

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

ODNOS OTROK DO ZOBNEGA ZDRAVJA

CHILDREN'S ATTITUDE TOWARDS ORAL HEALTH

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POVZETEK

Uvod: Ustno zdravje otrok je pomembno za ohranitev mlečnega zobovja do izrasti stalnih zob, saj je tako omogočen normalen razvoj čeljustnih kosti in medčeljustnih odnosov. Hkrati je otroštvo obdobje, ko se oblikujejo vzorci vedenja, ki osebo spremljajo skozi življenje. Zato je takrat najlažje in najbolj smotno poskrbeti za zobozdravstveno vzgojo otrok in prehranjevalnih navad, ki vplivajo nanjo. Z raziskavo smo želeli ugotoviti odnos otrok v osnovnih šolah do zobnega zdravja.

Metode dela: Raziskava je temeljila na kvantitativni metodi raziskovanja. Uporabili smo metodo deskripcije-in tehniko anektiranja. Za instrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda literature. Uporabili smo neslučajnostni, namenski vzorec, v katerega smo vključili 63 celjskih petošolcev treh osnovnih šol. Pravilno izpolnjenih je bilo 63 anketnih vprašalnikov, kar predstavlja 100 % realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Office Excel 2010.

Rezultati: 50 (79,4 %) anketiranih otrok navaja, da si zobe umiva dvakrat dnevno. 50 (35,7 %) otrok si zobe umiva zaradi ustne higijene. 35 (55,6 %) otrok pravi, da poje pet obrokov dnevno, 46 (71,9 %) anketiranih se največkrat odžeja z navadno vodo. 29 (46,0 %) anketiranih zaužije vsaj enkrat dnevno sladkarije. 60 (95,2 %) anketiranih je seznanjenih s sodelovanjem na tekmovanju Lepi zobje. 62 (98,4 %) otrok pravi, da jih je medicinska sestra, ki vodi tekmovanje Lepi zobje, seznanila in poučila, kako se pravilno umiva zobe. 34 (54,0 %) otrok je odgovorilo, da je največ informacij o zobeh in skrbi zanje dobi od staršev. Skoraj polovica otrok ocenjuje vlogo medicinske sestre pri zobozdravstveni vzgoji kot zelo pomembno. 43 (69,4 %) anektiranih ne potrebuje dodatnih informacij o higieni zob.

Razprava in sklep: Ugotavljamo, da si večina otrok redno in rada umiva zobe. Otroci so poučeni, kako pomembna je redna skrb za ustno votlino. Ugotavljamo, da je vloga tekmovanja Lepi zobje velikega pomena, saj motivira otroke pri skrbi za svoje zobe. Pomembno vlogo pri ozaveščanju otrok o ustnem zdravju in higieni imajo starši. Otroci ne želijo dodatnih informacij o ustnem zdravju.

Ključne besede: zobje, ustna votlina, promocija zobozdravstvenega zdravja, zobozdravstvena vzgoja, zobno zdravje.

SUMMARY

Introduction: Dental health of children is important for preservation of milk teeth to outgrowth of permanent teeth. Normal development of jawbones and inter-jaw relations is enabled with such procedure. Therefore, it is the easiest and most appropriate decision to take care of dental education of children and their eating habits, which influence it. We wanted to research the relations to dental health of children in primary schools.

Methods of work: The research based on quantitative method of researching, the method of description. We used the technique of interviewing. We used a questionnaire for the instrument, which we had formed based on the literature survey. We used a purpose-made sample, where we included 63 fifth-graders from three primary schools in Celje. 63 questionnaires were correctly completed, which presents 100% of sample realization. The data were gathered and treated with the program Microsoft Office Excel 2010.

Results: 50 (79,4 %) of the questioned pupils state that they brush their teeth twice a day. 50 (35,7 %) of pupils brush their teeth because of dental hygiene. 35 (55,6 %) of pupils say that they eat five meals a day, 46 (71,9 %) of the respondents mostly drink water. 29 (46,0 %) of the respondents eat sugar at least twice a day. 60 (95,2 %) of the respondents are cognizant of the competition Beautiful teeth. 62 (98,4 %) of pupils say that the nurse, which organizes the competition Beautiful teeth, introduced and taught them how to properly take care of teeth hygiene. 34 (54,0 %) of pupils say that they got the most information about oral hygiene from their parents. Almost half of the respondents think that the role of nurse is crucial with dental care. 43 (69,4 %) of the respondents do not need additional information of dental hygiene.

Discussion and conclusion: We establish that most of the pupils regularly and willingly clean their teeth. The pupils are aware how important regular dental care is for dental cavity. We establish that the role of the competition Beautiful teeth is important because it motivates pupils with care for their teeth. Parents have an important role to make their children aware about dental health and hygiene. Children do not need additional information about dental health.

Keywords: teeth, oral cavity, promotion of dental health, dental education, dental health.