

A study on Attitude and Awareness of people regarding the usage of mouthwash in India

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Under the Supervision and Guidance of

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CERTIFICATE

This is to certify that **Urvashi Jain** in partial fulfillment of the requirements for the award of the degree of **MBA (hospital and health management)** from the IIHMR University, Jaipur has successfully completed her internship at **Group Pharmaceuticals** during March 22, 2021 to June 19, 2021.

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* INTRODUCTION

- Improper oral hygiene plays main role in etiology of the formation of dental plaque which further leads to gingival inflammation, redness and swelling and destruction of periodontal tissue.
- Brushing the tooth on regular basis is the main method of removing supragingival plaque.
- Mouthwashes must be used as together to mechanical brushing because mouthwashes have good penetrating abilities and they must not be considered as substitutes for mechanical plaque disruption.
- The two main mechanisms of plaque removal are mechanical removal of plaque which includes tooth brushing and interdental cleaning aids and usage of chemical agents in removing plaque or also use of mouthwash helps on removing food debris and removes stains also.
- mouthwashes are antiseptic solutions intended to reduce the microbial load in the oral cavity, although other mouthwashes might be given for other reasons such as for their analgesic, anti-inflammatory or anti-fungal action. Cosmetic mouth rinses temporarily control or reduce bad breath and leave the mouth with a pleasant taste. Patients and oral health practitioners are faced with a multitude of mouthwash products containing many different active and inactive ingredients.

* MATERIALS AND METHODOLOGY

- ❑ The subjects of the study were Attitude and awareness towards mouthwashes and uses among Dentist, graduates and postgraduates students and professionals was presented in the form of questionnaire.
- ❑ An online questionnaire in the form of Google forms was prepared and was updated on different social media platform. The questionnaire consisted of 10 questions which were used from a self-constructed questionnaire.
- ❑ For the primary data collection the questionnaire the response format had choices from which the subjects can choose their answers from the options given. The questionnaire was developed to gain demographic information, information on knowledge, attitude, and awareness towards mouthwashes and uses among Dentist, graduates and postgraduates students and professionals, this study is fully based on primary data collection but the literature review is from the secondary research.

QUESTIONNAIRE

1. What is your age?

2. What is your gender?

- a) Male**
- b) Female**
- c) Other**

3. What is your qualification?

- a) BDS**
- b) MDS**
- c) Dental experience 1-3 years**
- d) Other degree course**

4. What are the brands you are aware of mouthwashes?

- a) Listerine**
- b) Betadine**
- c) Colgate Plax**
- d) Others**

5. Do you think mouthwashes can be used on the regular basis?

- a) Yes**
- b) No**
- c) May be**

6. If yes then why do you prefer a particular brand mouthwash?

Effective action

- a) Cost effective**
- b) Taste is good**
- c) Easily available**

7. In your opinion what do you think mouthwash does?

- a) Reduce plaque formation**
- b) Helps in improve your gum condition**
- c) Reduce bad breathe**
- d) Other**

8. How many times do you think mouthwash can be used in a day?

- a) Once in a day**
- b) Twice in a day**
- c) More than twice a day**

9. In your opinion in which case you prefer to use mouthwash?

- a) Gingivitis**
- b) Periodontitis**
- c) Bad breathe**
- d) Mouth ulcers**
- e) Dental caries**
- f) Others**

10. In your opinion do you think mouthwash will improve oral health condition?

- a) Yes**
- b) No**
- c) May be**

* RESULTS

In the result there is data analysis of every question that is asked in the questionnaire in the form of pie charts, graphs and columns.

In the result every question answer in the detailed form, which gives that 24 years and 25 years people are more into this study, in which 46% are male and 54% are female , most of the people are MDS and BDS , and in this most people are aware of Listerine and beta dine mouthwash , most of the participant think mouthwash can be used regularly and they use that particular because , it is cost effective and taste is good while for reducing the bad breathe and reduce the plaque formation . And most participants uses mouthwashes twice a day and most of them think oral health can be reduced by the use of mouthwash.

- * The average age of the participants who participated in this study was 21–27 years.
- * The maximum number of people is the age of 24 years that is 30 and the second highest number of the of the people in the age of 25 years

- * 46% are males who are participated in this study
- * And 54 % are the female who gave responses
- * As out 108 people, 42% of respondents are BDS while other 36% are the MDS , who in initial years of their practice , and 19% of the 2-3 years of experience in dental professionals
- * Least is 3% who has other degree courses.
- * So most of respondents are aware of Listerine like 61.40% people aware about Listerine
- * 60.70% people think that mouthwash should be used regular while other 21.40% thinks mouthwash cannot be used regularly.
- * 40.30% uses mouthwash to reduce bad breath, because bad breath is indication of bad oral hygiene
- * About 52.10 % of the participants think that using mouthwashes can improve oral health of the people , whereas the other 44.20% of the people trusts that mouthwashes not increases or improve the oral health condition
- * While 3.70% may or may not be improve oral health conditions of the people .

* CONCLUSION

In this study, 60.40% Listerine is used by the patients or the participants , 60.70% used mouthwash regularly because in their opinion that is 42.60% participants thinks it cost effective , cheap and 33.60% used due to pleasant taste , 40.30% reduces bad breath and overcome patients from halitosis and gingivitis and preferred for periodontitis and 74.70% people used twice a day mouthwash can be used twice a day this much of participants thinks that and 52.10 % people thinks it improves oral health condition

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*THANK YOU