

**ACADEMIC STRESS AND ITS EFFECT ON SALIVARY BIOMARKER AND ORAL
HYGIENE AMONG MEDICAL STUDENTS**

*¹Dr. M. Shodan, MDS, (PhD), ²Dr. Srinath Thakur, MDS, FDSRCPS (UK), ³Dr. H. L. Jaykumar, MDS,
⁴Dr. G. Priya MD, ⁵Dr. S. B. Javali, Bsc, Msc, PhD and ⁶Dr. Preetha J. Shetty, MDS

¹Associate Professor, Dept of Public Health Dentistry, SDM College of Dental Sciences and Hospital, Sattur,
Dharwad.

²Principal, Professor, Dept of Periodontics, SDM College of Dental Sciences and Hospital Sattur, Dharwad.

³Professor and Head, Dept of Public Health Dentistry, Dr Sayamala Reddy Dental College and Research Centre,
Bangalore.

⁴Associate Professor, Dept of Pharmacology, SDM College of Medical Sciences and Hospital, Manjushree Nagar,
Dharwad.

⁵Senior Associate Professor in Statistics, Dept of Community Medicine, USM KLE International Medical Programme,
Nehrunagar, Belagavi.

⁶Professor and Head, Dept of Public Health Dentistry, SDM College of Dental Sciences and Hospital, Sattur, Dharwad.

*Corresponding Author: Dr. M. Shodan

Associate Professor, Dept of Public Health Dentistry, SDM College of Dental Sciences and Hospital, Sattur, Dharwad.

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ABSTRACT

Aim: To analyse academic stress and its effect on cortisol and gingival health among medical students.

Methodology: Cohen's Perceived Stress Scale and a modified self-administered questionnaire was given to a convenient sample of 85 study subjects who got admission in private medical college and hospital to assess perceived stress and possible potential factors. Clinical oral examination, (Gingival health) by Modified Quigley Hein plaque Index and Loe and Silness Gingival index; Also their Unstimulated Pooled saliva samples was collected to estimate salivary bio marker i.e. cortisol level. **Results:** According to Perceived stress score by cohen, majority were stressed (score more than 13) 85% (n=73), possible potential factors like, 60% of study subjects were not staying in hostel previously, among which, majority (n=44) study subjects were stressed 87.1% of study subjects were having a nuclear family among which majority (75.3%) of study subjects were stressed. **Conclusion:** Majority of the first year MBBS students showed perceived stress, among which factors in students having experience of hostel stay showed more stress, whereas the academic stress dint had any effect on cortisol, plaque scores and gingival health. There is need to address these stressors by student advisors, peer education, and planning academic schedule and curricula of professional health sciences.