

Knowledge and Practice of Personal Hygiene among Senior Secondary School Students of Rural Areas: An Innovative Study

¹Jitendra Kumar ²Sonu Kumar ³Raj Kumar Singh ¹Md jiyallah ²Piyush Kumar

¹Senior Secondary School, Kishanpur, Supaul, Bihar, India

²B.S.S College supaul, Bihar, India

³Vigyan Kshitij, Kishanpur, Supaul, Bihar, India

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Abstract- Personal hygiene is defined as self-care application to maintain their health. Proper knowledge and practices of personal hygiene plays an important role in avoiding diseases like Diarrhea, Dysentery, Vomiting, Dental caries, Pyorrhea, Itching problems, Skin diseases etc, The senior secondary school students in rural areas kishanpur, supaul, Bihar, do not understand what is good or bad of Personal hygiene.

This research has done on 100 students (Girl-60 & Boys-40) randomly Selected. Survey and practice month's methods are used for this study. Data were collected and analyzed based on descriptive. Study design 100 types of questions designed to investigate for personal hygiene Knowledge and practices of senior secondary school students.

In this research ,14-17 age group students were participated .the result is 97% students want to live personally hygiene and 64% accept about it hack of knowledge is major problem . This result shows than 34% student had inspired about personal hygiene by teachers whereas T.V. and newspaper only affect 31% & 26% respectively 14% student only use sun glam for eye safety and 8% always suffer from eye water discharge problem. It is also found that due to lack of proper mouth wash 83% students yellowish teeth, 21% suffers from Dental carries. 35% suffers from "red patches" problems in genital organ area. They do not know proper washing of genital organ. It is major habit and health problem.

In rural areas illiteracy is root cause of all problems. Teachers can play a pivot role to educate students and school is the appropriate place for personal hygiene. "school health education programme" and awareness through slogan, drama, acting, quiz competition etc factors influenced personal hygiene behavior.

Index Terms- Personal hygiene , Rural Senior secondary school students, knowledge and practice, school health education programme.

I. INTRODUCTION

“Hygiene” words derived from Greek word “Hygeia” which means goodness of health, cleanliness and sanitation, Personal hygiene means personal care including Hair hygiene, Nasal hygiene, Eye hygiene, Oral hygiene, Hand

hygiene, Body Skin hygiene, Personal cloths hygiene etc. The maintain of personal cloths hygiene is affected by many reasons like personal, social, health, psychological and simply as a way of life. Poor knowledge practice and attitudes to personal hygiene among senior secondary school students in rural area Kishanpur Supaul Bihar, is major problem. Due to lack of personal hygiene communicable diseases appear among students. The knowledge of personal hygiene are very necessary for students. Health is the key factor in senior secondary school. The teacher is the guardian and mentor of students and plays a significant role in the “school health education programme” The results from the students will help to understand the factor influencing the personal hygiene behaviors in secondary school's student and overcome from barriers.

II. METHOD

This study has completed at senior secondary school, Kishanpur Supaul, Bihar India. In this research 100 students (Girls 60 & Boys -40) selected on the basis of random sampling technique. Data were collected and analyzed based on descriptive study design. A well organized 100 different design. A well organized 100 different types of question designed for it. Research key (Question is filled by students)

III. DEMOGRAPHICS

(I) Personal information :-

- a) Name
- b) Class
- c) Date of birth
- d) Academic qualification of parents
- e) Religion

(II) General information

- (i) What is personal hygiene? yes / no.
- (ii) Do you want live in personal hygiene? Yes/no.
- (iii) Awareness is necessary for it. Yes/no.
- (iv) Personal hygiene affects community hygiene. Yes/no
- (v) Personal hygiene is symbol of the best personality. Yes/no
- (vi) Due to lack of knowledge personal hygiene It increases diseases. Yes/no

(vii) Form which sources you get information about personal hygiene.

- (a) Parents (b) books (c) Teacher
(d) Radio T.V (e) Newspaper (f) Other sources

Note : - You can choose more than one options.

(viii) For what causes we don't pay attention about personal hygiene.

- (a) Lack of knowledge.
(b) Lack of time
(c) Ignore of work
(d) Other regions.

(ix) In which way , you you want to see your ideal person.

- (a) Very smart and proper hygienic
(b) Dirty
(c) Hygiene and Dirty (As so as)
(d) I cannot tell.....

Hair hygiene :- Hair hygiene of head on the basis of data of Jan 2018- Aug 2018).

Present or absent of :-

- (a) Dandruff (b) Hair fall (c) Lices or louse
(d) Dirty (e) Luster of hair (f) Other information.....

Face hygiene :-

Do ,you follow it ?

- (i) Washing of face from clean water.
(ii) Touching of face with dirty hand.
(iii) Too wash face before sleeping.
(iv) Use mustard, coconut or other oil on face.
(v) To wash face with soap.
(vi) Remove pimples.
(vii) Presence of black spot on face.

(Note- Use code :- 1 =always, 2 :- Sometime, 3:- Never)

(viii) Which type of cream or powder used by you for in face.

- a) Cosmetic B) Ayurveda c) Homemade (Ubitain)
d) other things

* Eye hygiene :

Do you follow it ?

- i) To wash ego from cleaned and fresh water
ii) Use for cotton made handkerchiefs
iii) Use of U.V. protected goggles
iv) Ocular discharge
v) Water discharge from eye
vi) Eye sight problem
vii) Other problems-----

(Note-Use code 1= Always, 2 = sometimes 3=Never)

• Ear and nose hygiene

Do you follow it ?

- i) To wash ear and nose from cleaned and fresh water
ii) Washing of ear and nose during bath ear discharge.
iii) Presence of was inside ear.
iv) Ear discharge
v) Nose discharge
vi) Use of mask at dirty places
vii) Other problems.....

(Note-Use code 1= Always, 2 = sometimes 3=Never)

• Mouth and teeth hygiene

Do you follow it?

- i) Cleaning of mouth, teeth and tongue regularly.
ii) To wash out remain food particles from teeth gap.
iii) Put dirty hand, pen or other things inside mouth.
iv) Use " Datun" of neem, mango, Gauva etc
v) Use florigenic toothpaste
vi) Other interactions.....

(Note-Use code 1= Always, 2 = sometimes 3=Never)

Observation

- i) Yellowish teen
ii) Dental cavities
iii) Gum bleeding
iv) Mouth smelling
v) Knowledge of proper mouth washing clean tongue

(Note- Use code 1=Present, 2= Absent)

• Hand Hygiene

Do you follow it ?

- i) Hand washing after toilet.
ii) Hand washing before eating
iii) Hand washing before eating dry fruits like biscuits, Bhujia, Almond, Chips etc
iv) Hand washing after eating
v) To touch body and other parts like Eye, Ear, Mouth, Genital parts etc with dirty hand.
vi) Hand washing before cooking.
vii) Hand washing after cleaning dirty places.
viii) Proper hand washing.
ix) Other information.

(Note- Use code- 1= Always.

2=something, 3=Never)

x) Which type of objects used by you for hand washing?

- a) Soap b) Soil c)
Ash d) Other thing

Nail hygiene.

Do, you follow it?

- i) To cut nail with teeth.
ii) Cutting of nail twice times within a week.
iii) To wash nail with soap.
iv) Bleeding from root nails.
v) Breaking of nail.
vi) Other information:-

(Note-Use code-1=Always

2=Sometimes 3=Never)

Observation

- i) Shape and size of nail.
ii) Presence of dirty inside nail

(Note=use code - 1=present)

2=Absent

Body skin gugi one

Do, you follow it?

- i) Use soap for taking bath.
ii) Anele with mistral oil
iii) To mop body with rough towel.
iv) Concern doctor for advice counting to need)
v) Other information.

(Note - use code- 1=always.

2=sometimes 3= never)

Genital organ hygiene

Do, you follow it?

- i) To wash genital organs with clean and fresh water daily.
- ii) To wash anus after toilet.
- iii) To wash penis or virginal.
- iv) Red patches around genital area.
- v) Other information.

Note – Use code -1= Always.

2= Sometimes 3= Never.

Feet hygiene.

Do, you follow it?

- i) Daily washing of feet property.
- ii) Washing of feet after walking, playing etc.
- iii) To was gap between two fingers.
- iv) Use of mustard oil before cross from dirty water during rainy reason.
- v) Sole glimmering.
- vi) Any other information.

Note – Use code -1= Always.

2= Sometimes 3= Never.

Personal cloth hygiene.

Do, you follow it?

- i) Use of cotton made under garments.
- ii) Use loose under garments.
- iii) Daily wash of undergarments.
- iv) To use towel, undergarments personally
- v) Any other information.

Potato hygiene Experiment.

For this experiment three boiled potato has taken. First was used as control, second was used touching with dirty hand and third potato was touched after washing hand properly. Data was collected during six days.

IV. RESULTS

In this study 100 students (Boys = 60 & Girls = 40) Participated of 14-17 years age group.

The ability to define personal hygiene was significantly higher among girls (97.25%) (39 of 40) as compared to boys (27%) (16 of 60). The average knowledge of personal hygiene recorded among girls 89% that is higher than boys 86.5%. It is also recoded that 94% students. Get knowledge of personal hygiene from their teachers 88% from parents where as Radio, T.V. and new papers only explore knowledge 57% lack of proper knowledge of personal hygiene is major issue among 64% students. But, it is good sign that 64% students. But, it is good sign that 94% students, But, it is good sign that 94% students want to see their ideal person as very smart and proper hygiene.

Hair fall problem was higher among girls (70%) (28 of 40) than that of boys (33.3%) 20 of 60) students touches own face with dirty hand 54% where as 9% always do like that. Among them. Girls (64.4%) used more cosmetic cream than boys (16.6%) and 50% girls used Ayurveda cream and home made cream (ubttan)

but only 35% boys do like that. 24% students suffer from regular discharge some times where as 44% from water discharge from eyes sometime. 40% students sometimes from opaqueness' but 04% always.

It is major problems. It was reported that only 14% use U.V. protected goggle regularly. 44% students never use mask form protection dust. It also may for protection dust. It also may cause allergy and other respiratory tract problems.

Mouth and teeth hygiene are also very important for us. It is reported that 52% students don't known proper mouth washing uses pieces of braches of tree like mango, Neem, Guava etc. for teeth washing where as, 41% always use fluoride rich toothpaste. In observation, of mouth and teeth hygiene, it has seen students' suffer from yellow. Teeth 83%, Dental cavities 21 % gum bleeding 28 %, Mouth smelling 28 % hand hygiene is also a major part of our attitude only 35% students used to hand wash before taking dry fruits. 40% students do not know proper knowledge of hand wash it was seen 26% students always and 52% sometime touches own body parts like eyes nose genital organs etc. with dirty hand. In rural areas due to awareness 82 % use soap for hand wash 12% student cut own nails with teeth. It is good habit that 92% students use to soap for bath students are not serious for genital organs hygiene among them 60% never wash penis or vagina after urine discharge red patches were reproduced around genital organ area 12% always and 45% something sole glimmering problem was found among 31% students Undergarment washing with soap problem has retracted among 42% students 63% students use to cotton made undergarments regularly but 31% use sometimes.

In potation hygiene experiment it is respected that maintains it is reported that micro-organism grows more colony in dirty touched hand with respect to washed hand touched potato and control.

V. DISCUSSION AND CONCLUSION

Children are "Leader of changing" They come to school and read were after than they explore their knowledge in their family, friends and society For every students teachers are ideal person in their life. And teachers are guardians of them in school so it is necessary to educate students about personal hygiene schools are appropriate places, for it to follow this persons students become able to defeat communicable discard it is the best service to build healthily nation this students will become able and responsible citizen.

VI. FUTURE SCOPE

"School health education programme" is beneficial for students School can organize quiz, plays, essay, painting competition etc hygiene related seminar can also organized for awareness

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AUTHORS

First Author – Jitendra Kumar, Assistant Teacher, Senior Secondary School Kishanpur, Supaul, Bihar, India (Pin-852138), Email ID- jkumar.biotech@gmail.com