

# An Experimental Study to Assess the Effectiveness of Structured Teaching Programme on Oral Hygiene in Terms of Knowledge among Primary School Children at Selected School, Trichy

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## Abstract

Oral health is essential to general health and quality of life. The study is aimed to evaluate the effectiveness of structured programme on oral hygiene in terms of knowledge among primary school children. Pre Experimental One group pretest posttest design was used. 35 primary school children were selected by non probability convenient sampling. The result shows that the knowledge of primary school children regarding oral hygiene was very poor and structured teaching programme is as effective means to increase knowledge towards oral hygiene among primary School children.

**Keywords:** Oral Health; Hygiene; Primary School Children; Sense of Well Being.

## Introduction

Oral hygiene is essential for everybody but especially for the children. Oral health has an impact on health of the whole system. It helps to maintain a healthy state of the mouth, teeth, gums, tongue and lips. Good oral hygiene involves cleanliness, comfort, and moisturizing mouth structures which gives sense of well being thus can stimulate appetite.

Children are most vulnerable assets of a country. In India caries is the commonest disease in school age, affecting 50–75% of them. Children are suffering more from dental disease which is continuously increasing at a high rate due to lack of appropriate care and inadequate knowledge regarding oral hygiene. Dental health is recognized as one of the vital need for the children. Hence importance of preventing dental diseases at the school level is very essential.

E. Park and K. Park (2003) wrote that children and adolescents frequently suffer from dental diseases. Dental caries and periodontal diseases are two common diseases in India. Further they emphasize that a school health programme should have provision for dental examination atleast once a year and the success of the school health programme depends largely on the community health nurse. As an educator, she plans the health education in the school. She provides guidance to the teachers and parents in the matters of oral health.

## Problem Statement

An experimental study to assess the effectiveness of structured teaching programme on oral hygiene in terms of knowledge among primary school children at selected school, Trichy.

## Objectives

- To assess the existing knowledge regarding oral hygiene among primary school children
- To assess the effectiveness of structured teaching programme regarding oral hygiene in terms of knowledge among Primary School children at

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selected school, Trichy.

- To compare the pretest and post test knowledge regarding oral hygiene among preschool children at selected school, Trichy.
- To find out the association between knowledge of oral hygiene with demographic variables – Age, sex, educational status, type of family, father’s education, mother’s education and sources of information.

### Hypothesis

- The mean posttest knowledge score regarding oral hygiene will be significantly higher than the pretest knowledge score among primary school children who received structured teaching programme.
- There will be a significant association between post test knowledge and selected demographic variables such as age, sex, educational status, type of family, father’s education, mother’s education and sources of information.

### Materials and Methods

Pre experimental one group pretest and post test design was used. The study was conducted at Vasan Vidhyalaya Primary School, Thiruvanaikovil, Trichy. 35 Primary School Children who were in the age group of 7 – 9 years were selected by non probability

convenient sampling. The tools used for this study was knowledge questionnaire.

The investigator obtained formal permission to conduct the study from Head Master of Vasa Vidhyalaya Primary School and from the ethical committee. The investigator initially established rapport with the study subjects. Written consent obtained from parents of the students; oral consent was obtained from the class teacher and each participants of the study before data collection. The nature of the study was explained to each study subjects. Knowledge questionnaire was administered to each samples separately. The subjects were divided into two groups and given structured teaching programme to the subjects by lecture cum demonstration. After administration of structured teaching programme, post test was administered to the subjects within interval of one week after structured teaching programme.

### Result

There was a highly significant difference in the mean scores between pretest and post test in relation to knowledge regarding oral hygiene. The mean knowledge scores of pretest is (6.8) significantly lesser than the mean knowledge score of post test (11.4). Also there is a significant association between post test knowledge score with selected demographic variables such as age, mother’s education, type of family and sources of information.

**Table 1:** Comparison of mean scores between pretest and post test on knowledge of Primary school children regarding oral hygiene

Knowledge	Pre test	Post test	Study Group n = 60 Difference between pretest and post test M	Standard Deviation (SD)	Paired “t” test P < 0.005
	M	M			
Knowledge	6.8	11.1	4.3	1.8	18

**Table 2:** Association between post test knowledge and demographic variables among primary school children.

S. No	Demographic Characteristics	Post Test		Chi-Square value
		Above Average	Below Average	
1.	Age in Years:			6.99*
	7 Years	2	10	
	8 years	6	6	
2.	Sex:			1.8
	Male	4	9	
	Female	12	10	
3.	Educational Status:			10.71*
	2 <sup>nd</sup> Standard	1	10	
	3 <sup>rd</sup> Standard	7	7	
	4 <sup>th</sup> Standard	8	2	

4.	Father's Education:			1.94
	Illiterate	0	0	
	Primary School	3	2	
	Middle School	4	9	
	Higher Secondary School	8	7	
	Degree	1	1	
5.	Mother's Education:			10.1*
	Illiterate	0	0	
	Primary School	0	0	
	Middle School	4	5	
	Higher Secondary School	12	4	
	Degree	0	0	
6.	Type of Family:			4.8*
	Joint Family	8	2	
	Nuclear Family	8	17	
7.	Previous Sources of Information:			10.83*
	Television	14	6	
	Radio	2	13	
	Newspaper	0	0	
	Health Worker	0	0	
	Others / No Information	0	0	

Significant at  $P < 0.005$  Level.

## Discussion

The purpose of the study was to determine the knowledge of Primary school children regarding oral hygiene before and after structured teaching programme. Pre experimental design was used and 35 primary school children were selected by non probability convenient sampling.

Table 1 shown that the level of existing knowledge among primary school children was inadequate among 88.6% and moderately adequate among 11.4%.

Table 2 shown that there was a significant difference in the mean knowledge scores between pretest and post test. Since the calculated value was higher than the table value, the 't' value was significant at  $P < 0.05$  level.

The study findings were supported by Ganga, et.al. Through their study, they found that incidence of dental caries can be prevented by regular dental examination, oral health education for school children, and training of health care personnels. So this study also analysed that health education regarding oral hygiene will be more effective in preventing oral health problems.

The investigator found that there was a significant association between knowledge and selected demographic variable such as age, educational status of the child, mother's education, type of family and source of information, significant at  $P < 0.05$  level.

## Conclusion

As per the study findings, the knowledge of primary school children regarding oral hygiene has been found to be poor and structured teaching programme is an effective means to increase awareness towards oral health. So, community health nurse/ school health nurse should conduct a regular health check up and health education for school children as well as to create an awareness among community.

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