



Status of Oral Hygiene of School-Age Learners in the Division of Northern Samar

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ABSTRACT

The attitudes of school-age pupils on oral health, which were provided in this study, must be understood in order to develop a dental health education program for the Division of Northern Samar. A descriptive research design that combined both quantitative and qualitative methods was used to describe the profile of the school-age students as well as the state and practices of their oral hygiene. 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 low-income, college-educated parents of the student respondents support the idea that children should wash their teeth after every meal. The majority of respondents had dental decay, numerous tooth decay, claimed that brushing their teeth was not the main cause of their tooth decay, lost teeth, did not have any fillings, and thought that brushing their teeth was the greatest way to remove plaque.

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

1. INTRODUCTION

Undeniably, as oral health affects other parts of the human system, whether in school-age children or the elderly, dental health experts, of which the author is a big part, are growing more concerned and interested in it.

According to a joint report by the Departments of Health and Education, the two biggest problems with oral health are dental caries (tooth decay) and

periodontal disease (gum disease). The prevalence of these two oral diseases is so high that 87 percent of people in our country have tooth decay and 48 percent of people have gum disease (2011 NMEDS Survey).

The combined detrimental effects of these two basic illnesses, with the exception of oral cancer, erode the body's defenses and serve as entry points for other, more severe, potentially dangerous, and opportunistic infections that overlap with other diseases already present. As in the case of catastrophic heart disorders brought on by oral infections, such will render a young victim helpless. It is common knowledge that a person with a disability like this finds it difficult to communicate, withdraws, and avoids social situations, all of which lower his chances of succeeding in life. However, the effect of poor or broken teeth on overall nutrition—which begins with the first bite and efficient chewing—is more important.

Despite the researcher's intention to locate data on oral health in the context of Northern Samar, there were no statistics from the Departments of Education or Health. The Philippines came in second, but India claimed the top spot globally for the prevalence of oral health disorders, according to a TV news broadcast dated February 18, 2015.

2. OBJECTIVES OF THE STUDY

The study aimed to document the school-age learners' views about the oral health status of the Division of Northern Samar. The same would be essential in designing or developing dental health education programs.

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. METHODOLOGY

Locale of the Study

The Sanguniang Bayan of Catarman passed Resolution No. 2001-35-1871 in 2002, dividing the Catarman Municipality into four districts. Catarman I, Catarman II, Catarman III, and Catarman IV are these districts.

The Northern Division of the Department of Education conducted this examination with a specific focus on the four Catarman districts.

Central Schools Catarman I and II, G. This study focused on R. Frigillana Memorial School and the Cawayan Integrated School.

Research Design

The primary objective of this study was to describe the oral health status of the school-age population in the Division of Northern Samar. This study employed a descriptive research design that included qualitative and quantitative approaches in accordance with the IPO framework to characterize the learners' knowledge and oral hygiene practices in addition to describing such a state.

The Variables

When the descriptive kind of research design was taken into account, 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 displayed.

It was believed that socioeconomic level and nutrition played only a small role in the profile of the respondents. Foods that are frequently eaten for

breakfast, lunch, supper, and snacks are considered to be part of nutrition. On the other hand, socioeconomic considerations included the parents' income, level of education, and success in school.

Population and Sampling

There were 6, 416 students of school age in the four districts of Catarman, Division of Northern Samar. Total enrollment at Catarman I Central School was 2,472 pupils, Catarman II Central School had 1,168 students, and G had 1,512 kids. 1, 264 pupils from R. Cawayan School and Cawayan Integrated School named for Frigillana.

Despite the large population, a statistically valid sample was nonetheless chosen using Sloven's technique to improve the reliability of the results.

This was carried out in accordance with stratification. The division of the Catarman districts into Catarman I and II Central Schools, G. R. Frigiliana Memorial School, and Cawayan Integrated School, as well as the grade levels of kids who were of school age—kindergarten through grade six—were the bases for the stratification. Using this strategy, the sample's representation of each population stratum was assessed.

Research Instrument

An online survey questionnaire was used in this experiment. Regarding the tool used, no study that was reviewed fit the current study. To do this, the researcher gathered the tools, rearranged them to fit the objectives of the study, and consulted various reviewed articles. The survey's first question focused on the characteristics of pupils who were of school age. It included information on diet and socioeconomic standing. Nutrition covered the kinds of foods frequently eaten for breakfast, lunch, dinner, and snacks. However, sociopsychological state also considers the parents' income, occupation, and educational status.

4. DISCUSSION

By this study, the students who participated in it typically ate rice with veggies, rice and chicken, or rice and fish. The majority of parents who responded to the study had college degrees, moderate salaries, and jobs as housekeepers or in the government. They also thought it was crucial for kids to wash their teeth after every meal. Parents were generally aware of the value of nutritious milk children in correctly chewing meals.

When questioned about the dental hygiene of school-age students, the majority of respondents admitted to

having tooth decay. The majority of the students who responded to the survey experienced tooth decay between the ages of 6 and 7. The majority of pupils were aware that brushing your teeth and ingesting sweets weren't the primary causes of tooth decay. Most of the people surveyed didn't have any tooth loss. However, given that virtually all of the population under study suffered tooth loss, and given the data on tooth loss shown in the table below, this statistic is noteworthy in the study of tooth loss.

The preponderance of those who had lost teeth had lost many teeth, which might be attributed to their attitudes toward brushing and the contribution that common meals made to dental decay. The majority of respondents had few or no filled teeth. This suggests that the children with tooth decay had filled teeth given the distinction between those who had fillings and those who did not. Most of the respondents to the poll who were students had many fillings in their teeth.

The overwhelming majority of respondents preferred plaque. The majority of the students who responded admitted to having plaque on their teeth as a result of not brushing them. Most students agreed that brushing and flossing were the best ways to prevent plaque buildup.

5. CONCLUSION

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

The parents offered and gave the school-age kids the right diet. This shows that pupils are eating in a way that promotes good dental health. The fact that fish is the most common food item parents gave their children who took the survey and is high in calcium further supports the idea that students are eating a balanced diet.

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

The students' parents were low-income and both had college degrees. This implies that the parents of the students have few options for ensuring the dental health of their kids. Most of the parents are government employees and housekeepers. This implies that the parents aren't working hard enough or aren't employed full-time. It follows that parents would likely have a strong understanding of maintaining dental health. Parents had a positive outlook on the significance of children brushing their teeth after every meal. This may indicate that parents

are aware of how important healthy milk teeth are for children to chew food properly.

6. RECOMMENDATIONS

Following study of the data, the following suggestions are put forth:

1. Parents should limit foods strong in acid, such as citrus fruits, and instead encourage a variety of foods high in omega 3 fatty acids, fatty fish rich in vitamin D, oranges rich in vitamin C, which are good for the gums, apples, and carrots.
2. In order to strengthen monitoring and supervision of school-age children's oral hygiene, particularly with regard to brushing, using dental floss, using toothpicks, and rinsing, the school should collaborate with parents in order to avoid the development of tooth decay.
3. The health program developed by the researcher to address difficulties with tooth decay and plaque deposition shall be followed by the division and school health departments.

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