

Dental Aesthetic Self-Assessment among Dental Students

MUHAMMAD MASOOD KHAN¹, UMAR NASIR², SADIA NISAR AHMED³, HASEEB AHMAD⁴, AFREENISH MALIK⁵, MAIDHA JADOON⁶

¹Assistant Professors, Department of Oral and Maxillofacial Surgery, Khyber Medical University, Institute of Dental Sciences Kohat

²Assistant Professors, Department of Oral Biology, Khyber Medical University, Institute of Dental Sciences Kohat

³Assistant Professor Orthodontics, Bacha Khan College of Dentistry, Mardan

⁴Lecturer Oral Biology, Peshawar Dental College, Peshawar

^{5,6}Residents MHPE, Khyber Medical University, Peshawar

Correspondence to: Umar Nasir, Email: umar2015@yahoo.com.

ABSTRACT

Background: Satisfaction with dental appearance is significant amongst youths as decision concerning the individual features, of persons is inclined by their dental look in the lack of other data.

Aim: To govern the self-assessment dental look pleasure among dental students

Study Design: descriptive cross-sectional study

Place and Duration of Study: Khyber Medical University, Institute of Dental Sciences Kohat from 1st March 2021 to 31st October 2021.

Methodology: Two hundred and fifty students were enrolled. The history of jaw trauma or those getting or had received orthodontic management were excluded.

Results: There were 112 (44.8%) males and 138 (55.2) females with mean age was 21±1.30 years. One hundred and forty seven (58.8%) dental students had good psychological wellbeing concerning their dental aesthetic appearance whereas 73 (29.2%) dental students had satisfactory and 30 (12%) had poor psychological well-being concerning their dental looks.

Conclusion: More than 50% of the students stated happiness with their dental appearance. Male students were better gratified than the female students which are apparently due to the nature of women and the pressure and delusion of our culture that only good looking girls will find a groom with better future.

Keywords: Dental aesthetic, Self-assessment, Oral subjective Impact Scale (OASIS), Khyber Medical University- Institute of Dental Sciences (KMU-IDS)

INTRODUCTION

The appearance plays an active part in the self-confidence and psychosocial aspect of an individual. It also assists social esteem, integration and recognition in a society as it plays a key part in physical and facial looks of an individual.¹ Facial attraction specifically aesthetic presence plays an important role in social contacts. It may affects performance, marriage proposal, personality assessments and employment prospects.² Self-assessment of the dentofacial area has been acknowledged, as a important analysis for the worldwide, ability and upset, theoretical and physical fields of self-idea.³ Several studies stated that persons with fewer dental anomalies are arbitrated to be more informally skilled, display better knowledgeable success and have improved psychological change.^{1,3}

Though such changes can be found in individuals of any age, teens seem to be most affected psychologically by the effect of aesthetic appearance, as they are at a stage in life when aesthetic standards begin to have a direct impact on self-esteem and the way they relate and live in society.⁴ Facial attraction and smile attraction appear intensely associated to each other. The point is, that in social communication, one's devotion is mostly focused towards the mouth and orbits of the chatterer's face.⁵ Dental appearance happiness is substantial amongst youths since judgment concerning the individual features of persons is prejudiced by their dental appearance in the lack of other evidence.⁶

The purpose of this study was to govern the self-assessment dental look happiness among dental students studying in KMU-IDS.

MATERIALS AND METHODS

This descriptive cross-sectional research was carried out among students, studying at KMU-IDS from 1st March 2021 to 31st October 2021. Students with history of trauma of jaw or those who are getting orthodontic management and those who have received orthodontic management were omitted from the study. Ethical consent for the study was taken from the Institutional Review Board of KMU-IMS/IDS with reference number ERC/KIMS/2021/01.

The Oral Aesthetic Subjective Impact Scale (OASIS)⁷ is a fresh self-assessment tool which has been used to measure

perceptive management need. It is an end user fabricated measure, based on a socio-psychological influence of sample dental presence. This scale measures the impact of outside bearings by probing inquiries about their understandings of others and themselves, as well as about their previous behaviour interconnected to the look of their dental appealing.⁷ OASIS is made up of five questions targeting doubts and self-assessment of dental appearance, and how oral anomalies negatively affect individual's lifespan and the communal rapport. Each query is recorded on a 1 to 5 Likert measure. Five queries were inquired from each undergraduate and rendering to their responses recording was assembled. Aggregate marks were calculation of all five items, stretching amongst 5 and 25. A total of 16 or beyond specified sternly psychologically pretentious enduring. Score amongst 5 and 10 were reflects as decent, 11-15 as acceptable and 16-25 as poor psychological wellbeing respectively. The data was entered and evaluated using SPSS-26. Chi-square test was functional to associate psychological well-being in both sexes.

RESULTS

One hundred and twelve (44.8%) were males and 138 (55.2%) were females. Mean age was 21±1.30 years; 61 (24.4%) were 19 years, 52 (20.8%) were 20 years, 55 (22%) were 21 years, 64 (25.6%) were 22 years, and 18 (7.2%) were 23 years old (Table 1).

A total 147 (58.8%) dental students had decent psychological well-being about their dental appealing expression whereas 73 (29.2%) dental students had acceptable and 30 (12%) had poor psychological wellbeing about their dental expression respectively (Table 2).

Table 1: Comparison of age according to genders

Age (years)	Male	Female
19	25 (22.3%)	36 (26.09%)
20	27 (24.15)	25 (18.12%)
21	20 (17.88%)	35 (25.36%)
22	29 (25.9%)	35 (25.36%)
23	11 (9.82%)	7 (5.07%)

A total of 85 (61.60%) female students had decent psychological well-being about their dental expression while 34 (24.64%) and 19 (13.76%) female students had acceptable and poor psychological wellbeing respectively. Whereas, 62 (55.35%)

male students had decent psychological well-being about their dental presence while 39 (34.82%) and 11 (9.83%) male students had acceptable and poor psychological wellbeing regarding their dental appearance respectively (Table 3).

Table 2: Distribution of Oral Aesthetic Subjective Impact Scale (OASIS)

OASIS Categories	No.	%
Decent	147	58.80
Acceptable	73	29.20
Poor	30	12.00

Table 3: Gender-wise distribution of (OASIS) in partakers

Gender	OASIS Categories			P value
	Good	Satisfactory	Poor	
Female	85(61.6%)	34(24.64%)	138(100%)	<0.01
Male	62(58.8%)	39(34.82%)	112(100%)	

DISCUSSION

The OASIS is grounded on a Likert measure which is supposed to placed inadequate reasoning anxieties on the accused.⁸ Though predominantly customary for use in teenagers, has been used in a quantity of grownup studies.⁹ Self-valuation dental artistic manifestation is progressively getting attention as of its extrapolation in aesthetic attention and patient-concern well-being care spreading desire devolution.¹⁰

In the existing carried study more fifty percent (58.5%) of the undergraduates expressed Decent response concerning their dental aesthetics, similar to the study piloted by Samorodnitzky-Naveh et al¹¹ amongst dental visiting in Israel (62.7%) with study population size of 407 grownups beyond 21 years, Akarlan et al¹² stated from Turkey (57.3%) and Tin-Oo et al¹³ reported amongst Malaysian adults (47.2%). Results of the recent study remained greater than by Meng et al¹⁴ findings amongst speckled subjects of adults in Florida, Alkhatib et al¹⁵ remarks amongst phase cluster of 16-34 years in UK and Hamamci et al¹⁶ testimony from Turkish Institution of higher education learners.

CONCLUSION

More than 50% of the subjects stated happiness with their oral aesthetic. Males were better gratified than the female students which are apparently due to the nature of women and the pressure and delusion of our culture that only good looking girls will find a groom with better future.

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