

**KNOWLEDGE OF ORAL HALITOSIS AMONG THE STUDENTS OF SCHOOL OF  
HEALTH SCIENCES AT MOUNT KENYA UNIVERSITY.**

**BY**

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**A RESEARCH PROJECT SUBMITTED IN PARTIAL FULFILLMENT OF THE  
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## ABSTRACT

My study was to assess knowledge of halitosis among students of School of Health Sciences, Thika campus. The study was descriptive, which targeted all students in school of health science in Mount Kenya University, Thika. The school has diploma, undergraduate and post graduate students. The school has a population of 60,000 students according to university web ranking (2015). I used 384 students as sample size that which was selected by random sampling technique.

The study focused on the following objectives; to assess the awareness of bad breath among the students in MKU, to assess the knowledge on causes of halitosis and to find out the prevalence of halitosis among students in School of Health Sciences. The study adopted questionnaire as data collection instrument. A questionnaire is more efficient, less expensive and requires less time. Data was then analyzed using descriptive statistics and presented using frequencies, tables and percentages. The study outcome was summarized and presented in form of tables and pie charts. Most of the respondents showed that they were not aware of causes, prevention and control of halitosis. Majority of the students 39% were 18-21 years age as compared to 5% who were 34-37 years old as indicated in table 4:2 and figure 4:2 consecutive. The most of the students interviewed said they were less concerned with this condition as indicated in the figure 4:3 above 39% of student are less concern of halitosis due to lack of examination as compared to 14% who are not treated for halitosis. Majority of the student 47% who were unaware of self medication show dominance. The data above in figure 4:4 shows that majority of the students 52% are due to tooth decay. However smoking and bleeding gums constitute the rest percentage. Through sequence of tooth brushing 78% can control and prevent halitosis. Also dental check up can reduce halitosis by 22%.

The following conclusions were based on the findings of the study; most of the students are unaware about causes, control and prevention of halitosis, thus a brief education about halitosis should be taught to the targeted group then to entire university. The research shows, male are at high prevalence as compared to female. Lastly, it was noted that maintaining good oral health serves as solution to curb halitosis, use of mass media and internet services to spread some information about causes, control and prevention of halitosis. Create awareness about the effect of halitosis among the students and also suggesting further research to be done on the effect of halitosis in future.