

Socio-demographic factors and practices influencing the oral health of undergraduate students in University of Jaffna

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Background: Oral health practices among university students have significant implication not only for the students themselves, but also for the future generation. The findings of the study helped to understand the current practices among university students regarding oral health and hopefully lead to better health education and health promotion programmes. The aim of this study is to assess the factors and practices influencing the oral health of students in all faculties and units of the University of Jaffna.

Methods: This was the institutional based cross sectional descriptive study on university students. Study population was students of University of Jaffna during our research period. Multistage stratified sampling technique was used to select a representative sampling. The participants were selected in proportion to the different population in the faculties. Data was collected from the participants by using self- administrated questionnaire. It was prepared, under the guidance of our supervisors to achieve our objectives.

Results: The total of 867 questionnaires were distributed from December, 2017 to, January 2018 and the total number of valid returned questionnaires were 826, giving the overall response rate of 95.27%. Most of the students (95.76%) had the habit of brushing teeth at least once in a day. Toothpaste (85%) and tooth brush (87%) were used for cleaning teeth. Most of Students (88.74%) also had the habits related to gum care.

Conclusion: Oral health practices significantly related with age, sex, monthly family income, district, ethnicity and faculty.

Key words: oral health practices, students, Jaffna