

**ORAL HYGIENE PRACTICE AMONG HIGHER SECONDARY  
LEVEL STUDENTS IN POKHARA**

A Research Thesis

Submitted to

The faculty of Humanities and Social Sciences  
Department of Sociology/ Anthropology

By

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## LETTER OF RECOMMENDATION

This is to certify that Mr Tek Narayan Poudel has completed this dissertation in titled **“Oral Hygiene Practice among Higher Secondary Level students In Pokhara”** under my supervision and guidance. I therefore recommend this dissertation for final approval and acceptance.

Date March 2013

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## LETTER OF ACCEPTANCE

The thesis “**Oral Hygiene Practice among Higher Secondary Level students In Pokhara**” submitted to the department of Sociology/Anthropology, Tribhuwan University by Tek Narayan Poudel has been accepted as the partial fulfillment of the requirement for Degree of Master of Arts in Sociology.

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## ABSTRACT

The thesis entitled “**Oral Hygiene Practice among Higher Secondary Level students In Pokhara**” was carried out to assess awareness of oral hygiene. The main objectives of this study were to find out the knowledge and awareness of oral hygiene practices. Adolescence is a stage of storm and stress, so they don't pay more attention to maintain inner beauty; they just concentrate toward outer beauty. Therefore they are not serious towards healthy food and attracted towards tasty foods only. They specially like junk foods such as biscuits, noodles, chocolates, cold drinks etc.

In this study, data were collected by using a presented questionnaire over 160 randomly selected students from four schools. Results showed no significant differences between the gender and age groups in terms of knowledge levels. The study showed that dental caries, gum bleeding, gingivitis, oral ulcer, dental plaque and calculus, bad breathing, pain, stomatitis, glossitis etc. were the major problems among them. A mostly dental caries, dental plaque and calculus bad breathing, gum bleeding were more common on them. The students had positive attitude towards the oral health services but their visits were still low due to economical condition because oral health treatment sector is more expensive than other sector. Tooth brush and toothpaste were still the most commonly used oral hygiene aids. As compared to parents and friends, dentist was perceived to have more influence on oral hygiene practices among the students. Oral health education should be a life-long practice and incorporated into the school environment with the support of teachers and parents.

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