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## Perception of dental esthetics among dental and non dental students

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### Abstract

The aim of the study is to evaluate about the perception of dental esthetics among dental and non-dental students. It is a cross sectional study including 100 students (60 students from Dental and 40 from non-dental). The subjects were asked to answer 22 questions which are multiple choice types. Comparative graphs are made and discussed. This study was conducted to compare dental esthetics perception among dental and non-dental students. This study was carried out among students from Thai Moogambigai Dental College and Hospital and Thai Moogambigai Polytechnic College, Mogappair West, Chennai. A total of 100 students were selected and self-constructed questionnaire was given to them. The response is obtained from the students were evaluated in terms of numbers and percentage. The results of this study show that lack of awareness among non-dental students when compared to dental students. Dental students are more perceptive to smile alterations, gingival display while non- dental students were more tolerant to these changes.

**Keywords:** Esthetics, dental students, smile perception, psychological impact.

### Introduction

The word aesthetics originates from greek word ‘aisthesis’ (perceive). Face is a desirable element. A variety of factors including teeth form or position and gingival tissue levels influence the overall smile aesthetics<sup>[1]</sup>.

Therefore, the main aim of dentist is to increase the self-confidence of the patient through his/her treatments. In the current society we live in, where physical appearance is given more importance to, people spend their time & resources visiting dentist and receiving treatments to make themselves look more presentable<sup>[2]</sup>.

Esthetics is an individual and subjective concept. Each person has a particular way to self-assess his or her own appearance.

Periodontics is a branch of dentistry that specializes in prevention, diagnosis and treatment of periodontal diseases and in the placement of dental implant. They are also trained in performing cosmetic periodontal procedures<sup>[3]</sup>.

### Materials and Methods

This is a cross sectional study. A total of 100 students of age group from 18 to 22 were selected from Thai Moogambigai Dental College and Hospital and Thai Moogambigai Polytechnic College, Mogappair West, Chennai. 60 subjects were selected from dental college and 40 from polytechnic college.

The subjects were briefed about the study and informed consent was obtained from them. Ethical committee approval was obtained from the university.

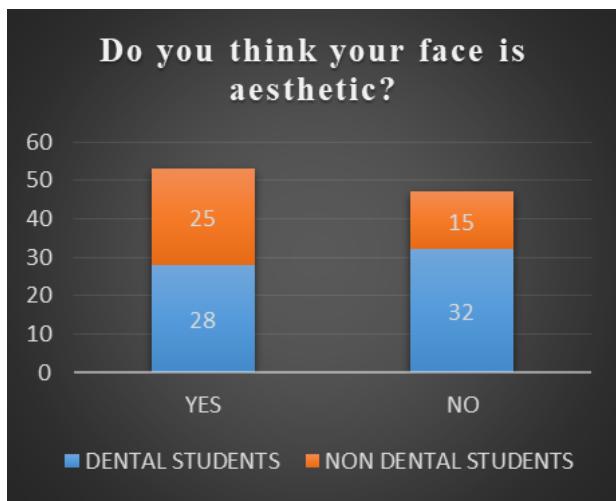
The questionnaires are based on overall facial esthetics, smile perception, gingival display and recession. The questionnaire consists of 22 question.

### Results

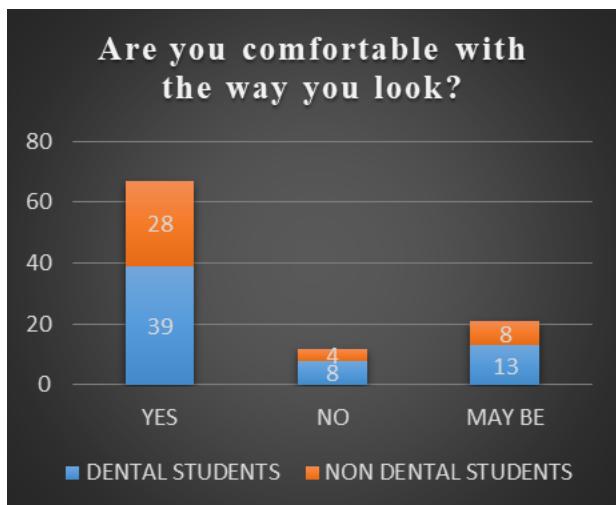
Responses obtained from question number 1

### Corresponding Author:

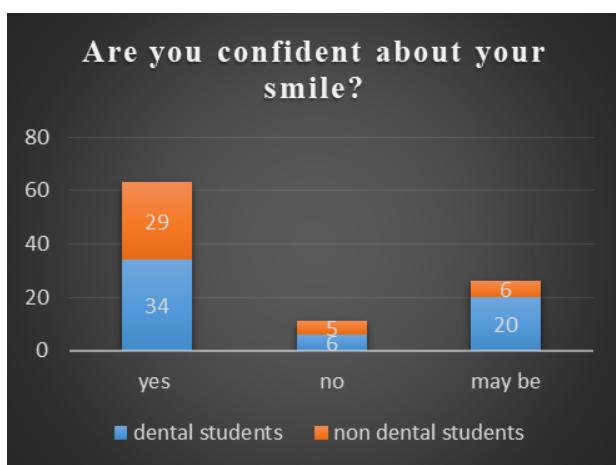
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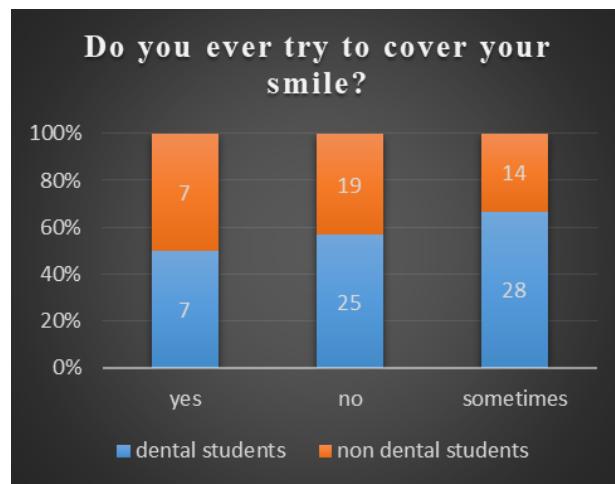
47% responded yes from Dental students and 63% responded yes from Non-Dental students responses obtained from question number 2



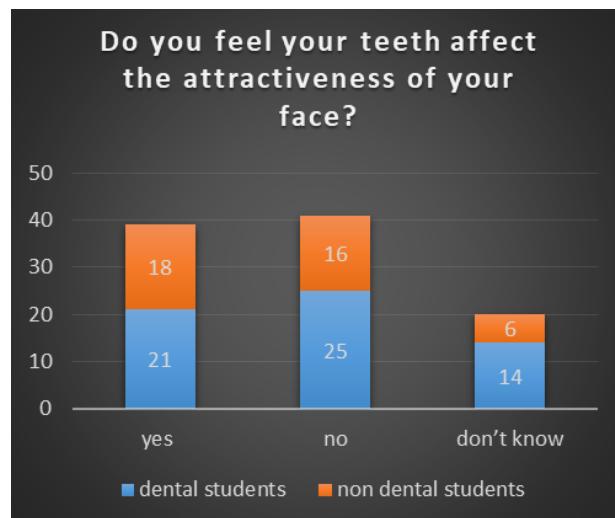
65% responded yes from Dental students and 70% responded yes from Non-Dental students Responses obtained from question number 3



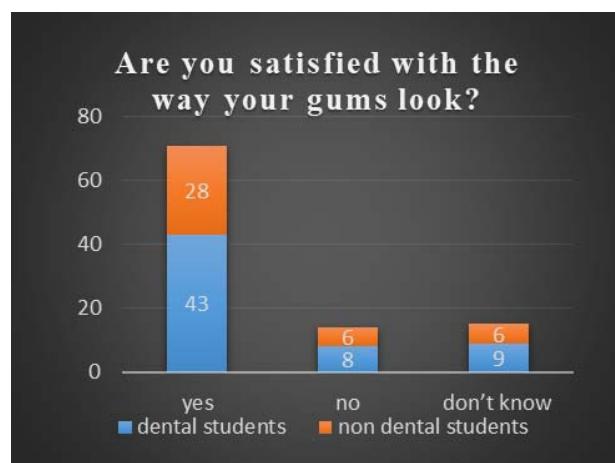
60% responded yes from Dental students and 73% responded yes from Non-Dental students responses obtained from question number 4



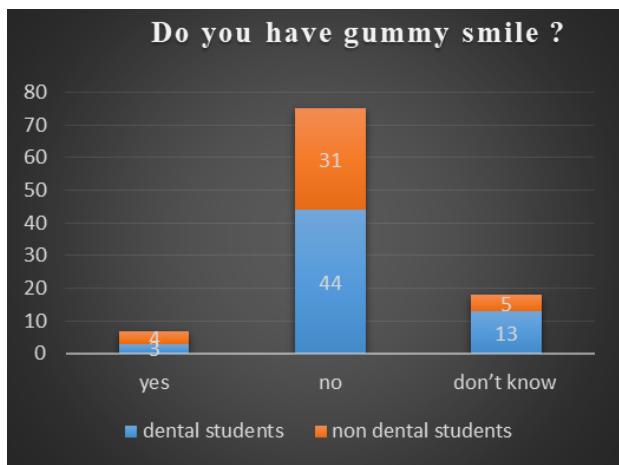
12% responded yes from Dental students and 18% responded yes from Non-Dental students responses obtained from question number 5



35% responded yes from Dental students and 45% responded yes from Non-Dental students responses obtained from question number 6

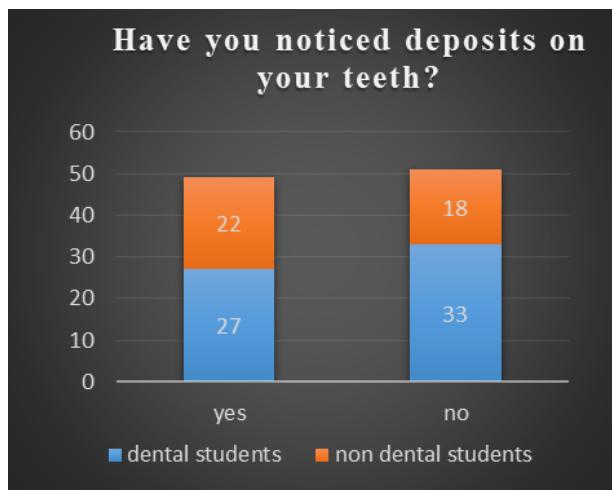


72% responded yes from Dental students and 70% responded yes from Non-Dental students responses obtained from question number 7



5% responded yes from Dental students and 10% responded yes from Non-Dental students.

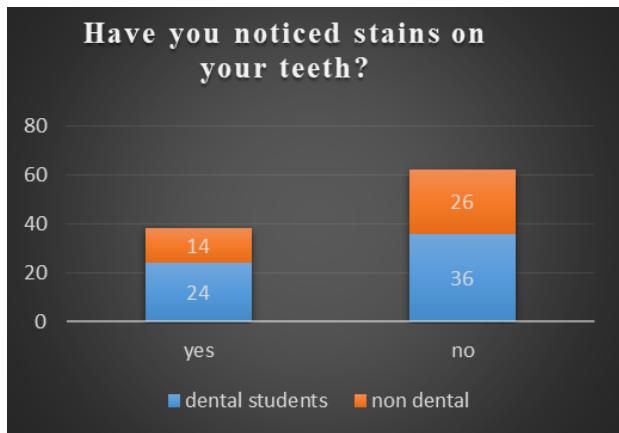
Responses obtained from question number 8



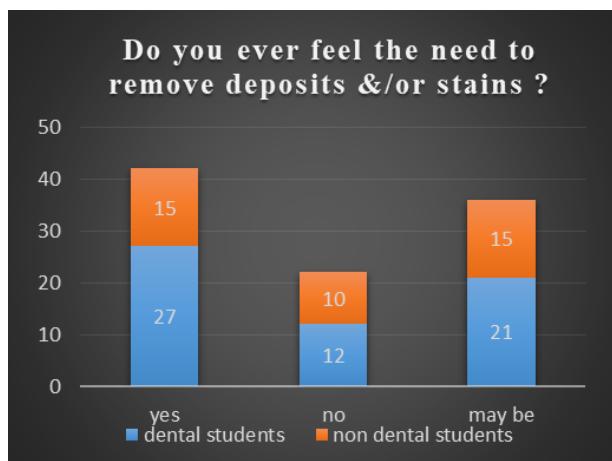
Responses obtained from question number 10

45% responded yes from Dental students and 55% responded yes from Non-Dental students.

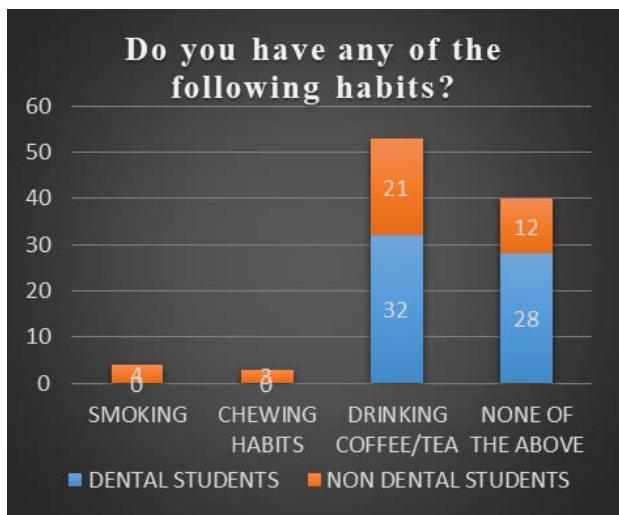
Responses obtained from question number 11



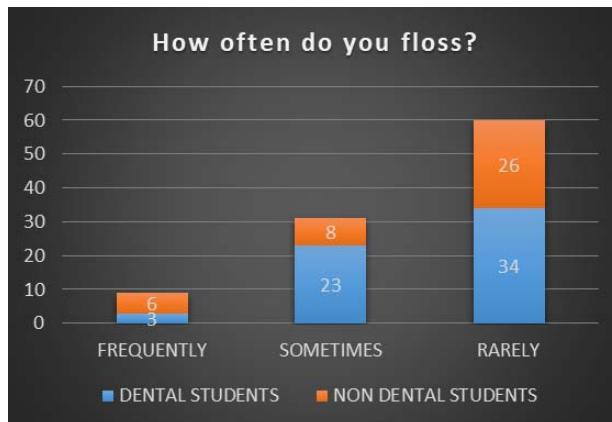
40% responded yes from Dental students and 35% responded yes from Non-Dental students responses obtained from question number 9



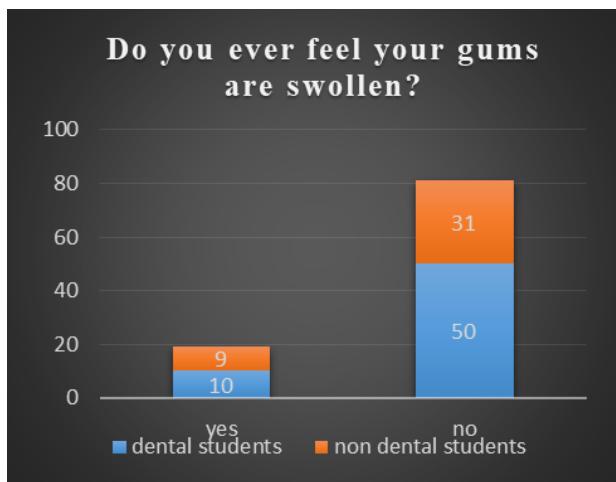
45% responded yes from Dental students and 38% responded yes from Non-Dental students responses obtained from question number 12



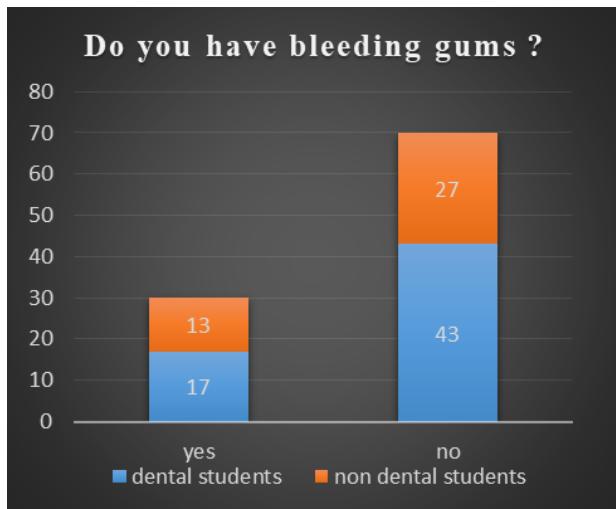
53% of dental students have habit of drinking coffee/ tea and 52.5% of non dental students have habit of drinking coffee/ tea



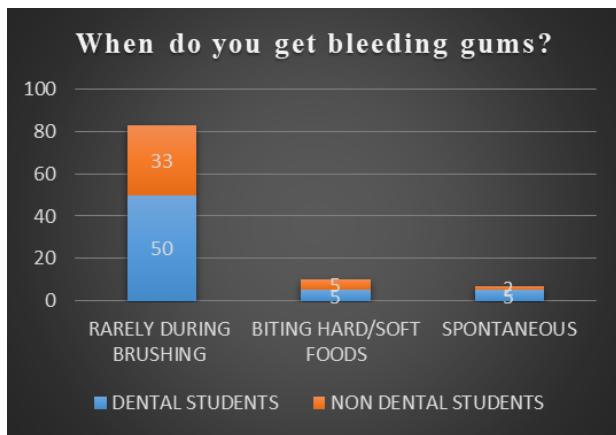
57% of dental students and 65 % of non dental students floss their teeth rarely responses obtained from question number 13



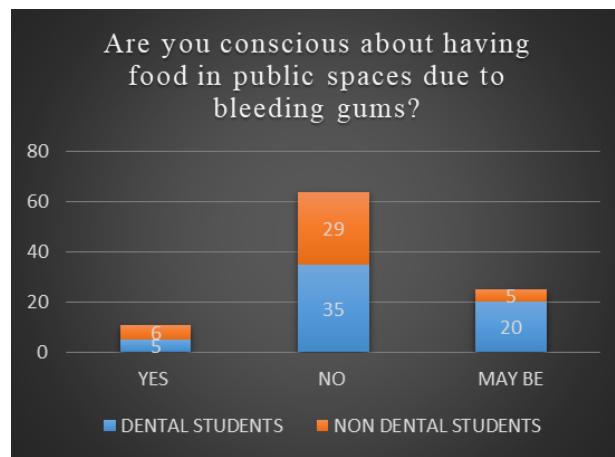
17% responded yes from Dental students and 23% responded yes from Non-Dental students responses obtained from question number 14



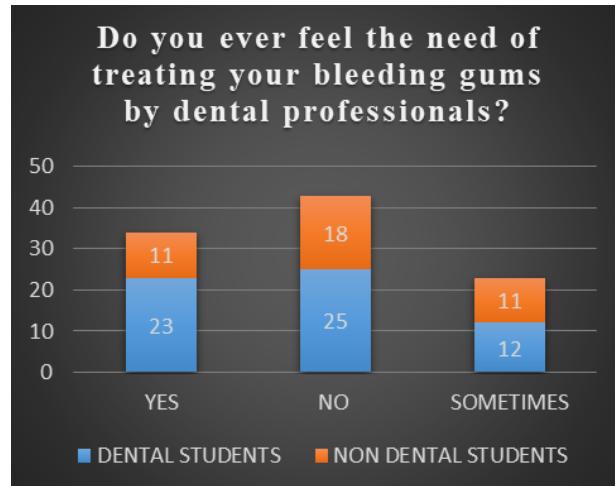
28% responded yes from Dental students and 33% responded yes from Non-Dental students responses obtained from question number 15



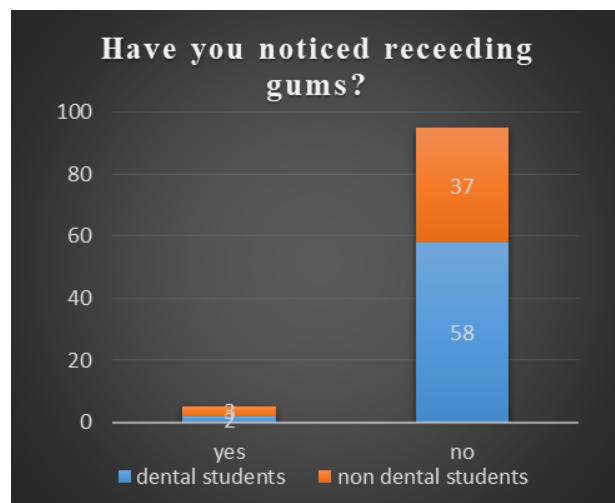
83% of dental students and 82 % of non dental students get bleeding gums rarely responses obtained from question number 16



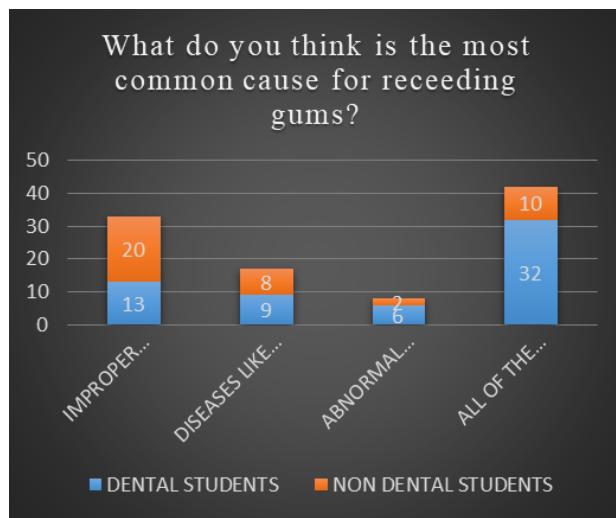
8% of dental students and 15% of non dental students are conscious about having food in public spaces due to bleeding gums responses obtained from question number 17



38% of dental students and 27% of non dental students felt the need of treating their bleeding gums responses obtained from question number 18

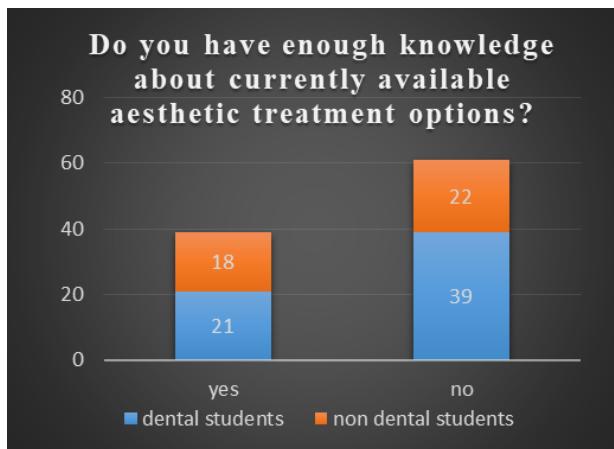


3% responding yes from Dental students and 7% responding yes from Non-Dental students responses obtained from question number 19

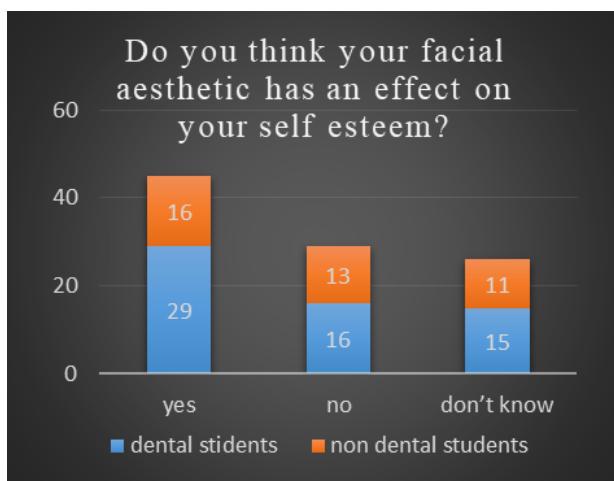


53% of dental students feels improper tooth brushing, periodontitis and abnormal tooth positioning are the common cause for receding gums and 50 % of non dental students feels improper tooth brushing is the common cause for receding gums.

Responses obtained from question number 20



35% responded yes from Dental students and 45% responded yes from Non-Dental students responses obtained from question number 21



46% responded yes from Dental students and 40% responded yes from Non-Dental students

## Discussion

The result of this study draw special attention to the difference between perception of Dental students and Polytechnic students.

### Face Confidence

Dental factors play an important role in the physical perception of an individual and for boosting self-confidence. The face is one of the most important part to show physical beauty. Smile plays an important role in self-confidence and self-esteem. Everyone's desire is to correct their smile by improving dental appearance. Smile plays an important role in the evaluation of facial attractiveness. 47% from Dental students and 63% from Non-Dental students are satisfied with their facial esthetics. 65% of Dental students and 70% of Non-Dental students are comfortable with the way they look. 60% of Dental students and 73% of Non-Dental students are way too confident about their smile. 12% from the Dental and 18% Non-Dental students have tried to cover their smile. 35% of Dental students and 45% of Non-Dental students have felt that the teeth affect their attractiveness of the face. It is good to know that not only dental students but also non-dental students had a knowledge on esthetics and were aware about dentistry being one of the component of esthetics [4].

### Gingival Display

Gingival display be partly responsible for smile esthetics. Lack of gingival display and complete exposure of gingiva affects smile esthetics. 72% from Dental students and 70% from Non-Dental students are satisfied with the way their gums look. 5% from Dental students and 10% from Non-Dental students having gummy smile. There should be increased knowledge on treatment for excessive gingival display. Only then they could communicate this to the patients and enhance their pleasing smile [5].

### Stains and Deposits

Tooth discoloration, Gum swelling and Gum receding are a frequent dental findings associated with esthetic problems. Gum swelling may occur due to various causes such as Deposits, Gingivitis, Pregnancy, Infections like Herpes and Oral thrush, Malnutrition and side effect from medication. Recession of gums occur due to apical migration of marginal gingiva by leaving the root surface exposed. 40% from Dental students and 35% from Non-Dental students have noticed stains on their teeth. 45% from Dental students and 55% from Non-Dental students have notice deposits on their teeth. 45% from Dental students and 38% from Non-Dental students have felt the need to remove the deposits or stains on their teeth. 17% from Dental students and 23% from Non-Dental students have felt their swollen gums. 28% from Dental students and 33% from Non-Dental students having bleeding gums. 3% from Dental students and 7% from Non-Dental students have noticed their receding gums. Regular maintenance of oral hygiene should be made mandatory. The present study data showed only 40-50% had wanted to clean their teeth that has to be improved.

### Bleeding Gums

Bleeding gums can be a sign that you have or may develop gum disease. Bleeding gums occur due to following causes like vitamin c deficiency(scurvy), any bleeding disorders, improper flossing. 28% from dental students and 33% from non dental students have bleeding gums. 8% of dental students and 15% of non dental students are conscious about

having food in public spaces due bleeding gums. 38% of dental students and 27% of non dental students felt the need of treating their bleeding gums. They should be aware that bleeding is an initial sign of disease, by treating the gingival bleeding they could control the underlying disease.<sup>[6]</sup>

### **Psychological impact**

Self satisfaction, social behavior and psychological well-being are inter related. This facts reflected in the findings. Hiding teeth while smiling is a reflection of dissatisfaction and comparison with others may lead to dissatisfaction which may have negative effect on the psychological well being. 46% of dental students and 40% of non dental students feel facial aesthetics affects their self esteem. Knowledge about the various treatment modalities – surgical, restorative and psychological approaches should be increased. In current scenario, interdisciplinary approach to improve the esthetics is the trend. Students should have more seminar on that field.<sup>[7]</sup>

### **Conclusion**

The present study shows that Dental students are more aware of their dental esthetics than the Non-dental students. Need of treatment is also more correctly identified by dental students. The self perceived image of dental esthetics can remarkably affect an individual's social and psychological well being which affects their self-confidence.

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