

PREVALENCE OF ORAL HABITS IN GOVERNMENT SCHOOL CHILDREN OF POONDI BLOCK, THIRUVALLUR

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ABSTRACT

INTRODUCTION: Oral habits are repetitive behaviour in the oral cavity that result in the loss of tooth structure.^[1] They pose a common problem to the Paediatricians and the children affecting their quality of life.^[1] Oral habits include mouth breathing, digit sucking, lip sucking , tongue thrusting , lip biting, nail biting , bruxism etc. Their effect is dependent on the nature, onset and duration of habits.^[1]

AIM: This study is done to know the prevalence of deleterious oral habits in 6-10year old government school going children in Poondi block, Thiruvallur.

MATERIALS AND METHOD: A total of 500 students aged 6-10 years were screened from the list of Government schools randomly selected for the study. Out of the 500 students, 224 were males and 276 were females. Examination of oral cavity was done using mouth mirror, explorer and torch light by making the students to sit upright in chair.

RESULT: Out of the study population, 60% (300children) showed the presence of at least one of the oral habits. Among the oral habits the highest prevalence rate was registered for tongue thrusting (24.8%).

CONCLUSION: There is a need for educating the children and the parents about the deleterious effects produced by indulging in such habits so that preventive and interceptive procedures can be planned meticulously to prevent any damage caused by such habits to the structures of the orofacial region .

KEYWORDS

Oral habits, mouth breathing, tongue thrusting, nail biting, digit sucking.