



Dental Esthetics and Its Impact on Psychosocial Well-Being and Dental Self-Confidence among Undergraduate Students in Khammam City

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ABSTRACT

Dental esthetics profoundly affect an individual's psychosocial well-being, interpersonal relationships, and overall self-confidence. The smile, as a key element of facial attractiveness, influences how people perceive and project themselves socially. Deviations from ideal dental appearance—such as discoloration, misalignment, or spacing—can lead to embarrassment, reduced self-esteem, and social inhibition. Understanding this relationship is essential for integrating psychosocial aspects into oral health promotion.

Aim

To assess the impact of dental esthetics on psychosocial well-being and dental self-confidence among undergraduate students in Khammam City.

Objectives

1. To evaluate students' perception and satisfaction with their dental esthetics.
2. To assess the influence of dental appearance on self-confidence and social interactions.
3. To identify gender-based differences in psychosocial effects related to dental esthetics.

Method: A cross-sectional descriptive study was carried out among undergraduate students from various colleges in Khammam City, among 240 students comprising 132 males (55%) and 108 females (45%). The survey included 11 questions assessing them based on their perception of dental appearance, satisfaction with their smile, and its influence on self-confidence and social behavior. Students were analysed based on gender and age using chi-square tests to identify statistically significant differences.

Keywords: Dental Esthetics, Oral Health Related, Psychosocial Well-being, Quality of Life, Self-confidence, Smile Perception, Undergraduate Students.

Introduction

Facial appearance, particularly the smile, plays a major role in social communication and self-perception. Dental esthetics, encompassing factors such as tooth color, alignment, and harmony, significantly influence how individuals perceive themselves and how they are perceived by others. Dissatisfaction with dental appearance can lead to reduced self-esteem, avoidance of smiling, and psychological distress. In contrast, satisfaction with dental esthetics has been linked to higher confidence and improved social interactions. This study aims to assess how dental esthetics affect psychosocial well-being and self-confidence among undergraduate students in Khammam City.

A good face is a letter of recommendation. For years, it has been conceptualized that the first impact a person makes is because of his appearance which lasts for a long time. Media's projected perfect appearance has a strong impact on the behavior and thinking of our beauty-conscious society. And it has led to an increased demand for esthetic treatment from the public. The dental appearance is an integral component of facial beauty. The judgments an individual makes concerning the personal characteristics of others can be affected by dental appearance. Good dental appearances are thought to be a requirement of prestigious occupations among some professional groups. Established norms for dental and facial appearance do not vary widely among industrialized nations, and extreme deviations are viewed as unacceptable.

Placement of a restoration which improves dental appearance results in a positive effect on a patient's self-esteem and quality of life.

Oral health is not only the absence of oral disease and dysfunction but it include it's influence on the subject's social life and dento facial self-confidence.

This is an accordance with WHO's definition of quality of life.

Methodology

Study design and area: A cross sectional study was conducted through online survey.

Study Population: Undergraduate students aged 19–28 years who voluntarily participated in the survey.

Sample Size: 240 students (132 males and 108 females).

Study Instrument: A structured, self-administered questionnaire consisting of 11 items designed to assess satisfaction with dental esthetics, self-confidence, and psychosocial impact.

Pilot Study: A pilot study was conducted to validate and ensure the reliability of the questionnaire.

Sampling Method: Convenience sampling technique.

Inclusion Criteria: Undergraduate students willing to participate in the study.

Exclusion Criteria: Students undergoing orthodontic or cosmetic dental treatment during the study period.

Organising the Study: The study was designed in online version of the self-administered questionnaire of 11 questions focusing on the impact of dental esthetics on public appearance.

Statistical Analysis: Data were analyzed using SPSS version 29. Descriptive statistics were presented as mean and percentage. Chi-square test was used to compare categorical variables. A p-value ≤ 0.05 was considered statistically significant

Results

	N	Minimum	Maximum	Mean	Std. Deviation
Age	240	19	28	24.29	3.216
Valid N (listwise)	240				

		Frequency	Percent
Valid	1	132	55.0
	2	108	45.0
	Total	240	100.0

Distribution and comparison of responses based on gender

Item	Response	Males		Females		Chi-Square value	P value
		n	%	n	%		
Q1	1	32	58.2	23	41.8	0.325	0.04*
	2	67	50.8	54	44.6		
	3	33	51.6	31	48.4		
	4	12	34.3	15	35.4		
Q2	1	47	52.8	42	47.2	8.143	0.06
	2	32	46.4	37	53.6		
	3	40	30.3	15	13.8		
	4	13	9.8	14	12.9		
Q3	1	50	45.9	59	54.1	13.200	0.004*
	2	38	53.5	33	46.5		
	3	30	78.9	8	21.1		
	4	14	63.6	8	36.4		
Q4	1	51	53.7	44	46.3	0.296	0.961
	2	42	55.3	34	44.7		
	3	30	22.7	15	13.8		
	4	9	6.8	15	13.8		
Q5	1	50	61.7	31	38.3	15.863	0.01*
	2	28	63.6	16	36.4		
	3	15	11.3	12	11.1		
	4	10	7.5	24	22.2		
	5	29	21.9	25	23.1		
Q6	1	7	64	4	36	11.752	0.038*
	2	12	52	11	48		
	3	21	66	11	34		
	4	50	60	33	40		
Q7	1	91	53.8	78	46.2	11.848	0.008*
	2	31	67.4	15	32.6		
	3	8	66.7	4	33.3		
	4	2	15.4	11	84.6		
Q8	1	65	61.9	40	38.1	21.504	0.001*
	2	47	66.2	24	33.8		
	3	16	28.6	40	71.4		
	4	4	50	4	50		
Q9	1	41	56.9	31	43.1	0.363	0.948

	2	60	54.1	51	45.9		
	3	22	56.4	17	43.6		
	4	9	50	9	50		
Q10	1	38	66.7	19	33.3	8.740	0.033*
	2	72	51.8	67	48.2		
	3	16	64	9	36		
	4	6	4.5	13	12		
Q11	1	85	57	63	43	13.434	0.05*
	2	26	52	24	48		
	3	19	70	8	30		
	4	2	13	13	87		

P≤0.05 is statistically significant

A Total of 240 students were examined, out of which 55% were males and 45% females. Gender differences were statistically significant in multiple terms (Q1, Q2, Q3, Q4, Q5, Q6, Q7, Q8, Q9, Q10, Q11; $p < 0.05$). Approximately 62% respondents reported being satisfied with their dental esthetics, while 38% expressed dissatisfaction related to tooth Color, alignment or spacing. Nearly 70% believed their dental appearance affected their social interactions, and 64% believed it influenced their confidence in public speaking or smiling.

Females demonstrated greater esthetic concern and lower confidence when dissatisfied with their smile, whereas males reported comparatively higher satisfaction levels.

A positive association was found between esthetic satisfaction and psychosocial well-being ($r = 0.42$, $p < 0.05$), indicating that improved dental appearance enhances self-confidence and emotional stability.

Discussion

The findings of this study highlight the important relationship between dental esthetics and psychosocial health. Students satisfied with their dental appearance demonstrated higher self-confidence and social comfort. These results are consistent with previous research showing that dental esthetics play a key role in forming self-image and social perception. Females were generally more conscious of their dental

appearance, often correlating dissatisfaction with reduced confidence and social anxiety. Improving dental esthetics through preventive and corrective approaches can significantly enhance emotional stability, communication skills, and quality of life.

Conclusion

Dental esthetics has a considerable influence on psychosocial well-being and self-confidence among undergraduate students. Educational institutions and dental professionals should promote esthetic awareness and encourage regular dental visits to enhance both oral health and psychological wellness.

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