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**RESEARCH ON THE ATTITUDE OF PEOPLE TO THE PREVENTION OF DENTAL DISEASES*****Chakkanov Fahridin Husanovich****Samarkand State Medical University, Uzbekistan*

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**ABOUT ARTICLE****Key words:** Psychological status, attitude to health, multidimensional perfectionism scale, motivation, prevention of dental diseases.**Received:** 13.02.2024**Accepted:** 18.02.2024**Published:** 23.02.2024**Abstract:** The study of the characteristics of a person's psychological properties that influence his motivation to maintain his health is important and relevant. A clinical examination of patients, a questionnaire including questions about behavioral habits, self-assessment of the condition of periodontal tissues, and a psychological questionnaire were conducted. Patients with a high level of perfectionism rate their oral cavity condition low due to high demands on themselves, fear of not meeting high internal standards, and the desire to be better than others. They strive for perfection and therefore carefully perform their work, while they may not pay attention to the state of health and oral hygiene.

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**INTRODUCTION**

Periodontal pathology occupies one of the leading places among the urgent problems of modern dentistry. Despite the active introduction of innovative technologies in the diagnosis and treatment of oral diseases, the prevalence of caries (95-98%) and periodontal diseases (90-100%) remain extremely high, with no downward trend [3, 4]. Mass morbidity entails the need for active implementation of preventive measures. The inertia of the population in relation to individual oral hygiene requires the creation of effective techniques that can strengthen patients' commitment to the prevention of dental diseases [5, 16].

The study of the peculiarities of human psychological properties that influence the increase in the level of his knowledge and motivation in relation to his health is undoubtedly important and relevant [6].

The purpose of the study. To identify the relationship between the level of perfectionism and behavioral characteristics of people in relation to dental health.

## **MATERIALS AND METHODS**

Our study involved 170 medical university students aged 18 to 25 years, 106 of them women and 64 men. All respondents filled out questionnaires, including a question about their attitude to oral hygiene, gave a subjective assessment of the condition of the oral organs, and indicated the reason for visiting the dentist. An objective study was conducted using the hygiene index (OHI-S), an assessment of the intensity of caries (KPU) and the severity of gingivitis (PMA index modified by Parma). The questionnaire of N. G. Garanyan and N. B. was also used in the work. Kholmogorova, which allows to identify pathological perfectionism among the studied. After preliminary familiarization with the instructions and informed voluntary consent to conduct the study, all students independently, without discussing the answers with other people, filled out the questionnaire [1].

Spearman's correlation analysis was carried out to identify the relationship between perfectionism indicators and the peculiarities of attitudes towards dental health.

## **RESULTS AND DISCUSSION**

The study revealed that the majority of respondents are aware of the need for personal oral hygiene (more than 90%), but only half of the respondents regularly brush their teeth. For the purpose of preventive examination, only half of the students visited the dentist, of whom they were more often women (62.3%) than men (37.7%). Half of the students went to a dentist for the purpose of treating or relieving acute pain, but they assessed the condition of the oral organs as ideal or good.

Correlations were found between the number of sealed teeth and the variables "high standards of activity with orientation to the pole of the "most successful"" ( $r=-0.22$ ;  $p<0.05$ ), "general level of perfectionism" ( $r=-0.2$ ;  $p<0.05$ ), as well as the hygiene index OHI-s and "perception other people as delegating high expectations (while constantly comparing themselves with others)" ( $r= 0.44$ ;  $p<0.05$ ), "high standards of activity with orientation to the pole of the "most successful"" ( $r= 0.41$ ;  $p<0.05$ ), "excessive claims and self-demands" ( $r= 0.28$ ;  $p<0.05$ ), "selecting information about one's own failures and mistakes" ( $r= 0.47$ ;  $p<0.05$ ), "polarized all-or-nothing thinking" ( $r= 0.35$ ;  $p<0.05$ ), "general level of perfectionism" ( $r= 0.50$ ;  $p<0.05$ ).

Correlations between the OHI-s hygiene index and the scales of the Perfectionism questionnaire indicate that the higher the level of perfectionism among respondents, the worse the state of oral hygiene was. It is a paradoxical situation that patients, striving for their "inner ideal", direct all their strength and attention to work, study or any other activity and, it turns out, pay less attention to their health, monitor the condition of their teeth worse compared to patients who have low scores on perfectionism indicators.

## CONCLUSIONS

The revealed correlations indicate that students with a high level of perfectionism have a low assessment of their oral health (due to high demands on themselves, fear of not meeting high internal standards, desire to be better than others). Such people strive for excellence in their business, while they may not pay attention to other aspects of life, for example, their state of health, oral hygiene, etc. Despite frequent visits to the dentist, respondents with high rates of perfectionism have an objectively unsatisfactory condition of the oral cavity (high indicators on the OHI-s hygiene index).

The majority of respondents are aware of the need for personal oral hygiene, but half of them do not follow hygienic measures. One third of the students had an overestimated self-assessment of the state of the oral cavity in relation to objective data. The relationship between perfectionist personality characteristics and stereotypes of young people's behavior in relation to dental health has been revealed.

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