

Assessment of Knowledge Concerning Personal Hygiene among Kut Technical Institute Female Student's, Waist Governorate 2017

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Abstract- Descriptive study is conducted to assess the knowledge concerning personal hygiene among Kut Technical Institute female student's, and to determine the relationship between female student's their knowledge and demographic characteristics of age, parents education, parents occupation, and socio-economic status.

Methodology: A simple random sample of (100) female student's is selected through the use of probability sampling approach. This sample is distributed to all sections of the Technical Institute. The reliability of the questionnaire which is determined through a pilot study and the validity are achieved through a panel of (10) experts. The overall items, which are included in the questionnaire, are (49) items. These items are divided into (8) sections which include (bathing and skin hygiene, hair hygiene, hands and nails hygiene, foot hygiene, nose-eyes-ear hygiene, mouth and teeth hygiene, clothing hygiene, and genital area hygiene). Data are analyzed through the application of descriptive and inferential statistical data analysis approach.

Results: showed that the overall female students knowledge about personal hygiene is good (73%), and it's also some responses to the knowledge items is poor and constituted (27%). Concerning female demographic characteristics, results indicate that the socio-economic status significant association with their knowledge.

Conclusion: Kut Technical institute female students are good knowledge about personal hygiene (73%). And somewhat knowledge about personal hygiene in terms of mouth and teeth hygiene. It is also, socio-economic status affected their knowledge.

Recommendations: Need to be increase of the public awareness about the importance of personal hygiene particularly for adolescents through mass media to support the strength point of personal hygiene. Further studies can be conducted to involve national level and assess secondary students' female student's concerning personal hygiene.

Index Terms- Assessment, Knowledge, Personal Hygiene.

I. INTRODUCTION

The term hygiene is derived from Hygeia, the Greek goddess of health cleanliness and sanitation. Hygiene is also the name of a branch of science that deals with the promotion and

preservation of health⁽¹⁾. Personal hygiene is very important for protecting and maintaining health and addressing health problems and is also fundamental to the prevention of many diseases, particularly contagious diseases⁽²⁾. Personal hygiene precautions include hand-face hygiene, regular bathing; using soap and running water in the cleaning process; washing hands before preparing food, before and after eating meals and after using the toilet, hair care washing and using one's own clothes, towels, shoes and slippers besides constituting a basis for personal and social health, hygiene is an indispensable part of living in society⁽³⁾. Girls has been specially recognized as a special period which signifies the transition from girlhood to womanhood, it constitute about 1/5th of the total female population in the world. These also constitute a vulnerable group⁽⁴⁾. Students who do not wash their hands can spread infections and viruses to others. Personal hygiene entails bathing regularly, keeping hair clean, trimming fingernails and toenails, brushing teeth and using deodorant. Personal hygiene can enhance a person's self-confidence and improve the chances of success in many areas of life⁽⁵⁾.

II. MEATHODOLOGY

A study aims at:

1. To assess knowledge concerning personal hygiene among female students in Kut Technical Institute.
2. To determine relationship between their knowledge and demographic characteristics of age, parent's level of education, parent's occupation, and economic status,

Study Design: A descriptive study, using assessment approach, is carried out to assess the knowledge about personal hygiene at Kut Technical Institute in Wasit Governorate.

Sample of the study: A Non probability simple random sample of (100) female students is selected from all department of Kut Technical Institute for the purpose of study.

Study instrument: A questionnaire as a means of data collection was constructed for the purpose of study. It consisted of (49) items and divided into (8) sections which include:

1. Bathing and skin hygiene: Which composed of (10) items.
2. Hair hygiene: Which composed of (4) items.

3. Hands and nails hygiene: Which composed of (10) items.
4. Foot hygiene: Which composed of (3) items.
5. Nose, eyes, and ear hygiene: Which composed of (8) items.
6. Mouth and teeth hygiene: Which composed of (7) items.
7. Clothing hygiene: Which composed of (3) items.
8. Genital area hygiene: Which composed of (4) items.

reliability of the items were based on the internal consistency of the checklist was assessed by calculating Cronbach s' Alpha which as= 0.70.

Statistical analysis:Data are analyzed through the application of descriptive statistical data analysis approach that includes, frequencies, percentages, mean of scores, and graphical presentation of data by pie-chare; and inferential statistical data analysis approach that include Chi-squared test.

Validity and Reliability: The content validity of the instrument was established through a panel of (10) experts, the

III. RESULTS

Table (1): Distribution of Kut Technical Female Student's by their Demographic Characteristics:

Demographic data	Rating	Frequency	Percent
Age	17	3	3.0
	18	12	12.0
	19	56	56.0
	20	29	29.0
Fathers Education	Read and write	6	6.0
	Primary	14	14.0
	Intermediate	16	16.0
	Secondary	16	16.0
	Institute	24	24.0
	College	24	24.0
Mothers Education	daer ot elba toN& write	4	4.0
	etirw & daer ot elbA	4	4.0
	yramirP	16	16.0
	etaidemretnI	19	19.0
	yradnoceS	23	23.0
	etutitsnI	21	21.0
	College	13	13.0
Fathers Occupation	Profession	49	49.0
	Free work	36	36.0
	Retired	8	8.0
	Unemployed	6	6.0
	Display work	1	1.0
Mothers Occupation	Profession	29	29.0
	Retired	2	2.0
	Home	69	69.0
Monthly Income	High	58	58.0
	Moderate	38	38.0
	Low	4	4.0
	Total	100	100

This table reveals that the (56%) of the study sample are within third age group (19) years old. Concerning parent's education, results indicate that the (24%) of fathers are graduated institute and college. Concerning mothers, findings indicate (23%) of mothers are graduated secondary school. In addition to the study results occupation, most of the fathers are professional

and account (49%) out total of the study sample (69%) of mothers are home work. Finally in this table Income, results indicate that the most of female students are making high income and account (58%) out total of the study sample.

Table (2): Distribution of Kut Technical Female Student's Knowledge about Personal hygiene by their Domain

Overall Domain Knowledge	Scale	F	%	M.S	Assessment
Bathing and skin hygiene	Fail	0	0	2.65	Good
	Poor	35	35.0		
	Good	65	65.0		
Hair hygiene	Fail	0	0	2.69	Good
	Poor	31	31.0		
	Good	69	69.0		
Hands and Nails hygiene	Fail	0	0	2.78	Good
	Poor	22	22		
	Good	68	68		
Foot hygiene	Fail	8	8.0	2.72	Good
	Poor	23	23.0		
	Good	69	69.0		
Ears, Eyes and Nose hygiene	Fail	0	0	2.73	Good
	Poor	27	27		
	Good	73	73		
Mouth and Teeth hygiene	Fail	5	5	2.12	Poor
	Poor	78	78		
	Good	17	17		
Clothing hygiene	Fail	2	2	2.92	Good
	Poor	8	8.0		
	Good	90	90.0		
Genital area hygiene	Fail	2	2.0	2.49	Good
	Poor	47	47.0		
	Good	51	51.0		
	Total	100	100		

Based on the statistical cut off point, this table reveals that the all domain of personal hygiene, the responses of female students are good knowledge about their personal hygiene, except at the mouth and teeth hygiene, the responses is poor knowledge.

This figure depicts the overall assessment of Kut Technical Institute female student's knowledge about personal hygiene, the majority of them indicate that the (73%) of female students are good knowledge and (23%) are poor Knowledge.

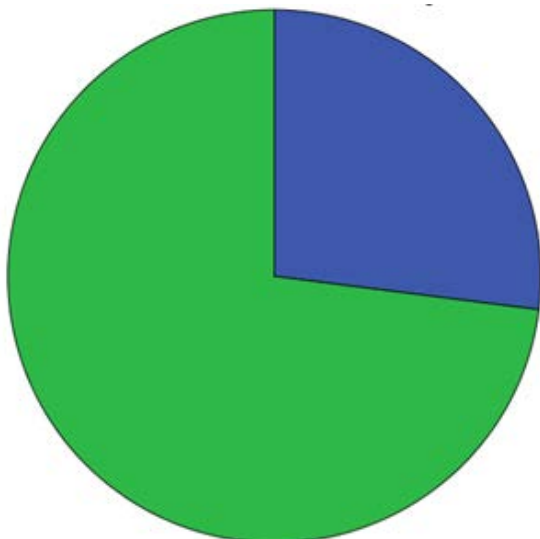


Table (3):Statistical Association between Kut Technical Female Students and their Demographic Characteristics

Demographic Data	Scale	Overall		χ^2	D.f	p-value
		Poor	Good			
	17	17	3	12.800	6	0.077 NS
	18	18	6			
	19	19	18			
	20	20	0			
	Total	27	73			
Fathers Education	Read & write	2	4	1.247	5	0.940 NS
	Primary	5	9			
	Intermediate	4	12			
	Secondary	4	12			
	Institute	7	17			
	Collage	5	19			
	Total	27	73			
Mothers Education	Not read & write	0	4	6.574	6	0.362 NS
	Read	1	3			
	Primary	8	8			
	Intermediate	4	15			
	Secondary	5	18			
	Institute	6	15			
	Collage	3	10			
	Total	27	73			
Fathers Occupation	Profession	9	40	5.365	4	0.252 NS
	Free work	13	23			
	Retired	2	6			
	Neglect	3	3			
	Display	0	1			
	Total	27	73			
Mothers Occupation	Profession	8	21	0.755	2	0.686 NS
	Retired	0	2			
	Home work	19	50			
	Total	27	73			
Income	High	12	46	6.252	2	0.044 S
	Moderate	12	26			
	Low	3	1			
	Total	27	73			

χ^2 Chi-square, Df= Degree of freedom, P-value= Probability value, S= significant, NS= non significant.

This table presents that there is a non-significant association between the Kut Technical Institute female students and their demographic characteristics at p-value more than 0.05, except with their income, which has a significant association with female students at p-value less than 0.05.

IV. DISCUSSION

Part I: Discussion of the demographic characteristics

Results reveals that the (56%) of the study sample are within third age group (19) years old.

Concerning parent's education, results indicate that the (24%) of fathers are graduated institute and college and mothers

education, findings indicate (23%) of mothers are graduated secondary school.in a study of Abbas and others who have studied a comparative assessment of knowledge and practice regarding personal hygiene among urban and rural school students in Aslan and others, India. Their findings indicate that the most of the parent's education are College graduated levels ⁽⁶⁾ ⁽⁷⁾.

In addition to the study results occupation, most of the fathers are professional and account (49%) out total of the study sample (69%) of mothers are home work.The present study agreement with the result of study has been assessed the knowledge and practice regarding personal hygiene among school students from an urban areas. A cross-sectional study designs are conducted on school students in India. Data are

collected according to inclusion criteria using a pre-designed closed ended questionnaire. After statistically analysis, results indicate that the parents occupation (78%) are employed as concerning fathers occupation, and (73%) of mothers are (housewife) unemployed⁽⁸⁾.

Regarding income, results indicate that the most of female students are making high income and account (58%) out total of the study sample. While in a study of Beumer and others who have studied state of personal hygiene among school students: A community based cohort study. Their findings indicate that the most of the participants making moderate socio-economic status⁽⁹⁾.

Part II: Distribution of Kut Technical Female Student's Knowledge about Personal hygiene

Results depicts that the majority of Kut Technical Institute female students are (73%) good knowledge concerning personal hygiene. These important findings show that knowledge can play a decisive role in improving adolescents personal hygiene practices, which in turn would help to protect against diseases and enhance confidence in self-appearance, especially ,to adolescents.

Part III: Distribution Statistical Association between Kut Technical Female Students and their Demographic Characteristics

presents that there is a non-significant association between the Kut Technical Institute female students and their demographic characteristics at p-value more than 0.05, except with their income, which has a significant association with female students at p-value less than 0.05. Dash and Padhi who has studied the impact of school health education programme on personal hygiene and related morbidities in Tribl school students of Wardha Distinct. Their findings indicate that there is a significant association between health educational programme, personal hygiene in term cleaning clothing and economic status at p-value less than 0.05⁽¹⁰⁾.

V. CONCLUSION

The present study concluded that the female of technical institute are good knowledge about personal hygiene except at the mouth and teeth hygiene there were a somewhat knowledge, as well as, the socio-economic status have been affected their knowledge.

VI. RECOMMENDATION

The study recommends that further studies can be conducted to involve national level and evaluate secondary students' female students concerning personal hygiene. As well as decision makers need to be support strength point of personal hygiene.

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