

# Study to assess the Effectiveness of STP on the Knowledge Regarding Oral Hygiene Age 3-6 yrs Children among Mothers

Abha Chaorsiya

## How to cite this article:

Abha Chaorsiya/Study to Assess the Effectiveness of STP on the knowledge Regarding Oral Hygiene Age 3-6 yrs Children among Mothers/Indian J Dent Educ. 2023;16(3):111- 119.

## Abstract

Good oral health is essential for improving overall health and well being. Dental caries is a multifactorial disease and preventable public health problem which interferes with normal nutrition, speech, self-esteem and daily routine activities. Early detection of this & prompt intervention will certainly prevent disease progression. A young child's dental environment is complex because their mother's dental knowledge, attitude and practices affect the child's oral condition.

**Research Design:** was one group pre-test post-test design. **Target Population:** was 60 Mothers who are having children age group 3-6 years in Ghamapur. Purposive Sampling techniques were used to collect sample. Data collection tool include structured questionnaires and planned teaching program. The reliability of instrument was tested by test method and it was found to be 0.7.

**Aim:** To assess the effectiveness of planned teaching programme on the knowledge regarding Oral Hygiene age 3-6 years children among mothers.

**Result:** The findings shows that mean Post-test knowledge score (21.93) is apparently higher than the mean Pre-test knowledge score (9.3). There is significant difference between Pre-test and Post-test mean knowledge Score ( $T=1.21$ ). This indicates that the planned teaching programme is effective in increasing knowledge level of mothers of children between the ages of 3-6 years regarding oral hygiene in selected urban area of Jabalpur City (M.P.).

**Conclusion:** The study concluded that the planned teaching programme was effective method for providing moderate to adequate knowledge of Mothers of children between 3-6 years child of Jabalpur City to enhance their knowledge regarding oral Hygiene.

**Keywords:** Planned teaching programme; Oral hygiene.

**Author's Affiliation:** <sup>1</sup>Assistant Professor, School of Nursing, Galgotia University, Greater Noida 203201, Uttar Pradesh, India.

**Corresponding Author:** Abha Chaorsiya, Assistant Professor, School of Nursing, Galgotia University, Greater Noida 203201, Uttar Pradesh, India.

**E-mail:** [abha.chaorsiya@galgotiasuniversity.edu.in](mailto:abha.chaorsiya@galgotiasuniversity.edu.in)

**Received on:** 09.05.2023 **Accepted on:** 06.06.2023

## INTRODUCTION

“Make every mother and child count” was the world health day theme for the year 2005. The healthy mothers and children are the bedrock of healthy and prosperous communities. Oral health is an integral part of general health,

rather oral cavity can rightly be called gateway of the body. The health of the mouth and dentition plays a major role in the life of the child, through facilitating nutritional intake, providing a non verbal means of expressing happiness and sadness and allowing for vocal communication. Therefore, a healthy mouth with a full complement of teeth should be the goal for all children. Oral health is now recognized as equally important in relation to general health. Few studies have shown that there is influence of mother's oral health related knowledge and attitudes on the tooth brushing behavior and dental health of their children. Condition established in preschool years provides a foundation for oral health and patterns for the use of dental services later and in adulthood. Parents need to be helped to realize that they are role models for their children and to be encouraged to improve the children's dental health habits.

### STATEMENT OF THE PROBLEM

Study to assess the effectiveness of planned teaching programme on the knowledge regarding Oral Hygiene age 3-6 years children among mother in selected urban area of Jabalpur city, M.P.

#### Objectives

- Assess the pretest knowledge level of mothers regarding oral hygiene in preschool children.
- Find out the effectiveness of planned teaching programme regarding oral hygiene in preschool children.
- Find out the association of pre-test knowledge of mothers with selected demographic variables.

#### Assumption

Mothers of preschool children from urban area of Jabalpur city will have some knowledge related to oral hygiene.

#### Hypothesis

**H<sub>1</sub>:** There will be gain in the knowledge score after the administration of planned teaching program.

**H<sub>2</sub>:** There will be a significant association of pre test knowledge with selected

### RESEARCH METHODOLOGY

**Research Design:** One group pre-test & post-test design.

**Target Population:** Mothers are having children age group 3-6 years in Ghamapur.

**Sample Size:** 60

**Sampling Technique:** Non probability purposive Sampling

**Data Collection Procedure:** Structured multiple choice questionnaire

- ✓ Pre-test
- ✓ Planned Teaching Program
- ✓ Post-test

**Data Analysis:** Descriptive and inferential statistics

### CRITERIA FOR SAMPLE SELECTION

#### Inclusive Criteria

- Mothers having children of age group 3-6 years.
- Mothers who are able to read and write Hindi.
- Mothers who are available during the period of data collection.
- Mothers who are willing to participate in the study.

#### Exclusive Criteria

- Mothers who are not able to read and write Hindi.
- Mothers who are having children age group more than 6 years & less than 3 years.
- Mothers who are not available during the period of data collection.
- Mothers who are not willing to participate in the study.

## RESULTS

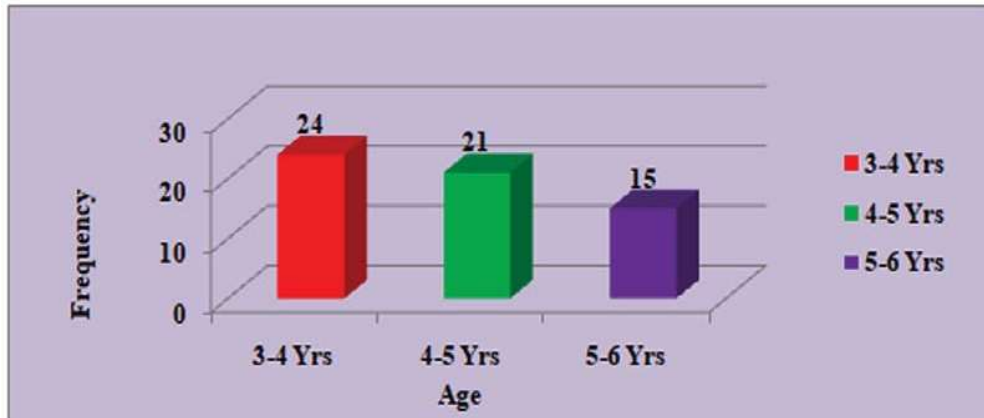


Fig. 1: Distribution of subjects according to age of child

N=60

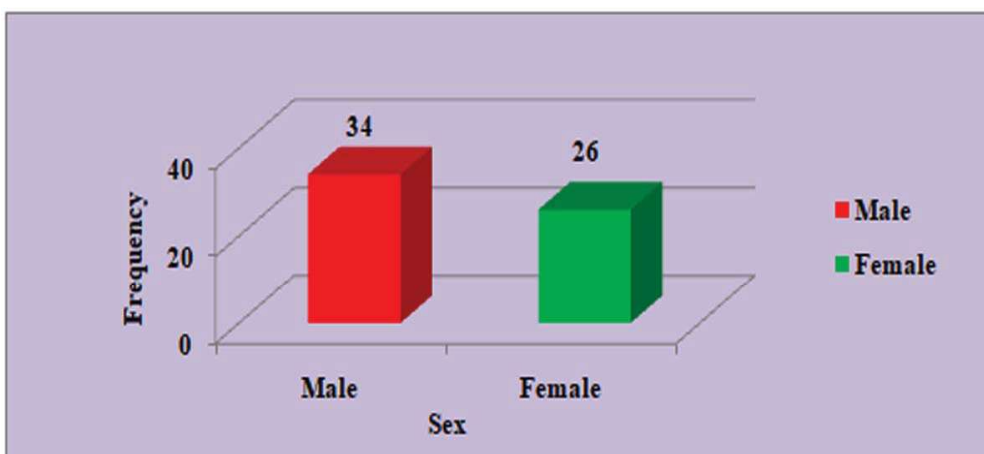


Fig. 2: Sex of the Child

N=60

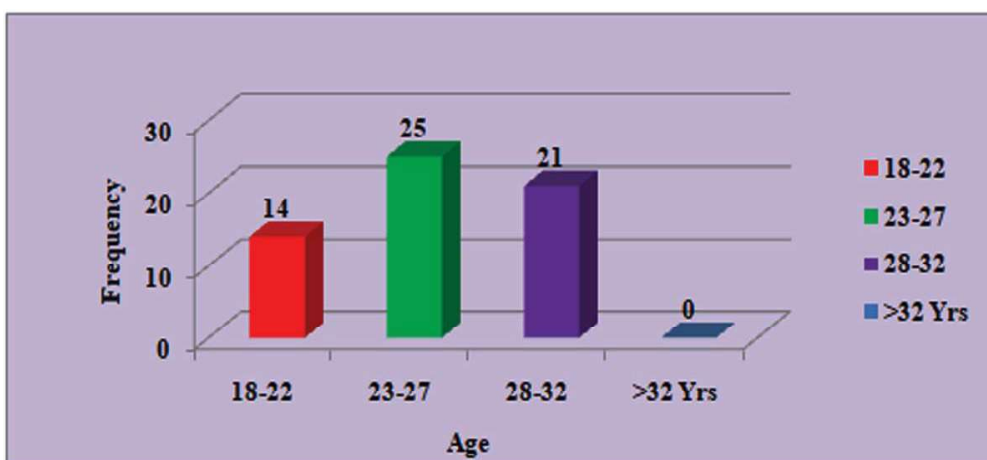


Fig. 3: Age of the Mother

N=60

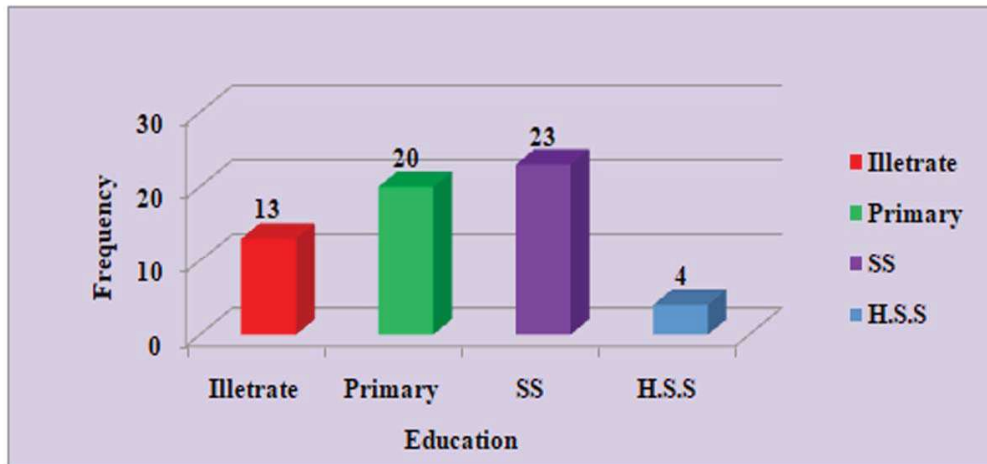


Fig. 4: Educational Status of Mother

N=60

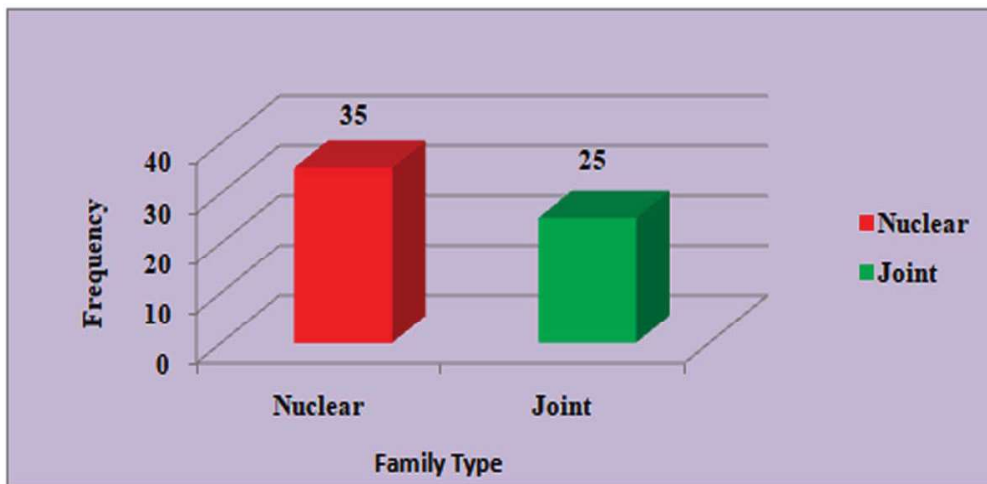


Fig. 5: Family type of the mother

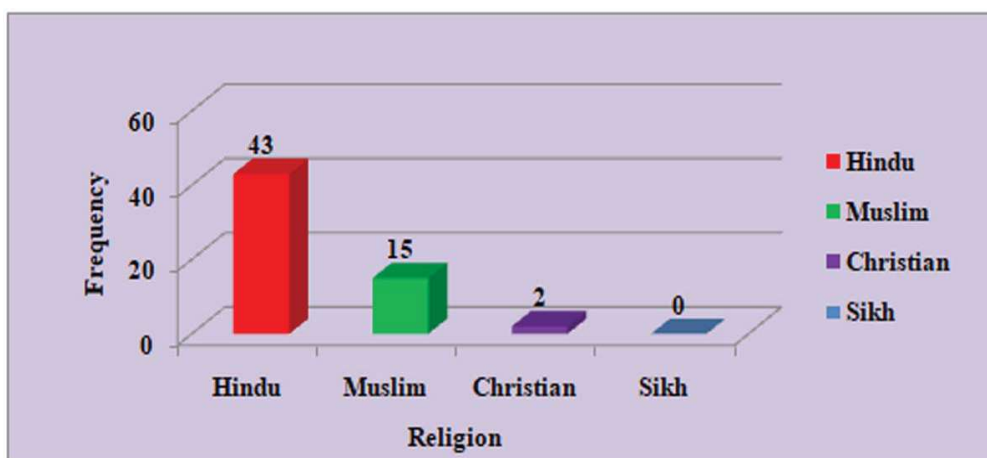


Fig. 6: Religion of the mother

N=60

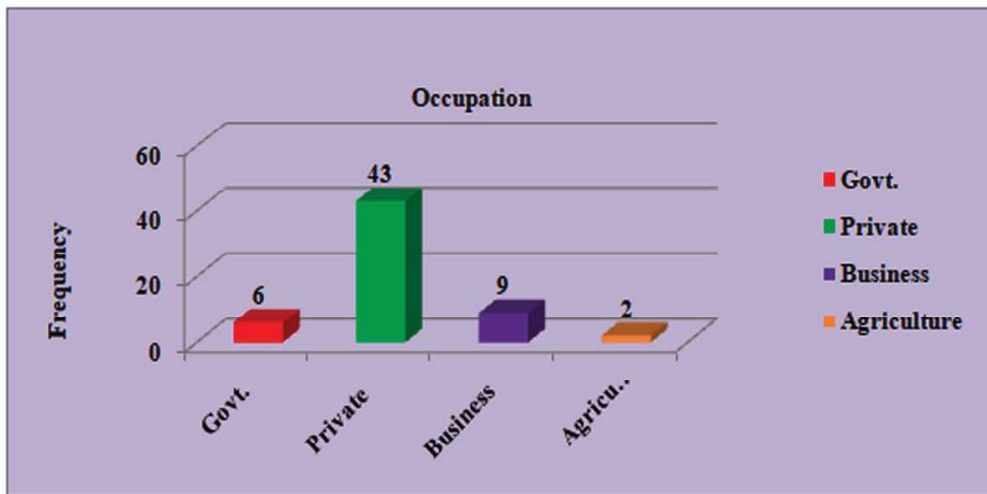


Fig. 7: Occupation of the family

N=60

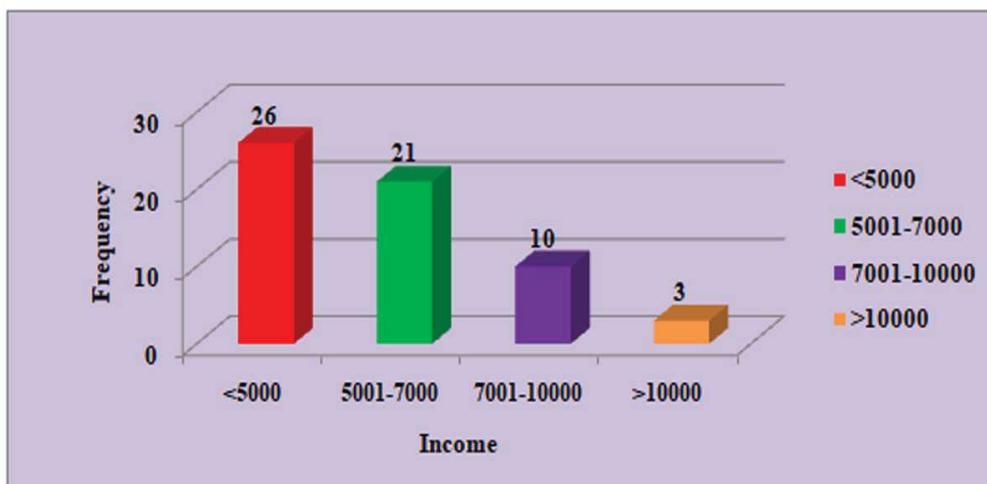


Fig. 8: Income of the family

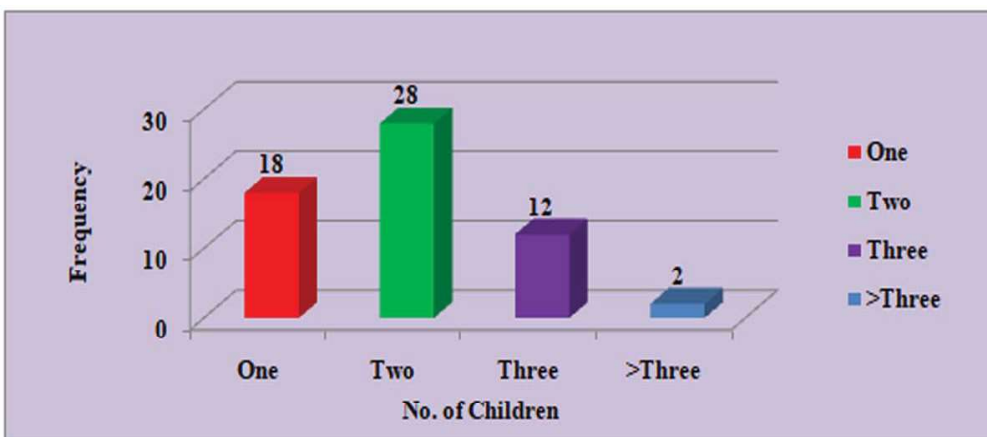


Fig. 9: Number of Children

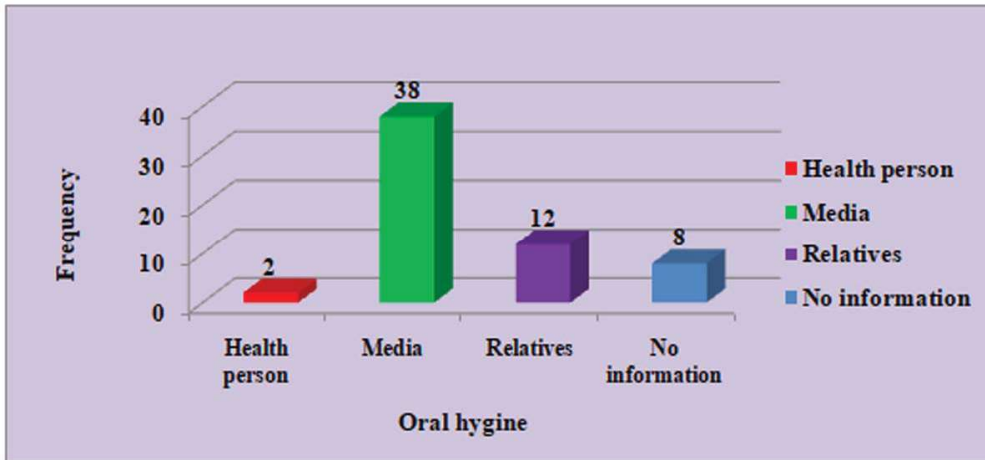


Fig. 10: Information about oral hygiene

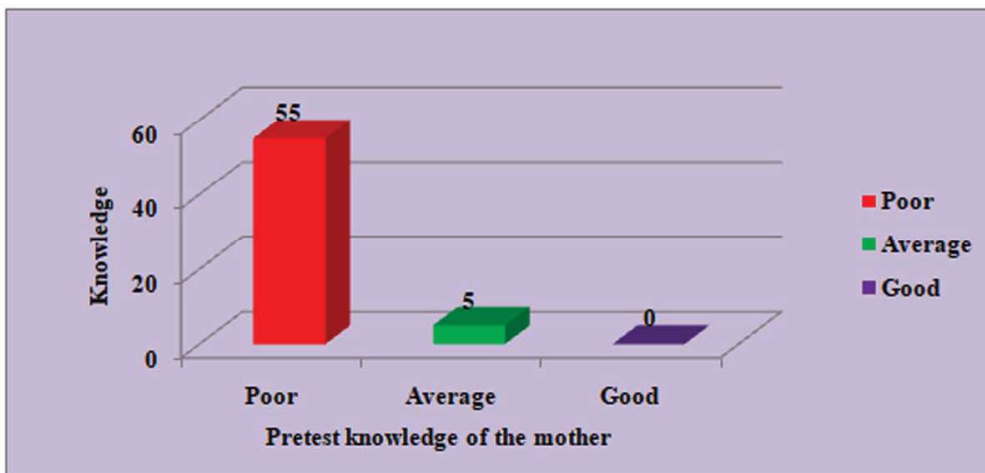


Fig. 11: Pretest knowledge of the mother

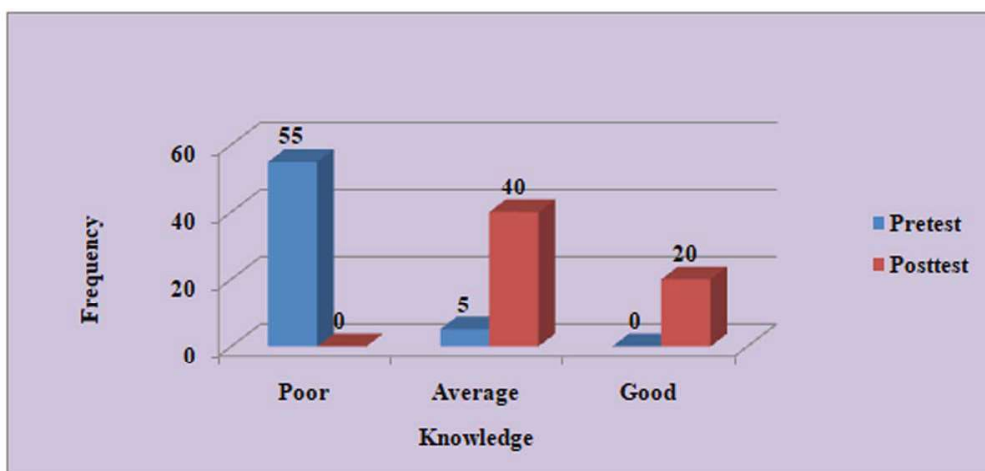


Fig. 12: Effectiveness of planned teaching programme between pre & post-test knowledge

**Table 1:** Association of Pretest knowledge of Mother with Selected Demographic Variables

(N =60)

S. No	Variables	Poor	Average	Good	Total	DF	Chi-value	P-value	Inference
1	<b>Age (Yrs)</b>								
	18-22	11	3	0	14				
	23-27	23	2	0	25	6	120	0	MS
	28-32	21	-	0	21				
	>32 Yrs	0	-	0	0				
2	<b>Age of Child (Yrs)</b>								
	3-4 Yrs	22	2	0	24				
	4-5 Yrs	19	2	0	21	4	9.5	0.045	S
	5-6 Yrs	14	1	0	15				
3	<b>Sex of the Child</b>								
	Male	30	4	0	34				
	Female	25	1	0	26	2	5.98	0.065	NS
4	<b>Education (Mother)</b>								
	Illetrate	11	2	0	13				
	Primary	18	2	0	20	6	12.5	0.065	NS
	SS	22	1	0	23				
	H.S.S	4	0	0	4				
5	<b>Type of Family</b>								
	Nuclear	30	5	0	35				
	Joint	25	0	0	25	2	6.44	0.065	S
6	<b>Religion</b>								
	Hindu	41	2	0	43				
	Muslim	12	3	0	15				
	Christian	2	0	0	2	6	14.3	0.073	NS
	Sikh	0	0	0	0				
7	<b>Income (Rs.)</b>								
	<5000	21	5	0	26				
	5001-7000	21	0	0	21	6	12.25	0.056	NS
	7001-10000	10	0	0	10				
	>10000	3	0	0	3				
8	<b>Occupation (Family)</b>								
	Government	5	1	0	6				
	Private	41	2	0	43	6	13.62	0.044	S
	Business	7	2	0	9				
	Agriculture	2	0	0	2				
9	<b>Number of Children</b>								
	One	16	2	0	18				
	Two	25	3	0	28				
	Three	12	0	0	12	6	12.99	0.056	NS
	>Three	0	0	0	2				
10	<b>Information about Oral Hygiene</b>								
	Health person	1	1	0	2				
	Media	34	4	0	38	6	13.37	0.033	S
	Relatives	12	0	0	12				
	No information	0	0	0	8				

## DISCUSSION

The findings of the study have been discussed with reference to the objectives and hypothesis. The pre testing of mothers of children between 3-6 years have less knowledge about oral hygiene. This indicates the need of imparting necessary education and information on the different aspects of about oral hygiene. The findings of the present study had been discussed with the objectives, hypothesis, Review of literature and conceptual framework.

**Section 1:** To assess the pre-test knowledge level of mothers regarding oral hygiene in preschool children.

In the domain of knowledge level of the mothers of 3-6 years old children regarding oral hygiene, majority 55 (91.7%) mothers had poor knowledge regarding oral hygiene and 5 (8.3%) mothers had average knowledge regarding oral hygiene.

The finding of the study is consistent with a study by Romi Jain, Kunal C Oswal, Rajeev Chitguppi (2010) in Mumbai to "assess the Knowledge, attitude and practices of mothers towards their children's oral health". The study finding revealed that majority (60.4%) had poor knowledge, 53.8% exhibited poor attitudes and 58.8% were following fair practices towards a children's oral health. Knowledge regarding the role of fluorides causes and prevention of dental caries, gum disease, malocclusions were found to be inadequate. This study showed that mothers had poor knowledge and attitude towards a children's oral health due to which majority were following poor oral health practices.

**Section 2:** To find out the effectiveness of planned teaching programme regarding oral hygiene in preschool children.

In the domain of post test knowledge level of mothers of preschool children regarding oral hygiene, majority 40 (66.7) of the participant had average knowledge regarding oral hygiene and 20 (33.3%) were having good knowledge. In the pre-test, mean knowledge score was 9.3, the post-test mean score of sample was 21.93. This indicated the effectiveness of planned teaching program.

Study conducted by Priya Devadas Nakre, AG Harikiran (2013) in Bengaluru "Effectiveness of oral health education programs" study showed that oral health education is effective in improving the knowledge and oral health related practices of the target population when significant others are involved, thus involvement of significant others

like teachers and parents especially in oral health education brings about a higher quantum of change in improving the oral health in children.

Saied-Moallemi (2008) done a study on "Influence of mother's oral health knowledge and attitudes on their children's dental health" reported that mother's higher level of oral health knowledge and better attitude was associated with children's twice daily tooth brushing.

**Section 3:** To find out the association of pre-test knowledge of mothers with selected demographic variables.

Out of the 10 variables Age of mother, Age of child, Sex of the child, Education of mother, Type of family, Religion, Income, Occupation, Number of children, Information about oral hygiene. On the pre intervention, it was found that the socio-demographic variables like age of mother (Chi square value 120, P-0.05) found most significant. The variables age of the child, family type, occupation and information about oral hygiene were found significant. Other variables were not found significant.

## CONCLUSION

After the detailed analysis, this study leads to the following conclusion the pre-test knowledge of mothers of children between 3-6 years regarding oral hygiene was poor. Planned teaching programme was effective in order to improve the knowledge of mothers of children between 3-6 years. The mean pre-test score was 9.3. The post-test score of sample was 21.93. This means that planned teaching program was effective in order to improve the knowledge of mothers of children between 3-6 years.

It also indicated that good results were obtained after administration of planned teaching program. Thus, it is concluded that the planned teaching program was effective. The association finding was done to find out the relationship of knowledge with selected demographic variables by using Chi square test and calculating 'p' value. It was found that the socio demographic variables like the age of the mother was found most significant. The variables like age of the child, occupational status of family, type of family and information about oral hygiene were found significant. Other variables were not found significant.

Hence, on the basis of above findings, it should be concluded undoubtedly that the planned teaching was effecting to increase the knowledge of mothers



of children 3-6 years regarding oral hygiene.

## REFERENCES

1. [http://www.mckeeonreview.org.au/sub/9b\\_Supertooth](http://www.mckeeonreview.org.au/sub/9b_Supertooth).
2. <http://completedentalguide.co.uk/dental-plaque>.
3. [www.m.webmd.com/oral-health/effective-tooth-brushing-and-flossing](http://www.m.webmd.com/oral-health/effective-tooth-brushing-and-flossing).
4. [www.sharecare.com/health/diet-and-teeth/how-food-choices-tooth-decay](http://www.sharecare.com/health/diet-and-teeth/how-food-choices-tooth-decay).
5. <http://pediatrics.aappublications.org/chi/reprint/114/4/e418>
6. <http://www.allhealth.org/briefingmaterials/lee-costeffectiveness-1269>.