



## The Impact of Dental Aesthetics on the Psycho-social Behaviour and Self Confidence in University Students in Chennai.

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### ABSTRACT

The study aims to evaluate the satisfaction and self-confidence of university students in chennai city over their perception on smile and dental aesthetics. Face is the index of the mind. A smiling face always creates a positive impact. There is an increased demand for dental smile or aesthetic makeover among the public. Increased concern has been expressed amongst the university student's pursuing higher education regarding dental aesthetics. However the magnitude of this impact needs to be explored further in detail. A cross sectional survey was conducted to evaluate the psychological and social behaviour, self-confidence and smile satisfaction among the university students in chennai city. A self-administered PIDAQ (psychosocial impact of dental aesthetics questionnaire) questionnaire was sent to 215 students across 5 different universities in chennai city. Out of the 215 questionnaires sent to the students a positive response was received from 165 students. The pertinent data were extracted from the questionnaire, tabulated and subjected to statistical analysis. Out of the 165 respondents 88 were male and 77 were females. Age group was 21+\_ 3.5 years respectively. 55.1% of the students were satisfied with their smile, 32.3% were partly satisfied and the remaining was unsatisfied. About 34.4% of students weren't satisfied with their teeth arrangement, 17.1% weren't satisfied with their lip colour and tooth colour. About 60.3% of the students do not hide their teeth when they smile. About 65% of the students liked their teeth when they saw it in the mirror or photographs. 58.6% of the students have received comments or suggestions from others about their teeth. About 50.6% of the students were conscious about the way they smile around the opposite gender. Also 63.1% wished their teeth looked better. Only 19.2% of the student considered their teeth to be the factor affecting their looks. From this study it was concluded that the dental aesthetics plays a crucial role in influencing a person's self-confidence and social behaviour among the study subjects. Increased awareness programs regarding the treatment and management strategies to improve dental aesthetics needs to be initiated to address the increasing aesthetic demands on the student population.

**Keywords:** Dental aesthetics, smile satisfaction, psycho-social behaviour, university students.

### INTRODUCTION

Face is the index of mind. A good smile always leaves a positive impact on people. The aesthetic impact of smile can be divided into 4 specific areas: Gingival aesthetics, facial aesthetics, microaesthetics, and macroaesthetics. In our beauty conscious society, media has proved that a good aesthetic look always has a positive impact on the people. This has led to overwhelming aesthetic make over by the public.<sup>1</sup> Dental aesthetics is an important factor when it comes to beauty of the face.

Sometimes Dental aesthetics plays an important role while judging the personal characteristic of a person.<sup>2</sup> Some prestigious professional groups considers good dental appearance as an important factor while recruiting. Studies on self-perception have shown that tooth loss is associated with functional, psychological, and social impacts on the individual.<sup>3</sup> Improving dental appearance by restorations has found to have a positive effect on the patient's self-esteem and quality of life.<sup>4</sup> According to world health organisation, a good oral health is not only the absence of disease and dysfunction but it includes its influence on subject's social life and Dento-facial self-confidence.<sup>5</sup>

In this study the university students are questioned about their dental aesthetic satisfaction and their self-confidence about their dental-facial appearance.

### MATERIALS AND METHOD

A cross sectional study was conducted by sending questionnaires via electronic mail to university students pursuing various courses in various colleges in chennai and students from the dental stream are excluded from the study. The questionnaire was sent to 215 people among which 165 students responded.

PIDAQ questionnaire was analysed and the questionnaire was prepared. The questionnaire evaluated the student's smile satisfaction, dissatisfying factor, social behaviour with respect to their smile. The data were then collected and tabulated. The data was analysed using SPSS software and results were interpreted.



**THE IMPACT OF DENTAL AESTHETICS ON THE PSYCHO-SOCIAL BEHAVIOUR AND SELF CONFIDENCE IN UNIVERSITY STUDENTS IN CHENNAI**

**Sex**

- Male
- Female

**1.Are you satisfied with your smile?**

- Yes
- No
- Maybe

**2.Which aspect of your smile you aren't satisfied of?**

- Tooth colour
- Tooth shape
- Tooth size
- Lip colour
- Tooth arrangement
- Gingiva colour and position

**3.Do you hide your teeth when you smile?**

- Yes
- No
- Maybe

**4.Do you like your teeth when you see it in the mirror or photographs?**

- Yes
- no

**5.Have you received any kind of comments or suggestions about your smile from others?**

- Yes
- No

**6.Are you conscious about the way you smile when you are around the opposite sex?**

- Yes
- No

**7.Do you wish that your teeth looked better?**

- Yes
- No

**8.Is your teeth a reason you aren't satisfied with the way you look?**

- Yes
- No

**Image:1**

**RESULTS**

Total of 88male (53.5%) and 77 females (46.5%) participated in the study. Mean age of the students were 21+\_3.5 years.

55.1% of the students were satisfied with their smile, 32.3% were partly satisfied and the remaining were unsatisfied.About34.4% of students weren't satisfied with their teeth arrangement, 17.1% weren't satisfied with their lip colour and tooth colour. About 60.3% of the student doesn't hide their teeth when they smile. About 65% of the students liked their teeth when they saw it in the mirror or photographs.58.6% of the students have received comments or suggestions from others about their teeth. About 50.6% of the student was conscious about the way they smile around the opposite gender. Also 63.1% wished their teeth looked better. Only 19.2% of the student considered their teeth to be the factor affecting their looks.

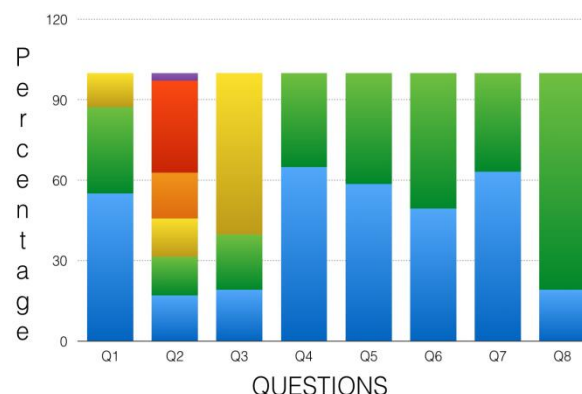
**DISCUSSION**

In this study dental students were excluded because the knowledge and perception of dentist, dental students and normal people vary.<sup>6,7,8</sup>Thus this study targeted the university students of other courses. Majority of the students were satisfied with their smile, this was in accordance with the study conducted by Shaista Afroz et al.<sup>6</sup> most of the students were least worried about their gingival colour and appearance this was similar result to the study conducted by Samorodnitzky et al, Shaista Afroz et al, Jornung J et al.<sup>6,9,10</sup>

**Table: 1**

S. No	Questions	Options	Percentage
1.	Are you satisfied with your smile?	Yes Maybe No	55.1 32.2 12.7
2.	Which aspect of your smile you aren't satisfied of?	Tooth colour Tooth shape Tooth size Lip colour Tooth arrangement Gingiva colour and position	17.1 14.3 14.3 17.1 34.4 2.8
3.	Do you hide your teeth when you smile?	Yes Maybe No	19.2 20.5 60.3
4.	Do you like your teeth when you see it in the mirror or photographs?	Yes No	65 35
5.	Have you received any kind of comments or suggestions about your smile from others?	Yes No	58.6 41.4
6.	Are you conscious about the way you smile when you are around the opposite sex?	Yes No	49.4 50.6
7.	Do you wish that your teeth looked better?	Yes No	63.1 36.9
8.	Is your teeth a reason you aren't satisfied with the way you look?	Yes No	19.2 80.8

**IMAGE 2:**



More than half of the students were satisfied to see their teeth in the mirror and photographs; basically this explains the self-awareness and satisfaction of the student. When they observe themselves in the mirror or photographs they become more self-aware.<sup>6,11</sup>

Self-satisfaction, psychosocial behaviour is all related. This study observed that when the students are not satisfied with the appearance of their teeth they tend to hide it and become conscious around the opposite gender also they tend to receive comment from their fellow mates. Hiding the teeth while smiling is a sign of dissatisfaction.<sup>6</sup> The dental treatment must be carried out in such a way that it is aesthetically restored thus boosting the confidence of the patient. Age, gender and qualification also play an important role in the level of satisfaction of smile and aesthetics.

A study done on the finalists of a beauty pageant for two years also reveals that about 80% of them felt the need to improve the appearance of their mouth and 28% felt that the teeth detracted from their smile.<sup>12</sup>

It has been proved in many studies that the dental aesthetics of a person plays an important role in moulding the patients psycho social behaviour which can in turn affect their self-confidence.<sup>2, 5, 6, 13</sup> This study included only young students and the results cannot be used to evaluate elderly and adults with varying socioeconomic status.<sup>6</sup>

Also other long studies must be conducted to confirm the extent of age, sex, and quantification on dental aesthetics and self-confidence. None of the respondents were partially edentulous and the impact of tooth loss influencing the psychological status over smile could not be evaluated.

## CONCLUSION

From this study it was concluded that the dental aesthetics plays a crucial role in influencing a person's self-confidence and social behaviour among the study subjects. Increased awareness programs regarding the treatment and management strategies to improve dental aesthetics needs to be initiated to address the increasing aesthetic demands on the student population.

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