ATTITUDE AND KNOWLEDGE TOWARDS ORAL HEALTH AMONGST VARIOUS SUN SIGNS- A CORRELATIVE STUDY

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ABSTRACT:
Introduction: Sun is the most powerful of all the stellar bodies. It colors the personality so strongly that an amazingly accurate picture can be given to the individuals born on similar sun signs .As of now totally there are 12 sun signs with different personalities among themselves .In similar manner they might have different aspects regarding oral health, as there is dearth in the literature regarding sun signs in relation to oral health, my study was to compare attitude and knowledge of oral health among different sun signs.
Aim: To assess the attitude and knowledge towards oral health among various sun signs.
Materials and methods: The study was conducted amongst non-health professionals which included 2000 subjects aged 17-25 yrs.
Results: 10.3% of Scorpios have positive attitude towards oral health which is the highest followed by 2.8% of Gemini’s have shown positive attitude which is the lowest.5.3% of Gemini’s have shown knowledge regarding oral health followed by 2.3% of scorpions and 1.3% of Virgos.
Conclusion: On the whole when 12 sun signs were analyzed for their attitude and oral health knowledge Scorpios have shown positive attitude to oral health followed by Gemini’s, on the other hand when the sun signs were analyzed for the knowledge regarding oral health Gemini’s have shown positive attitude followed by Scorpios

INTRODUCTION:
Oral diseases pose a major public health issue since time immemorial. Amongst the various oral diseases affecting the oral cavity periodontal disease and tooth decay are the biggest threats to oral health. Poor oral hygiene and compliance lead to the progression of periodontal disease and subsequent tooth loss. On the other hand, since the prevention and control of oral diseases in general and periodontal diseases, in particular, are influenced by personal behavior, the knowledge and attitude of an individual are important. Knowledge and attitude towards oral health are two important aspects that are essential for an individual to maintain his oral health. Knowledge implies to the individual understanding of what oral disease is, and the causation of the same Mridula Trehan et al 2014. It also plays a vital role in the change in attitude thereby leading the individual to make changes in their daily lives. Oral hygiene
behaviors and Knowledge related to oral hygiene practices play a significant role in oral health maintenance as the oral cavity is regarded as a mirror and a gateway to oral health which is an important aspect of the overall health of an individual. As adolescents have been reported to depict poor oral hygiene globally they can definitely retain their oral hygiene provided they have adequate knowledge of causation and prevention of the disease. Attitude and Knowledge of the people are the two major considerations that keep changing and it has been shown that the season in which a person is born reflects their general attitude of the phase of life representing their own personal sun sign Mbawalla HS et al 2010. While Zodiac is an instrument of astrology used to reveal about a person’s nature depending on the sun’s movement at his/her time of birth, a sun sign can be any of the 12 Zodiac signs. Hence identifying oneself based on one’s Zodiac sign could help one discover things about their personality indicators. As the 21 Century moves ahead, a more balanced view seems to be emerging with no common relationship between the attitude of persons and no comparative tool between individuals. However, the sun sign is one such comparative tool available wherein people can be assigned into different groups assumed of having similar personalities between themselves in a single group. Keeping this view in mind this study was taken up to assess the attitude and knowledge amongst various sun signs.

**Aim :**
The aim of this study is to assess knowledge and attitude regarding oral health among individuals of various sun signs. This unique study is also being done with a purpose as to whether a particular ‘Zodiac Sun Sign’ can predict an individual’s attitude and knowledge in the same way as other aspects of the person concerned are being predicted.

**Materials and methodology:**
The subjects of this particular study included 2000 apparently healthy individuals of both the sexes. They were randomly selected from various colleges and were in the age range of 17-25 years. Subjects were asked to write their birth certificate in the columns provided in the questionnaire. Since the individuals came from different sections of the society, it in itself removed any bias. The Zodiac sun signs are based on the date of birth as mentioned in the questionnaire. The attitude and knowledge of all subjects were assessed by the set of questions assigned separately for attitude and knowledge.

**Results :**
This study comprised of about 106-234 subjects - under each of the twelve zodiac sun signs. Amongst 2000 subjects 131 constituted Aries group which accounts for 6.5% of total population, 173 the Taurus group constituting 8.6%, 224 comprised of the Geminis which accounts for 11.2% of total study population, 190 being the Virgos accounting to 9.5%, 179 the Librans constituting 8.9%, 234 comprised of scorpions which accounts for 11.7% of total population, 160 constituted the Sagittarians accounting to 8% of total study population, 125 added up to the Capricorns accounts to 6.5%, 115 the Aquarians accounting to 5.7% and 106 represented the Piscians contributed to 5.3% of total study population. The study questionnaire comprised of 2 sets of questions among which the first set focused on questions pertaining to the attitude of the students regarding oral health while the second set of questions focused on their knowledge about oral health. The first set of questions included
1) What do you think the reason for dental problems?
2) Do you know that a clean mouth prevents tooth decay?
3) What type of toothbrush should you use to clean your teeth?
4) Are you aware of tongue cleaning is as important as tooth brushing?
5) Are you aware that rinsing mouth before and after meals is necessary?
6) Are you aware that using mouth wash is good for health?
7) Are you aware that regular dental visits to the dentist are necessary to maintain good oral health?

The second set of questions included
1) What does improper tooth brushing cause?
2) Are you aware that toothpaste you should have fluoride in it?
3) What is the amount of toothpaste you should use to brush your teeth?
4) How frequently should you brush your teeth?
5) What is the duration of brushing your teeth?
6) How often should you change your toothbrush?
7) Do you know what dental floss is?

Does the date of birth in general and sun sign, in particular, affect one's attitude towards oral health? In our study, among various sun signs, scorpions displayed the highest (69%) positive attitude regarding oral health towards the fact that oral health plays a significant role in general health. 81% of scorpions depicted a positive attitude saying that clean mouth can prevent tooth decay and least by Librans constituting 45% showing their negative attitude towards oral health that depicts 81% versus 45%. In our study regarding the type of toothbrush bristles one needs to use during brushing Gemini’s displayed positive attitude with 46% who expressed their interest in using soft bristled toothbrushes to clean their teeth whereas 19% Scorpion’s opted for hard bristles showing their negative attitude towards oral health and 7% of Gemini’s opted for ultra soft-bristled toothbrush. Do Tongue cleaning and mouth rinsing play a crucial role in maintaining oral health: Regarding this 88% of Scorpions followed by Geminis, Cancerians who constituted for 57% and 45% recognized that tongue cleaning plays a crucial role in addition to tooth brushing which depicts their positive attitude and least by Libras Virgos and Taurus with 34%, 28% and 25% respectively who were ignorant of this fact depicted by 88% versus 25%. 83% considered rinsing mouth is mandatory pre-post meals and 20% of Geminis considered it’s redundant which shows their negative attitude towards oral health. 76% of scorpions acknowledged that usage of mouthwash improves their oral health and they are aware of this fact while lest by Geminis (25%) who contradicted it. Does sun sign, in particular, affect one’s knowledge towards oral health? Attributes to the effects of improper tooth brushing, 25% of Gemini’s expected it may cause decay, 34% of Scorpion’s predicted to get affected with gum diseases out of which 25% suspected to be caused by bad breath and 10% of Geminis were of the opinion that it’s because of stains on teeth whereas 14% Pisces were insensible about it. 48% of Scorpions were mindful about the presence of fluoride in toothpaste which depicts to their high knowledge and 16% of Gemini’s are oblivious which depicts to their poor knowledge and accounts for least in comparison with all sun signs. 35% of Cancerians people exclaimed that toothpaste should be half of the length of brush shows their high knowledge towards oral health whereas Libra’s of 11% of the group voted for three fourths of the brush should be used.
Coming to the frequency of tooth brushing 42% of Cancerians were of the opinion that it should be done twice a day showing their more knowledge seconded by 37% of Scorpions, whereas 47% Gemini’s felt once a day would be fine and 7% Taurus felt that it should be done thrice a day. 43% of Virgos which felt 2-3 min is adequate for tooth brushing whereas 37% of Geminis felt 4-5 min would be satisfactory and 14% of scorpions sensed 5-10 min is sufficient and 15% of Geminis felt that 4-5 min is necessary for the maintenance of oral health. Regarding change of toothbrush 58% of Gemini’s mandated to change the toothbrush once in every 15 days, 43% preferred for once a month, 19% of scorpions suggested once in 2 months is a must and 19% felt that change of toothbrush for once in 3 months would be sufficient which shows their more knowledge regarding oral health. Regarding the usage of dental floss was familiar to 28% of Gemini’s were aware of its usage followed by Virgos and Libras with 18% and 17% respectively.78% of scorpions admitted that they were ignorant of the usage showing their poor knowledge regarding dental floss.

DISCUSSION:
Exploring one’s signs relationship to physical and mental health is more of an exercise taking care of one’s self-based on one's personality Coolidge T etal 2019. This Astrology can be a fun peek into that world of interconnectivity as it is also put forth’ in the literature that this medical astrology is also called as iatromathematics. According to the 2013 Harris poll, 29% of the Americans believe in astrology and it is interesting to state that many individuals to look into the stars and lunar patterns for guidance on Love, Work and Health. In Dentistry when it was earlier believed that part of the philosophy was related to the perfectibility of man especially in orthodontics, one of the theories of malocclusion was based on the role of the environment. Although one correlative study was done with the purpose of predicting an individual’s malocclusion to a particular Zodiac sun sign, not even a single study in the literature has been conducted till date in predicting the individual’s attitude and knowledge related to Zodiac signs. Hence our study was an attempt to correlate the Attitude and Knowledge of oral health amongst various Sun signs wherein 2000 subjects were enrolled in the particular study. 106-234 subjects ranged under each of these 12 Zodiac signs and were assessed for their attitude and knowledge. In our study, 74% of 234 scorpions’ showed a positive attitude followed by Geminis’. This positive attitude could be attributed to their frank fear and well-controlled nature. They have also the depiction towards the truth and also has the nature of doing things they are decided upon. They are also responsible for doing their things in a relaxed attitude which could be attributed to their maturity because of these inherent qualities of relaxed behavior and nature that is well controlled. Also, it is a known fact that they can do anything they want once decided upon and this could also be a positive feature that might be a factor that could help them maintain good oral hygiene as oral hygiene requires more patience and better coordination. Regarding a positive attitude, 73% of 190 Geminis' followed the scorpions' wherein this could be attributed to their positive traits of versatility and enthusiasm. As a wide variety of subjects excites them they are known to try hands at diverse things. As our study also focused on knowledge among various sun signs regarding oral health Geminis have shown high knowledge which accounts for 85% of 190 Geminis' and this could be attributed to their craving towards accomplishing new and interesting things. On the other hand, they are also born intellectuals who are known for their intelligence and sharpness. On the other hand, 73% of 234 scorpions' have elucidated less knowledge followed by Taurians and Librans. The sign Scorpio which is the most stubborn sign of the zodiac is totally confident of what he is and
what he is not. It is also interesting to state that nothing anyone else thinks will change his knowledge. It is also a known fact that he's not carried off by compliments and also needs no one to tell him his vices/virtues. He has also the nature of suspicion all which could be attributed to their less knowledge. While 51% of 173 Taurus individual have also shown negative knowledge in our study which could be attributed to their tendency of not listening to others and the stoic nature of taking things in their stand. They also have shown to be unbelievably stubborn and inflexible in their approach. Followed by scorpions’ and Taurians 46% of 149 Librans have shown negative knowledge which could be attributed to their frustration inconsistency regarding things. It is also interesting to state that they can be easily influenced by the views of other people and are prone to keep changing their minds. Now taking individual questions that were a part of the questionnaire into consideration regarding the questions on attitude for the question on the impact of the role of oral health on general health and the necessity of regular dental visits in maintaining good oral health, scorpions showed negative attitude which can be attributed to their secretive nature as its difficult for them to trust people and will not let people easily know of what’s going on in their mind. When asked about the importance of proper tooth brushing and tongue cleaning, Geminis showed a negative attitude which can be due to their lack of persistence and patience. On the other hand, Scorpions also showed a negative attitude regarding improper tooth brushing which might be because of their resentful nature. Regarding the importance of tongue cleaning Taurus group also showed a negative attitude which could be due to their stubborn and inflexible nature. For the question on the awareness regarding mouth rinsing Taurus group depicted a negative attitude which can be attributed to the qualities mentioned above. This was followed by the Geminis' group. This questionnaire study also included questions on the knowledge with the purpose of assessing the knowledge regarding oral health amongst different Sun signs. When the knowledge regarding the frequency of brushing was assessed Geminis showed negative knowledge which could be attributed to their inability delve deep and pay attention to details. Regarding the duration of brushing, Virgos had shown negative knowledge which may be due to their conservative nature in not accepting modern ideas readily. When questions on change of toothbrush, benefits of mouthwash and dental floss were asked, Scorpions showed negative knowledge which could be attributed to their never strong attitude and who believes to be of his own. For the above 3 questions, Scorpions were followed by Virgos, Taurus, and Librans respectively. In our study as discussed above scorpions have shown a more positive attitude followed by Geminis and regarding knowledge, Geminis have shown more knowledge and scorpions showed less knowledge. However, individuals amongst the same sun signs have shown similarity within themselves whereas individuals amongst different sun signs have shown dissimilarity in their perceptions thereby eliciting an impact on their attitude and knowledge towards oral health. Hence with the prior knowledge of individuals sun sign an individual can be motivated accordingly which would help them in ensuring oral health.

**Conclusion:**
This exclusive questionnaire-based survey which happens to be the first of its kind has thrown light into the aspects of attitude and knowledge on oral health with regards to various sun signs. However, more studies are needed in the future to ascertain the role of sun signs in relation to aspects of the health and well-being of an individual.

**References**

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