

Assessment of the Knowledge and Attitude of Mothers Regarding Oral Hygiene of Under Five Children in Selected Rural Areas of Ambala, Haryana

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Abstract

Oral Health is an important component of general health and to maintain oral health oral hygiene plays a major role. It has also become clear that causative and risk factors in oral diseases are often the same as those implicated in the major general diseases. The objectives of the study were to assess the knowledge and attitude of mothers regarding oral hygiene of under five children, to find out their relationship between knowledge and attitude and to determine the association of knowledge and attitude score of mothers of regarding oral hygiene of under five children with selected variables. The research approach adopted for the study was quantitative research approach and design was descriptive research design. The study was conducted at selected rural areas of Ambala, Haryana. A total of 200 mothers having under five children were selected by using purposive sampling technique. The tool used for the data collection consisted of Selected Variables and knowledge questionnaire to measure knowledge of under-five mothers. The Reliability of the tool was calculated by Cronbach's alpha and it was 0.81 for rating scale. The major findings revealed that mean of knowledge score was 19.1 and mean of attitude score was 60.9 in the study. There was a significant association found between the level of knowledge and demographic variables i.e. type of family ($p=0.00$), Have dental problem before ($p=0.03$), Method used for oral hygiene ($p=0.00$) and concerned about oral health ($p=0.00$) in the present study. Hence, It was concluded from the study that the mothers have good knowledge and positive attitude regarding oral hygiene of under five children

Keywords: Oral hygiene, Knowledge, Attitude, Under five children.

Introduction

"Even pearls are dark before the whiteness of his teeth."
– William R Alger.

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Dental caries is infectious disease and mother is the major primary source of infection for their children. Children under the age of 5 years generally spend most of their time with parents and guardians, especially mothers, even when they attend pre-school or nurseries. Poor attitude of parents towards oral health of infants and young children are associated with increase caries prevalence¹.

India, a developing country, faces many challenges in render in oral health needs. The majority of Indian population resides in rural areas of which more than 40% constitute children. This main aim of this study is imparting oral health education to mothers regarding

oral hygiene of their under-five children who belong to the socio- economically disadvantaged.²

The parent's belief toward children's oral health plays an important role to improve their children's oral health. In spite of the fact that early childhood caries has been widely studied and preventive programs implemented in certain countries, early childhood caries is more commonly seen in socially disadvantaged groups, who are lacking of health care systems. Hence, it is essential to assess the knowledge, attitude and practices about their children's oral health which will help the health providers to understand the reasons for development of oral diseases in children and failure to get them treated².

Good oral hygiene has been promoting oral health and preventing oral diseases like periodontal disorders and dental caries and justifying the slogan that "A clean tooth never decays." Poor oral hygiene practices are an important factor among the causes of periodontal disorders. Moreover the failure of removing plaque and debris that is, not maintaining good oral hygiene and it has been one of the major etiological factors for the initiation of dental caries. Hence, the importance of oral hygiene against diseases like periodontal disorders and dental caries is quite evident³.

Aims and Objectives

1. To assess the knowledge of mothers regarding oral hygiene of under five children.
2. To assess the attitude of mothers regarding oral hygiene of under five children.
3. To find out the relationship between knowledge and attitude of mothers regarding oral hygiene of under five children.
4. To determine the association of knowledge and attitude score of mothers of regarding oral hygiene of under five children with selected variables.

Methodology

The study was conducted during the month of February-march 2019 at selected rural areas of Ambala, Haryana India. A sample of 200 mothers of under five children participated in this study with the prior permission. The *ethical clearance* was obtained from the sarpanch of the respective villages. A written consent was obtained from the mothers of under five children who were enrolled in the study. Quantitative research

approach with Non Experimental Descriptive survey design was used in this study. The study includes the mothers who were having under five children and willing to take part in the study, A total of 200 participants were enrolled for the study by using Purposive sampling Technique. Data was collected by using Sample Characteristics, Structured Knowledge questionnaire and Structured Attitude Scale.

Description of Tool

Section-I: Sample Characteristics: It consist of items regarding the selected Sample Characteristics. The selected Sample Characteristics include Age, Number of children, Type of family, Education of mother, Education of father, Occupation of mother, Occupation of father, Distance to nearby health facility, Have dental problem before, Dental problem is a major health issue, Method used for oral hygiene, Concerned about oral health, Main source of oral health information and Socio Economic Status.

Section-II: Structured Knowledge Questionnaire to assess Knowledge of Mothers of under five children: A structured questionnaire was develop to assess the knowledge of mothers regarding oral hygiene of under five children. It consist of 35 multiple choice questions.

Section III: Description of Attitude Scale Questionnaire: The standardized tool was used to assess the attitude scale of mother's regarding oral hygiene of under five children. The tool was used on the basis of previous research evidences, based on extensive review of literature and seeking opinion of experts and guides. It consist of 25 items in which 13 items were Positive and 12 items were Negative.

Procedure: The permission was taken to conduct the study from the Respective Villages of Ambala, Haryana. The Consent was taken from the participants prior to the study. The sample Characteristics, Structured Knowledge Questionnaire and Structured Attitude Scale Questionnaire was administered to Mothers. To obtain a free and frank response, the participants were assured about their confidentiality of their response. Purpose of the study was explained to sample subjects before data collection. It was found that it took 20 minutes to complete the questionnaire. The items were found clear and understandable.

Results

Section-I: Frequency and percentage distribution in terms of level of knowledge and attitude of mothers regarding oral hygiene of under five children as given in table 1 and table 2

Table 1: Frequency and Percentage Distribution in terms of level of Knowledge of Mothers regarding Oral Hygiene of under Five Children. N=200

Level of Knowledge	Range of scores	Frequency	(%)
Excellent	27-35	29	14.5
Good	18-26	93	46.5
Average	9-17	70	35
Poor	<9	8	4

Data presented in the table 1 depicts that 46.5% of mothers had Good knowledge regarding oral hygiene of under five children. Whereas 14.5% of mothers had excellent knowledge 35% and 4% of mothers had Average and poor knowledge respectively.

Table 2: Frequency and Percentage in Terms of Attitude of Mothers Regarding Oral Hygiene of Under Five Children. N=200

Attitude	Score	Frequency	(%)
Favorable	>84	9	4.5
Moderately Favorable	41-84	181	90.5
Unfavorable	<41	10	5

Data presented in table 2 shows that 90.5% of mothers had moderately favorable attitude towards oral hygiene of under five children while 5% of mothers had unfavorable attitude and 4.5 % of mothers had favorable attitude towards oral hygiene of under five children.

Section-II: Range, Mean, median and standard deviation of knowledge and Attitude scores of mothers regarding oral hygiene of under five children as given in table 3.

Table 3: Range, Mean, Median and Standard Deviation of Knowledge Scores of Mothers Regarding Oral Hygiene of Under Five Children. N=200

Test	Mean± S.D.	Range	Median
Knowledge	1.91±6.10	28	1.8
Attitude	6.09±10.07	66	6

Section-III: Coefficient of correlation between the knowledge and attitude of mothers regarding oral hygiene of under five children as given in table 4.

Table 4: Coefficient of Correlation between the Knowledge and Attitude of Mothers Regarding Oral Hygiene of Under Five Children. N=200

Variable	Mean	Standard deviation	r
Knowledge	1.91	6.10	0.06*
Attitude	6.09	10.07	

Table 4 depicts that r value 0.06 which was found to be significant at 0.05 level of significant. Thus there was a positive relationship between knowledge and attitude of mothers regarding oral hygiene of under five children.

Section-IV: Association between the level of knowledge and attitude of mothers regarding oral hygiene of under five children with the selected demographic variables showed there was significant association of knowledge score with type of family with p values (0.00*), education of mother (0.00*), Education of father (0.01*), Occupation of Mother (0.02*), Occupation of Father (0.00*), have a dental problem before (0.03*), method used for oral hygiene (0.00*), concerned about oral health (0.00*), main source of oral health information (0.00*) and there was significant association of Attitude Scale with age of Mother (0.03*), Type of family (0.00*), Education of Mother (0.01*), Occupation of Father (0.00*), Distance to nearby health facility (0.00*), Visit to dentist (0.02*), Have a dental problem (0.01*), Dental problem is a major health issue (0.00*), Concerned about oral health (0.00*) and main source of oral health (0.05*).

Discussion

The present study was conducted to assess the knowledge and attitude regarding oral hygiene among mothers of under five children.

Findings of the present study indicated that 46.5% of mothers had good knowledge regarding oral hygiene of under five children. These findings are consistent with the study conducted by Suresh BS, Ravi Shankar TL, Chaitra TR, Mohapatra AK, Gupta V to assess the mother’s knowledge about preschool child’s oral health, which revealed that mothers had (73.8%) good knowledge regarding oral hygiene⁴.

Findings also revealed that the 90.5% of mothers

of under five children had moderately favorable attitude towards oral hygiene of under five children. These findings are consistent with the findings of the study conducted by Moallemi, Z., Virtanen, J., Ghofranipour, F. and Murtomaa, H. (2008) to assess the influence of mothers' oral health knowledge and attitudes on their children's dental health, which revealed that mothers had (92%) positive attitude regarding oral hygiene⁵.

Conclusion

The finding of the study shown that mothers of under five children have average knowledge and had moderately favorable attitude regarding oral hygiene. There is negative correlation between the knowledge and attitude of mothers regarding oral hygiene of under five children.

Ethical Clearance: The permission was obtained from the sarpanch of the respective villages and written consent from the mothers of Under five Children.

Conflict of Interest: Nil

Financing Sources: Nil

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