

# Knowledge, Attitude and Practice (KAP) of Oral Hygiene Awareness in College going Students- A Cross Sectional Questionnaire Survey

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## ABSTRACT

*Oral health is one of the most important factors determining the health of an individual. As it is considered not so important issue people usually neglect their oral hygiene. Oral health knowledge contributes to good oral health, but unless attitudes and habits are developed and put into practice, little will be gained. It is important to review the knowledge, attitude and practices of oral health of college students.*

**Aim and Objectives:** *To study the knowledge, attitude and practice habits of college going students regarding oral hygiene.*

**Materials and Method:** *A descriptive cross sectional study was conducted among 110 college students. A pre-formed pre-tested questionnaire was used to assess the respondents. Data was analyzed using standard statistical software.*

**Results:** *A total of 110 respondents enrolled in the study. The mean age of the respondents was 22.39 with the lowest age being 17 years and the highest being 38 years. The average knowledge, attitude and practice component were 64.24%, 55.45% and 63.33% respectively. Despite of 63% practice component 15% of the respondents consume Hookah regularly which is an alarming rate.*

**Conclusion:** *Our preliminary results suggest that knowledge; attitude and practice component of the respondents was low, suggesting a gap in oral health education. Aggressive application of oral health awareness, education, and practices should be carried out to raise the knowledge and promote preventive practices regarding oral health issues in the society.*