



## Education

## A STUDY TO ASSESS THE EFFECTIVENESS OF HEALTH EDUCATION ON ORAL HYGIENE AMONG PRIMARY SCHOOL CHILDREN BETWEEN 8-12 YEARS OF AGE AT SELECTED PRIMARY SCHOOLS OF WAGHODIA TALUKA

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**ABSTRACT** **AIMS:** The aim of the study is to assess the level of knowledge regarding oral hygiene among school age children in selected school of Waghodia.

**MATERIALS AND METHOD:** Evaluative approach and pre experimental one group pre-test and post-test research design & System theory model was used as conceptual framework for the study.

**RESULTS:** Majority of the respondents(76%) had inadequate knowledge, moderate knowledge(18%) & adequate(6%) score & in post- test majority of the respondents 70% had adequate knowledge & moderate knowledge(30%) score regarding selected aspects of oral hygiene. The pre- test mean(10.71) increased to post-test mean(22.55) after health education session. The t value 57.808 & p-value=0.000 < 0.01 shows that the health education was effective. The  $\chi^2$  for education standard(7.36) & age(10.82) were significantly associated with post- test knowledge score.

**CONCLUSION:** The school age children were lacking knowledge regarding oral hygiene.

**KEYWORDS :** School Children, Oral Hygiene, Socio Demographic Data.

### INTRODUCTION

Oral health is an essential aspect of general health & oral health knowledge is considered to be an essential prerequisite for health related practices. There is an association between increased knowledge and better oral health because people who assimilate oral health knowledge most probably have a sense of personal control over their oral health, and they are more likely to adopt self-care practice.<sup>1</sup> According to research, there is strong evidence between oral health knowledge and better oral health practice by giving adequate information, motivation, and practice of oral health measures to individual. People with more positive attitude towards their oral health are influenced by better knowledge in taking care of their teeth. The schools may serve as the best platform for promotion of oral health care among teenagers. Undoubtedly, the support from the parents and teachers in various ways – organization and participation is essential.<sup>2</sup>

### OBJECTIVE:

- To assess the knowledge of school children regarding oral hygiene among primary school children between 8-12 years of age at selected primary school.
- To evaluate the effectiveness of health education on oral hygiene among age group of 8-12 years in primary school.
- To find out the association between the posttest knowledge score and selected demographic variables among age group of 8-12 years in primary school.

### METHODOLOGY:

**Research approach-** Evaluative research approach

**Research design-** Pre experimental one group pre testpost test research design

### Variables

**Research variables-** Knowledge regarding oral hygiene among primary school children in selected primary school of waghodiataluka.

**Demographic Variables:** Gender, standard, age, types of family, source of information.

**Research setting-** Selected primary school of waghodiataluka. Vadodara.

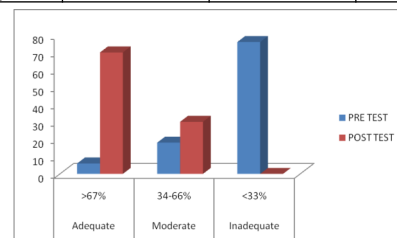
**Population-** 100 students are selected as a sample from selected primary school of Waghodia taluka.

**Sample size and sampling technique-** 100 school age children's who were selected of primary school of Waghodia taluka.

### RESULTS:

The data collection from the participants were grouped and analysed with the help of Descriptive and Inferential statistic

| Knowledge  | %      | Pre Test | Post Test |
|------------|--------|----------|-----------|
| Adequate   | >67%   | 6        | 70        |
| Moderate   | 34-66% | 18       | 30        |
| Inadequate | <33%   | 76       | 0.0       |



Above diagram shows that majority of the respondents 76% had inadequate knowledge, 18% had moderate knowledge and remaining 6% had adequate score regarding selected aspects of oral hygiene.

In post- test of the school students the knowledge scores show that majority of the respondents 70% had adequate knowledge & 30% had moderate knowledge score regarding selected aspects of oral hygiene.

| Sr. No            | Characteristics | Freq. | Level of knowledge |      |      | Df | $\chi^2$ | T   | Sig. |
|-------------------|-----------------|-------|--------------------|------|------|----|----------|-----|------|
|                   |                 |       | Poor               | Avg. | good |    |          |     |      |
| <b>1 Gender</b>   |                 |       |                    |      |      |    |          |     |      |
|                   | Male            | 48    | 0                  | 10   | 38   | 1  | 3.69     | 3.8 | NS   |
|                   | Female          | 52    | 0                  | 20   | 32   |    |          |     |      |
|                   | Total           | 100   | 0                  | 30   | 70   |    |          |     |      |
| <b>2 Standard</b> |                 |       |                    |      |      |    |          |     |      |
|                   | 1st -2nd        | -     | -                  | -    | -    | -  |          |     |      |
|                   | 3rd -4th        | 46    | 0                  | 20   | 26   |    |          |     |      |
|                   | 5th-6th         | 54    | 0                  | 10   | 44   | 1  | 7.36     | 5.9 | S    |
|                   | 7th-8th         | -     | 0                  | 30   | 70   |    |          |     |      |
|                   | Total           | 100   |                    | 87   | 13   |    |          |     |      |
| <b>3 Age</b>      |                 |       |                    |      |      |    |          |     |      |
|                   | 5-6             | -     | 0                  |      |      |    |          |     |      |

|  |     |   |    |    |   |       |      |    |
|--|-----|---|----|----|---|-------|------|----|
| 8-9  | 45  | 0 | 21 | 24 | 1 | 10.82 | 5.9  | S  |
| 10-11  | 55  | 0 | 9  | 46 |   |       |      |    |
| 12-13  | -   | 0 | 0  | 0  |   |       |      |    |
| Total  | 100 |   | 30 | 70 |   |       |      |    |
| <b>4 Type of family</b>                        |     |   |    |    |   |       |      |    |
| Nuclear  | 58  | 0 | 16 | 42 | 1 | .38   | 3.84 | NS |
| Joint  | 42  | 0 | 14 | 28 |   |       |      |    |
| Total  | 100 |   | 30 | 70 |   |       |      |    |
| <b>5 Source of information on Oral hygiene</b> |     |   |    |    |   |       |      |    |
| Health personal                                | -   | 0 | -  | -  | 2 | 2.68  | 5.9  | NS |
| Family   | 49  | 0 | 17 | 32 |   |       |      |    |
| Friends  | 27  | 0 | 9  | 18 |   |       |      |    |
| Others   | 24  | 0 | 4  | 20 |   |       |      |    |
| Total  | 100 |   | 30 | 70 |   |       |      |    |

Above table shows that only age & standard were significant associated at 0.05 level of significance with post- test knowledge score.

#### Major findings:

Among 100 majority of samples are 52% are female, majority of students are studying in 54 (54%) 5<sup>th</sup> – 6<sup>th</sup> std, No.0 (0%) belongs to 7<sup>th</sup> – 8<sup>th</sup> std, Age in which, 45 (45%) are belong to 8-9 year, 55 (55%) belong to 10-11 year, 58 (58%) student are belong to nuclear family and 42 (42%) are students are belong to joint family & 49 (49%) are belong to source of information by family, 27 (27%) had source of information from friends, 24 (24%) had availability of source of information from other. In post- test of the school students the knowledge scores show that majority of the respondents 70% had adequate knowledge & 30% had moderate knowledge score regarding selected aspects of oral hygiene. The Mean difference 1.40, SD 0.046, T value 18.61 & p-value = 0.000 < 0.01, the difference between the pre-test and post-test scores is highly significant at 1% level of significance this shows that the health education on the selected aspects of oral hygiene was effective. Among all socio demographic variables the obtained  $\chi^2$  value for education standard (7.36) & age (10.82) were significantly associated with post- test knowledge score.

#### Recommendations

On the bases of the findings of the study; it is recommended that:

- The study can be utilized to conduct further the research study in the field of knowledge regarding oral hygiene.
- A similar study can be done to prepare structured questionnaire for assessing the knowledge regarding oral hygiene among school age children.

#### CONCLUSION

This chapter presents a brief account of the present study; conclusion drawn from the findings, implication and recommendation for further research in area. The study findings showed that there was a significant increase in the knowledge of students after providing health education on oral hygiene. Only age demographical variable was significant associated with post- test knowledge score remaining demographical variables gender, type of family & source of information on oral hygiene were not associated with post- test knowledge score.

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