

5 1 2 1 0 3 0 8 0 2

USE OF DENTAL FLOSS AMONG EMPLOYEES WORKING IN BANGKOK

JUTHAMAS LORWIRIYAKUL

Advisor: Assistant Professor Dr. Somsook Khongpun

**A RESEARCH PAPER SUBMITTED IN PARTIAL FULFILLMENT OF
THE REQUIREMENTS FOR THE DEGREE OF
MASTER OF ARTS
IN
ENGLISH FOR CAREERS
LANGUAGE INSTITUTE, THAMMASAT UNIVERSITY
BANGKOK, THAILAND
MARCH 2010**

USE OF DENTAL FLOSS AMONG EMPLOYEES WORKING IN BANGKOK

JUTHAMAS LORWIRIYAKUL

Advisor: Assistant Professor Dr. Somsook Khongpun

**A RESEARCH PAPER SUBMITTED IN PARTIAL FULFILLMENT OF
THE REQUIREMENTS FOR THE DEGREE OF**

MASTER OF ARTS

IN

ENGLISH FOR CAREERS

LANGUAGE INSTITUTE, THAMMASAT UNIVERSITY

BANGKOK, THAILAND

MARCH 2010

ABSTRACT

The aim of this study is to (1) investigate perceptions towards the use of dental floss, (2) identify people's understanding of gum inflammation, (3) identify various attitudes towards health beliefs in gum inflammation prevention, and (4) locate barriers surrounding the use of dental floss.

A total of 245 people working in ten companies in Bangkok acted as subjects in this study. This research utilized a cross-sectional design, employing a questionnaire as the primary instrument. Descriptive statistics consisting of frequency, percentage, mean and standard deviation were applied to analyze the data, which was conducted using the Statistical Package for Social Sciences (SPSS) program version 13.0.

The main findings of the study revealed that the majority of respondents agreed that the most common risk factor of gum inflammation stemmed from poor oral hygiene. In terms of gum prevention, 38.8% of respondents understood that using dental floss was an effective way to prevent gum diseases. Regarding the respondents' perceptions of dental floss, almost half of the respondents (49.4%) were unsure whether or not they should stop flossing if the gum was bleeding. Furthermore, respondents questioned whether different types of dental floss might produce different results for the cleanliness of teeth and gums. In terms of health beliefs, the respondents strongly believed that gum inflammation could be prevented. They believed that there would be no risk of gum inflammation pending that they brushed well. However, the respondents agreed that the only barrier to accessing dental floss was its high price.

ACKNOWLEDGEMENTS

This independent study could not have been completed without the great support and cooperation received from many people and organizations. I would like to take this opportunity to express my deepest gratitude to all who supported this study.

First of all, I wish to express my profound gratitude to my advisor, Asst. Prof. Dr. Somsook Khongpun, for her valuable comments and suggestions, as well as the patience and encouragement she displayed throughout this study. Also, I wish to express my gratitude to Dr. Supanee Jivasak-Apimas, my research instructor, who gave advice throughout the proposal stage. Next, I wish to express special thanks to the respondents from the ten companies for their cooperation, which resulted in the useful data analyzed in this study. Also, I need to thank my friends, who helped distribute the questionnaires and encouraged me to complete this paper.

In addition, my sincere appreciation goes to Dr. Mutana Prueksapong, an instructor at the Faculty of Dentistry, Thammasat University, Rangsit campus, who suggested informative sources about gingivitis, and made some suggestions relating to the questionnaire. Also, I would like to thank Dentist Sathaporn Tiewputthiporn for the personal interview regarding oral health and dental floss information.

Thammasat University
Bangkok, Thailand

Juthamas Lorwiryakul
March 2010

CONTENTS

	PAGE
ABSTRACT.....	ii
ACKNOWLEDGEMENTS.....	iii
CONTENTS.....	iv
CHAPTERS	
1. INTRODUCTION.....	1
1.1 Background.....	1
1.2 Statement of the Problem.....	3
1.3 Objectives of the Study.....	3
1.4 Definitions of Terms.....	4
1.5 Scope of the Study.....	6
1.6 Significance of the Study.....	6
1.7 Organization of the Study.....	6
2. REVIEW OF LITERATURE.....	8
2.1 Gingivitis (Gum Inflammation).....	8
2.2 Role of Oral Hygiene.....	9
2.3 Prevention of Periodontal Diseases.....	9
2.4 Stages of Change Model.....	10
2.5 Health Belief Model.....	11
2.6 Concepts of Attitudes and Related Concepts.....	14
2.7 Relevant Research.....	17
3. METHODOLOGY.....	20
3.1 Subjects.....	20
3.2 Materials.....	21
3.3 Procedures.....	21
3.4 Data Analysis.....	22

4.	RESULTS.....	24
4.1	Personal Information of the Respondents.....	24
4.2	Perceptions Regarding Gum Diseases and Dental Floss.....	26
4.3	Attitudes Regarding Health Beliefs and Barriers Limiting Dental Floss Usage.....	29
4.4	Suggestions from the Respondents Regarding Dental Floss Usage.....	31
5.	CONCLUSIONS, DISCUSSION AND RECOMMENDATIONS.....	33
5.1	Summary of the Study.....	33
5.2	Summary of the Findings.....	33
5.3	Discussion.....	36
5.4	Conclusions.....	41
5.5	Recommendations for Further Research.....	42
	REFERENCES.....	43
	APPENDICES.....	47
A.	Questionnaire in English.....	47
B.	Questionnaire in Thai.....	53