

**KNOWLEDGE AND HYGIENE PRACTICE ON ORAL HEALTH  
AMONG ADOLESCENT STUDENT OF POKHARA  
LEKHNATH METROPOLITAN CITY**

A Dissertation Submitted to Faculty of Humanities and Social Science

Department of Sociology Prithvi Narayan Campus, Pokhara

For the Partial Fulfillment of Master Degree in Sociology

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## LETTER OF RECOMMENDATION

This dissertation entitled “**Knowledge and Hygiene Practice on Oral Health among Adolescent Students**” has been prepared by Ms Seeta Shrestha under my supervision and guidance.

Therefore, I recommend this dissertation to the Evaluation Committee for its final approval and acceptance.

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## ACKNOWLEDGEMENT

It is an immense pleasure to present this dissertation report entitled “Knowledge and Hygiene Practice on Oral Health among Adolescent Student of Pokhara Lekhnath Metropolitan City Nepal” to the department of sociology. First and foremost, I would like to take this as an opportunity to express my sincere gratitude to the Tribhuvan University Department of Sociology Prithvi Narayan Campus, Pokhara for providing me an opportunity to carry out this study.

I would like to express my sincere heartfelt gratitude to my research supervisor Mr. Janardan Thapa, for his valued guidance and support. His motivation gave me confidence to complete this research. I highly appreciate his enlightening and constructive suggestion throughout the study.

I also want to express an extremely indebted and thankful to head of depart Prof/Dr. Bishow Kalyan Parajuli and all Lectures of Department of Sociology of Prithvi Narayan Campus for their support in research. The volunteers deserve special appreciation for their hard work in course of data collection.

I would like to thank principal and all teacher of sample school namely Nobel Secondary School and Shree Saraswati Tika Secondary School for their support during data collection and all adolescent of class 9 who contribute their time and effort to take part in this research.

Finally, words alone cannot express thank I owe to my respected parents and family member for their blessing, understanding, continuous inspiration and encouragement.

Seeta Shrestha

April, 2018

## **ABSTRACT**

This study was conducted to assess Knowledge and Hygiene Practice on Oral Health Among Adolescent Student of Pokhara- Lekhnath metropolitan. Oral disease qualifies as major public health problems owing to their higher prevalence and significant. Oral health knowledge is considered to be an essential prerequisite for health related behavior. It has been shown that Nepali children have low level of health awareness and practice as compared to their western countries. Prevalence of oral problems declining in developed countries but slowly increasing in developing country in recent years. According to WHO 85% of total population are affected by teeth and gingival diseases in Nepal and according to infectivity Nepal is in 7<sup>th</sup> position. There is limited amount of literature in this area and study aims to assess the knowledge and hygiene practice on oral health among adolescent student of Pokhara.

Descriptive study was conducted among 94 samples from 1 public and 1 private school. Samples were draw by cluster sampling. Pokhara-Lekhnath metropolitan was selected purposively, one public and one private school was choosen following simple random technique from each school student from grade 9 was selected randomly.

It was observe from present study all participants brush their teeth and more than half of the respondents have knowledge about oral health. Among the participant most of the respondents use brush and paste for brushing their teeth. Majority of the respondents have oral health problem form 6 month. Most of the respondents have knowledge about oral health problems and risk of oral health problem. Only about half of the respondents had done their dental treatment. Majority of the respondents 92% were heard about health of mouth and teeth.

Less than half of the respondent's response that oral health program was conducted in their school among them more than half chetanamulak program was conducted. In response to frequency of brushing their teeth more than half of the respondents brush their teeth once a day.

Most of the respondents change their brush within 2 month. About 50% of the respondents use sweet foods sometimes where as nearly about half use daily. Majority of the respondent clean their teeth after using foods or meal.

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## LIST OF ABBREVIATIONS

ADAVB	:	Australia Dental Association Victoria Branch
DEO	:	District Education Office
DFT	:	Decayed Filled Teeth
DMFT	:	Decayed Missing Filled Teeth
FDI	:	Federation of Dentistry International;
IEC	:	Information Education Communication
KAP	:	Knowledge Attitude Practice
OR	:	Odd Ratio
RCT	:	Root Canal Treatment
SPSS	:	Statistical Package for Social Science
WHO	:	World Health Organization