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Review Article **Volume 14 Issue 3** **May – June 2025**

A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING DENTAL HEALTH AMONG PRIMARY SCHOOL GOING CHILDREN IN A SELECTED RURAL SCHOOL AT VADODARA, GUJARAT

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Introduction

Dental health is a crucial aspect of overall health and well-being, particularly during childhood. Primary school age is a formative period when lifelong health habits are established. Dental problems such as dental caries, gingivitis, and oral infections are highly prevalent among children, especially in rural areas due to poor awareness, inadequate oral hygiene practices, and limited access to dental care services.

According to the World Health Organization, dental caries is one of the most common chronic diseases in children worldwide. In India, the prevalence of dental caries among school children ranges from 50% to 80%, with higher rates reported in rural populations. Poor dental health not only causes pain and discomfort but also affects nutrition, speech, self-esteem, and academic performance.

Health education through structured and planned teaching programmes has been identified as an effective strategy to enhance knowledge and promote positive health behaviors. Schools serve as an ideal setting for delivering oral health education, as children are easily accessible and receptive to learning.

Need for the Study

In rural areas of Gujarat, lack of awareness regarding proper brushing techniques, use of fluoridated toothpaste, importance of regular dental check-ups, and healthy dietary

practices contributes to poor dental health among children. Many parents also lack adequate knowledge, which further affects children's oral hygiene practices.

Primary school children often consume sugary foods and neglect regular brushing, increasing their risk of dental caries. Therefore, there is a pressing need to educate children at an early age through planned teaching programmes to improve their knowledge and prevent dental diseases.

This study aims to assess the effectiveness of a planned teaching programme in improving knowledge regarding dental health among primary school children in a selected rural school of Vadodara, Gujarat.

Objectives of the Study

1. To assess the pre-test knowledge regarding dental health among primary school children.
2. To assess the post-test knowledge regarding dental health after the planned teaching programme.
3. To evaluate the effectiveness of the planned teaching programme on knowledge regarding dental health.
4. To find the association between pre-test knowledge scores and selected demographic variables such as age, gender, class, and parents' education.

Hypotheses

- **H_1:** There will be a significant difference between pre-test and post-test knowledge scores regarding dental health among primary school children.
- **H_2:** There will be a significant association between pre-test knowledge scores and selected demographic variables.

Research Methodology

Research Approach

Quantitative research approach.

Research Design

Pre-experimental one-group pre-test post-test design.

Variables

- **Independent Variable:** Planned teaching programme on dental health
- **Dependent Variable:** Knowledge regarding dental health
- **Demographic Variables:** Age, gender, class, parents' education, parents' occupation

Setting of the Study

The study was conducted in a selected rural primary school at Vadodara district, Gujarat.

Population

Primary school going children studying in the selected rural school.

Sample Size

50 primary school children.

Sampling Technique

Non-probability convenience sampling technique.

Tool for Data Collection

- **Section A:** Demographic variables
- **Section B:** Structured knowledge questionnaire on dental health

Description of the Planned Teaching Programme

The planned teaching programme included topics such as:

- Meaning and importance of dental health
- Structure of teeth
- Common dental problems
- Causes and prevention of dental caries

- Proper brushing techniques
- Importance of balanced diet and regular dental check-ups

Teaching methods included lecture-cum-discussion with audiovisual aids.

Data Collection Procedure

Pre-test was conducted using the structured questionnaire. The planned teaching programme was administered on the same day. Post-test was conducted after seven days using the same questionnaire.

Data Analysis

Data were analyzed using descriptive and inferential statistics:

- Frequency, percentage, mean, and standard deviation
- Paired t-test to assess effectiveness
- Chi-square test to determine association

Results

- In the pre-test, the majority of children had inadequate to moderately adequate knowledge regarding dental health.
- In the post-test, most of the children demonstrated adequate knowledge.
- The mean post-test knowledge score was significantly higher than the mean pre-test score.
- Paired t-test showed a statistically significant difference at $p < 0.05$, indicating that the planned teaching programme was effective.
- No significant association was found between pre-test knowledge and selected demographic variables (or mention if found, depending on your requirement).

Discussion

The findings of the study revealed that the planned teaching programme significantly improved the knowledge regarding dental health among primary school children. This indicates that structured educational interventions are effective in enhancing awareness and understanding of oral health.

The results are consistent with similar studies conducted in rural school settings, which reported significant improvement in knowledge following health education programmes. Early education plays a vital role in preventing dental problems and promoting lifelong healthy practices.

Conclusion

The study concluded that the planned teaching programme was effective in improving knowledge regarding dental health among primary school children in a selected rural school at Vadodara, Gujarat. School-based dental health education should be implemented regularly to promote oral hygiene and prevent dental diseases among children.

Implications for Nursing Practice

- Community health nurses can play a key role in providing dental health education in schools.
- School health programmes should include regular oral health teaching sessions.
- Nurses can collaborate with dental professionals for early screening and prevention.

Recommendations

1. Similar studies can be conducted with a larger sample size.
2. Comparative studies between rural and urban schools can be undertaken.
3. Follow-up studies can assess the impact on practice and oral hygiene behavior.
4. Dental health education programmes should be included in school curriculum.

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