

영역별 특성에 따른 구취 자각 정도와
인지에 관한 조사 연구

1. 서론

가)

(volatile supyr com-
pounds;VSC)

1) . hydrogen
sulfide methyl-mercaptan-sulfide가
5) . methionine,
cystine ,
(substrare)
6) .
가

7-9) .
가
(hatus hernia),
가

3) .

가

12)

59.9%가

가

13)

가

10) 가

J

가

11), (haliphoia)

가

2. 연구대상 및 방법

2.1 연구대상

표 1. 연구대상자의 일반적인 특성별 분포

		빈도	퍼센트
성별	여	77	43.0
	남	102	57.0
연령	20세 미만	18	10.1
	20~29세	115	64.2
	30~39세	10	5.6
	40~49세	22	12.3
	50~59세	8	4.5
	60세 이상	6	3.4
	무직	5	2.8
	주부	20	11.2
직업	학생	115	64.2
	공무원	2	1.1
	회사원	8	4.5
	농업	2	1.1
	자영업	14	7.8
	기타	13	7.3
	당뇨	2	1.1
	위장질환	5	2.8
전실진환	고/저혈압	9	5.0
	없음	158	88.3
	기타	5	2.8
	합계	179	100.0

* p<.05 ** p<.01 *** p<.001

2008 5 1 6 3 J < 1> .
186

8 178

2.2 연구방법

20~29

178

가 가 , (Frequency Analysis)

가 109

158

$\chi^2(p)$

표 2. 영역별 구취의 느낌

N(%)

구분	매우느낌 명(%)	조금느낌 명(%)	보통느낌 명(%)	느끼지않음 명(%)	전혀느끼지않음 명(%)	전체 명(%)	$\chi^2(p)$
흡연	예	1 1.7%	15 25.4%	34 57.6%	9 15.3%	0 .0%	59 100.0%
	아니오	2 1.7%	36 30.0%	65 54.2%	16 13.3%	1 .8%	120 100.0%
	정기적으로 한다	1 25.0%	0 .0%	3 75.0%	0 .0%	0 .0%	4 100.0%
	가끔 한다	1 3.6%	9 32.1%	13 46.4%	4 14.3%	1 3.6%	28 100.0%
스케 일링 경험	한 번 정도 한다	0 .0%	11 23.9%	24 52.2%	11 23.9%	0 .0%	46 100.0%
	한 적이 없다	1 1.1%	27 30.3%	51 57.3%	10 11.2%	0 .0%	89 100.0%
	모르겠다	0 .0%	4 33.3%	8 66.7%	0 .0%	0 .0%	12 100.0%
	한 번	0 .0%	3 33.3%	2 22.2%	4 44.4%	0 .0%	9 100.0%
양치질	두 번	2 2.6%	23 29.5%	44 56.4%	8 10.3%	1 1.3%	78 100.0%
	세 번 이상	1 1.3%	22 27.5%	45 56.3%	12 15.0%	0 .0%	80 100.0%
	하지 않음	0 .0%	3 25.0%	8 66.7%	1 8.3%	0 .0%	12 100.0%
	구강양치액	0 .0%	5 27.8%	11 61.1%	2 11.1%	0 .0%	18 100.0%
보조 구강 위생 용품	치실	0 .0%	2 18.2%	8 72.7%	1 9.1%	0 .0%	11 100.0%
	치간칫솔	0 .0%	3 50.0%	3 50.0%	0 .0%	0 .0%	6 100.0%
	혀세정제	1 12.5%	3 37.5%	2 25.0%	2 25.0%	0 .0%	8 100.0%
	없음	2 1.5%	38 27.9%	75 55.1%	20 14.7%	1 .7%	136 100.0%
전체	3 1.7%	51 28.5%	99 55.3%	25 14.0%	1 .6%	179 100.0%	

* p<.05 ** p<.01 *** p<.001

4 (/ , ,)

3. 연구성적

2.3 자료분석

p<.05
SPSSWIN 12.0

3.1 영역별 구취의 느낌

179

표 3. 영역별 구취의 자각 정도 N(%)

구분		본인만 조금 느낌	항상 느낌	다른사람과 대화 불편	사회생활 지 장	전체	$\chi^2(p)$
흡연	예	57 96.6%	1 1.7%	1 1.7%	0 .0%	59 100.0%	1.323 (.724)
	아니오	111 92.5%	4 3.3%	4 3.3%	1 .8%	120 100.0%	
	정기적으로 한다	3 75.0%	0 .0%	0 .0%	1 25.0%	4 100.0%	
	가끔한다	24 85.7%	2 7.1%	2 7.1%	0 .0%	28 100.0%	
스케 일링 경험	한 번 정도 한다	44 95.7%	2 4.3%	0 .0%	0 .0%	46 100.0%	51.553 *** (.000)
	한 적이 없다	85 95.5%	1 1.1%	3 3.4%	0 .0%	89 100.0%	
	기억이 없다	12 100.0%	0 .0%	0 .0%	0 .0%	12 100.0%	
	한 번	8 88.9%	0 .0%	1 11.1%	0 .0%	9 100.0%	
양치질	두 번	72 92.3%	3 3.8%	3 3.8%	0 .0%	78 100.0%	5.817 (.758)
	세 번 이상	76 95.0%	2 2.5%	1 1.3%	1 1.3%	80 100.0%	
	하지 않음	12 100.0%	0 .0%	0 .0%	0 .0%	12 100.0%	
	구강양치액	17 94.4%	1 5.6%	0 .0%	0 .0%	18 100.0%	
보조 구강 위생 용품	치실	11 100.0%	0 .0%	0 .0%	0 .0%	11 100.0%	31.873 *** (.001)
	치간치솔	5 83.3%	1 16.7%	0 .0%	0 .0%	6 100.0%	
	혀세정제	6 75.0%	1 12.5%	0 .0%	1 12.5%	8 100.0%	
	없음	129 94.9%	2 1.5%	5 3.7%	0 .0%	136 100.0%	
전체		168 93.9%	5 2.8%	5 2.8%	1 .6%	179 100.0%	

* p<.05 ** p<.01 *** p<.001

55.3(99)%가 , 가 , 28.5(51)%가 , 가 57%(34), 80 가 , 33% 가 54.2%(65)가 , , 89%가

136

표 4. 영역별 구취의 원인

N(%)

구분	입안의 플러그	충치	위장병	당뇨	기타	전체	
흡연	예	14 23.7%	17 28.8%	4 6.8%	7 11.9%	17 28.8%	59 100.0%
	아니오	42 35.0%	16 13.3%	16 13.3%	12 10.0%	34 28.3%	120 100.0%
스케 일링 경험	정기적으로 한다	0 .0%	1 25.0%	1 25.0%	0 .0%	2 50.0%	4 100.0%
	가끔한다	9 32.1%	4 14.3%	5 17.9%	6 21.4%	4 14.3%	28 100.0%
	한 번 정도 한다	15 32.6%	11 23.9%	3 6.5%	3 6.5%	14 30.4%	46 100.0%
	한 적이 없다	29 32.6%	14 15.7%	10 11.2%	8 9.0%	28 31.5%	89 100.0%
	기억이 없 다	3 25.0%	3 25.0%	1 8.3%	2 16.7%	3 25.0%	12 100.0%
	한 번	0 .0%	3 33.3%	0 .0%	3 33.3%	3 33.3%	9 100.0%
	두 번	24 30.8%	11 14.1%	12 15.4%	4 5.1%	27 34.6%	78 100.0%
	세 번 이상	29 36.3%	18 22.5%	6 7.5%	10 12.5%	17 21.3%	80 100.0%
	하지 않음	3 25.0%	1 8.3%	2 16.7%	2 16.7%	4 33.3%	12 100.0%
	구강양치액	3 16.7%	5 27.8%	2 11.1%	4 22.2%	4 22.2%	18 100.0%
보조 구강 위생 용품	치실	3 27.3%	3 27.3%	3 27.3%	1 9.1%	1 9.1%	11 100.0%
	치간치솔	3 50.0%	0 .0%	1 16.7%	0 .0%	2 33.3%	6 100.0%
	혀세정제	3 37.5%	2 25.0%	2 25.0%	0 .0%	1 12.5%	8 100.0%
	없음	44 32.4%	23 16.9%	12 8.8%	14 10.3%	43 31.6%	136 100.0%
	전체	56 31.3%	33 18.4%	20 11.2%	19 10.6%	51 28.5%	179 100.0%

* p<.05 ** p<.01 *** p<.001

가
, 가
93.9%가
(2.8%) ,
(2.8%),
<
(0.6%) 가 96.6%(57
)가

3.2 영역별 구취 자각 정도

표 5. 구취의 자각증상을 느끼는 시기 N(%)

구분		기상 후	아침식사전	아침식사후	저녁식사전	저녁식사후	공복시	전체	$\chi^2(p)$
흡연	예	40 67.8%	4 6.8%	1 1.7%	1 1.7%	2 3.4%	11 18.6%	59 100.0%	3.009 (.699)
	아니오	74 61.7%	5 4.2%	1 1.7%	1 .8%	5 4.2%	28 23.3%	120 100.0%	
	정기적으로 한다	2 50.0%	0 .0%	5 25.0%	0 .0%	1 25.0%	0 .0%	4 100.0%	
	가끔	17 60.7%	2 7.1%	0 .0%	0 .0%	1 3.6%	8 28.6%	28 100.0%	
스케일 링경험	한번정도	31 67.4%	1 2.2%	0 .0%	1 2.2%	0 .0%	13 28.3%	46 100.0%	22.947 (.291)
	없다	56 62.9%	6 6.7%	6 6.7%	1 1.1%	5 5.6%	15 16.9%	89 100.0%	
	기억이없다	8 66.7%	0 .0%	1 8.3%	0 .0%	0 .0%	3 25.0%	12 100.0%	
	한번	7 77.8%	0 .0%	0 .0%	0 .0%	1 11.1%	1 11.1%	9 100.0%	
양치질	두번	54 69.2%	2 2.6%	1 1.3%	2 2.6%	2 2.6%	17 21.8%	78 100.0%	17.552 (.287)
	세번이상	47 58.8%	7 8.8%	5 6.3%	0 .0%	3 3.8%	18 22.5%	80 100.0%	
	하지 않음	6 50.0%	0 .0%	2 16.7%	0 .0%	1 8.3%	3 25.0%	12 100.0%	
	구강양치액	10 55.6%	1 5.6%	1 5.6%	0 .0%	0 .0%	6 33.3%	18 100.0%	
보조구 강위생 용품	치실	6 54.5%	0 .0%	0 .0%	0 .0%	0 .0%	5 45.5%	11 100.0%	14.965 (.778)
	치간치솔	5 83.3%	0 .0%	1 16.7%	0 .0%	0 .0%	0 .0%	6 100.0%	
	혀세정제	4 50.0%	1 12.5%	0 .0%	0 .0%	1 12.5%	2 25.0%	8 100.0%	
	없음	89 65.4%	7 5.1%	6 4.4%	2 1.5%	6 4.4%	26 19.1%	136 100.0%	
전체		114 63.7%	9 5.0%	8 4.5%	2 1.1%	7 3.9%	39 21.8%	179 100.0%	

* p<.05 ** p<.01 *** p<.001

가 가 (p<.001). < 3> .

3.3 영역별 구취의 원인

95%(76)가 가 31.3%(56)가
 94.9%(129)가 가 51%, 33%, ,
 가 28.8%(17) 가

표 6. 구취의 예방법에 관한 인식

N(%)

구분	이름 자주 뉘는다	물을 자주 마신다	껌을 자주 씹는다	치과에서 정기적으로 케일링	구강 양치액	전체	$\chi^2(p)$
흡연	예	36	9	2	9	3	59
		61.0%	15.3%	3.4%	15.3%	5.1%	100.0%
	아니오	58	23	5	29	5	120
		48.3%	19.2%	4.2%	24.2%	4.2%	100.0%
스케일링 경험	정기적인 으로 한다	2	2	0	0	0	4
		50.0%	50.0%	.0%	.0%	.0%	100.0%
	가끔	17	1	3	6	1	28
		60.7%	3.6%	10.7%	21.4%	3.6%	100.0%
양치질	한번정도	18	11	1	11	5	46
		39.1%	23.9%	2.2%	23.9%	10.9%	100.0%
	없다	49	18	2	18	2	89
		55.1%	20.2%	2.2%	20.2%	2.2%	100.0%
보조구강 위생용품	기억이 없다	8	0	1	3	0	12
		66.7%	.0%	8.3%	25.0%	.0%	100.0%
	한번	3	4	0	2	0	9
		33.3%	44.4%	.0%	22.2%	.0%	100.0%
구강양치 액	두번	40	16	1	19	2	78
		51.3%	20.5%	1.3%	24.4%	2.6%	100.0%
	세번이상	42	10	6	17	5	80
		52.5%	12.5%	7.5%	21.3%	6.3%	100.0%
치실	하지 않 음	9	2	0	0	1	12
		75.0%	16.7%	.0%	.0%	8.3%	100.0%
	구강양치 액	9	3	2	4	0	18
		50.0%	16.7%	11.1%	22.2%	.0%	100.0%
치간치솔	치실	5	2	0	3	1	11
		45.5%	18.2%	.0%	27.3%	9.1%	100.0%
	치간치솔	2	2	1	1	0	6
		33.3%	33.3%	16.7%	16.7%	.0%	100.0%
혀세정제	혀세정제	2	2	0	4	0	8
		25.0%	25.0%	.0%	50.0%	.0%	100.0%
	없음	76	23	4	26	7	136
		55.9%	16.9%	2.9%	19.1%	5.1%	100.0%
전체		94	32	7	38	8	179
		52.5%	17.9%	3.9%	21.2%	4.5%	100.0%

* p<.05 ** p<.01 *** p<.001

가 , 가 , 35%(42) 55%(49)가 ‘ , 가 52.5%(42), 51.3%(40)가 ‘ 36.3%(29)가 , 가 55.9%(76 34.6%(27)가)가 19.1%(26)가 ‘ . ’ 16.9%(23) ‘ 32.4%(44)가 , < 4> 6> .

3.4 구취의 자각증상을 느끼는 시기

4. 중괄 및 고안

63.7%(114)가 가 가 , 21.8%(39)가 . 가 가 67.8%(40), 가 61.7%(74 가 ¹⁴⁾ .)가 , 62.9%(56)가 가 가 16.9%(15) (cysteine methionine), , 69.2%(54)가 가 ¹⁵⁾ . 22.5%(18) 가 < 가 5> . , 가, ,

3.5 구취 예방법

52.5%(94)가 ‘ , 21.2%(38)가 ‘ 가 가 , 17.9%(32)가 ‘ , 가 ¹⁶⁾ . 가 61%(36) 가 48.3%(58) ‘ , 6 가 ¹⁷⁾ . 가 24.2%(29) ‘

가

8)

가

가

가

55.1%가 ‘

가

, 28.5%가 ‘

18)

63%가 ‘ 가

20

. ’ 18,2%가 ‘

19)

가 ‘

가 77.6% 가

20)

가

64%가

가

5. 결론

가

가

J

184

57%

가 ‘

가 178

21)

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22.9%가 ‘ , 21.8%가 ‘

4가

가 가

SPSSWIN 12.0

가

가

1.

55.3%

(99)가 ‘

28.5%(51)가 ‘ , 14.0%(25)

가 ‘

가
63.7%가 ‘

18)

65.5%가 ‘

2.

가
가

89.8%(168)가

3. 31.3%(56)가 ‘ , , 28.5%(51) , 18.4%(33) , 11.2%(20) , 10.6%(19) .
4. 114 (63.7%) 가 , 21.8%(39)가 , 5.5%(9) 가 , 4.5%(8)가 .
5. 52.5%(94) 가 ‘ , 21.2% (38)가 ‘ , 17.9(32)%가 ‘ .

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Abstract

A study on characteristics to territorial among awareness of halitosis

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Key words: halitosis, awareness, cause, preventive method

The purpose of this study was to examine the awareness of people in general about halitosis. The subjects in this study were 184 people who visited the clinical practice lab at J health college to get their teeth scaled. After a survey was conducted from May 1 to June 3, 2008, the analyzable answer sheets from 178 respondents were analyzed after four different areas were selected, which included smoking/nonsmoking, scaling experience, toothbrushing frequency and the use of oral hygiene supplies. SPSSWIN 12.0 program was utilized to make a frequency analysis and crosstabs analysis. The findings of the study were as follows:

1. Concerning subjective feelings of halitosis, 55.3 percent(99 people) of the respondents found themselves to have a moderate level of bad breath. 28.5 percent(51) deemed themselves to have a little foul breath, and 14 percent(25) didn't feel they had any bad breath.
2. As to the subjective level of halitosis, 89.8 percent(168) thought that their bad breath was a little perceived only by themselves, regardless of smoking, scaling experience, toothbrushing frequency and the use of oral hygiene supplies.
3. In regard to the cause of halitosis, 31 percent(56) cited plaque in the mouth as the cause, and 28.5 percent(51) pointed out the other causes that weren't mentioned in the questionnaire. 18.4 percent(33) cited decayed tooth, and 11.2 percent(20) pointed out gastroenteric disorder. 10.6 percent(19) viewed diabetes as the cause.
4. As to the time when they had the subjective symptom of halitosis, 114 respondents(63.7%) felt

their own bad breath the most immediately after they got up. 21.8 percent(39 respondents) did it when they were hungry. 5.5 percent(9) did that before breakfast, and 4.5 percent(8) did that after having breakfast.

5. Regarding view of how to prevent halitosis, 52.5 percent(94) brushed their teeth frequently. 21.2 percent(38) got their teeth scaled on a regular basis at a dentist's office, and 17.9 percent(32) drank water often.

The above-mentioned findings seemed to suggest that the respondents weren't well aware of the fact halitosis was a sort of oral and systemic disease. Therefore the development of halitosis prevention and care programs geared toward practice lab visitors was required.

-2008.10.26

-2008.12.7

-2008.12.15