouth due to deficiency of awareness about the significance of oral-hygiene.

Keywords: Oral hygiene, Knowledge, Attitude, practices

I INTRODUCTION

BACKGROUND:

Oral wellbeing is an imperative component of good broad wellbeing and assumes a key part in the youngster's life expectancy. Dental-carries is extraordinary compared to other huge widespread oral medical issues. In most under-creating states, the phases of dental caries were low yet now tend to build (Kay, 1998)

Poor oral-wellbeing has been perceived to have un-positive effects on general wellbeing. Genuine dental rot in females can end with torment, dozing issues, and inconvenience in admission and conduct related issues. (Brownie, Robb et al. 2016).

Pakistan has an extraordinary recurrence of oral infirmities, including early tyke hood periodontal illnesses. Oral malignancy scores around there are high, generally related to the social routine with regards to rumination areca nut and comparative items. There is a lack of responsiveness of its negative outcomes, and there is the inadequacy of gifted dental experts in the nation. Those with oral infections are stacked with lack of a convenient way to deal with mind, un-reasonableness of dental treatment, and the low apparent requirement for protective treatment. (Kale, 2016).

SIGNIFICANCE OF STUDY:

Study will identify the association between knowledge, attitude and practices of community people regarding oral hygiene. The study on this topic will provide the awareness in Government about practices of community people regarding oral hygiene. After conducting the study, the findings will be shared to the community people and the results will be presented to the higher authorities and policy makers. They will be motivated to make certain policies and strategies to enhance the knowledge of nurses regarding oral hygiene. After the motivation of Organization and setting of certain policies, the people will improve their knowledge, attitude and practices oral hygiene. Study will helpful to the future researchers for further researches.

Problem statement:

OBJECTIVES:

- I.To assess the knowledge level of mothers of age 20 to 45 of Husain Abad community Lahore about oral hygiene
- II.To assess the attitude of mothers of age 20 to 45 of Husain Abad community Lahore people about oral hygiene
- III.To determine practices of mothers of age 20 to 45 of Husain Abad community Lahore people in relation to practices of oral hygiene.

PURPOSE OF STUDY

This study was conducted for the improvement of oral health requires understanding of an individual's knowledge and perception about oral health and is regarded as an elementary effort in the development of policy strategies towards improvement of oral health.

VARIABLES:

Independent variable:

Demographic characteristic (Gender, age, education, level, poverty level)

Knowledge about oral hygiene (causes, treatment, prevention)

Attitude toward oral hygiene

Dependent Variable:

Practice related to oral hygiene.

HYPOTHESIS

Null Hypothesis:

There is no relationship between knowledge, attitude and practice of women regarding oral hygiene.

Alternative hypothesis:

There is relationship between knowledge, attitude's and practice of woman regarding oral hygiene.

II LITERATURE REVIEW

An investigation led in Karachi Pakistan demonstrated that Majority (85%) of moms caught wind of dental caries while just 4.6% knew about reason for dental caries. Just 5% moms realized that customary brushing with routine dental checkup can keep tyke from caries. Around 28.5% realized that the dental plaque and just 1.8% revealed that plaque can cause tooth rot and draining gums.

In the United States, more than half of 5-9 year-old youngsters have no less than one cavity or rebuilding, and that extent increments to 78% among 17 year-olds. There are striking variations in dental malady by salary. Poor youngsters endure twice as much dental caries as their more wealthy associates, and their ailment will probably be untreated (Patil, Thakur et al. 2013).

An examination directed in Taiwan demonstrated that 5,625 house units were overviewed which brought about 981 kids under 6 years old being incorporated into the investigation. By age 6, 89.38% of youngsters had caries. The pervasiveness of dental caries for all youngsters consolidated was 52.9%. The creators revealed an abnormal state of untreated caries among children(Rahman, Asa'ad et al. 2015)

III. METHODOLOGY

Study design

Cross sectional analytic study design.

Study Duration:

The study was conducted over a period of three months that start from October 2017 and ends on December 2017.

Site:

Hussain Abad a rural area of Lahore.

Setting:

In Current study, data were collected from women aged from 20 to 45 year who lived in the community at the time of study.

Target population

The target population of the current study were the mothers who lived in the rural area of Lahore aged from 20 to 45.

Study population:

The study population of the current study were the mothers who lived in the Hussain Abad rural area of Lahore aged from 20 to 45.

INCLUSION CRITERIA

Women of age group 20 to 45 and the mothers who were in the community at the study time are included in my study and who are willingly wanted to participate in my study.

EXCLUSION CRITERIA:

The mothers who are below 20 ages and above 45 year of age also were excluded and women who were not present in the community at the study time are excluded in my study and Women of age group 20 to 45 and the women

TECHNIQUE OF SAMPLING

Convenient sampling technique was used to collect the data.

SIZE OF SAMPLE:

The sample size was 132 participants it was calculated by using the "Kish Lesley formula".

Data collection plan: Questionnaire with close-ended question were used. Data was collected by distributing the adaptive questioner among community women. A questioner consist of 32 items included four sections Demographic data, Knowledge, Attitude and practice was used to conduct the information.

Tool of Research: An adaptive questioner was taken from article to conduct the information from community women age from 20 to 45 of the rural area of Lahore. Questioner was adapted from article. Pilot study was done to check the Reliability and validity (Delobelle, Rawlin son et al. 2009).

DATA ANALYZE PLAN

Data was analyzed by using the Statistical Package for the social science (SPSS) 21, descriptive statistics such as frequencies, means, std- Deviation and percentages. The association between knowledge attitude and practice was drawn through Chi-square test with ($p < 0.05$)

ETHICAL CONSIDERATION

The study was conducted in the community after the permission letter from institutional review board committee of university of Lahore. A written consent was taken from stakeholder. An informed consent was taken from participant, before data collection. The human rights of community people was not be violated. Each member who was participant in this study was deal in respective way. All information was being kept confidential

IV. RESULTS

This section presents the outcomes of the study.

PROFILE OF THE RESPONDENTS

Respondents were taken from Hussain Abad the rural area of Lahore

RESEARCH QUESTION;

1. What kind of knowledge women are having regarding oral hygiene?
2. What kind of Attitude women are having regarding oral hygiene?
3. What kind of Practice women are having regarding oral hygiene?

IV.RESULT

In current study 132 women were participated according to sample size $n=132$. 100% female participated. Age group started 21 years to 36 and above. 8.47% were married, 76.27% married but separate and 15.25% was widows. The education level of the participants according to the data 31% were primary, 24% were middle, 26% matric and 19% were intermediate. The population of study having children 21% have 01 child, 38% have 02 children, 35% have 03 children and 6% have more than 03 children. Majority of population of this study i.e 50.76% have well knowledge that what is plaque, 29.55 were reported that plaque is only stain, and 19.55 totally unaware about it. 38.64% knows that plaque is cause of dental cavity and majority i.e 43.94 are reported that plaque only change the color of the teeth. 30.30% visited the dentist to prevent the dental cavity but 43.94 totally ignore it.

In this study 37.12% mothers nothing do when suffering toothache and 37.12% go to dentist for its treatment. 36.36% of populations of this study are visited the dentist after every six month and 30.30% visited once a year. While 18.94% visited the dentist when they have pain in teeth.40.91% consulted with dentist. 43.94% consulted with any nearby doctor and 15.15% with quacks..

Dominant part of the members of study i.e 44.70% are happy with their dental practitioners and 38.64% are not fulfilled while 16.67% are absolutely unconscious. Just 17.42% consistent brushed their teeth to forestall dental cavity, 34.09% individuals utilized low utilization of sweet and 23.48% maintain a strategic distance from sustenance from outside. 64.39% individuals clean their teeth subsequent to eating sustenance and 35.61% not cleaned. 50.76% brush their teeth toward the beginning of the day and just 29.55% brushed twice per day. Greater part of study i.e 43.18% not Rinsing mouth after a dinner and 36.36% Rinsing their moth

An extensive number of members i.e 42.42% do not concur that perfect and wellbeing mouth is useful for wellbeing, 35.61% not concurred and 21.94% not knowing about it. 40.15% announced that they eat sweet twice every day, 39.39% eat when accessible and 20.45% do not eat sweet. 29.55% react that dental plaque stick on the teeth, 30.30% provided details regarding gums, 21.21% says on the tongue and 18.94 are not thought about it. 57.58% countless of this investigation utilized snacks amid dinners and 42.42% not utilized.

V. DISCUSSION

In the present investigation, 132 ladies were taken an interest as indicated by test estimate $n=132$. 100% female took an interest. Age gather began 21 years of 36 or more. 8.47% were hitched, 76.27% hitched yet partitioned and 15.25% was dowagers. The instruction level of the members as per the information 31% was essential, 24% were the center, 26% matric, and 19% were middles of the road. The number of inhabitants in contemplates having youngsters 21% have 01 kids, 38% have 02 kids, 35% have 03 kids and 6% have in excess of 03 kids.

While 18.94% went to the dental specialist when they have torment in teeth.40.91% counseled with the dental practitioner. 43.94% counseled with any close-by specialist and 15.15% with quacks. An investigation led in the United States on mentality toward going by the dental specialist fluctuated among the distinctive wellbeing experts. 52.7% of females, 44.9% college graduates, 52.8% medical caretakers and half specialists said that they might want to visit the dental specialist routinely. 41.2% male and 66.7% restorative understudies visit the dental specialist at whatever point they get torment in their tooth. 54.5% specialists and 45.8% drug specialists are probably going to visit the dental specialist occasionally(Sukkarwalla, Tanwir et al. 2015).

LIMITATIONS

Non-probability sampling technique was applied in the study. There might be response bias in the results because

of the sensitive topic. The study was conducted in only Husain Abad.

VI.CONCLUSION

The study concluded that overall level of knowledge among women was satisfactory but there are need to provide the more awareness about oral hygiene. The attitude was shown positive and there were satisfactory practices of women regarding oral hygiene. Majority have knowledge about plaque, cavity and other dental problem but they have lake of practice of oral hygiene due to lake of awareness about the importance of oral hygiene.

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