

Chair and Department of Periodontology, Medical University of Lublin

MARLENA WOJTAK, SANJEEV VARGHESE, JANUSZ ZAKRZEWSKI,
JOANNA WYSOKIŃSKA-MISZCZUK

The level of aesthetic awareness among students in Lublin

Aesthetic dentistry is a rapidly evolving field within dentistry. It not only tries to correct the patient's teeth to improve their function, but also to improve dental appearance in order to promote the patient's feelings of self-confidence and improve the perception of the patient by others. "Tendencies for having a good appearance, youthfulness, and health became a world tendency (...) with a large influence on facial appearance being healthy and having beautiful teeth" (3).

EXPERIMENTAL PROCEDURES

One hundred and fifty students from: UMCS (50 students), Polytechnic (50 students), and Medical University of Lublin (50 students) were surveyed and evaluated by researchers using a 21-question questionnaire to gauge the students knowledge and perception of aesthetics, hygiene, level of one's own malocclusion, and effect of dental appearance on interpersonal relations. Using the Vita Pan Shade Guide, studied participants were asked to evaluate their teeth colour. The researchers then evaluated the studied participants' teeth to see what, if any, difference was to be found in their self-perception of discoloration and what the researchers found the level of discoloration to be.

RESULTS

Please see the accompanying charts.

Table 1. Does the appearance of your teeth have an effect on interpersonal relations?

	Medical University of Lublin	UMCS	Polytechnic
Yes	90%	62%	70%
No	10%	38%	30%

Table 2. Does malocclusion have an influence on facial aesthetics?

	Medical University of Lublin	UMCS	Polytechnic
Yes	84%	82%	62%
No	16%	6%	26%
Unsure	0%	12%	12%

Table 3. Do you notice any discoloration of your teeth?

	Medical University of Lublin	UMCS	Polytechnic
Yes	62%	46%	54%
No	36%	36%	38%
Unsure	2%	18%	8%

DISCUSSION

Along with the increased importance of physical beauty placed on individuals by society, aesthetic dentistry has become an important and ever developing field. Researches conducted by Dong and co-authors have shown that what is perceived as an attractive smile often seems to convey more personal traits such as warmth, safety, and peace in addition to having a large influence on first impressions when meeting new people (1).

Aesthetics has become an integral part of daily dental practice, as studies have shown the positive effect a well-perceived smile and dental appearance has not only on interpersonal relations, but on occupational advancement as well. "The aspect of dental aesthetics became more popular among patients. Their expectations are not only about the improvement of their health, but also about their appearance" (4).

Based on the results, the researchers found the female students from the Medical University of Lublin to be the most aware of dental care with 100% of women using additional dental hygiene products such as mouthwash, dental floss, and other products of this kind. The male students from Polytechnic and UMCS used additional dental care products at the lowest rates of 32.6% and 44.4% respectively.

Although 74.4% of women, and 71.9% of men felt that the appearance of one's teeth affected interpersonal relations, surprisingly, 45.4% of women and 34.4% of men have never been to the dentist for a professional cleaning and scaling; however, 46% of the tested have undergone, or are currently undergoing orthodontic treatment.

The study has shown that the majority of the tested individuals realize the importance that dental aesthetics plays in their daily lives. Whether with regard to interpersonal relations, or even feelings of self-esteem, these study participants are aware of the opportunities to improve one's appearance. "Dental restoration or dentures, should not only provide a reconstructive function, but should also respond to the aesthetic and individual expectations of the patient. Currently, patients have very high demands regarding the natural appearance of both front and back teeth" (2).

REFERENCES

1. Dong J. et al.: The aesthetics of the smile: a review of some recent studies. *Int. J. Prosthodont*, 12, 9, 1999.
2. Klaff D.: Essence of the Color. *Cosmetic Dentistry – Beauty and Science*, 1, 6, 2005.
3. Mang W.: Aspiration for beauty, youngness and health as a social trend. *Cosmetic Dentistry – Beauty and Science*, 1, 6, 2004.
4. Schמידer J.: *Aesthetic Dentistry*, Polish ed. Z. Jańczuk. 9, 2003.

SUMMARY

Research into awareness of dental aesthetics was conducted at Polytechnic University, Department of Electrical Studies; Maria Skłodowska-Curie University (UMCS), Department of Art; and Medical University of Lublin, Department of Dentistry. 150 students responded orally to a questionnaire constructed by the researchers to evaluate the students' views and awareness of dental hygiene, dental malocclusion, and overall dental aesthetics and their impact on perception of oneself and others.

Poziom świadomości estetycznej wśród studentów lubelskich uczelni wyższych

Ocena poziomu świadomości estetycznej w aspekcie stomatologicznym została oparta na badaniach przeprowadzonych wśród studentów trzech lubelskich uczelni wyższych: Wydziału Elektrycznego Politechniki Lubelskiej, Wydziału Artystycznego Uniwersytetu Marii Curie-Skłodowskiej i Wydziału Stomatologii Akademii Medycznej. 150 studentów udzieliło odpowiedzi na pytania zawarte w ankiecie, odnoszące się między innymi do osobistej oceny estetyki własnego uzębienia, subiektywnej oceny estetyki uzębienia innych studentów oraz wpływu wyglądu uzębienia na relacje interpersonalne.