

To Compare the Knowledge and Attitude towards Hand Washing Technique among School Children in Urban and Rural Area

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ABSTRACT

Background:- Children love to play with mud and sand, which host a lot of germs which can cause illness. Teaching them the significance of proper hand washing is a very crucial step towards living a healthy life. Encouraging children from an early age to wash their hands will help to ensure that this practice becomes a lifelong habit. The transmission of common communicable infections such as colds and flu can be prevented by following good hand hygiene. **objective :-** a)To assess the knowledge and attitude towards hand washing technique among school children in urban area. b)To assess the knowledge and attitude towards hand washing technique among school children in rural area. c)To compare the knowledge and attitude of school children towards hand washing technique in urban and rural area. d)To associate knowledge and attitude of school children with selected demographic variables in urban and rural areas. **Material and method :-**the study was conducted in selected urban and rural area of wardha district. exploratory research approach was used in this study.100 school children were selected for the study. Structured knowledge questionnaire were used to collect the data **.Result:-** the school children 33(66%) of sample having very good level of knowledge,10(20%) of the children were having good level of knowledge,6(12%)of sample having excellent level of knowledge in urban area whereas 24(48%) of sample having very good level of knowledge,20(40%) of sample having good level of knowledge, 4(8%) of sample having excellent level of knowledge,2(4%) were having average level of knowledge in rural area. When dealt with attitude all rural school children 50(100%) of had strongly positive attitude towards hand washing technique and in urban area 49(98%) of school children had strongly positive, 1(2%) of children were having positive attitude. **conclusion :-** after detailed analysis, it was found that significant difference was found in knowledge and attitude score between urban and rural school children towards hand washing technique. **Key words :-**knowledge; attitude; school children; hand washing technique.

Introduction

Our hands do so much for us. They are capable of a wide variety of functions: touching, grasping, feeling, holding, manipulating, caressing, and performing daily activities and more. They are a vitally important part of who we are and how we see ourselves¹.

Keeping hands clean through improved hand hygiene is one of the most important step one can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean running water. The use of soap and available water is the best way to keep hands clean and free of micro-organisms².

Common childhood infections like childhood diarrhea, respiratory illnesses and bacterial skin infections can be averted by simple hand washing with soap before eating and after using the toilet. In India, a survey carried out by UNICEF among school children revealed that about half the ailments found were related to unsanitary conditions and lack of personal hygiene. It is important for grade-schoolers to practice good hygiene particularly hand washing because they spend so much of their time in close contact with each other in the classroom, sharing everything from desks and chairs to germs. In a low-income area of India, where families could not afford soap. Through donations, they supplied the families with soap and taught them correct hygiene practices. This reduced childhood infections in that region to 50 percent³. The objective of the study is To assess the knowledge and attitude towards hand washing technique among school children in urban area. To assess the knowledge and attitude towards hand washing technique among school children in rural area. To compare the knowledge and attitude of school children towards hand washing technique in urban and rural area. To associate knowledge and attitude of school children with selected demographic variables in urban and rural areas. The assumptions of study are Urban and rural school children may have some knowledge regarding hand washing technique. Urban and rural school children may have different attitude towards hand washing technique.

Background :

Children love to play with mud and sand, which host a lot of germs which can cause illness. Teaching them the significance of proper hand washing is a very crucial step towards living a healthy life. Encouraging children from an early age to wash their hands will help to ensure that this practice becomes a lifelong habit. The transmission of common communicable infections such as colds and flu can be prevented by following good hand hygiene. Teaching

proper techniques of hand washing to children will not only help to influence their hand washing practices at home but also at school⁴.

Hand washing helps stop the spread of germs and illnesses. Once the bacteria and germs are on a child's hands, they can travel to other areas of the body easily. Children spread germs by touching their eyes and mouth. They can also spread germs by shaking another person's hand, sharing toys and other articles. From a young age, children need to learn when and how to wash their hands⁵

A majority of hand washing education programs begin with explaining how, why and when to wash hands. The CDC (2009b) recommends washing hands by rubbing together for at least 10- 15 seconds using warm water and soap. All surfaces of the hands, wrists, palms, back of hands, fingers and under fingernails should be washed. After washing, a hand lotion is 10 recommended to prevent dry skin. Studies have utilized presentations and discussions as part of a multi-activity hand washing program that results in positively influence hand washing behaviors in children⁶.

Materials And Methods:

The exploratory Research approach and descriptive study design was used in this study. The study was conducted in the selected urban and rural area in Wardha district during year 2015 to 2016. The population of the study was school children. The sampling technique used was non-probability convenience sampling. The study was approved by the institutional ethical committee and the study was conducted in accordance with the ethical guidelines. A structured questionnaire was used for data collection. The analysis was done with the help of SPSS software for statistics.

Results

It shows that, 21(42%) samples of urban area and 20(40%) samples of rural area were from age group of 11-12 years. 27(54%) samples of urban and 26(52%) samples of rural area of the subjects were females. 14(28%) samples of urban area and 13(26%) samples of rural area had 6th class education of child. 23(46%) samples of urban area and 17(34%) samples of rural area had higher secondary education of father. 22(44%) samples of urban area and 25(50%) samples of rural area had higher secondary education of mother.

The findings show that, all school children 33(66%) of sample having very good level of knowledge,10(20%) of the children were having good level of knowledge,6(12%)of sample

having excellent level of knowledge in urban area whereas 24(48%) of sample having very good level of knowledge,20(40%) of sample having good level of knowledge, 4(8%) of sample having excellent level of knowledge,2(4%) were having average level of knowledge in rural area. When dealt with attitude all rural school children 50(100%) of had strongly positive attitude towards hand washing technique and in urban area 49(98%) of school children had strongly positive, 1(2%) of children were having positive attitude.

In urban area, mean and percentage of knowledge score was 14.20 and 71 whereas in rural area, it was 12.82 and 64.1. So, it is concluded that urban school children had more knowledge regarding hand washing technique than rural school children. In urban area mean and percentage of attitude score was 46.18 and 92.36 whereas in rural area it was 47.86 and 95.72. So, it is concluded that rural school children have more attitude towards hand washing technique than urban school children.

The findings show that there is significant difference in knowledge and attitude score between urban and rural school children towards hand washing technique. Thus the H_1 and H_2 are accepted.

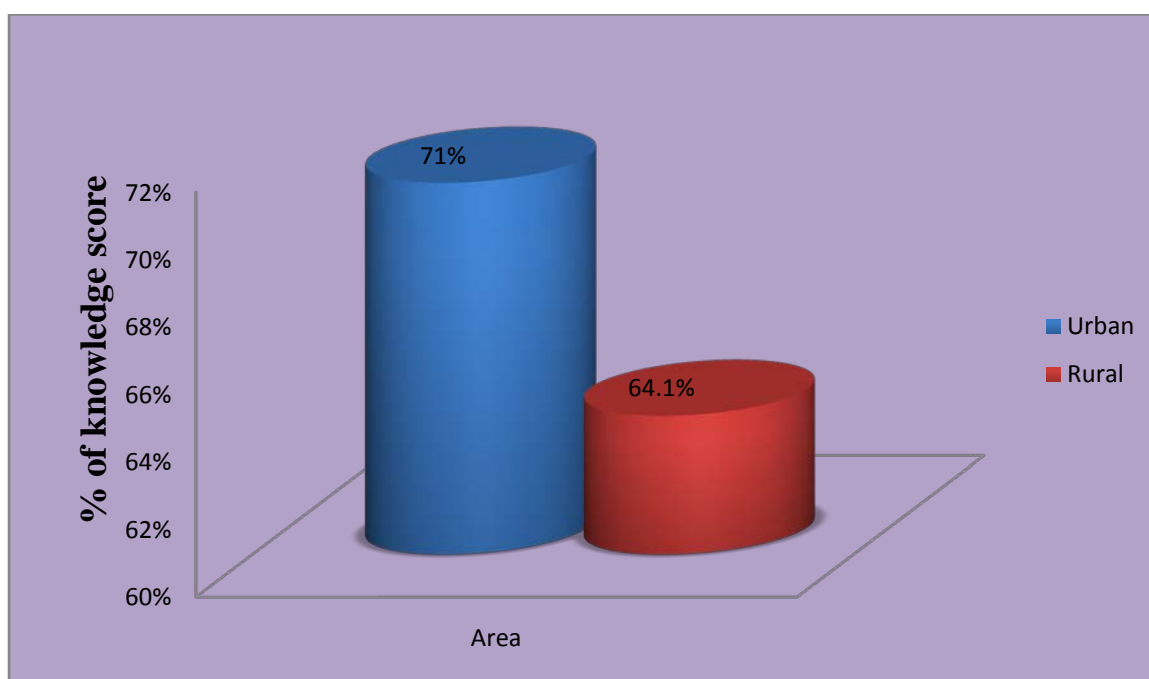


Figure 1: Comparison of percentage of mean knowledge score of school children's in urban and rural areas

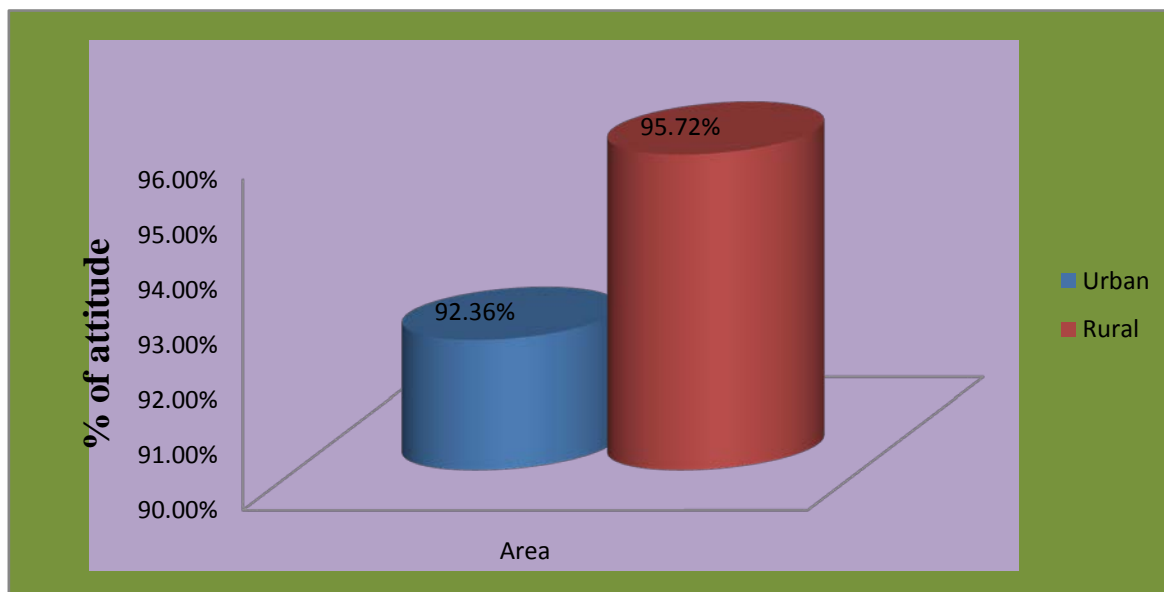


Figure 2: Comparison of percentage of mean attitude score of school children's in urban and rural areas

Discussion

The finding of study shows that in urban area mean and standard deviation was 14.20 and 2.41 whereas in rural area, mean and standard deviation was 12.82 and 2.73 respectively. And also the mean percentage of knowledge score of urban and rural school children was 71 and 64.1 respectively. so it is concluded that urban area school children had more knowledge regarding hand washing technique than rural area school children.

Coming to attitude score, in urban area mean and standard deviation was 46.18 and 2.98 whereas in rural area, mean and standard deviation was 47.86 and 1.84 respectively. And also percentage of attitude score of urban and rural school children was 92.36 and 95.72 respectively. So it is concluded that rural area school children have more attitude towards hand washing technique than urban area school children.

Childhood is acknowledged as the best time to adopt new behaviours. After the family, schools are potentially very important places for learning new behaviours⁵. Schools can provide a stimulating environment to learn about hand washing and other hygiene behaviours, and they can initiate change, with teachers and other students acting as stable role models. Children are potential agents of change within their families and community⁶.

Recommendations

- A similar study may be conducted on a larger population for generalization of findings
- Studies can be replicated with a control group and on large population
- Comparative studies can be done to assess the practices in various regions of the country.
- Studies can be conducted to assess the practice regarding hand washing technique among mothers.
- Studies can be conducted to evaluate the effectiveness of planned teaching on similar problem.
- A similar study can be conducted considering different age group of children.

Conclusion

The present descriptive study findings shows that significant difference was found in knowledge and attitude of urban and rural children, among those urban school children are having more knowledge than rural school children whereas the rural school children were having more attitude towards hand washing technique than urban school children.

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