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A Study to Assess the Level of Knowledge Regarding Personal Hygiene among Primary School Children in Selected Government Primary School, Kilinjalmedu, Karaikal

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Abstract

A non-experimental research design was carried out to find the knowledge regarding personal hygiene among primary school children studying in government primary school, Kilinjalmedu. The objectives of the study was 1. To assess the level of knowledge regarding personal hygiene among primary school children. 2. To find the association between the level of knowledge regarding personal hygiene among primary school children in selected demographic variables. 3. To prepare the health education pamphlets to the children to improve their knowledge. Convenient sampling technique was used to select 60 school children. Checklist was used to obtain the data from each sample. Data were analysed by descriptive and inferential statistics. The study revealed that the maximum 6(10%) children had adequate knowledge regarding personal hygiene, 12(20%) children had moderate knowledge and 42(70%) children had inadequate knowledge.

Keywords: Hygiene, Knowledge, Children.

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Introduction

Personal hygiene is a public health tool that is used for the disease prevention and health promotion in individual, families and communities. Cleanliness in individuals in communities can reduce threats especially by community population health analysis. Common childhood infection like childhood diarrhoea, respiratory illness and bacterial skin infection can be averted by simple hand washing soap before and after using toilet. India has one of the largest group of school going children, especially in rural areas. There are about 6.3 lakhs rural schools both primary and upper primary with 80 million school going children's but it is also a fact that only 8% of schools have the sanitation facilities in school premise. Out of 6.3 lakhs primary and upper primary rural schools, only 44% have water supply facilities, 19% have urinals and 4% lavatory facilities. Only 19% have separate urinals and 4% lavatory facilities for girls. Under these condition, school and community environment become unsafe places where disease are transmitted. According to UNICEF at the end of 2007 more than 1000 children die every day from diarrhoea According to UNICEF at the end of the 2008 about 35% of Indian schools do not have toilets, the school toilets that exist, many or not functional or usable. The focus of the good personal hygiene is to prevent disease, injuries and other health conditions through surveillance and the promotion of healthy behaviour in

aspects relevant human health. It may prevent health problem from happening or re-occurring by implication education programme developing policies, administering services and conducting research.

Statement of the Problem

"A study to assess the level of knowledge regarding personal hygiene among primary school children in selected Government Primary School, Kilinjalmedu, Karaikal."

Objectives

- To assess the level of knowledge regarding personal hygiene among primary school children.
- To find the association between the level of knowledge regarding personal hygiene among primary school children in selected demographic variables.
- To prepare the health education pamphlets to the children.

The conceptual frame work based on the modified resenstocks health belief model Materials and methods

A non-experimental research design was used to assess the knowledge regarding personal hygiene among primary school children studying in government primary school, Kilinjalmedu. Convenient sampling technique was used to select the 60 school students from Government primary school, Kilinjalmedu. The tool consists of Section-I: demographic data which includes age, sex, class of studying religion, type of family, parent education, and occupation, family income, living area,

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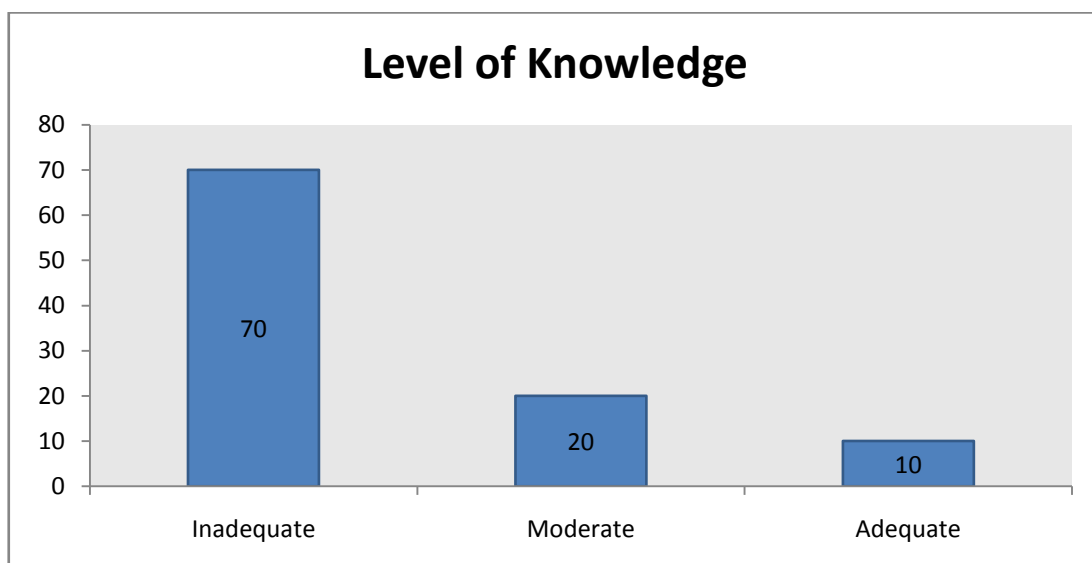
nature of residence, type of house, dietary pattern and source of water. Section-II: Checklist on knowledge regarding personal hygiene. It includes the items related to maintenance of personal hygiene. Section-III: Health education pamphlets on personal hygiene which includes Knowledge regarding hand washing, bathing, brushing, nail care, hair care and clean cloths. The collected data was organized, tabulated and analyzed based on the objectives of the study by using descriptive statistics such as percentage, mean and standard deviation.

Results and Discussion

- ❖ Based on the age out of 60 samples, 23(38.3 %) children are at the age of 5-7 years and 37 (61.7 %) children are at the age of 8-10 years.
- ❖ According to the standard 6 (10 %) children are studying in first standard, 14 (23.3 %) children are studying in second standard, 14 (23.3%) children are studying in third standard, 15 (25%) children are studying in fourth standard and 11 (18.3%) children are studying in fifth standard.
- ❖ Regarding the education of father 11 (18.3%) children father are illiterate, 27 (45%) children father had primary education, 21 (35%) children father had secondary education and 1 (1.7%) children father had diploma/degree as their qualification.
- ❖ According to the education of mother 30 (50%) children mother had primary education, 20 (33.3%) children mother had secondary education, 8 (13.3%) children mother are illiterate and only 2 (3.3%) children mothers had diploma/degree as their qualification.
- ❖ Regarding the occupation of father 41 (68.3%) children fathers are coolie, 17 (28.3%) children fathers are private employee and only 2 (3.3%) children fathers are government employee.
- ❖ According to the occupation of mother 23 (38.3%) children mothers are housewife , 18 (30%) children mother are coolie, 10 (16.7%) children mothers are

private employee and 9 (15%) children mothers are the government employee.

- ❖ According to the family monthly income 26 (43.3%) children family monthly income are Rs.3001-6000, 6 (43.3%) children family monthly income are 6001-10000 and 8 (13.3%) children family monthly income are above Rs. 10001.
- ❖ Regarding the religion the maximum 57 (95%) children are Hindus and 3 (5%) children are Christians.
- ❖ According to the living area maximum 50 (83.3%) children comes from rural and 10 (16.7%) children comes from urban area..
- ❖ Regarding the type of house 47 (78.3%) children had pucca house, 9 (15%) children had kwacha house and 4 (6.7%) children had thatched house.
- ❖ According to the water facility 56 (93.3%) children are having municipality water facility and 4 (6.7%) children are having pump set water facility.
- ❖ Regarding the source of information about personal hygiene maximum 39 (65%) children had information from their parents, 14 (23.3%) children had information from mass media and 7 (11.7%) children had information from health workers.
- ❖ The finding shows that the maximum 6(10%) children had adequate knowledge regarding personal hygiene, 12(20%) children had moderate knowledge and 42(70%) children had inadequate knowledge.
- ❖ There are statistically significant association between the level of knowledge with age in years, student class, income of the family and place of living.
- ❖ There is no significant association between the level of knowledge regarding personal hygiene among primary school children with education of the father, education of the mother, occupation of the father, occupation of the mother, religion, type of house and water facility.



Recommendations of the Study

- ❖ A same study can be replicated using large number of samples.
- ❖ A comparative study to assess the level of knowledge of personal hygiene among the urban and rural children.
- ❖ A study can be conducted to assess the effectiveness of knowledge on personal hygiene among school going children
- ❖ School syllabus may include topics related to personal hygiene.
- ❖ Education of school teachers on personal hygiene who are the sources of knowledge for children.

Conclusion

The study revealed that 40 (66.7%) of school age have adequate knowledge, 14 (23.3%) of the school age have moderate knowledge and 6 (10%) of school age have inadequate knowledge on personal hygiene. Health education pamphlets on personal hygiene which includes Knowledge regarding hand washing, bathing, brushing, nail care, hair care and clean clothes were distributed to the students and encouraged to maintain personal hygiene.

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