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Motivational Factors Influencing Orthodontic Treatment among South Indian Adult Population.

Rathna Subhashini M.H*, and Ravindra Kumar Jain*.

Saveetha Dental College, Vellapanchavadi, Poonamelle High Road, Chennai, Tamil Nadu- 600077, India.

ABSTRACT

Aim of the study is to find out the reasons for seeking orthodontic treatment among South Indian adult population. Various consequences of malocclusion can impact the quality of health. This paper tends to study the reasons for seeking orthodontic treatment among South Indian adult population between age 20-40 years. As told by Jackson, functional efficiency, structural balance and esthetic harmony are the three major reasons for seeking orthodontic treatment. This study involves framing of questionnaire and circulating it among adult patients undergoing fixed orthodontic treatment followed by computation and statistical analysis. The sample will be fixed at 100 in age group of 20-40 years.

Keywords: Orthodontic treatment, Malocclusion, Esthetics, motivational factors, dental discrepancies

**Rathna Subhashini M.H*

INTRODUCTION

Physical, mental, and social consequences of Malocclusion impacts the quality of life. The aim of this study was to describe motivational factors influencing Orthodontic treatment among South Indian adult population. It is assumed that an irregular set of teeth and unesthetic face can psychologically affect an individual^[2]. Orthodontic treatment is a method of aligning the teeth or correcting other irregularities, which can improve health, oral function, appearance, and social well-being. ^[5]

An increasing number of adult patients are now seeking treatment, and especially females are more concerned about the esthetics of their teeth than males, leading to a more active demand for treatment in females ^[2]. Maintaining oral hygiene is difficult in Malocclusion cases and they at risk of getting affected by dental caries and other periodontal disease, also certain Malocclusion cases like deep bite are prone to TMJ problems ^[4]. There is a lack of research on the motivation of adults seeking orthodontic treatment especially among women. Individuals seeking orthodontic treatment differ in their thoughts, emotions, and behaviors, and these differences also contribute to individual motivation ^[5]. This research lays the groundwork for future research on the specific type of patient motivation that may help clinicians to improve patient's satisfaction. The aims of this investigation were to study patient Motivational factors for seeking Orthodontic treatment and to determine the influence of age and gender in this process. The sample comprised 200 subjects (100 female and 100 males) aged 20-40 years among South Indian population. Similar questionnaires, designed to assess motivation for Orthodontic treatment, were completed by all subjects. Statistical analysis was undertaken.

SUBJECTS AND METHODS

This questionnaire-based study was carried out between December 2015 and April 2016 in South India among 200 individuals (100 females and 100 males) aged 20-40 years. The patients were recruited from the Department of Orthodontics of Saveetha university and four private Orthodontic practices in Tamil Nadu. All subjects were South Indian adult Population.

100 female patients who applied for Orthodontic treatment completed a questionnaire, which contained 15 items on motivation for starting treatment. The 100 males patients completed a similar questionnaire, containing 15 items. The subjects could, if applicable, select more than one answer to each.

Exclusion Criteria

Patients with cleft lip or palate, Craniofacial Syndromes, Orthognathic or Prosthodontic needs, were excluded, because they are not representative of the typical Orthodontic population.

RESULTS

Table 1

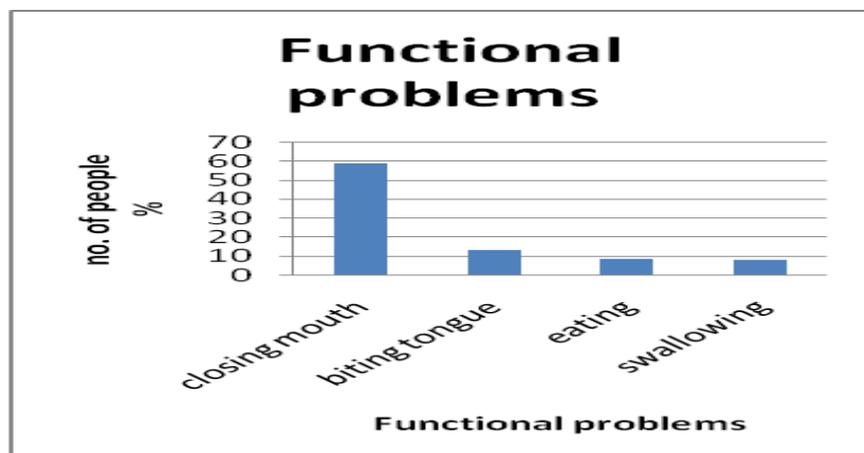


Table 2

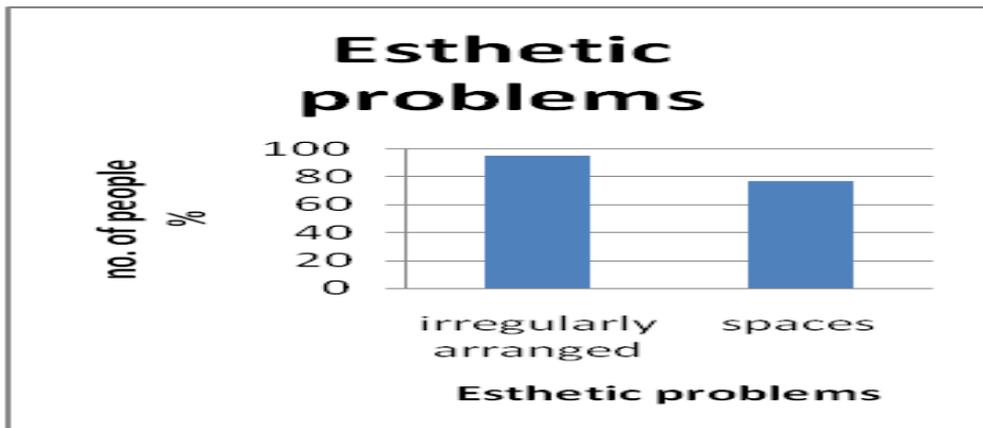


Table 3

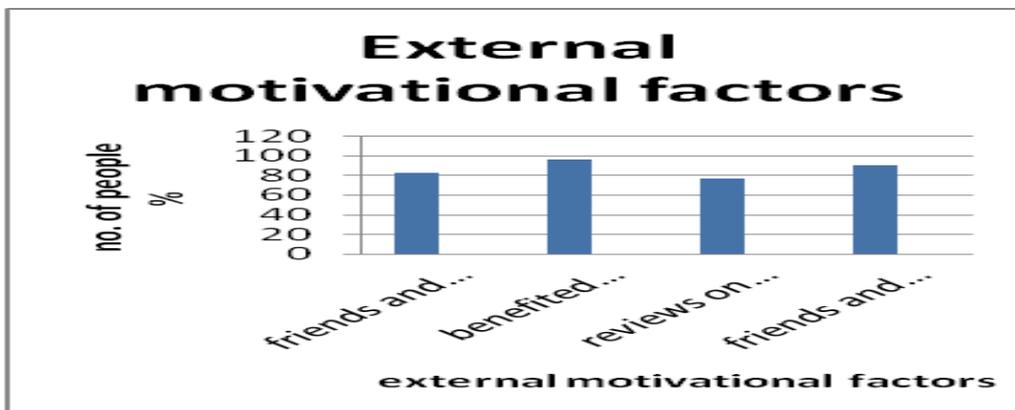


Table 4



DISCUSSION

Better looking people are regarded as friendly, more intelligent, much more interesting and much more socially competent^[5]. The reason why people seek Orthodontic consultation is their wish to improve their facial appearance. Many authors are convinced that a perfectly symmetrical face has a definite impact on the attractiveness of the face. Some previous studies have shown the demand for Orthodontic treatment care to be significantly higher in females than that in males^[2]. However the present study did not find any significant difference between males and females.

Ingervall and Hedegard (1974) found that awareness and desire to receive Orthodontic treatment might vary with age^[4]. Shaw (1981) also stated that decrease in satisfaction with dental appearance is associated with increasing age ^[4-10]. Literature search has also shown that most of the adults opting Orthodontic treatment are females referred by their family dentist ^[3].

There is an increasing evidence from the studies carried out in United States and Europe in recent years about the adolescents and adults seeking corrective therapy for irregularities of teeth^[3]. This is because knowledge about orthodontic treatment is vast and accurate also treatment results are encouraging. A study conducted in Wenzhou Medical University, China showed that both internal and external motivational factors were necessary to decide whether or not to take up Orthodontic treatment ^[3].

Most of the females were more concerned about their smiles, they were inspired by the patients already benefited by Orthodontic treatment and so they felt that they will look better after Orthodontic treatment. Most South Indian females are particular about their appearance and so their psychological motivation encourages them to take up Orthodontic treatment. They were also motivated by suggestions from friends and family and reviews on internet about Orthodontic treatment. A very few South Indian females had functional problems like difficulties in closing mouth, swallowing, talking and even biting tongue while talking.

Most of the South Indian males felt they will look better after Orthodontic treatment and were more concerned about smile and their teeth appearance. 82.5% of the males are inspired by patients benefited by Orthodontic treatment and reviews on internet and also many are suggested by their friends and family. But contrary to our studies, the study done at city of Goiania, Brazil, 35.5% were recommended by dentist, family and friends. Badran and Perillo et al reported that patients who needed Orthodontic treatment demonstrated lower self-esteem^[8-9]. As said, above 60% of males and females suffered from inferiority complex because of their teeth appearance which motivated them for Orthodontic treatment. A very few males had functional problems like difficulties in swallowing and biting tongue while they talk.

CONCLUSION

This study highlighted the need to consider patient's esthetic concerns in planning Orthodontic treatment. Demographic background of patient such as age, gender, socioeconomic status, familiarity of Orthodontic treatment influence the perception for Orthodontic treatment.

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