



KNOWLEDGE ON PERSONAL HYGIENE AND PRACTICE AMONG CHILDREN- A CROSS SECTIONAL STUDY

Sivamanisha V¹, Suresh K², Meenakshi Sundaram M³, Meenakumari R⁴

¹*PG Scholar, ²Associate professor, ³ Professor and Head of the Department, ⁴ Director
Department of Kuzhandhai Maruthuvam,
National Institute of Siddha, Chennai - 47, India

Abstract: Siddha system of medicine classified diseases into 4448 in number. Of these, 108 diseases are said to occur during the childhood period. Most of the diseases are caused by infection and it can be prevented by good personal hygiene. So maintaining good hygiene in childhood is a very essential one. It will help the children stay healthy. Nevertheless, Children do not understand the knowledge about hygiene and its practices. So this study aims to evaluate the knowledge on personal hygiene and practice among children aged between 8 and 12 years. This study was conducted in Kuzhandhai Marruthuvam OPD of National Institute of Siddha, Chennai after obtaining IEC approval. The Author selected 200 children as a sample size. The sample was selected by systematic random sampling method. Data were collected from the selected children using a self-structured questionnaire and analyzed. The result of this study showed that the knowledge and practices of basic personal hygiene like regular toilet practice, hand washing, nail clipping and handkerchief using while sneezing were adequate in children.

Key words: Knowledge, Personal Hygiene, Practice, Health, Children, Siddha

I. INTRODUCTION

Hygiene is derived from the Greek word Hygeia.^[1] It is not just maintaining a good appearance; it is a better way to prevent infectious disease. Children are easily affected by infectious diseases due to a lack of personal hygiene^[2]. Hence, they have to maintain good hygiene in their day-to-day life. Nevertheless, Children do not understand the knowledge about hygiene and its practices. In India, many health education programs are conducted in schools, and children are educated by this program.^[3] Personal hygiene is to promote standards of personal cleanliness, which includes proper toileting, brushing, bathing, clothing, sneezing, washing hands and feet, care of nails, drinking safe water, eating food and personal appearance.

Infectious diseases such as skin disease, worm infestation, fever, diarrheal diseases, and oral diseases are caused by poor hygienic practices.^[4] Dental caries is the most prevalent chronic health problem in children worldwide. It affects 60-90% of school children and many adults.^[5] An estimated 75% of all diseases are related to unsafe water and inadequate sanitation. Water-borne diseases include typhoid, diarrheal diseases, dysentery kill over a million of child in India. Many children are visiting NIS OPD with infectious diseases. So the author wants to evaluate the knowledge and practices of personal hygiene among children through self-structured questionnaire based survey.

II. MATERIALS AND METHODS:

Type of study: Cross sectional observational study

Place of study: OPD of Kuzhandhai Maruthuvam, Ayothidoss Pandithar hospital, National institute of siddha, Tambaram sanatorium, Chennai-47.

Duration of study: 6 Months

Inclusion criteria: Children who were willing to participate in this study aged between 8 years and 12 years.

Exclusion criteria: Children who were not willing to participate in this study, children aged below 8 years and above 12 years and special children such as Autism, Mental Retardation, Cerebral palsy, Down syndrome, etc., were excluded.

Methodology: The study was approved from the college council and Institutional Ethics Committee (NIS/IEC/2019/M-30, dated 22.02.2019) and CTRI Registration was done with Reg. No:CTRI/2019/05/019292. The children were selected for the study using a systematic random sampling technique and consent was obtained from the parent or guardian before the commencement of this study. A pre-designed self-structured questionnaire was used for data collection that contains demographic details and habits of brushing, bathing, nail clipping, toileting, knowledge about drinking water and details about consuming street foods. After completion of this study, the children were educated about personal hygiene, hand washing technique and oral hygiene in the presence of their parents/guardians.

III.RESULTS:

Table 1: Age of the study subject

Age	No. of Children	Percent (%)
8	36	18.0
9	33	16.5
10	42	21.0
11	49	24.5
12	40	20.0
Total	200	100.0

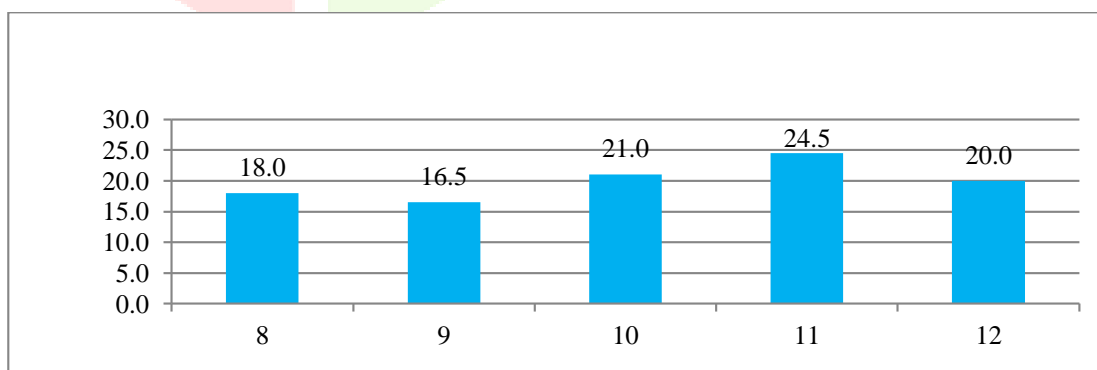


Figure 1: Age of the study subject

Table 2: Gender

Gender	No. of children	Percent (%)
Male	98	49
Female	102	51
Total	200	100.0

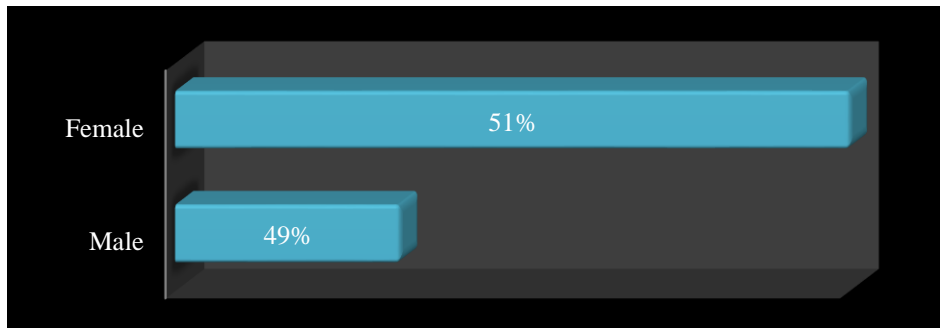


Figure 2: Gender

Table 3: Frequency of brushing daily

No of times brush daily	No. Of children	Percent (%)
Once	158	79.0
Twice	42	21.0
Total	200	100.0

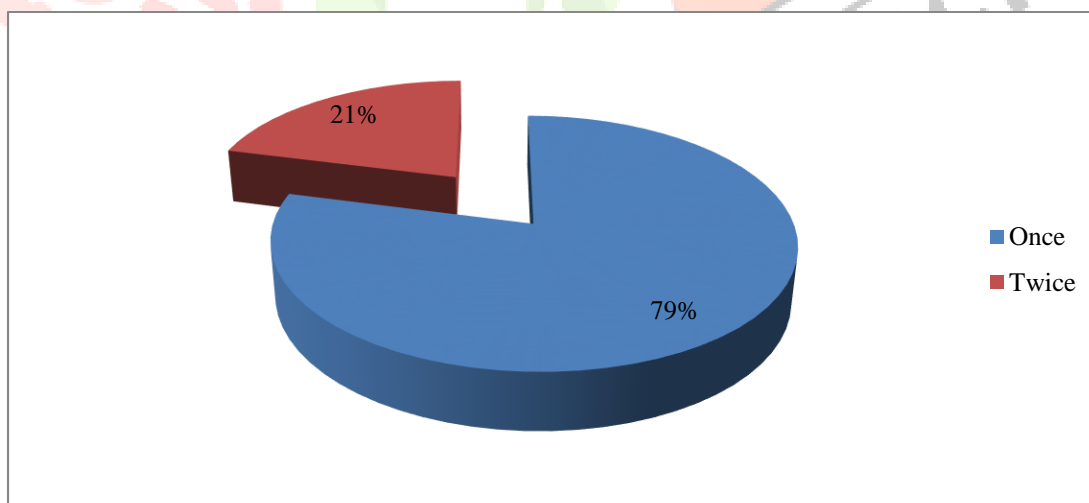


Figure 3: Frequency of brushing daily

Table 4: Frequency of head bath

Head bath	No. of Children	Percent (%)
Daily	18	9.0
Alternative days	24	12.0
Weekly once	102	51.0
Weekly twice	56	28.0
Total	200	100.0

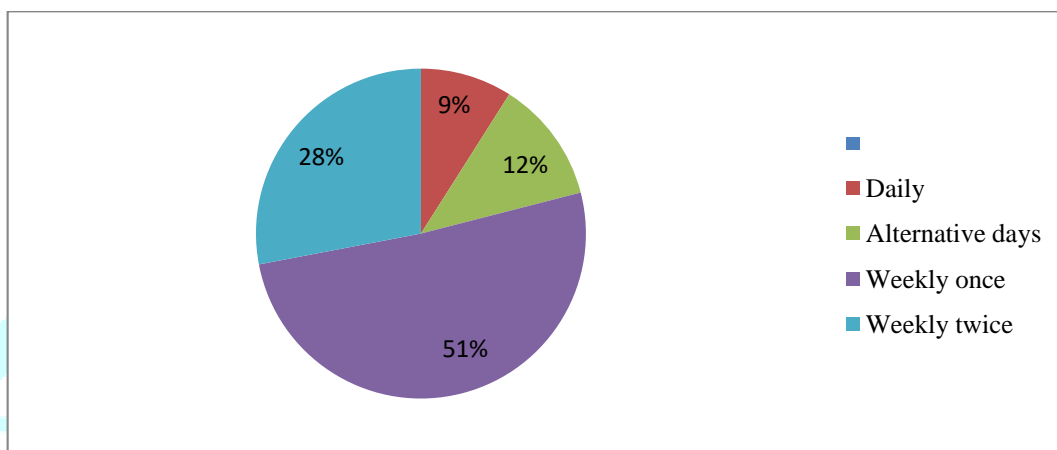


Figure 4: Frequency of head bath

Table 5: Passage of stools

Regular toileting practice	No. of Children	Percent (%)
Yes	155	77.5
No	45	22.5
Total	200	100.0

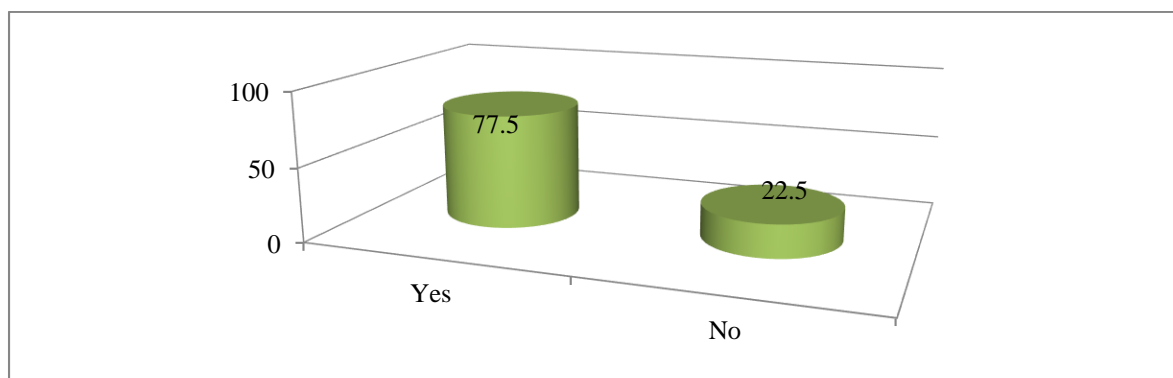


Figure 5: Passage of stools

Table 6: Hand washing habits

Hand washing	No. of Children	Percent (%)
Soap	119	59.5
Water	81	40.5
Total	200	100.0

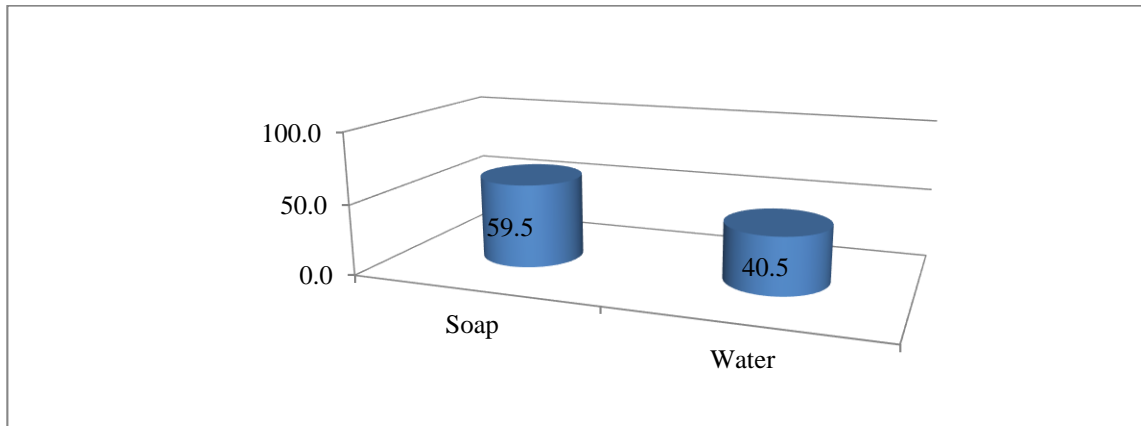


Figure 6: Hand washing habits

Table 7: Nail clipping

Nail clipping	No. of Children	Percent (%)
Every week	115	57.5
Every month	80	40.0
More than a month	5	2.5
Total	200	100.0

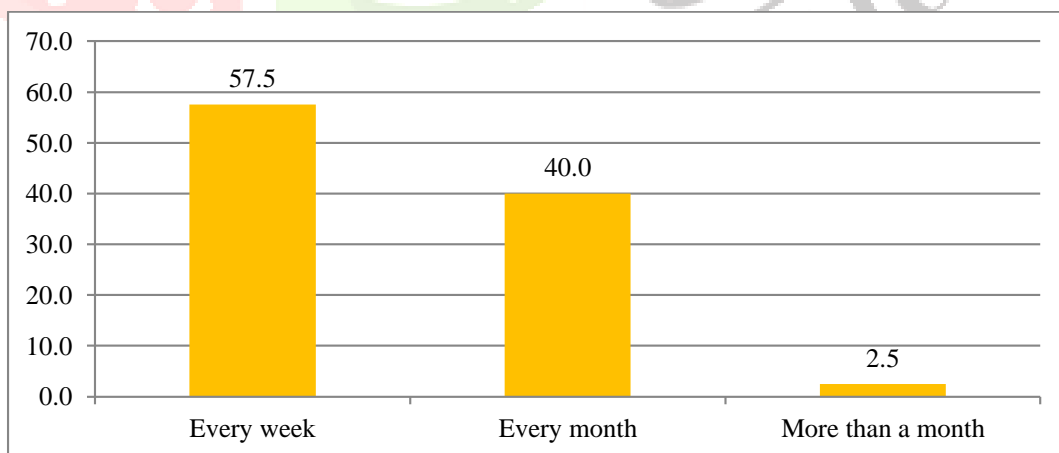


Figure 7: Nail clipping

Table 8: Knowledge about drinking water

Type of water is good for drink	No. of Children	Percent
Boiled warm water	84	42.0
RO Purified water	24	12.0
Unboiled water	92	46.0
Total	200	100.0

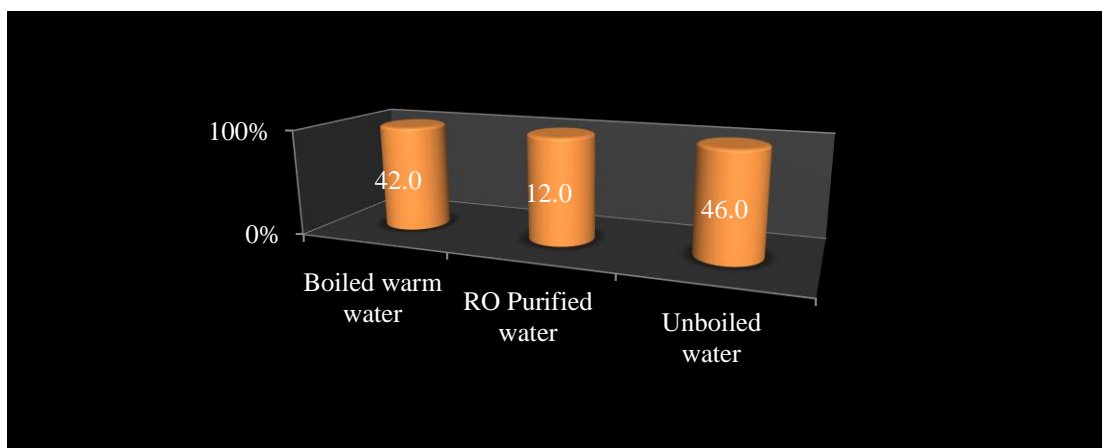


Figure 8: Knowledge about drinking water

Table 9: Sneezing habit

Sneezing habit	No. of Children	Percent (%)
Use hands	64	32.0
Use handkerchiefs	132	66.0
Sneezed openly	4	2.0
Total	200	100.0

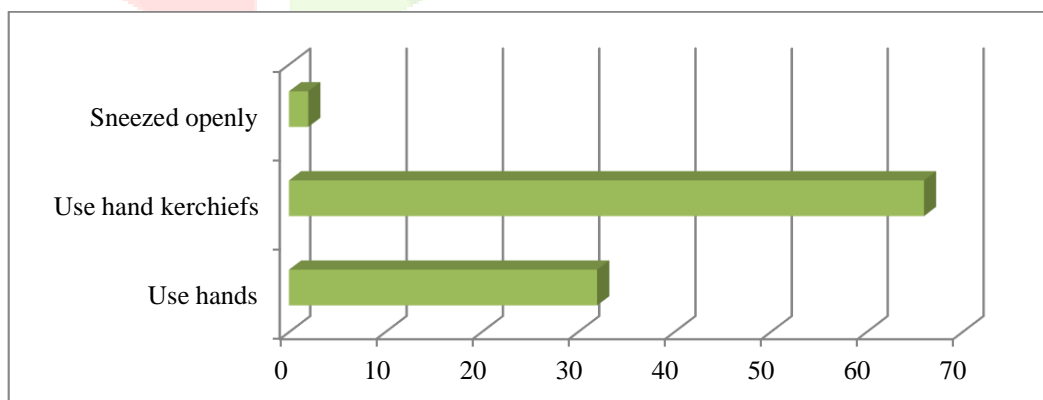


Figure 9: Sneezing habit

Table 10: Using school uniform

Uniform using without washing >1	No. of Children	Percent (%)
Yes	52	26.0
No	148	74.0
Total	200	100.0

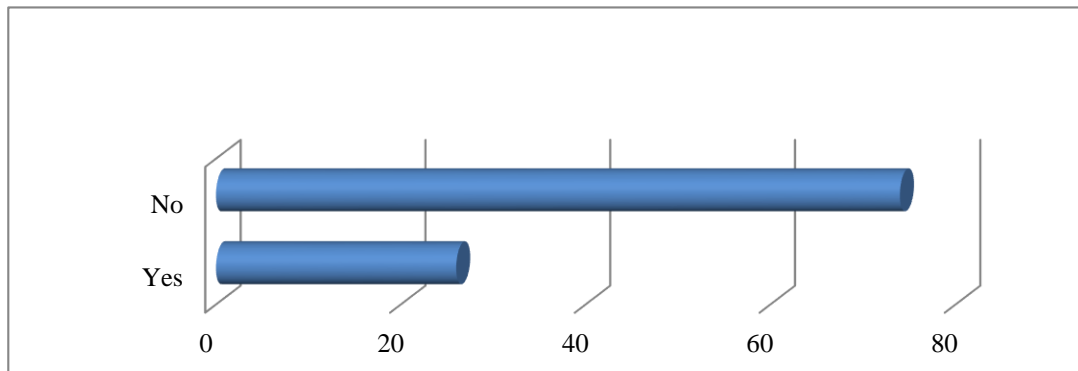


Figure 10: Using school uniform

Table 11: Knowledge on washing shoes

Washing the shoes	No. of Children	Percent (%)
Daily	63	31.5
Alternative days	45	22.5
Weekly	92	46.0
Total	200	100.0

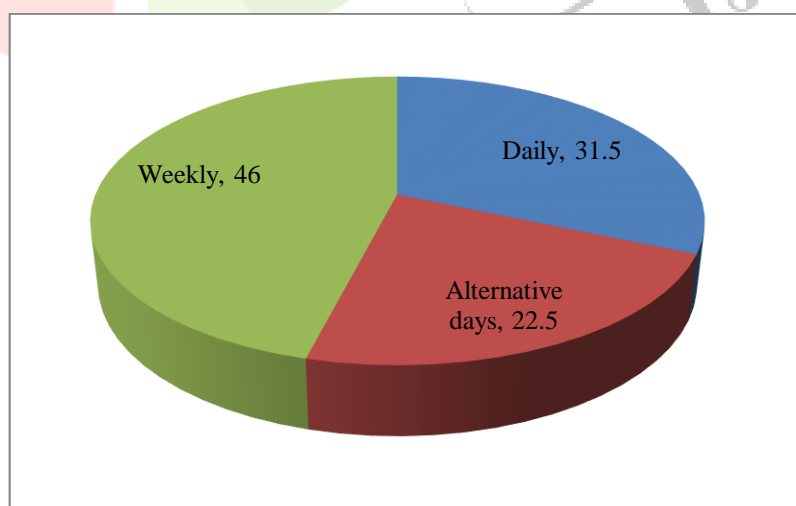


Figure 11: Knowledge on washing shoes

IV. DISCUSSION:

The development of a country not only depends upon the economic status, but also depends on a healthy population. Nowadays we are facing pandemic infection all over the world. WHO says wearing mask, frequent hand washing is the proper way to prevent infection. So practicing good personal hygiene will help to reduce infection. The children of today will be the next generation of tomorrow.^[2] So we have to teach about hygiene and encourage the child to practice it at the school level. Various studies have been reported that in developing countries like India, communicable diseases arising out from a lack of personal hygiene.^[6] By focusing on children by giving them a good knowledge about personal hygiene, future generations can be stronger and healthier.

This current study was conducted in Kuzhandhai Maruthuvam department of NIS OPD and participants were come from the urban area locating of around Tambaram. In this study 200 children were enrolled and study participants were aged about 11 years, 10 years 12 years, 8 years and 9 years with the percentage of 24.5% 21%, 20%, 18%, and 16.5% as shown in table1. In our study most of the children were female 51% and 49% were male children as shown in tab 2.. While analyzing brushing habit 79% of children were brushing their teeth once a day and only 21% of children twice a day as mentioned in tab 3.

Our study shows 51% children were taking a head bath once a week and 28% children were taking weekly twice, 12% children were taking in alternate days and only 9% of children were taking head bath daily as mentioned in tab 4. In this study 77.5% of children were having regular toileting habits and 22.5% of children did not practicing regular defecation and they were passing their stools on alternative days as shown in tab 5.

Tab 6 shown as 59.5% children were aware of washing their hands with soap after defecation and the remaining 40.5% of them were using water alone. Out of 200 children, 57.5% of children were clipping their nails weekly once, 40% of children were monthly once, and others 2.5% were more than one month as mentioned in tab 7. This current study 46% of children were answered that unboiled water is good for drink. 42% of children told that boiled warm water is good for drink and safe to use. Only 12% of children told that RO purified water is good for drinking as shown in tab 8.

This current study shows 66% of children were using their handkerchief while sneezing and 32% of children close their nose with their hands at the time of sneezing and 2% sneeze openly as mentioned in tab 9. Out of 200 children, 26% of children were using their uniform more than a day without washing and 74% wore clean uniform with daily wash as shown in tab 10. This study shown 46% children knew their shoes were cleaned weekly once, 22.5% were on alternate days and 31.5% were doing daily as mentioned in tab 11.

Based on the above study results found that the children have adequate knowledge in personal hygiene is brushing, regular toileting, washing hands with soap before and after using toilet, after handling pet animals, after handling garbages and before eating food, nail clipping, using kerchief while sneezing only. Although the children having lack of knowledge in personal hygiene is consuming sanitary water, taking a head bath, washing uniform and washing shoes.

This study revealed that the children had some basic hygiene knowledge gained from the school and their parents. Nevertheless few of them did not follow due to ignorance of parent's guidance in this contemporary world. So they have to improve about their knowledge on personal hygiene and its practice in day to day life. Therefore, Parents and teachers have the responsibility to educate the children^[7].

V. CONCLUSION:

This study revealed that most of the children had adequate knowledge in personal hygiene and few of them practicing in day to day to life. They are getting knowledge about hygiene from school and media but lack of practice due to forgetness and lack of time of their parents. However, it is necessary to improve further hygienic practices through health education programs and distributing IEC materials in schools to enhance the children's health. Parents and teachers should encourage their children to follow the standard hygienic practices. Teachers, family members and Pediatricians have an important role in educating the children on how to practice good personal hygiene.

VI. REFERENCES:

- [1] K. Park, Park's Textbook of Preventive and Social medicine, 20th edition, 2009, pg,no 43.
- [2] M.Sarkar, Personal hygiene among primary school children living in slum of Kolkata, Journal of preventive medicine and hygiene, 54(3):153-158, Sep 2013.
- [3]Yogesh K Jain, Nitin K Joshi, Health promoting schools in India:Approaches and challenges, Journal of family medicine and primary care, 2019 oct, 8(10):3114-3119.
- [4]Ruby khatoon, Beena sachan, Impact of school health education program on personal hygiene among school children of Lucknow, Journal of family medicine and primary care, vol-6, Issue: 1, 97-100, 2017.
- [5]Lonim Prasai Dixit, Ajay shakya, Dental caries prevalence, oral health knowledge and practice among indigenous Chepang school children of Nepal, BMC oral health,vol 13; 20, 2013.
- [6]Alyssa vivas, Bizu Gelaye, Knowledge, Attitudes, and Practices (KAP) of Hygiene among School Children in Angolela, Ethiopia, Journal of preventive medicine and hygiene, 2010 Jun; 51(2): 73–79.
- [7]Mohammed Ghanim, Nihar Dash, Knowledge and practice of personal hygiene among primary school students in sharjah-UAE, journal of health science,2016;6(5):67-73.

