

The Level of Knowledge of School-Aged Learners on Oral Hygiene in the Division of Northern Samar

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ABSTRACT

To create a dental health education program for the Division of Northern Samar, it is necessary to comprehend the views of school-age students on oral health, as revealed by this study. The profile of the school-age students as well as the condition and practices of their oral hygiene were described using a descriptive research design that integrated both quantitative and qualitative methodologies. There were 377 responses in grades one through six from the four districts Catarman represented. It was important to learn that the meals frequently offered to the student respondents comprised expensive fish, expensive chicken, expensive rice, and expensive vegetables. The majority of the student respondents' low-income, college-educated parents agree that kids should brush their teeth after every meal. The majority of respondents had dental decay, numerous tooth decay, and lost teeth. They also did not have any fillings and believed that cleaning their teeth was the best approach to remove plaque.

Keywords: Oral hygiene, nutrition, knowledge, oral health, school-age learners

1. INTRODUCTION

Unquestionably, dental health professionals, of which the author is a significant part, are becoming increasingly concerned and interested in oral health as it impacts other sections of the human system, whether in school-age children or the elderly.

Dental caries (tooth decay) and periodontal disease are the two most significant issues with oral health, according to a joint report by the Departments of Health and Education (gum disease). These two oral disorders are so common in our country that 48 percent of individuals have gum disease and 87 percent of people have tooth decay (2011 NMEDS Survey).

There were no statistics from the Departments of Education or Health, despite the researcher's objective to find information on oral health in the setting of Northern Samar. According to a TV news report from February 18, 2015, India took first place internationally for the prevalence of oral health diseases, ahead of the Philippines.

2. OBJECTIVES OF THE STUDY

The purpose of the study was to record the opinions of students of school age regarding the state of oral health in the Division of Northern Samar. The same would be crucial for creating programs for dental health education.

Specifically, this study aimed to:

1. Document profile of school-age learners in terms of:
 - 1.1. nutrition in terms of the type of food usually eaten
 - 1.2. socio-psychological condition
 - 1.2.1. Parents' income
 - 1.2.2. Parents' occupation
 - 1.2.3. Parents' educational attainment
 - 1.2.4. Parents' perspective to oral health
2. Determine the level of knowledge of the respondents on oral hygiene in terms of:
 - 2.1. Brushing
 - 2.2. Rinsing
 - 2.3. use of dental floss
 - 2.4. use of toothpick

3. Determine of practice of the school-age learners on oral hygiene in terms of the level:

- 3.1. Brushing
- 3.2. use of dental floss
- 3.3. use of toothpick
- 3.4. rinsing

3. METHODOLOGY

Locale of the Study

In 2002, the Catarman Sanguniang Bayan enacted Resolution No. 2001-35-1871, creating the four districts that make up the Catarman Municipality. These districts are Catarman I, Catarman II, Catarman III, and Catarman IV.

This study was carried out by the Department of Education's Northern Division with a particular emphasis on the four Catarman districts.

This investigation focuses on R and Central Schools Catarman I and II, G. The Cawayan Integrated School and Frigillana Memorial School.

Research Design

This study's main goal was to describe the level of oral health among school-age people in Northern Samar Division. According to the IPO framework, this study used a descriptive research design that included qualitative and quantitative methods to define the learners' knowledge and oral hygiene habits in addition to characterizing such a state.

The Variables

The profile of school-age learners, their oral hygiene status, their knowledge of oral hygiene, and their oral hygiene practices were the inputs in the input, process, and output model that was exhibited when the descriptive type of study design was taken into consideration.

Socioeconomic status and diet were thought to have a negligible impact on the characteristics of the respondents. Nutrition is thought to include foods that are often consumed for breakfast, lunch, dinner, and snacks. Contrarily, socioeconomic factors included the parents' earnings, degree of schooling, and academic accomplishment.

Population and Sampling

The four districts of Catarman, Division of Northern Samar, had 6, 416 kids of school age. 2,472 students attended Catarman I Central School, 1,168 attended Catarman II Central School, and 1,512 attended Catarman I Central School. 1, 264 students at R. Frigillana was honored with the names Cawayan School and Cawayan Integrated School.

Sloven's method was used to select a statistically viable sample despite the enormous population in order to increase the accuracy of the findings.

The stratification process was followed here. The stratification was based on the categorization of the Catarman districts into the Catarman I and II Central Schools, the G. R. Frigillana Memorial School, and the Cawayan Integrated School, as well as the grade levels of children who were of school age, which were kindergarten through grade six. This method was used to evaluate how well each population stratum was represented by the sample.

Research Instrument

In this experiment, a web-based survey questionnaire was used. Regarding the methodology, none of the studies examined suited the current investigation. The researcher assembled the necessary resources, rearranged them to suit the study's goals, and read several peer-reviewed articles to do this. The first survey question centered on the traits of students who were of school age. It contained details about diet and socioeconomic status. Foods commonly consumed for breakfast, lunch, supper, and snacks were included in nutrition. However, sociopsychological state also takes into account the parents' earnings, line of work, and level of schooling.

4. DISCUSSION

According to this study's participants, rice is often consumed with vegetables, chicken, or fish. Most of the parents who responded to the study held work as housekeepers or in the government, made moderate wages, and had college degrees. They also believed that children should brush their teeth after every meal. Parents were typically aware of the importance of providing children with nutrient-rich milk for proper meal chewing.

The majority of respondents who were asked about the dental hygiene of school-age students acknowledged experiencing tooth decay. Between the ages of 6 and 7, the majority of the pupils who answered to the poll had tooth decay. Most students were aware that eating sweets and brushing your teeth weren't the main causes of tooth decay. The majority of those polled had no tooth loss. However, this number is noteworthy in the study of tooth loss given that almost the whole population under investigation experienced tooth loss and given the data on tooth loss displayed in the table below.

Due to their brushing habits and the fact that common meals contributed to dental decay, the majority of people who had lost teeth had lost many teeth. Most survey participants had few or no filled teeth. Given the disparity between those who had fillings and those who did not, this shows that the children with tooth decay had filled teeth. The majority of the poll's student respondents had several dental fillings.

Plaque was picked by a resounding majority of responders. Most of the students who responded acknowledged that they didn't brush their teeth, which led to plaque buildup on their teeth. The majority of students believed that the best

techniques to stop plaque development were to brush and floss.

5. CONCLUSION

In the light of the findings of the study, the following conclusions were drawn:

The parents suggested and provided the proper food for the school-age children. This demonstrates that students are eating in a manner that fosters dental health. The fact that fish, which is strong in calcium and is the most popular food item parents fed their children who participated in the poll, reinforces the notion that students are eating a balanced diet.

In terms of the nutrition and socio-psychological condition, the following were the findings and implications:

The parents of the students were both college graduates and of modest means. This suggests that the parents of the students have few options for making sure their children have good dental health. Government workers and housekeepers make up the majority of the parents. This suggests that the parents are not putting in enough effort or are not working full-time. Therefore, it stands to reason that parents would be well-versed in maintaining dental hygiene. Parents saw the importance of kids brushing their teeth after every meal favorably. This can be a sign that parents understand how crucial good milk teeth are for kids to effectively chew food.

6. RECOMMENDATIONS

Following analysis of the data, the following recommendations are made:

1. Parents should discourage the consumption of foods high in omega 3 fatty acids, fatty fish rich in vitamin D, oranges rich in vitamin C, which are beneficial for the gums, apples, and carrots in favor of limiting meals with a high acid content, such as citrus fruits.
2. In order to prevent tooth decay, the school should work with parents to improve monitoring and supervision of school-age children's oral hygiene, particularly with regard to brushing, using dental floss, using toothpicks, and rinsing.
3. The division and school health departments must adhere to the health program created by the researcher to address issues with tooth decay and plaque deposition

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