

Impact of Environmental Pollution Among Dental Students

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Abstract: Man is causing all round damage to atmosphere, water, land, to the various elements of environment and to the ecosystem itself. Exposures to environmental pollution remain a major source of health risk throughout the world, though risks are generally higher in developing countries, where poverty, lack of investment in modern technology and weak environmental legislation combine to cause high pollution levels. The destruction of ozone layer and the further warming of the earth surface threaten catastrophic consequences. Understanding awareness of air pollution and support for environmental protection from the general public is essential for informing governmental approaches to dealing with this problem. This study presents a cross-sectional survey conducted among dental students in Mamata College, Khammam in 2019. Of 200 respondents, over 156 (78%) were facing environmental pollution in their daily life. A generally positive approach towards environmental protection emerged from data. However, participants showed stronger agreement with protection actions that do not involve individual effort.

Keywords: Environmental Pollution

1. Introduction

Despite the major efforts that have been made over recent years to clean up the environment, pollution remains a major problem and poses continuing risks to health. These problems are greatest in developing countries, where traditional sources of pollution such as industrial emissions, poor sanitation, inadequate waste management, contaminated water supplies and exposure to indoor air pollution from biomass fuels affect large number of people.

The nature of productive technology in recent years is closely related to the environment crisis. Due to unmatched affluence, cause of misuse or overuse and pollution of resources happens. The agricultural development also degrades the environment in a variety of ways like a) through application of chemical fertilizers, pesticides, and insecticides b) through increase in irrigational facilities and amount of irrigation c) by making changes in biological communities. Industrial development also adds to environmental pollution through exploitation of natural resources.

Environmental pollution plays a significant role in a number

of health outcomes, and in several cases, it adds up to a serious public health concern. Water pollution, sanitation and hygiene, indoor air pollution and exposure to indoor & outdoor environment are all important risk factors. What determines levels of exposure is consequently not just the distribution of pollution within the environment, but also human behaviors and lifestyles, and sorts of exposure environments in which students spend their time. Far more commonly, individual health effects may arise as a result of exposure (short term or long term) to a number of different risk factors, either individually or in combination. Many of these risk and health effects are readily avoidable. Instead, the need is for preventive action to reduce the emission of pollutants into environment. So, understanding and promoting awareness of environmental pollution and support for environmental protection from the public is essential to deal this problem.

2. Methodology

The present study is cross-sectional in design. A convenience sampling method was followed where a pretested, self-administered questionnaire was distributed to the dental students of Mamata dental college, Khammam. Questionnaire consists of demographic data and 14 questions were given. Prior to the start of the study, ethical clearance was taken from the ethical institutional committee. Informed consent was taken from the student participants who were willing to participate in the study was scheduled in the month of June, 2019. Total number of students present during the survey conducted were 200 students which includes both male and female of ages between 21-25 years. All the students were present during the day of survey and students who were absent and not willing to participate were excluded.

3. Statistical analysis

Statistical analysis was done by using SPSS25 version. Descriptive statistics was Performed, chi-square test was used to find the association among categorical variables.

4. Results

This study was conducted among 200 students out of which 80 are third year, 60 are final year and 60 are interns.

Demographic data of study participants:

Variables

Gender	Frequency	Percentage
Male	40	20
Female	160	80
Total	200	100

- Based on the results obtained after analyzing each question separately, majority of the students which is 156(78%) face pollution in their daily life, least number of students which is 4(2%) doesn't face any kind of pollution in their daily life.

	Frequency	Percent
Yes	156	78
No	6	3
Sometimes	34	17
Never	4	2
Total	200	100

- Majority of the students which is 124(62%) face all kinds of pollution like air, water, sound in their daily life and least number of students which is 4(2) face only sound pollution in their daily life.

	Frequency	Percent
Air pollution	44	22
Sound pollution	28	14
Water pollution	4	2
A,B & C	124	62
Total	200	100

- Majority of the students which is 138(70%) say pollution is causing effect on their health and least number of students which is 6(3%) say that they don't know whether pollution cause effects on human health.

	Frequency	Percent
Yes	138	69
No	24	12
Sometimes	32	16
Don't know	6	3
Total	200	100

- Majority of the students which is 88(44%) say movies/expert talks/media create awareness regarding pollution among people and least number of students which is 2(1%) say they never create awareness regarding pollution among people.

	Frequency	Percent
Yes	78	39
No	32	16
Sometimes	88	44
Never	2	1
Total	200	100

5. Discussion

My study includes impact of environmental pollution among students. According to my study, most of the students are aware of environmental pollution and its protection.

According to my study 70% of students say there're effected due to environmental pollution. 73% of the students say that exploitation of natural resources, technological development, industrial expansion are the main reasons for environmental pollution. 33% students say that agriculture development also degrades the environment. 50% of the students are aware of the SMOG. Majority of the students 70% say that wastage disposal and industrial effluents cause water pollution. Though students are aware of environmental pollution effects, 45% of the students encourage bursting crackers which is also a reason for air pollution. 46% of the students had taken some kind of initiative for protecting themselves from some kind of pollution in their daily life.



6. Conclusion

The survey had shown that the reasons and effects due to environmental pollution are well known among dental students. Most of them are taking some kind of initiatives to protect themselves from environmental pollution and their effects. As individual efforts may not help in protecting our environment completely from pollution, group efforts are needed.

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