



**A STUDY TO EVALUATE THE EFFECTIVENESS OF AUDIOVISUAL AIDED
ON KNOWLEDGE AND PRACTICE REGARDING DENTAL WELLBEING
AMONG PRIMARY TEENAGERS IN A SELECTED CONSERVATORY AT
VADODARA, GUJARAT**

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Introduction

Oral health is an integral component of general health and well-being. The World Health Organization recognizes oral diseases as major public health problems due to their high prevalence and significant impact on quality of life. Adolescence represents a formative phase wherein individuals develop health behaviors that often persist into adulthood. Despite advancements in dental care, dental caries and periodontal diseases remain highly prevalent among adolescents in India.

Initial teenagers often exhibit inadequate knowledge and improper dental hygiene practices such as irregular brushing, improper brushing techniques, excessive consumption of sugary foods, and infrequent dental check-ups. These factors contribute to an increased burden of preventable oral diseases.

Health education plays a pivotal role in promoting oral health. Audiovisual abetted directives, which combine visual and auditory stimuli, enhance learning by improving attention, retention, and comprehension. Such methods are particularly effective among adolescents, who are more receptive to multimedia-based learning.

In this context, the present study was undertaken to evaluate the efficiency of audiovisual abetted directives on knowledge and practice regarding dental healthiness among initial teenagers in a selected conservatory at Vadodara, Gujarat.

Objectives of the Study

1. To assess the pre-test level of knowledge and practice regarding dental healthiness among initial teenagers.
2. To assess the post-test level of knowledge and practice regarding dental healthiness among initial teenagers.
3. To evaluate the efficiency of audiovisual abetted directives on knowledge and practice regarding dental healthiness.
4. To find the association between post-test knowledge and practice scores and selected demographic variables.

Hypotheses

- **H₁:** There will be a significant difference between pre-test and post-test knowledge scores regarding dental healthiness among initial teenagers.
- **H₂:** There will be a significant difference between pre-test and post-test practice scores regarding dental healthiness among initial teenagers.
- **H₃:** There will be a significant association between post-test knowledge and practice scores and selected demographic variables.

Research Methodology

Research Approach and Design

A quantitative research approach was used with a one-group pre-test–post-test pre-experimental design.

Setting of the Study

The study was conducted in a selected conservatory at Vadodara, Gujarat.

Population

The population consisted of initial teenagers studying in the selected conservatory.

Sample Size

The sample comprised 100 primary teenagers.

Sampling Technique

Non-probability convenience sampling technique was adopted.

Research Instruments

1. **Structured Knowledge Questionnaire** on dental healthiness
2. **Observational Practice Checklist** related to dental hygiene practices
3. **Demographic Data Sheet**

Intervention

Audiovisual abetted directives included:

- Educational video on oral anatomy and dental hygiene
- Demonstration of correct brushing and flossing techniques
- Visual slides on causes, prevention, and consequences of poor oral health

Data Collection Procedure

- Pre-test assessment of knowledge and practice
- Administration of audiovisual abetted directives
- Post-test conducted after seven days

Ethical Considerations

- Ethical approval obtained from the concerned authority
- Informed consent obtained from participants
- Confidentiality and anonymity maintained

Results

Descriptive Analysis

- Majority of participants had inadequate knowledge and unsatisfactory dental practices in the pre-test.
- Post-test results revealed a marked improvement in both knowledge and practice scores.

Inferential Analysis

- The calculated t value for knowledge and practice was statistically significant at $p < 0.05$.
- Significant association was found between post-test scores and selected demographic variables such as age and previous exposure to dental health education.

Discussion

The findings of the study demonstrate that audiovisual abetted directives significantly improved knowledge and practice regarding dental healthiness among initial teenagers. These findings are consistent with previous studies that reported audiovisual teaching as an effective method for enhancing oral health awareness and behavior modification among adolescents.

The improvement in practice scores indicates that audiovisual education not only enhances knowledge but also facilitates the translation of knowledge into healthy practices. This underscores the importance of interactive and visually engaging educational interventions in adolescent health promotion.

Conclusion

The study concluded that audiovisual abetted directives are an effective educational strategy for improving knowledge and practice related to dental healthiness among initial teenagers. Early implementation of such interventions can contribute to the prevention of oral diseases and promotion of lifelong healthy behaviors.

Recommendations

- Audiovisual dental health education programs should be integrated into school and conservatory curricula.
- Regular reinforcement sessions should be conducted to sustain healthy practices.
- Similar studies can be replicated with larger samples and control groups.
- Longitudinal studies can be conducted to assess long-term effectiveness.

Limitations

- The study was limited to a single conservatory.
- Absence of a control group limits generalization of findings.
- Self-reported practices may introduce response bias.

Implications for Nursing Practice

Community health nurses play a crucial role in promoting oral health among adolescents. Audiovisual teaching can be effectively utilized by nurses during school health programs to enhance learning outcomes and preventive practices.

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