

Knowledge, Attitude, And Oral Hygiene Practices Among Law Students In Chengalpatu District: A Cross-Sectional Study

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Abstract

Introduction: poor oral health can have a profound effect on the quality of life. The experience of pain, endurance of dental abscesses, problems with eating and chewing, embarrassment about the shape of teeth or about missing, discoloured or damaged teeth can adversely affect people's daily lives and wellbeing. The purpose of this study was to evaluate the oral hygiene and dental health knowledge of government law college, chengalpatu district, law students.

Materials and methods: thirty questions about fundamental knowledge, mindset, and practice were given to one hundred and fifty law students at the government law college in chengalpatu district, tamilnadu india. Microsoft excel was used to tabulate the data, and the statistical package for the social sciences programme was used for statistical analysis.

Results: of the participants in this study, only 39.4% were aware that regular dental check-ups were necessary. 8.5% of participants made two annual visits to the dental clinic and of the individuals, 57% had never been to a dental facility. Dental health education is important, according to 65.5% of participants, and it may be important, according to 21.8%. The results indicated a statistically significant association between the participant's year of law degree and the responses, as determined by inferential statistics using the pearson chi-square test.

Conclusion: the study's findings indicate that law students' understanding of oral health care and proper oral hygiene is adequate. But the learned knowledge needs to be applied in day-to-day activities. This can be accomplished by altering their perspective on maintaining good dental hygiene.

Keywords: knowledge, attitude, practice, oral hygiene, law students.

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I. Introduction

The oral cavity is a patient's window into overall health and the nexus of medicine and dentistry. Numerous illnesses and drugs have an effect on the mouth. Pathological Tooth issues affect the body more deeply than most clinicians realize. Denouncing oral health as a separate entity from the rest of the body is necessary because it affects overall health by limiting speech, causing significant pain and suffering, altering dietary habits, and impairing overall well-being. Other chronic diseases are also impacted by oral health. Due to the inability to address social and financial causes and integrate oral health into overall health promotion, millions of people experience excruciating toothaches, a low quality of life, and eventually. The oral cavity has several surface types, and each is home to a different population of 500–700 different kinds of bacteria, viruses, fungus, and protozoa. Several of these Many of the extremely pathogenic species have never been cultured. The composition of the oral microbiome is strongly influenced by the degree of dental cleanliness. Without a question, oral illnesses have an impact on a person's everyday life. Periodontitis and gingivitis are examples of chronic dental disorders that can affect a person physically, emotionally, and mentally. In the end, this impacts the person's quality of life. The most crucial element in the fight against oral illnesses is maintaining good dental hygiene. Bell and Marmot [1] claimed that All literate members of a population should be able to understand the concept, significance, and practice of oral hygiene with ease. They went on to say that oral health behaviour is typically influenced by an individual's sense of oral health. Since the mouth cavity is home to several pathogenic and nonpathogenic bacteria, most oral infections can be prevented with good oral hygiene habits. Numerous studies have demonstrated the positive effects of dental health on one's physical, mental, social, and economic well-being. Garcia together with others.[2] found that people's quality of life decreased with the number of missing teeth. Inadequate dental health can also cause problems when chewing food and have an adverse effect on dietary consumption. These connections are evident, but there is also a need for greater cooperation because of the important influence and connection between major systemic illnesses and oral health. The younger cohort of college students holds a crucial position in promoting health among their families and the broader community.

Therefore, the law students are not exposed to health care knowledge, in contrast to those studying medicine, dentistry, or other health-related areas. As our nation's future public defenders, law students could be heavily involved in medicolegal cases involving dental facilities or dental professionals. Thus, oral hygiene practices, though helpful for maintaining good health, could also serve as an introduction to the dental field and could be the foundation for further improving the knowledge regarding the same. Thus, this study can be a basis for the incorporation of dental health education in the Law curriculum. Hence, the aim of this study was to assess dental health awareness and oral hygiene practice among law students of government College in Chengalpatu district.

II. Materials And Method:

Study Design And Setting

A cross-sectional survey was conducted among Government Law College law students in Chengalpatu district, Tamil nadu was carried out between June and July of the 2024 academic year.

Ethical Consideration

Adhiparasakthi Dental College and Hospital Melmaruvathur institutional review board accepted the study protocol (IRB No. APDCH/IEC/PHD012/2024), and it was carried out in compliance with the 1975 Helsinki Declaration, updated in 2013.

Sample Size Estimation

The sample size was estimated by using data from a previous article in G power software version 3.1.9.4 and was represented that a total of 150 samples to be included in the study. A random sampling method was implied in the study for selecting the samples

Questionnaire

A pre validated 30 item English language questionnaire was used in the study to assess the Knowledge, Attitude and Practice among the law college students. The questionnaire's questions were created to evaluate respondents' fundamental understanding of oral health and hygiene maintenance, as well as their attitudes and behaviours in this regard.

Data Collection

The students were arranged according to the years in which they were pursuing a LAW degree. Each participant in the study freely answered thirty closed-ended questions on a questionnaire without consulting any other participants. Prior to the survey, the participants were informed about the nature and objectives of the study. Once completed, the questionnaire was collected from each classroom where it had been distributed. The methods

used for data management and statistical analysis were entered into Microsoft Excel spread sheet and were subjected to statistical analysis by using a software SPSS version 17.0 (Statistical Software for Social Sciences, IBM Corporation USA). Results and categorical data were converted to frequencies and percentages.

III. Results

Out of the 150 individuals involved in the research, 44% were men and 56% were women. The participants ranged in age from 17 to 45, with the average age being 23.22 ± 6.03 years Table 1 represent knowledge based questions and response on oral hygiene practices which shows that,55.6% were not aware of routine dental checkup,43.2% were not aware of dental caries 21.4% said that medication (drug) were but treatment for dental services 47.4% had no awareness that chewing tobacco can cause oral cancer 76% had no awareness of dental fluorosis 57.7% had no idea about oral hygiene aids 66.8% had positive attitude that general health is depended on dental health.

Table 2 represent attitude based questions among law students on oral hygiene in which,49.9% had no positive attitude towards visiting dentist 61.6% had no positive attitude towards importance of oral health and maintaining healthy lifestyle 60.5% think oral health education is important 43.5% had a varying attitude towards their knowledge of importance of dental care43.6% had positive attitude on dental procedure are painful.

Table 3 represent oral hygiene practice based questions among law students which state that,38% visited dental clinic among them, 47.5% went due to pain 11.9% for routine dental checkup, remaining 25.5% for other reasons Among law college students 95% use toothbrush and paste to clean teeth within them,55.2% brush before breakfast

5.2% morning after breakfast 26.5% before going to bed 61.6% use medium sized toothbrush to clean their teeth among them 21.8% used combination of brushing method,49.5% Horizontal 13.7% Vertical

When oral hygiene aids are 59.7% use tongue cleaner 55.5% use mouthwash 58.7% rinse your mouth after consuming food Among other deleterious habits 5.2% had habit of consuming tobacco among them,63.5% are smoking 25.6% are chewing tobacco. Among chocolate, Before food 11.9%After food 9.4%Whole population,45.7% brushes once daily 41.7% brushes twice daily 87.4% brushes thrice daily.Through the results are favourable towards the college students who have varying attitude and practice towards dental hygiene maintenance their knowledge seems to be poor in certain aspects of oral hygiene maintenance which could be a confounding factor on their oral hygiene maintenance. Hence, according to the results, the law college students, should be educated on maintaining oral hygiene practice for living a quality life to prevent and importance of oral hygiene quality of life.

Merely 39.4% of the participants in the current study were aware that a regular dental check-up was necessary. Of the patients, 8.5% went to the dental clinic twice a year, and 57% had never made a trip to the dentist. Of the participants, 37.3% were aware of dental hygiene tools. Of the participants, 62% regularly used a tongue cleaner, and only 55.5% brushed their teeth horizontally. 48.6% of people knew that smoking causes cancer.

There was a statistically significant ($P \leq 0.05$) association between the responses and the year of law degree, according to inferential statistics using the Pearson Chi-square test. person was pursuing, suggesting that responses from those in the same year of law school were comparable.

IV. Discussion:

Humans are universally in need of health. It has been proven that dental health is a prerequisite for achieving optimal health. According to the 2017 Global Burden of Disease Study, oral 3.5 billion people worldwide suffer from illnesses. Numerous investigations have been carried out to evaluate the oral hygiene behaviours, attitudes, and knowledge of students with a background in the health sciences. The knowledge, attitude, and practice of law students at government Law College in chengalpatu district tamilnadu India, about oral health was assessed in our study.

Braimoh et al. [3] state that general health is not just determined by the absence of illness. Since most oral disorders are strongly correlated with lifestyle choices.

For the prevalence of oral illnesses to decline, behaviour must change. Petersen[4] asserts that dental health is an essential part of overall wellness. Many oral disorders are associated with a number of risk factors, including alcohol consumption, tobacco use, and poor nutritional status. Humans are universally in need of health. It has been proven that dental health is a prerequisite for achieving optimal health. 71.8% of participants in this study said that maintaining good dental health is just as important as maintaining overall health, and 66.9% believed that maintaining good oral health is crucial to leading a healthy lifestyle.

Merely 8.5% of the individuals in our survey made two visits to the dental clinic annually. The majority of pupils—57 percent—had never gone to a dental office. This is comparable. according to a 2010 survey by Prasad et al.[5] which found that 44.3% of Tiruchengode engineering students have gone to the dentist at least

once. Similar to Kakkad et al.'s 2015 study [6], which discovered that 67% of engineering students washed their teeth twice a day, 66% of the participants brushed their teeth twice a day.

Merely 37.3% of the subjects in this investigation had knowledge about dental hygiene tools. Similar to the findings, 59.9% of people used mouthwash and 62.7% of people used tongue cleansers. 48.7% of first-year university students in Mosul and 70.40% of students in a study by Kakkad et al. in 2015[6] reported by Gasgoos et al. in 2007[9] used these supplemental oral hygiene products. 9.2% of participants brushed their teeth twice a day; the majority (53.5%) used the horizontal approach, while 66.9% utilised the medium technique. bristles toothbrushes, and after three months, 57.7% of the pupils swapped them out. However, Bengaluru's engineering and MBA/BBM students showed a greater rate (80%).[10] Chennai law students had a substantially lower (10%) attitude towards replacing their toothbrushes on a regular basis.[11] We asked questions on the COVID-19 pandemic in our nation in our study. During the pandemic, 40.8% of the students said they would not go to a dental clinic, and In response, 26.8% said they would rather use over-the-counter drugs. 51.4% of participants did not know that mouth cancer is caused by tobacco usage. Only 9.2% of the individuals did, however, use tobacco in any way. According to a 2015 study by Shavi et al., about 18.61% of Jaipur engineering students smoked tobacco, while nearly 8.50% used smokeless tobacco.[12]

Due to the self-reported nature of the survey, which could have resulted in an overreporting of oral hygiene routines, this study was constrained. The socioeconomic and psychological There was no consideration of considerations. Furthermore, the limited generalizability of the data could be attributed to the small sample size of 150 students.

V. Conclusion

According to this study, Chengalpattu City law students have a sufficient understanding of dental health care and proper oral hygiene. But knowledge is useless if it is not applied skillfully. into day-to-day existence. This can only be accomplished by altering their perspective on maintaining dental hygiene. Oral health-oriented education programs would enhance the knowledge and attitude of students in professions such as law towards oral health, and they would set a positive example for their family and the society. Programs that promote oral health may be a useful means of educating the public about healthy eating practices, maintaining dental cleanliness, and abstaining from tobacco use. This will help to further emphasize the value of oral hygiene within the community.

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Nil

Conflicts Of Intrest

There are no conflicts of interest.

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Tables:

Table 1. Represents The Oral Hygiene Knowledge Based Questions And Their Responses By The Law College Students.

SNO	QUESTIONS	OPTIONS	PERCENTAGE	SIG
1	Are you aware of routine dental checkup?	Yes No	34.4 55.6	0.01
2	Do you know about dental decay	Yes No	48.8 43.2	0.45
3	What is the best treatment for dental decay	Removal of tooth Filling of tooth Medication from drug stores Root canal treatment	9.4 21.4 11.5 41.5	0.03
4	Do you know chewing tobacco can cause oral cancer?	Yes No	43.6 47.4	0.54
5	Do you know about dental flurosis	Yes No	14 76	0.00
6	Do you know about oral hygiene aids?	Yes No	32.3 57.7	0.07
7	Do you know dental health is as important as general health?	Yes No	66.8 23.2	0.02
8	Do you think is safe to visit the dentist during the covid 19 pandemic	Yes No Maybe	16.8 35.8 33.3	0.03
9	During the covid 19 pandemic how would you avail dental treatment	Would not visit the dentist and would take over the counter medications Would visit the dentist Would consult the dentist over the phone Would wait for the problem to subside	21.8 25.5 21.8 12.6	0.04

Table 2 Represents The Oral Hygiene Attitude Based Questions And Their Responses By The Law College Students.

SNO	QUESTIONS	OPTIONS	PERCENTAGE	SIG
1	How frequently do you visit the dentist?	Once a year Twice a year More than twice a year Not even once a year	11.9 4.5 14.7 49.9	0.00
2	Do you ever get bad breath	Yes No	21.6 69.9	0.04
3	How important is oral health in maintaining a healthy lifestyle?	Very important May be important Not important	61.6 29.4 0	0.02

4	Do you think oral health education is important	Yes No	60.5 7.5	0.00
5	Do you feel your knowledge toward the dental field is adequate?	Yes No Not sure	29.4 13.5 43.5	0.01
6	Do you feel all dental procedures are painful?	Yes No	43.6 46.4	0.56

Table 3 Represents The Oral Hygiene Practice Based Questions And Their Responses By The Law College Students.

SNO	QUESTIONS	OPTIONS	PERCENTAGE	SIG
1	Have you visited dental clinic?	Yes No	38 52	0.05
2	If yes what was the reason for visit?	Pain Routine check up Others	47.5 11.9 25.5	0.04
3	What do you use to clean your teeth	Tooth brush and toothpaste Finger and toothpaste Finger and toothpowder Others	95 0 0 0	0.00
4	When do you clean your teeth?	Morning before breakfast Morning after breakfast Morning and evening Before going to be Others	55.2 5.2 0 26.5 0	0.03
5	What type of brush do you use?	Soft Medium Hard	29.5 61.6 0	0.03
6	What brushing technique do you use?	Vertical Horizontal Combined	13.7 49.5 21.8	0.05
7	Do you use tongue cleaner?	Yes No	59.7 33.6	0.06
8	Do you use mouthwash	Yes No	55.5 35.5	0.06
9	Do you rinse your mouth after consuming food?	Yes No	58.7 33.3	0.05
10	Do you consume tobacco?	Yes No	5.2 85.6	0.00
11	If yes which form of tobacco?	Smoking Chewing Both	63.5 25.6 0	0.00
12	When should you consume chocolate or sweets?	Before food After food	11.9 9.4	0.05
13	How many times do you brush your teeth daily?	Once Twice Thrice	45.7 41.7 0	0.02
14	Do you use tongue cleaner ?	Yes No	58.7 33.6	0.06