



Research Article

**A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME REGARDING BRUSHING TECHNIQUES AMONG SCHOOL CHILDREN (6 TO 12 YEARS) AT HILTON MATRICULATION HIGHER SECONDARY SCHOOL, CHENNAI**

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**ARTICLE INFO**

**Article History:**

Received 18<sup>th</sup> November, 2016

Received in revised form 9<sup>th</sup> December, 2016

Accepted 24<sup>th</sup> January, 2017

Published online 28<sup>th</sup> February, 2017

**Key words:**

School children, brushing techniques, structured teaching programme

**ABSTRACT**

Healthy children are successful learners. School age children represent about 25% of total population. Proper brushing is essential for cleaning teeth and gums effectively. Proper way of brushing techniques used to prevent dental caries in school children. The study was carried out in selected school of Chennai. Sample sizes of 30 were selected by simple random techniques. A questionnaire was prepared comprising set of 20 questions covering the objectives. The concluded that in pre test, a majority of 26 (86.6%) had inadequate knowledge, 4 (13.3%) had moderately adequate knowledge, 0% had adequate knowledge. In post test majority of them 23 (76.7%) had adequate knowledge, 7 (23.3%) had moderately adequate knowledge, 0% had inadequate knowledge.

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**INTRODUCTION**

Oral health knowledge is essential for proper oral hygiene and better oral health. Studies on oral health awareness in rural areas show the lack of awareness among them. Among oral diseases, dental caries is a prevalent dental problem among children, as they consume lots of sweets and sugar drinks. Brushing practice to maintain good dental health; along with regular dental visits. A proper brushing technique is essential for cleaning teeth and gums effectively. Tooth brushing was broken into 16 steps that involved actual manipulation of the brush in the mouth. Correct brushing include that four criteria appropriate angle of bristles ,appropriate motion of brush, appropriate tooth surface, and minimum duration of brushing. Brush the tongue from back to front to remove odour-producing bacteria.

**Objectives**

1. To assess the pre test knowledge regarding brushing techniques among school children.
2. To assess the post test knowledge regarding brushing techniques among school children.
3. To evaluate the effectiveness of structured teaching programme regarding brushing techniques among school children.
4. To find out the association between post-test knowledge regarding brushing techniques among school children with selected demographic variables

**MATERIALS AND METHODS**

Evaluative research approach and pre experimental one group pre test post test design was used. Simple random technique by lottery method was used to select the sample for the study.

The total study sample consisted of 30 school children with age group of 6–12 years studying in Hilton Matriculation Higher Secondary School of Chennai. A questionnaire was prepared comprising of a set of 20 questions covering the main objectives of the study. The students were asked to fill the questionnaire irrespective of their gender. The responses were calculated and tabulated with regard to brushing techniques among school children, who understands English and students who were available at the time of data collection, the exclusion criteria includes the students whom are school children who were not willing to participate and who were not available at the time of data collection.

**RESULTS**

In pre test among 30 samples of school children, a majority of school children (86.6%) inadequate knowledge level, (13.3%) were in moderate level of knowledge and no children had adequate knowledge. In post test majority of samples experienced adequate level of knowledge (76.7%) and (23.3%) of school children experienced moderate adequate and no samples had inadequate knowledge. The mean value is 6.96 before the structured teaching programme and 16.6 after the structured teaching programme. The standard deviation value is 1.93 before structured teaching programme and 1.64 after the structured teaching programme. The difference of the mean and standard deviation is 9.64 and 0.29 respectively. To test the significance 't' test was applied. The overall paired 't' test value is 25.79 which reveals that is significant ( $p < 0.001$ ), in effectiveness of structured teaching programme among school children.

**Table 1** comparison of pre test and post test level of knowledge regarding brushing techniques among school children (6 – 12 years)

Over all knowledge	PRE-TEST		POST-TEST	
	F	%	F	%
Inadequate	26	86.7	0	0
Moderate	4	13.3	7	23.3
Adequate	0	0	23	76.7
Total	30	100	30	100

**Table 2** The mean and SD Of pre test and post test level of knowledge regarding brushing techniques among school children

Over all knowledge	Mean	Mean Difference	SD	't' value	DF	'p' value
Pre test	6.96		1.93			
Post test	16.6	9.64	1.64	25.79	29	0.001***

## CONCLUSION

The following conclusions are drawn from the findings of the study. The school children have inadequate knowledge on brushing technique before structured teaching programme. The investigator analysed the data, there was significant improvement in post test knowledge score. So the structured teaching programme is effective in improving the level of knowledge of school children. Brushing technique has a great role in prevention of dental carries. Hence health care of the school children can contribute to the overall health status of the country.

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