

Prevalence of Bruxism and Stress and The Association Between Them Among Undergraduate Students

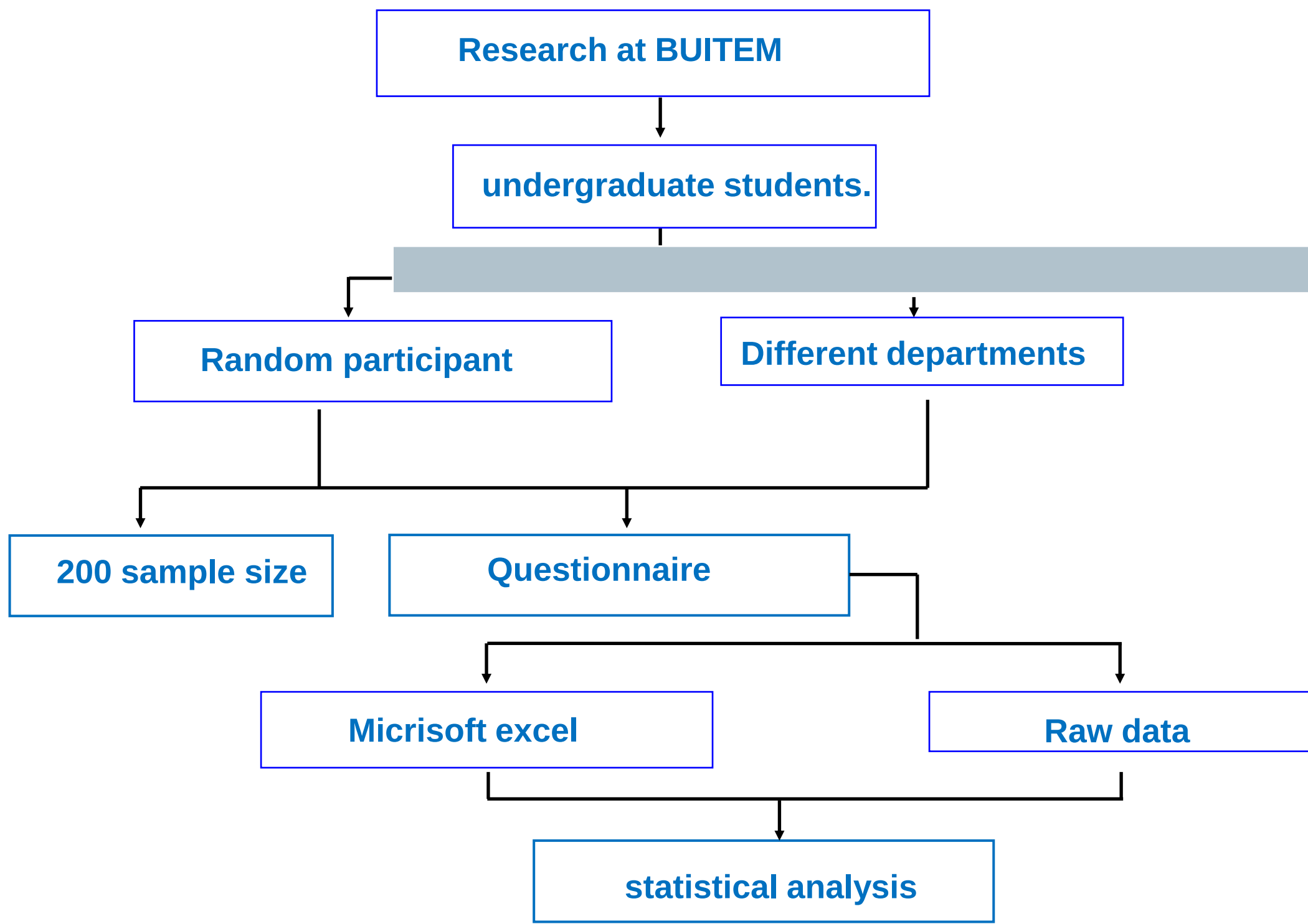
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Introduction

Bruxism is an oral disorder which is associated to the action of gnashing, crunching, scrunching and grinding of teeth during the sleep and awakingand it causes different problem to the oral system which include the pain in jaws, teeth damage (dental problem), facial pain and pain in mind. It is the disorder which is found in every age with different types. The causes of Bruxism are burden of responsibilities or work pressure, anxiety, stress, anger and depression (1).Stress is the physical or mental tension contributed by either external or internal factors but is recognized as an illness or health issue (2,3)

Study Design



Results

Out of 200 students, 100 males and females were selected at random, studying in different departments at BUIITEMS

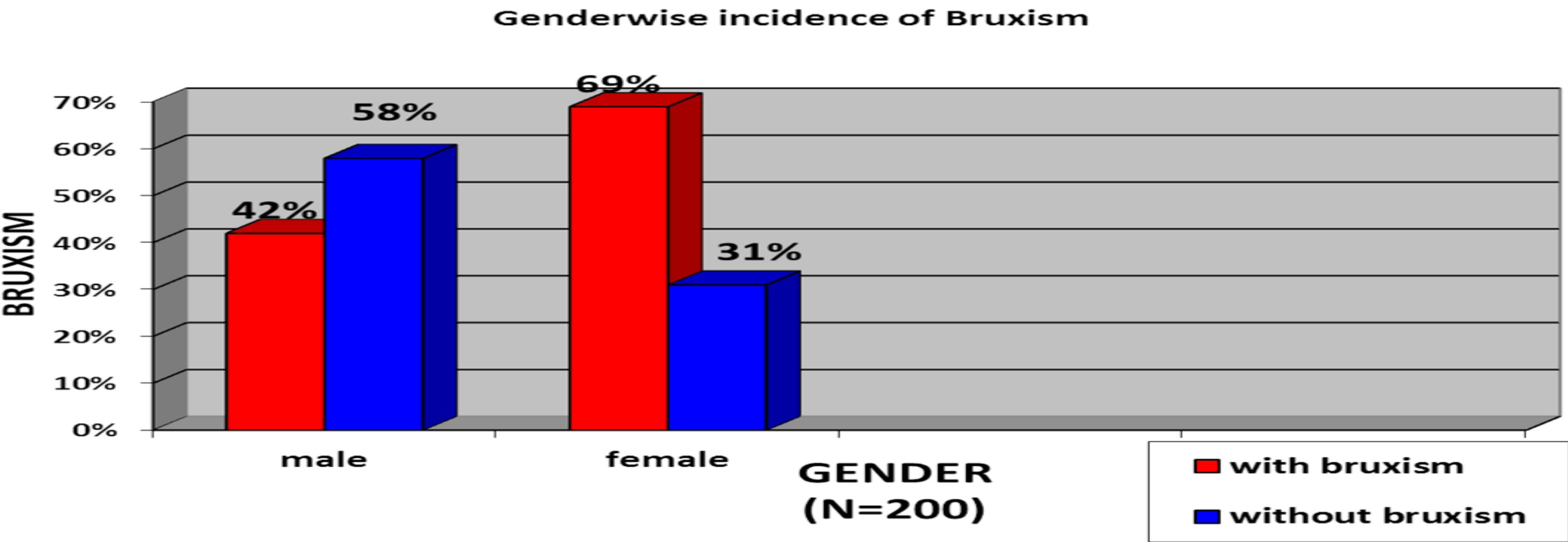


Fig. 1 Gender wise incidence of teeth grinding or clenching (bruxism) among the students

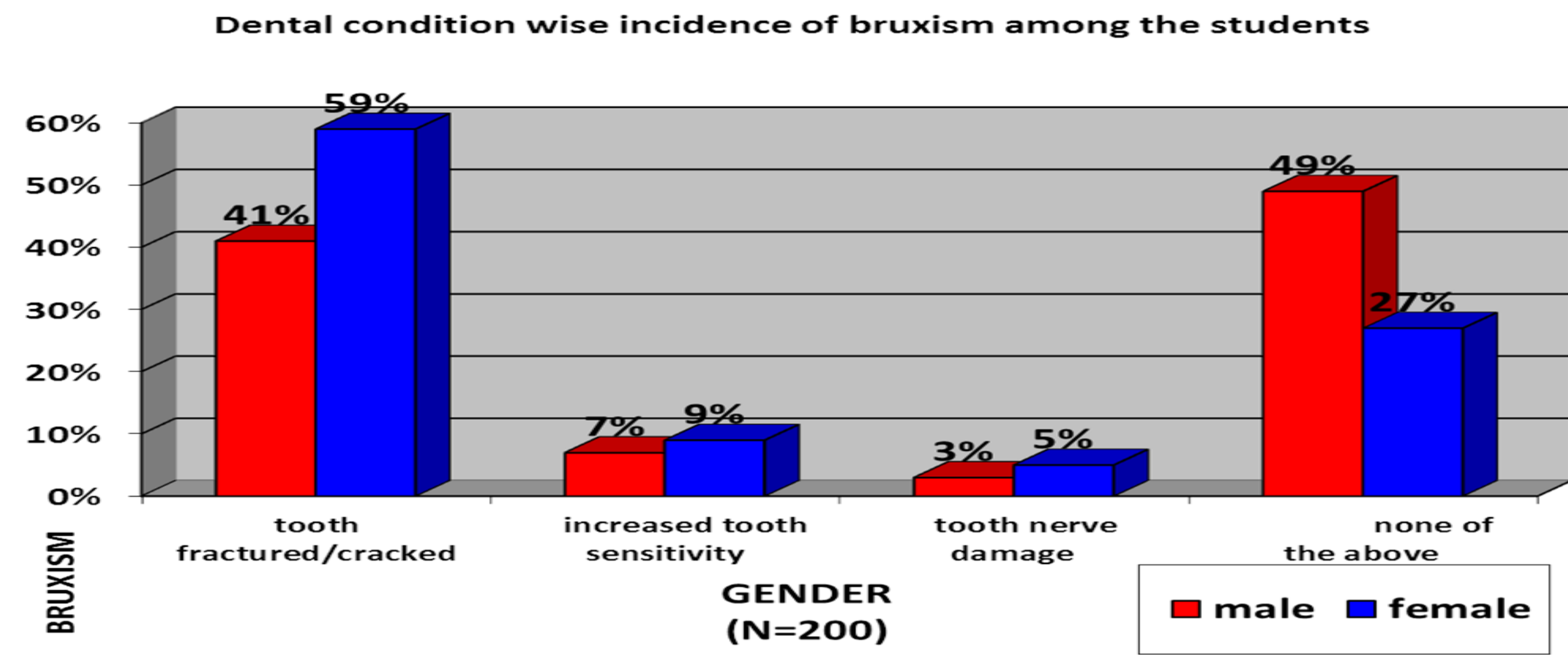


Fig. 2 Dental condition wise Incidence of bruxism among the students

Situation wise incidence of bruxism among the students

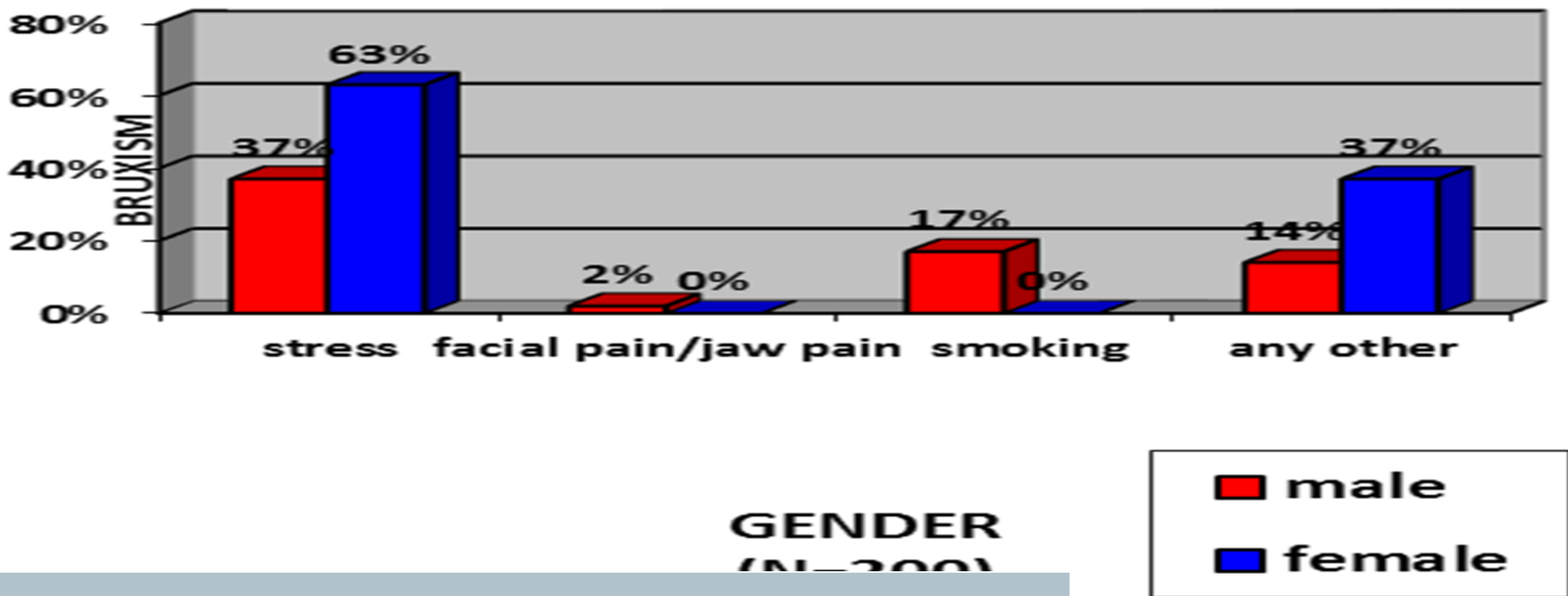


Fig. 3 Gender wise incidence of stress among the students

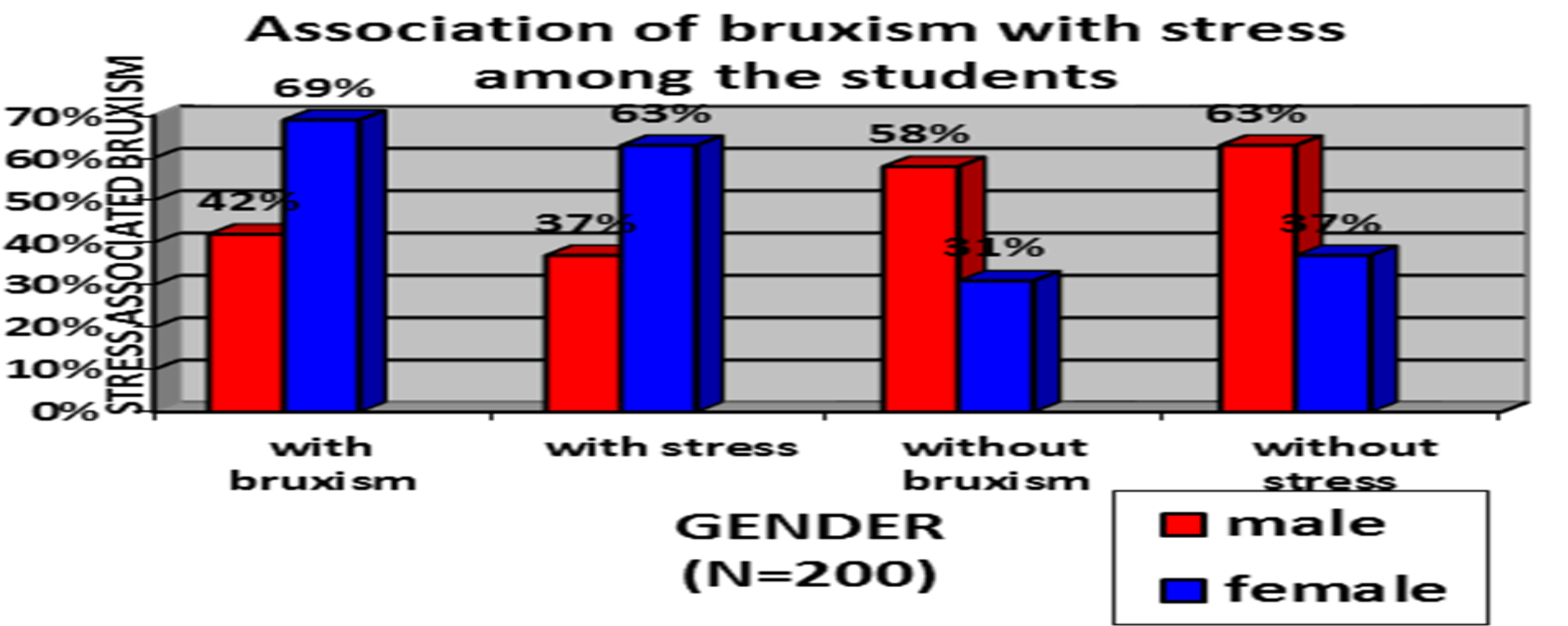


Fig. 4 Association of bruxism with stress among the students

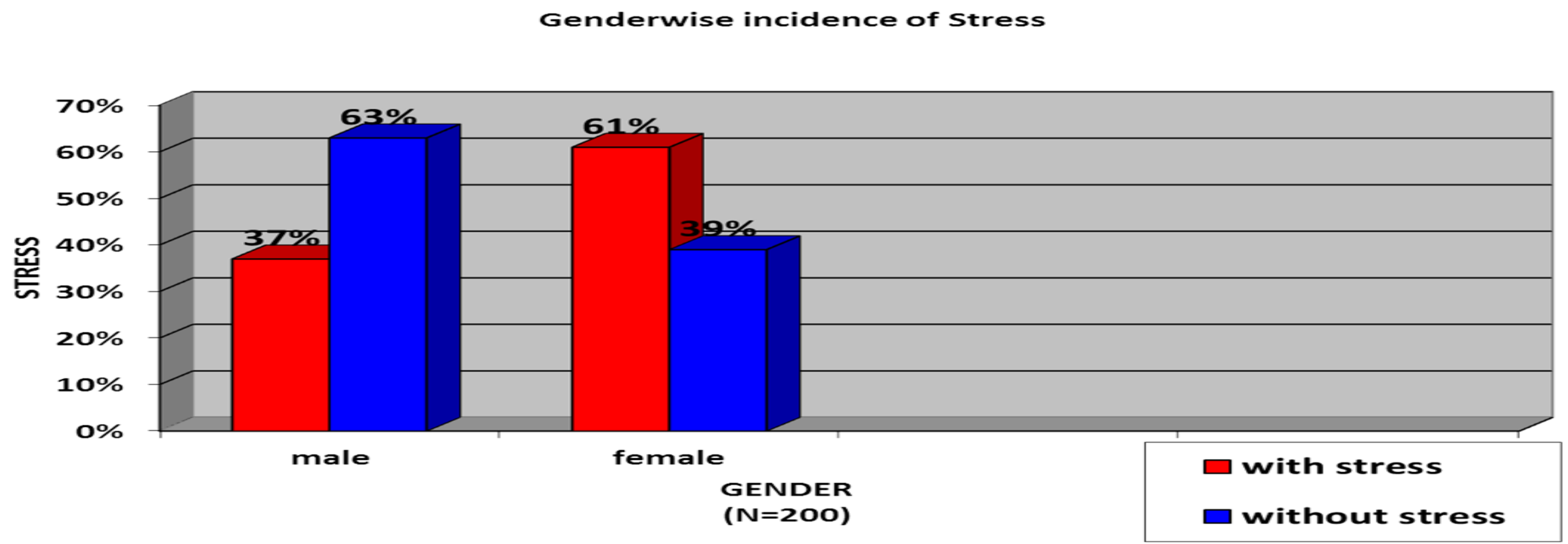


Fig. 5 Situation wise incidence of bruxism among the students

Conclusions

Etiological factor of bruxism in term of stress were evident more in the self-reported bruxists.it is essential to report this problem at university level because it might have disturbing effects in the future. The main result was that the experience of severe stress was the most significant factor associated with frequent bruxism among the undergraduate students. Bruxers reported more stress so it was concluded that there exists a significant association between bruxism and stress

References

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