



Impact of Dental Esthetics on Human Psychology in Adolescence and Early Adulthood: A Review

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ABSTRACT:

Human Psychology is a very much complex phenomenon, which is dependent at childhood to factors like parent care and family education, teacher student relationship at school, peer relationship at school, attention from the society etc. As the child grown up and enters into adolescence and early adulthood then the dependence of human psychology also shifts majorly from the above mentioned factors to the body representation and appearance.

Introduction

Oral health and dental esthetics imparts a great contribution in various ways. One's perception of self dental esthetics makes belief in her subconscious mind. Depending on it, psychology is shaped which create degree of positive or negative self esteem. Correction of dental esthetics transforms negative psychology to positive psychology upto some extent. The influence of oral characteristics on the psychosocial functioning varies with gender also. Female gender is very much affected by the dental easthetics in this aspect with significance consequences on depiction of self. Person with high inner self are perceived as more attractive. They are more integrated socially. In the other hand people with poor oral health and dental easthetics faces lots of difficulties to represent them socially which leads to higher level of isolation. Malocclusions, teeth decay, anterior teeth fracture, midline diastema imparts strong effect on poor dental esthetic psychological consequences.

Perception of Dental Esthetics:

Perception varies by gender, knowledge, age, profession and many other factors I.e demographic, cultural etc.

Attractive dental esthetics comes from good harmony of intraoral extraoral hard and soft tissue. Sense of beauty is the propelling force for the adolescence and early adulthood's positive correlation between dental esthetics and psychosocial wellbeing. The determinants of dental esthetics are facial component, dental components and gingival components. Good or bad dental esthetic perception is determined majorly by gingival marginal height, then midline diastema. The other factors perceived as bad dental esthetics are missing front teeth, discoloured teeth, anterior crossbite, anterior crowding, incompetent lips, upper anterior protrusion, small retrognathic mandible. Minimum perception is on buccal corridor, forntal occlusal canting.¹ Measurement of midline diastema is one of the major determinant of perception of dental esthetic. Upto 2 mm midline diastema is acceptable for social representation. Female gender's perception on midline diastema as the beauty component is more than the male gender. Extent of gingival display and gingival marginal symmetry are also very much responsible for good or bad esthetic perception. Excessive gingival display I.e gummy smile causes the smile unattractive. Peak acceptability of



gingival visibility is 3 mm.¹

Extent of Psychological Impact Of Poor Dental Esthetics:

Adolescence and Early adulthood are the phase which is very crucial period for physical and psychosocial development. Psychosocial development is very much integrated with the physical development. A good general health condition gives satisfaction of well being which builds one's positive psychosocial aspect. Oral health is one of the part of general health, which plays a very important role in psychosocial development. Social psychology is very much dependent on physical appearance of an individual of adolescent and early adult age group. Dental esthetics takes a major concern of the physical appearance. Dental esthetics affects one's self concept and social acceptance⁵. perception of good dental esthetics plays a important role in building self confidence, that helps in making a good social interaction, by which person's self worth is increased and the satisfaction comes from the good dental esthetics also positively effects person's self respect. All of these combining gives direction of person's self esteem^{3,5}. Individual's physical appearance along with the other factor play a crucial role in building the dimension of self esteem. Dental esthetics being an integral part of the general physical appearance also influences the degree of self esteem, which has been widely recorded with the help of RSES. Dental problems which are the common like tooth loss, dental trauma, untreated carious lesions affect self esteem thus it influences the quality of life³. Loss of one or more than one teeth is a affects the dental esthetics very much negatively which considerably decreases the quality of the life of the individual, imparts negative affect psychosocially and emotionally. Quality of life is a multi-dimensional parameter which includes social interactions, psychology and physical health. Tooth loss affects the day to life functions. It is very necessary to have a presentable smile appearance. According to Ernulf, beautiful and slender individuals have great chances in both private and professional life. When gender is concerned female patients are concerned with both the aesthetic and functional problems of edentulism, men are mainly concerned with chewing function, and phonetic preferences comes after functional needs⁶. In a study tooth loss in the anterior region showed higher psychological and social disability score. Tooth loss in the posterior region involves in

higher rate of physical complaints and functional deficits, so that the missing anterior teeth impact in wide extent on emotional and mental health. Maxillary midline diastema is the other important factor which perceived as bad dental esthetics and negatively affects the quality of life. According to some researcher any width of midline diastema perceived as unattractive dental esthetics. However, according to other researchers, perceptions of diastemas depend on their widths. Diastems of 2 mm or more found to be perceived negatively. In other hand Maxillary midline diastema is artificially created to improve attractiveness as it is perceived as an beauty icon. Perception of maxillary midline diastema varies between person to person which may affect individual's psychosocial factors, experiences professional life and culture. According to Onyeaso and Sanu spacing in between teeth might affect negatively on body image. Nagalakshmi et al found that there is 50% improvement in quality of life of adolescent and early adult due to correction of midline diastema. Midline diastema is significantly related to neuroticism personality. In a study female showed higher neuroticism than males. Individual perceives his/her dental esthetics is poor due to tooth loss at esthetic region. Tooth fracture, gingival pigmentation, incompetent lips, dark shade of teeth these are the components of poor dental esthetics. Individual having these un-satisfactions with their dental esthetics feels uncomfortable with showing their teeth while smiling. Day by day these affect their mental health negatively. These leads to unhappy psychosocial interaction which can be the cause of depression. Individual feels uncomfortable at the time of social interaction, photo shoot and taking part in occasions. It effects in self image. Confidence in individual's lifestyle is decreased due to poor dental esthetics. So, self esteem of an individual is the ability of a human being to accept the self worthiness. It is revealed that self esteem plays a crucial role in person's mental health and psychology. Negative impact of it leads to psychopathology such as symptoms of depression. Understanding the factors which negatively effect the self esteem of the adolescent and early adult age group who need an early intervention helps in development of productive adulthood. However there is still insufficiency of understanding about how individuals evaluate themselves mainly adolescent and early individuals these age groups very critical stage in life for prevention from both current impairment and future illness is



possible. Studies regarding impact of dental disorders I.e tooth loss traumatic tooth, untreated decay malocclusion, maxillary midline diastema shows that poor dental esthetics negatively effects individual's self esteem using RSES⁵. Globally measurement of self esteem is done using self report version of the RSES most widely. Along with the RSES shows a transparent one dimensional factor structure. Studies showed that association between perceived dental esthetics and self esteem is significant. Person's who's perception of their dental esthetics as 'less attractive' have presented with lower self esteem score than those perceived their dental esthetics attractive. A study from multi-variety analysis using DHC and AC component of IOTN has maximum impact on self esteem. Authors have shown that dental caries imparts a negative impact on health of an individual. Speaking, eating, sleeping is affected by pain the oral cavity. These causes undermined self esteem. Missing teeth causes interference with diction, chewing ability and esthetics. So, interruption in socializing and daily activates leads to low self esteem³. Tooth fracture at anterior esthetic region, negatively effect's individuals' dental esthetics. At the time of smile anterior teeth comes in visual and fracture of the tooth at this region causes dissatisfaction. This is perceived by individual as poor dental esthetics which leads to low self esteem. Psychological impact of dental esthetics is composed of items dealing with the feeling of inferiority and unhappiness when the individual compares him/herself with persons having superior dental esthetics. This comparison processes play an important role in psychological well-being and that upward comparison may provoke dysphonic moods.² Somewhat similar presumptions have been made by different authors in the literatures in their studies.⁷⁻⁹

Conclusion

Long-term lack of satisfaction due to individual's owns' perception of poor dental esthetics plays a crucial role for low self esteem at the adolescent and early adult age group. According to studies it has been shown that various dental disorders I.e tooth loss, midline diastema, and anterior teeth fracture causes profound impact on dental esthetics. It negatively affects psychosocial behaviour of an individual, which affects the self esteem of the adolescents and early adult.

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