

# A Study To Assess Knowledge On Prevention And Management Of Dandruff Among Adolescents In Selected Pre- University College At Mangaluru.

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## Abstract

**Introduction:** The dandruff is one of the common skin conditions among adolescents. World 50% of the general population and is mostly seen in males than females among adolescents

**Methods:** A quantitative research approach was adopted to assess the knowledge on prevention and management of dandruff among adolescents. Non- probability convenience sampling technique was used to select the sample.

**Result:** The findings of the study that 15% of the subjects were having good knowledge, 82% were having average knowledge and 3% were having poor knowledge. There is a significant association found knowledge score and the type of family.

**Conclusion:** The study revealed that there is need of awareness program for regarding prevention and management of dandruff for adolescents.

**Key words:** knowledge, prevention, dandruff, adolescents.

## INTRODUCTION:

Dandruff is a harmless, chronic condition that occurs when the scalp becomes dry or greasy and produces white flakes of dead skin that appear in the hair or the shoulder. Adolescents has been define by world Health Organization as a period of life spanning between 10-19 years, they no long children but not yet adults.<sup>1</sup> the dandruff not a life threatening problems yet it often threatens mental piece undoubtably. It is an estimated that dandruff affect half of the adolescent population, despite such high prevalence, their etiology is not well understood. The incidence of dandruff among adult 42% and 1-3% in adolescents. Mens were more affected than women. According to the obsevation studies no apparent difference were obseved in dandruff between ethnic groups.<sup>2</sup>

The study conducted in 2017 at Malaysia, medical college post graduate students with the sample size 240. Study revealed that 80% Indian had hard and splited hair with dandruff. Another study which is done in tikrit in Iraq in 2020 revealed that males more affected than females and also found that highly prevalent among the age group of below 20 years. The present study wants to identify the knowledge on prevention and management of dandruff among adolescents in selected pre- university college at Mangaluru and to bring awareness among adolescents regarding prevention and management of dandruff.

## MATERIALS AND METHOD:

In order to achieve the objectives of the study, a quantitative research approach was found to be appropriate and selected for the study. The descriptive study conducted in selected pre university colleges at Mangaluru, the study sample selected based on the inclusion and exclusion criteri. The sample was selected between the age group of 16-19 years, Students who are available at the time of data collection and Students who are willing to participate in the study were included in this study. Students who are in between the age group of 10-15 and Students who are already diagnosed and having treatment were excluded from the study. Non convenience sampling technique was used to selects the samples for the study. The study sample consists of 100 adolescents of age group between 16-19 years study settings were pre university colleges at Mangaluru.

After seeking ethical clearance, a formal written permission was obtained from concerned principal of the college. The researcher visited the college, explained the purpose of the study and collected data from who were interested and willing to participate in the study. They were assured of anonymity and confidentiality. Socio demographic Performa

and structured knowledge questionnaire were used to assess knowledge on prevention and management of dandruff among adolescents. Demographic Proforma consists of age, gender, religion, residency, and type of food, type of family, source of water, family income and source of information. The investigators developed a set of structured knowledge questionnaire. The questionnaire comprises of 20 questions.

Ethical approval was obtained. The data collection was conducted only after obtaining written consent from the participants. The data was analysed using descriptive statistics. The result of demographic Proforma and questionnaires were reported as frequency and percentage. Chi square test was used to determine the association between the research variables and demographic variables.

## RESULTS OF THE STUDY

**Table 1:** Distribution of demographic characteristics of subject  
n=100

S. No	Characteristics	Category	f (%)
1	Age in years	17	55(55)
		18	37(37)
		19	8(8)
2	Gender	Male	51(51)
		Female	49(49)
3	Religion	Hindu	6(6)
		Muslim	93(93)
		Christian	1(1)
4	Residency	Rural	26(26)
		Urban	74(74)
5	Type of family	Joint	10(10)
		Nuclear	85(85)
		Extended	5(5)
6	Type of food	Vegetarian	2(2)
		Non-vegetarian	98(98)

f= frequency, % = percentage

**Table 2:** frequency and percentage distribution of subjects according to the level of knowledge  
n =100

Level of knowledge	f (%)
Poor knowledge	3(3)
Average knowledge	82(82)
Good knowledge	15(15)

f= frequency, % = percentage

**Table 3:** Association between research variables and demographic variables  
n =100

Sl. No.	Demographic data	Knowledge score		$\chi^2$ value	
		< median	> median		
1.	Age in years	a. 17	32	23	.069*
		b. 18	20	17	
		c. 19	4	4	
2.	Gender	a. Male	36	15	.001**
		b. Female	20	29	
3.	Religion	a. Hindu	2	4	.918
		b. Christian	1	0	
		c. Muslim	53	40	
		d. Others	0	0	
4.	Residency	a. Rural	17	9	.256
		b. Urban	39	35	
5.	Type of family	a. Joint	5	5	.001*
		b. Nuclear	48	37	
		c. Extended	3	2	
6.	Type of food	a. Vegetarian	2	0	.529
		b. Non-vegetarian	6	7	

Sl. No.	Demographic data	Knowledge score		$\chi^2$ value
		< median	> median	
c.	Mixed	48	37	
<b>7.</b>	<b>Source of water</b>			
a.	Tap water	31	22	.456
b.	Well water	25	22	
<b>8.</b>	<b>Family income</b>			
a.	<15,000	0	0	.013
b.	15,000-20,000	12	6	
c.	20,000-30,000	21	18	
d.	>30,000	23	20	
<b>9.</b>	<b>Source of information</b>			
a.	Media	8	4	.132
b.	Newspaper	6	5	
c.	Internet	40	31	
d.	Health worker	2	4	

**There is a significant difference seen in the between gender and type of family.**

## DISCUSSION

The findings of the study demonstrated that among 100 adolescents surveyed, majority of the subject (55%) were in the age group of 17 years, majority (51%) were male, majority (93%) belongs to Muslim religion, 85% of adolescents belongs to nuclear family and 85% were consuming mixed food, majority (53%) were using tap water and 43% of the subjects had family income >30,000, majority (71%) has their source of information as internet. Similar study done in coimbatore by Shakthi D. concluded that Dandruff is the one of the major problem among adolescent. Another study which done Raza N et al., revealed that bad water (n=93, 17.8%), winter (n=40, 07.6%) and lack of sleep (n=30, 05.7%) were considered the most common causes of dandruff and also found that dandruff is a common problem and there is a need for education programmes and formulation of a policy regarding the positive role of media on health matters. Present study revealed that 15% of the subjects were having good knowledge, 82% were having average knowledge and 3% were having poor knowledge. The study done by Rajesh S et al., revealed that 65% of adolescents having average knowledge regarding prevention and management of dandruff.

## CONCLUSION

The study revealed that there is need of awareness program for regarding prevention and management of dandruff for adolescents.

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