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RESEARCH ARTICLE

EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING DENTAL HYGIENE AMONG SCHOOL CHILDREN

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ABSTRACT

Dental caries is the leading dental problem of children, 90% of all children have some tooth decay by 12 years of age, and 95% of all cavities are caused by specific eating habits like candies, ice cream, canned juices which usually develop during early childhood as a result of changing life style. The ages of greatest vulnerability are 4-8 years for the primary dentition and 12-15 years for the secondary (or) permanent dentition. Dental caries if untreated result in destruction of involved teeth. The goal of WHO, "Health for all by the year 2025", includes oral health as one among the healthy life. So WHO has selected the theme "Oral health for healthy life" in 1994. The purpose behind this was to make the people aware about various diseases of oral cavity and to educate them in relation to prevention of these diseases. The aim of the study was to evaluate the effectiveness of structured teaching programme on knowledge regarding Dental Hygiene among school children in Govt. Middle schools of District Budgam Kashmir.

Objectives

- 1) To assess the pre-existing knowledge score of middle school children regarding dental hygiene before implementation of structured teaching programme (pre-test).
- 2) To assess the knowledge score of middle school children, after implementation of structured teaching programme. (Post-test).
- 3) To determine the effectiveness of structured teaching programme regarding dental hygiene among middle school children by comparing pre-test and post-test knowledge scores of middle school children.
- 4) To determine association of pre-test knowledge score of middle school children regarding dental hygiene with their selected demographic variables (Gender, Type of family, Educational status of parents, Monthly family income).

Methods: Quantitative research approach & pre-experimental one group pre test post test design was used. Purposive sampling technique was used to select the samples that were 50 middle school children studying at Govt. Middle school Razwan, Zone Narbal Dist .Budgam Kashmir. Data was collected using self structured knowledge questionnaire. **Results:** The result of the study showed that the mean knowledge score in pre test was 22.58 and S.D was 3.78 and in post test mean was 31.14 and S.D was 3.81. By the evidence of results mean post test knowledge score of school children regarding dental hygiene were significantly greater than their mean pre test knowledge score at $p \leq 0.05$ level of significance. Hence structured teaching programme regarding dental hygiene among school children was effective. There was significant association of pre test knowledge score and selected demographic variables like educational status of parents (0.000) and Monthly family income (0.000) of the school children. The other demographic variables like Gender (0.220), and Type of family (0.128) were found to be insignificant. **Interpretation and conclusion:** The findings of the study revealed that the knowledge score of middle school children was very low before the implementation of structured teaching programme. The structured teaching programme facilitated them to improve their knowledge about dental hygiene which was evident from the post test knowledge score. Hence structured teaching programme was an effective method for providing information and to improve knowledge of school children which was well appreciated and accepted by school children.

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INTRODUCTION

Dental hygiene is the practice of keeping one's mouth clean and free from diseases and other related oral health problems by regular brushing and cleaning between the teeth. It is important that dental hygiene be carried out on a regular basis to enable prevention of dental disease. The most common dental diseases are tooth decay like cavities, dental caries and

gum diseases like gingivitis, and periodontitis (Darby *et al.*, 2010). Regular brushing means brushing twice a day before breakfast and before going to bed and cleaning between the teeth means interdental cleaning which is as important as tooth brushing. It can be done with floss, flossettes and interdental brushes (Calydon, 2000). The aim of the study was to evaluate the effectiveness of structured teaching programme on knowledge regarding Dental Hygiene among school children in Govt. Middle schools of District Budgam Kashmir.

Objectives

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MATERIALS AND METHODS

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RESULTS

The result of the study showed that the mean knowledge score in pre test was 22.58 and S.D was 3.78 and in post test mean was 31.14 and S.D was 3.81. By the evidence of results mean post test knowledge score of school children regarding dental hygiene were significantly greater than their mean pre test knowledge score at $p \leq 0.05$ level of significance. Hence structured teaching programme regarding dental hygiene among school children was effective. There was significant association of pre test knowledge score and selected demographic variables like educational status of parents (0.000) and Monthly family income (0.000) of the school children. The other demographic variables like Gender (0.220), and Type of family (0.128) were found to be insignificant.

Interpretation and conclusion: The findings of the study revealed that the knowledge score of middle school children was very low before the implementation of structured teaching programme. The structured teaching programme facilitated them to improve their knowledge about dental hygiene which was evident from the post test knowledge score. Hence structured teaching programme was an effective method for providing information and to improve knowledge of school children which was well appreciated and accepted by school children.

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