

Original research article

## Knowledge, Attitude, and Practices of Mother Regarding Oral Hygiene Measures in School Going Children- A Clinical Study in Laheriasarai City.

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### Abstract

**Aims & Objectives:** To assess the general knowledge, attitude and practices of mother regarding oral hygiene practices in school going children.

**Material & Method:** Total of 200 participants was taken and a detailed questionnaire were provided in their local language as well as in English.

**Result:** 200 mothers of different background were participated. In among 200 mothers 20% were below 10<sup>th</sup> standard and it was found that very few mother were aware about the oral hygiene practices. Whereas in case of graduate and above mother it was found that were more aware regarding oral hygiene and also, know the consequences of poor oral hygiene. It may be due to their educational background.

**Conclusion:** This study showed that the mother who are graduate are more aware about the oral hygiene practices to those of less educated mother.

### Introduction

Despite of considerable decrease in dental caries in past few decades, yet a significant proportion of children are affected by oral disease.<sup>1</sup> Dental caries is an infectious disease where the hard tissues of the teeth have been damaged, creating cavities in the tooth, which ultimately leads to pain affecting normal activities like speech, swallowing, eating etc<sup>2</sup> Parents are the first foremost pillar who can improve the oral hygiene practices of their children. In spite of the fact, a large number of children's are affected by different oral disease i.e. gingivitis, caries etc.... Mother is the primary model of behavior, therefore adoption of consistent behavioral habits takes place first at home along with their parents.<sup>3</sup> As young children's are unable to clean their mouth properly, so it's the mother duty to clean the mouth as mother is the primary caregiver. It has been seen that poor attitude of mother generally reflects bad oral health in children and vice versa.<sup>4</sup> There is a need to start the prevention at very early age in order to reduce further inequalities regarding health related to mother and the children. To maintain good oral hygiene parents and child has to participate equally to meet the requirement.

Hence, it is essential to assess the knowledge, attitude, and practices about their children's oral health which will help the health practitioners to understand the reasons behind oral diseases in children and failure to get them treated.

### **Material and Methods:**

A total of 200 subjects were randomly selected for the study in order to assess the general knowledge, attitude and practices of mother regarding oral hygiene practices in school going children. A detailed questionnaire was given in their preferred language and asked to give their answer as suits them. The study was conducted with the ethical clearance from the ethical committee. The objectives of studies were fully explained. A total of 8 questions were given in questionnaire. The questionnaire was filled with the consent of the individuals

## **QUESTIONNAIRE**

MOTHERS ATTITUDE TOWARDS THEIR CHILDREN'S ORAL HEALTH-

### **GENERAL INFORMATION**

Name:-----

Registration ID-----

Age (years):-----

Name of school:-----

Name of mothers:-----

#### **Q1. Do you child brush or not?**

- a) Yes
- b) No

#### **Q2. How many times do you brush your teeth?**

- a) Once
- b) Twice

#### **Q3. When do you usually brush your teeth?**

- a) Morning
- b) Before going to sleep
- c) Other times

#### **Q4. Time spent on brushing-**

- a) Less than a minute
- b) One minute
- c) Two minute or more

#### **Q5. Method of brushing-**

- a) Horizontal
- b) Vertical

c) Rolling

**Q6. Type of brush used-**

- a) Soft  
b) Hard

**Q7. Do you supervise your children while they brush their teeth?**

- a) Yes, watch them while brushing  
b) Do not watch but advice  
c) Never care  
d) Only my spouse watch

**Q8. Do you know the other method of cleaning mouth?**

- a) Yes  
b) No

**Results:**

	<b>Up to 10<sup>th</sup> (n=40)</b>	<b>10-12<sup>th</sup>(n=72)</b>	<b>Graduate and above (n=88)</b>
Do you brush your teeth? a)Yes b)No	40(100%)	72(100%)	88(100%)
2. How many times do you brushes your teeth? a) Once b) Twice	36(90%) 4(10%)	54(75%) 16(22.2%)	55(62.5%) 25(28.4%)
3. When do you brush your teeth? a) Morning b) Before going to sleep c) Other times	32(80%) 05(12.5%) 03(7.5%)	48(67%) 22(31%) 02(3%)	54(62%) 24(28%) 10(12%)
4. Time spent on brushing- a) Less than a minute b) One minute c) Two minutes	8(20%) 8(20%) 24(60%)	20(28%) 17(23.6%) 33(45.8%)	15(18%) 43(48.8%) 30(35%)
5. Method of brushing- a) Horizontal b) Vertical c) Rolling	30(75%) 10(25%) 00	42(59%) 24(33.3%) 6(9%)	45(51.1%) 29(33%) 14(16%)
6. Types of brush used- a) Soft b) Hard	10(25%) 30(75%)	17(23.6%) 55(77%)	56(64%) 32(36%)

7. Do u supervise your children while they brush their teeth?			
a) Yes, watch them while they brush.	04(10%)	17(23.6%)	25(29%)
b) Do not watch but advice	7(17.5%)	25(35%)	18(21%)
c) Never care	29(72.5%)	21(29.1%)	23(27%)
d) Only my spouse watch		9(12.5%)	22(25%)
Do you know the other methods of cleaning?			
Yes	2(5%)	15(21%)	33(37.5%)
No	38(95%)	57(79.1%)	55(62.5%)

### Discussion:

The study was under taken in the locality of Patna city. A detailed questionnaire was given to the participant mother, in order to know the knowledge, attitude and practices of mother regarding oral hygiene. The sample was divided into three categories according to their educational status. In the present study it was found that 36% mother who were below 10th standard brushes once daily whereas 4% responded that they brushes twice a day. Similarly 54% mother who were 10<sup>th</sup>-12<sup>th</sup> pass and 55% mother who were graduate or above brushes once daily whereas rest brushes twice a day. Also, it has been reported that the children of mother who brushes once a day had significantly more caries to those who brushes twice a day. The results are in accordance with the study done by kaur.<sup>5</sup>

Regarding timing of brush it was found that majority of mother brushes in morning irrespective of their education. Also, it has been observed that the child who had the habit of cleaning after each n every meal had less caries. In the present study it was found that majority of mother approx. 60% and 45.8% who were below 10th standard and 10-12<sup>th</sup> pass brushes for two minutes whereas in graduate and above mother it was found to be 35%. It is due to the lack of education in below 10th and 10-12<sup>th</sup> pass mother. Ideally "MODIFIED BASS TECHNIQUE" should be the brushing technique. Majority of mother in present study irrespective of their educational status followed horizontal technique. It was found that maximum mother who are less educated (10<sup>th</sup>, 10<sup>th</sup>-12<sup>th</sup>) use hard brush(75%, 77%) most oftenly than soft brush but in graduate or above mother 64% of mother use soft brush. Hard brush should be avoided as they cause abrasion of teeth which ultimately leads to sensitivity and further dental problems.

Very young children are unable to clean their teeth as they lack motor dexterity, so it is advised that parents should clean the teeth of their children. In the present study it was found that only 10% of mother who were below 10th education watch their child while they brush, around 7% only give advice, 29% don't even care. In 10-12<sup>th</sup> pass mother, about 17% watch their child while they brushes their teeth, 35% do not watch but advice, 29.1% never care and 9% has been watch by the father. In graduate or above mother, 29% watch their child while they brush, 21% only advice, 27% never bother to see and 22% has been watch by father. Also, it was found that children who are supervised by their children had less caries than those who only advice or don't even bother to look. This results coincides with the study done by Chand et al.<sup>6</sup> Also, it was found that most of the mother don't have the knowledge regarding other cleaning methods.

Parents are the role model of their children and the habits are adopted at very early age when the child is full on dependent on their parents especially mother. Mother is the powerful means of establishing a novel behavior in children, such as that of toothbrushing.<sup>7,8</sup> Therefore, parents

have to have a good knowledge regarding oral health and thereby instills a good oral habit in their children.<sup>9,10</sup>

**Conclusion:**

Thus, it can be concluded from this study that mother who are less educated are not very much aware about the proper oral hygiene measures. It is necessary to promote dental awareness among the mother. Also, parents own oral hygiene i.e. regular tooth brushing, rinsing mouth after each and every meal and their active role in performing oral cleaning of their children should be encouraged.

Hence, government and health care providers are responsible for imparting knowledge to the mothers, as the mothers are the role model for their children.

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