

## Oral Hygiene Awareness among Engineering College Students in Dakshina Kannada

Vineetha Venugopalan, Biju Thomas, Santhosh Shenoy

Dr. Vineetha Venugopalan, PG, A.B. Shetty Memorial Institute of Dental Sciences, Mangalore-575018, Karnataka Mobile. No – 7770756993 Email Id – [drvineetha88@gmail.com](mailto:drvineetha88@gmail.com)

### Abstract

Oral health is an important factor in maintaining sound psychological and physical health. Association between knowledge and better oral health has been well documented. Objectives: This study aimed to assess the oral hygiene-related knowledge and practices among the engineering college students of Dakshina Kannada district. Method: A survey was conducted among the students of the engineering college in, Karnataka. Two hundred students were selected using a simple random sampling method and a self-constructed 20 items questionnaire was distributed to all subjects. The obtained data were statistically analyzed using the SPSS (Statistical package for social sciences). Results: This survey found that 48.7% of students had never visited a dentist for cleaning their teeth. 57.4% of them never flossed their teeth. 83.2% of them never heard of interdental brushes. 81.6% of them know that poor oral hygiene can affect systemic health. Conclusion: A substantial lack of oral hygiene understanding and limited knowledge of oral hygiene practices in engineering students. Hence, there is an urgent need for comprehensive educational programs to promote good oral health and impart education about the correct oral hygiene practices at an elementary level.