

A STUDY TO ASSESS THE AWARENESS OF PERSONAL HYGIENE AMONG SCHOOL AGE CHILDREN AT SELECTED SCHOOL, AMROHA

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Abstract

The study was aimed to assess the awareness of personal hygiene among school age children at selected school. Study was conducted using Quantitative-Non experimental- Descriptive research approach among 60 school age children (Between 6-12 years) at selected school, Amroha. Samples were selected using Non-probability-Purposive sampling technique. Data was collected using structured questionnaire- Section A containing demographic variables and Section-B containing 20 questions for assessing the awareness of personal hygiene. Study findings revealed that, 12 (20%) samples have adequate knowledge, 37 (61.67%) samples have moderate knowledge and 11 (18.33%) samples have inadequate knowledge. There was association between awareness of personal hygiene with demographic variables such as age, gender, area of residence and no association with previous exposure of knowledge of personal hygiene.

Keywords: Awareness, Personal hygiene.

Introduction:

"Health is the Wealth as we all know; Hygiene is the way to make it grow. Action is little in to and fro, but we have to go with the flow."

"Hygiene is any practice or activity that you do to keep things healthy and clean." it includes hand washing and skin care, oral care, hair care, eye care, ear care and nail care. Hygiene makes a people perfect. Rather than these other hygienic practices are environmental cleanliness, proper ventilation and lights, prevention of noise, pure water, clean bedding and have a proper balance diet.

Good personal hygiene is healthy habits that are directly related to less illness and better health status. However, poor personal hygiene can cause Diarrheal disease, food poisoning, enteric fever and so on. The human being comes in contact with millions of germs and viruses. Personal hygiene plays an important role to protect people from cross infection. Poor personal hygiene can increase the risk of social embarrassment and eventual isolation from others

"Knowledge is awareness or familiarity gained by experience of a fact or situations". Knowledge is the basic need for any individual. If a person have better knowledge he/she makes their life perfect by making a proper decision regarding their health. So an individual have to perform personal hygiene activity daily to keep himself/herself healthy. It is a protective barrier against any disease. It is a behavior that must be practiced in day to day life to protect our health

The number of germs increases up to 17 million in just 8 hours which increase the risks of disease in individual body. Unhealthy children of school age have lack of awareness regarding health benefits of personal hygiene. Poor personal hygiene practices and poor sanitation are the main causes of infection which can lead to poor health. If the child has poor health status it affects the academic performances at school level and increase morbidity and mortality of various diseases.

According to world health organization 50% of Diarrheal infection, skin infection and worm infection is caused by poor personal hygiene practices. Report 2010 estimate that approximately 0.807-1.221 billion human have been infected with nematode infection due to poor hygienic practices. According to World Health Organization, children and teenagers between 6 to 14 years of age are mostly infected than adult. At least 20,000 people die every year all over the world due to infection

According to the UNICEF, hand washing with soap, particularly after contact with excreta, can reduce diarrheal diseases by over 40 per cent and respiratory infections by 30 per cent. UN Assembly in 2010 told that safe drinking water, sanitation is the human right.

Indian study reported on January 6, 2016 that, India's under-five mortality rate (deaths of children under the age of five) per 1,000 live births – declined from 74 in 2005-'06 to 50 in 2015-16. Uttar Pradesh has highest ranked death for Diarrheal disease.

Statement of the problem:

A study to assess the awareness of personal hygiene among school age children at selected school, Amroha.

Objectives of the study:

- To assess the awareness of personal hygiene among school age children.
- To determine the association between awareness of personal hygiene among school age children with selected demographic variables.

Hypotheses:

H₁: There will be an association between awareness of personal hygiene among school age children with selected demographic variables.

Research Methodology:

Study was conducted using Quantitative-Non experimental- Descriptive research approach among 60 school age children (Between 6-12 years) at selected school, Amroha. Samples were selected using Non-probability-Purposive sampling technique. Data was collected using structured questionnaire- Section A containing demographic variables and Section-B containing 20 questions to assess the awareness of samples (Inadequate knowledge being a score of 0-7, moderate knowledge is a score of 8-14 and adequate knowledge is a score of 15-20). The validity of the tool was evaluated by the experts in the field of nursing and reliability of the tool was established by split half method with the $r=0.7$, which shows that the tool was highly reliable.

Results and discussion:

TABLE: 1: Frequency and percentage of level of awareness of personal hygiene among school age children

Level of knowledge	Frequency	%
Adequate	12	20
Moderate	37	61.67
Inadequate	11	18.33

Table 1 reveals that 12 (20%) samples have adequate knowledge, 37 (61.67%) samples have moderate knowledge and 11 (18.33%) samples have inadequate knowledge.

TABLE- 2: Association between the awareness of personal hygiene among school age children with demographic variable- age.

Age In Years	Adequate knowledge	Moderate knowledge	Inadequate knowledge	P value
6 – 8	4.6	14.18	14.1	0.05
8– 10	3.8	11.71	3.48	
10 – 12	3.6	11.1	3.3	

Table 2 reveals that there is association between the awareness of personal hygiene among school age children with demographic variable age. The P Value is 0.05.

TABLE-3: Association between the awareness of personal hygiene among school age children with demographic variable- Gender

Gender	Adequate knowledge	Moderate knowledge	Inadequate knowledge	P value
Male	5.8	17.88	5.31	0.1
Female	6.2	19.11	5.68	

Table 3 reveals that there is association between the awareness of personal hygiene among school age children with demographic variable gender. The P value is 0.1.

TABLE-4: Association between the awareness of personal hygiene among school age children with demographic variable- Area of residence

Area of residence	Adequate knowledge	Moderate knowledge	Inadequate knowledge	P value
Rural	7	21.58	6.41	0.4
Urban	5	15.41	4.58	

Table 4 reveals that there is association between the awareness of personal hygiene among school age children with demographic variable area of residence. The p Value is 0.4.

TABLE: 5- Association between the awareness of personal hygiene among school age children with demographic variable- previous exposure of knowledge

Previous exposure of knowledge	Adequate knowledge	Moderate knowledge	Inadequate knowledge	P value
Yes	5.68	19.63	5.68	0.94
No	5.31	18.36	5.31	

Table 5 reveals that there is no association between the awareness of personal hygiene among school age children with demographic variable previous exposure of knowledge regarding personal hygiene. The p Value is 0.94.

Conclusion:

The study findings show that, 12 (20%) samples have adequate knowledge, 37 (61.67%) samples have moderate knowledge and 11 (18.33%) samples have inadequate knowledge. There was association between awareness of personal hygiene with demographic variables such as age, gender, area of residence and no association with previous exposure of knowledge of personal hygiene.

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