

Effectiveness of Play Method Health Education on Oral Hygiene Among Selected School Children

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Abstract: This paper presents an overview on the effectiveness of play method health education on oral hygiene among selected school children.

Keywords: Play method health education, Oral hygiene.

1. Introduction

Dental caries is the most common problem in the universe. It is an infectious disease which can occur when carcinogenic bacteria colonize a tooth surface in the presence of dietary carbohydrates, especially refined sugar. Increasing the resistance of the tooth is done by the use of fluorides, control of plaque, correct nutrition, dental health education, early reconception of major disorder or facial complex and a regular visit to the dentist. An estimation of global DMFT (Decay, Missing, Filled Teeth) for 12-year-old children were reported by World Health Organization in the year 2004 as 200,335,280 children tooth were decayed, missed and filled teeth.

Dental caries is more common among 6-12 years old school children because of poor dental hygiene, improper brushing of teeth, eating more sweets and poor oral hygiene. Hence the researcher was motivated to assess the prevalence of dental caries among school children and to improve their dental hygiene through play way method which will create the awareness to improve oral health status.

2. Methodology

Researcher was conducted a study to assess the prevalence of dental caries among rural children and effective play way method of teaching was given on dental hygiene in selected schools in Saifai, Uttar Pradesh. A total of 177 subjects were selected. The population comprises of children between 6-12years (1st standard to 7th standard). Out of 177 children, 13 children were 5-6 years old, 37 children were 7-8 years old, 80 children were 9-10 years old and 47 children were 11-12 years old.

Using purposive and stratified random sampling technique, the children were selected by interview method using the questionnaires. The data obtained from the oral examination was interpreted for dental caries using the DMFT scale (Decayed, Missing, Filled Teeth due to dental caries). Paired "t"

test was used to find the effectiveness of play way method of teaching dental hygiene and Chi-square Z^2 was used to find the association of knowledge score and practice score on prevention of dental caries among school children with their demographic variables.

3. Results

Most of the children 80 (45.19%) had dental caries in the age group of 9-10 years which comprises of 41(23.2%) were female and 39(22.0%) were male. Half of the children 92 (52%) had attended the previous dental visit. Half of the children 98 (55.36%) experienced previous tooth ache. Most of the children 323 (64.6%) were not affected with dental caries. The DMFT average score shows that 116 (65.536%) were moderately affected with dental caries. There was a significant improvement in the knowledge score $t = 28.77$ ($p < 0.05$). There was a significant improvement in the practice score through Fones brushing $t = 8.24$ ($p < 0.05$).

There was an association between the knowledge score and age group among school children with dental caries. ($Z^2 = 53.26$ at $P < 0.05$). Comparison of the pre and post test results of dental hygiene practice shows that 107 (60.45%) children performed proper dental hygiene practice. There was an association between the practice score and age group among school children with dental caries. ($Z^2 = 20.14$ at $P < 0.05$). There was a co relation to the pretest knowledge and practice regarding dental caries. ($r = 0.42$ at $P < 0.05$).

4. Conclusion

The education has a vital role in improving the knowledge of the students regarding dental hygiene. Since school education is an integral part of medical and dental services, teachers can play an important role in health educational programme, making the children an important channel for disseminating the health information to the families and the communities. The student community needs to be strengthened with the treasure of knowledge especially with health related issues. In this study, it was intended to assess the prevalence of dental caries among rural children and conduct an effective play way method of teaching dental hygiene at selected schools in Saifai, Uttar

Pradesh. The report of the study is found to have a significant effect on play way method of teaching the Fones brushing technique to improve the dental hygiene practice among school children.

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