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RESEARCH ARTICLE

KNOWLEDGE ATTITUDE AND AWARENESS REGARDING CONSUMPTION OF SWEETS AND CAFFEINE UNDER STRESS AMONG UNDERGRADUATE DENTAL STUDENTS

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Abstract

Background: Undergraduate dental students are a high-stress population, and many turn to sweets and caffeine to cope. However, excessive consumption of these substances can have negative health consequences. This study aimed to assess the knowledge, attitude, and awareness regarding consumption of sweets and caffeine under stress among undergraduate dental students between 17 to 26 years of age in Khammam. A cross-sectional study was conducted among undergraduate dental students at Mamata dental college.

Aim: Knowledge Attitude and Awareness Regarding Consumption of Sweets and Caffeine Under Stress Among Undergraduate Dental Students.

Objective: Analyzing and determining the Knowledge Attitude and Awareness Regarding Consumption of Sweets and Caffeine Under Stress Among Undergraduate Dental Students.

Method: A cross-sectional study was conducted among the dental students (I, II, III, IV, interns) in a tertiary care teaching hospital, Khammam, using a web-based tool called forms pro, a semi-structural online questionnaire was designed and distributed to the students in order to fill. Descriptive statistics were calculated using SPSS version-29. A p-value <0.05 was used to evaluate statistical significance.

Result: A total of 203 students took part with females (70.9%) and males (29.1%). Age of participant's ranges from 17-26 years. In this study female students have more knowledge and awareness regarding Consumption of Sweets and Caffeine Under Stress compared to males. Among all the students III-BDS have more knowledge, followed by Interns, II-BDS, IV-BDS and I-BDS.

Conclusion: The study results suggest that knowledge and awareness level of Consumption of Sweets and Caffeine Under Stress is adequate.

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Introduction:-

Caffeine stands out as a widely favored choice among young adults in various forms, including tea, coffee, pills, and energy drinks. In the context of academic stress, students have been observed to significantly increase their consumption of both caffeine and calories. The repercussions of excessive caffeine consumption are severe, potentially resulting in a range of health issues. It is worth noting that students are particularly vulnerable to caffeine toxicity, as observed in previous research. The role of lifestyle choices plays a pivotal part in the development of caffeine addiction among students. Caffeine, in addition to being found in coffee, is available in various forms, with energy drinks being a notable example. It has been observed that males tend to consume a greater quantity of energy drinks during their adolescent years. The impact of caffeine on the behavior of its users is a significant aspect to consider. Notably, there is a discernible positive correlation between caffeine consumption and the mitigation of mood and memory irregularities, as highlighted in research. We were watching

Very limited research in dentistry or medicine. Students, especially those going to college. Before no studies have been observed comparing current graduates and trainees. So, we took these two and compared them. A group of students who are mainly exposed to stress while studying well.

Methodology:-**Study design and area:**

A cross-sectional study was carried out at tertiary care teaching hospital, Khammam.

Study population:

The health care students including those of I, II, III, IV year and interns, who responded to the online questionnaire sent through social media.

Study instrument:

A self-administered questionnaire was designed, based on the knowledge and awareness the questionnaire had total of 15 questions and through online forms pro link. Each participant has to fill their demographic data like name, age, year of study. Participant has to select one option from the answers provided against the question. The questions were based on the Knowledge Attitude and Awareness Regarding Consumption of Sweets and Caffeine Under Stress Among Undergraduate Dental Students.

Pilot study:

A pilot study was conducted on a group of students to assess the validity and reliability of the study.

Sampling method:

The sampling method used is convenience method.

Inclusion criteria:

Students who were interested in the study and who are willing to participate are included.

Exclusion criteria:

Students who are not willing to participate are excluded.

Organizing the study:

The purpose of the study was explained in a short note which was sent along with the link via social media. Participants were asked to select one option from the answers provided against the questions.

Statistical analysis:

Data from the filled questionnaire was conducted in a tabular form in an excel worksheet and evaluated for analysis. The analysis was performed using SPSS 29 version.

Result:-

Out of 203 participants, majority of them belong to 20 – 23 years age group. The following are the percentages

of students who took part in the survey: I-BDS (11.8%), II-BDS (23.2%), III-BDS (26.1%), IV-BDS (15.8%), interns (23.2%). The response rates were 70.9% females and 29.1% males.

On comparison of knowledge and awareness among students, females have more knowledge than males. Among all the students III-BDS have more knowledge, followed by Interns, II-BDS, IV-BDS and I-BDS.

Table 1:- Demographic Profile of Respondents.

Age Groups

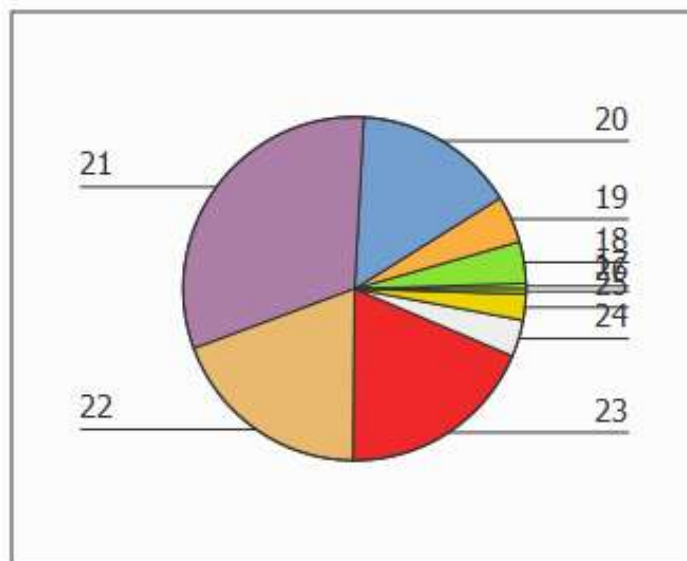
Demographic profile	No of respondents	% Of respondents
17	01	0.5
18	08	3.9
19	09	4.4
20	31	15.3
21	64	31.5
22	39	19.2
23	38	18.8
24	07	3.4
25	05	2.5
26	01	0.5
Mean Age	21.41	
SD Age	1.54	

Gender

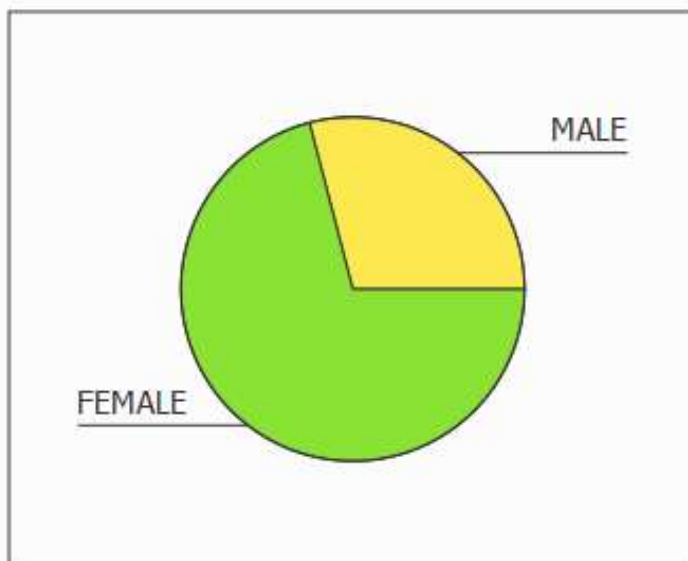
Demographic profile	No of respondents	% Of respondents
MALE	59	29.1
FEMALE	144	70.9

Year of study

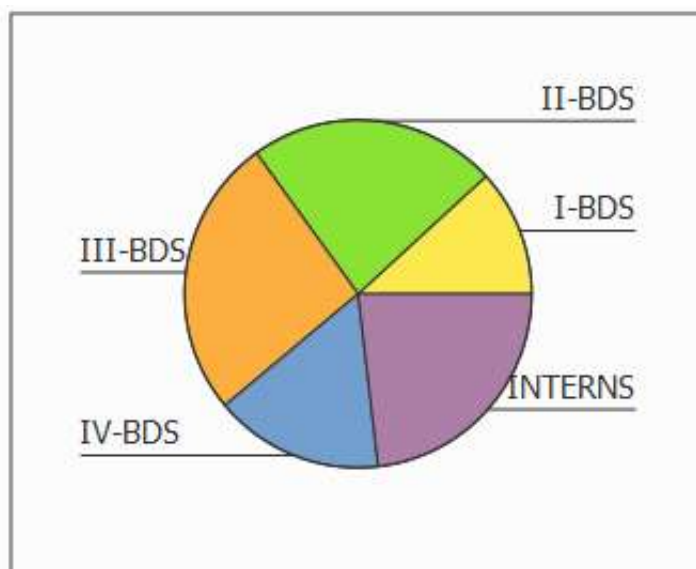
Demographic profile	No of respondents	% Of respondents
1 ST Year	24	11.8
2 nd year	47	23.2
3 rd year	53	26.1
4 th year	32	15.8
Interns	47	23.1
Total	203	100



Graph 1a:- Demographic details - Age.



1-b:- Demographic details–Gender.



1-c:- Demographic details–Year of Study.

Table 2:- Distribution of study subjects based on responses to items.

Items	Responses(Options)								P-Values
	A		B		C		D		
	N	%	N	%	N	%	N	%	
Q1	57	28.1	93	45.8	34	16.7	19	9.4	0.001
Q2	95	46.9	53	26.1	34	16.7	21	10.3	0.122
Q3	103	50.7	48	23.7	34	16.7	18	8.9	0.049
Q4	90	44.3	57	28.1	56	27.6	-	-	0.102
Q5	49	24.1	76	37.4	41	20.2	37	18.3	0.837
Q6	84	41.4	46	22.7	35	17.2	38	18.7	0.112
Q7	53	26.1	51	25.1	31	15.3	68	33.5	0.811
Q8	96	47.3	58	28.6	35	17.2	14	6.9	0.504
Q9	19	9.4	79	38.9	53	26.1	52	25.6	0.974
Q10	40	19.7	54	26.6	43	21.2	66	32.5	0.615

Q11	48	23.7	53	26.1	53	26.1	49	24.1	0.041
Q12	66	32.5	43	21.2	43	21.2	51	25.1	0.337
Q13	48	23.6	63	31	47	23.2	45	22.2	0.295
Q14	61	30	71	35	49.1	24.1	22	10.8	0.007
Q15	61	30.3	84	41.4	32	15.8	26	12.8	0.094

Discussion:-

Numerous studies have established a notable correlation between heightened stress levels in students and their penchant for indulging in sweets and caffeine in various forms. Our study yielded similar results; however, the comparison did not attain statistical significance.

Notably, there was no statistically significant variance among different levels of medical education. This differs from our study, where only 55% of participants reported increased caffeine consumption during exams.

Although our study enabled a comprehensive examination of the research objectives, we observed no significant disparities between genders or different levels of dentistry education in the majority of the survey questions. Our future research plans include broadening our investigation to encompass other health sciences students, such as those in medicine and pharmacy. Additionally, increasing the sample size is expected to enhance the precision and reliability of our findings in subsequent studies.

The study was conducted among dental students in Khammam. The results showed that the highest number of participants were familiar with the term Consumption of Sweets and Caffeine Under Stress.

Conclusion:-

Based on the above study the current findings imply the dental students in Khammam have enough knowledge awareness regarding Consumption of Sweets and Caffeine Under Stress. Therefore, need to conduct more programs on relatively to bring awareness towards Consumption of Sweets and Caffeine Under Stress.

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