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“A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE, ATTITUDE AND PRACTICE REGARDING PROFESSIONAL GROOMING STANDARDS AMONG NURSES AT A SELECTED HOSPITAL IN CHITTOOR DISTRICT, ANDHRA PRADESH”.

1.Ms. Christy Paul 2. Ms. Charulatha B 3. Ms. Chinnakotla Shravana Jyothi 4.Ms. D. Jayasree 5. Ms. Galeti Chandusree

1,2,3,4,5 B.S.c(N) student , Department of B.Sc Nursing, Aragonda Apollo College of Nursing

Co- Author : Mrs. V.R. MALATHY, M.Sc. (N).,Professor - Cum - Vice Principal, Head Of the Department -Mental HealthNursing, Aragonda Apollo College of Nursing

Abstract: Professional grooming standards constitute a fundamental dimension of nursing professionalism, significantly influencing patient safety, therapeutic relationships, organizational image, and the overall quality of healthcare delivery. Adherence to appropriate grooming practices, including personal hygiene, professional attire, and institutional dress code policies, promotes infection prevention, reinforces professional identity, and enhances patients' confidence in nursing care. Nevertheless, disparities in nurses' knowledge, attitude, and practice regarding professional grooming standards continue to exist, potentially affecting the quality and consistency of clinical practice. The present study was undertaken to assess the knowledge, attitude, and practice regarding professional grooming standards among nurses working at a selected hospital in Chittoor District, Andhra Pradesh. A descriptive research design was employed, and 80 nurses were selected using a non-probability convenience sampling technique. Data were collected through a self-structured questionnaire and analysed using descriptive and inferential statistics. The findings revealed that a considerable proportion of nurses demonstrated inadequate knowledge, negative attitudes, and suboptimal grooming practices. Furthermore, knowledge scores showed statistically significant associations with selected demographic variables. The study underscores the necessity for structured educational interventions, effective institutional policies, and continuous professional development programmes to strengthen adherence to professional grooming standards and promote excellence in nursing practice.

Keywords: Professional grooming standards, Nurses, Knowledge, Attitude, Practice, Nursing Professionalism.

I. INTRODUCTION

Professional grooming constitutes a critical yet frequently undervalued aspect of nursing professionalism, exerting a profound impact on patient confidence, institutional reputation, and the overall standard of healthcare delivery. Consistent maintenance of grooming standards not only fosters therapeutic rapport but also reinforces a credible and authoritative professional identity within clinical settings.

In modern nursing practice, grooming transcends mere aesthetics, being closely intertwined with ethical practice, patient safety, and quality of care. Adherence to prescribed standards including appropriate attire, meticulous personal hygiene, judicious use of accessories, and compliance with institutional dress codes facilitates a safe clinical environment, mitigates the risk of healthcare-associated infections, and reinforces professional discipline, clarity of role, and effective interprofessional collaboration.

Despite existing guidelines and institutional directives, notable variability remains in nurse's knowledge, attitude, and practice concerning professional grooming. These disparities may arise from differences in educational preparation, awareness, organizational culture, workload pressures, and enforcement mechanism. The absence of systematic, context-specific evaluation restricts comprehensive insight into prevailing practices and their determinants. Accordingly, a structured assessment of nurse's knowledge, attitude, and practice regarding professional grooming is essential to identify gaps and inform targeted educational, managerial, and policy interventions that enhance nursing professionalism and the delivery of safe, high-quality patient care.

II. METHODOLOGY

A descriptive research design was adopted for the present study. A total of 80 nurses working at a selected hospital in Chittoor District, Andhra Pradesh. Were selected using a non-probability convenience sampling technique. Data were collected using a self-structured questionnaire comprising demographic variables and sections assessing knowledge, attitude, and Practice related to professional grooming standards. The responses were analysed using descriptive statistics such as frequency, percentage, mean, and standard deviation, while Inferential statistics such as chi-square tests were employed to determine the association between knowledge scores and selected demographic variables.

Sampling Technique

A sampling technique refers to the systematic approach used to select a portion of the population that effectively represents the whole. For this study, a non-probability convenience sampling technique was utilized, chosen for its feasibility and the ready accessibility of eligible participants.

Sampling Criteria

Sampling criteria are the predetermined attributes or conditions that individuals must meet to qualify for inclusion in the target population. These criteria ensure that the selected participants accurately reflect the essential characteristics required for the study objectives.

Inclusion Criteria

Nurses currently employed in the designated hospital setting.

Nurses who voluntarily agree to participate and provide written informed consent.

Nurses who are present and accessible during the data-collection period.

Exclusion Criteria

Nurses who have previously received formal training related to professional grooming standards.

Nurses who are on leave or not available at the time of data collection.

Nurses who decline participation or withdraw consent.

III . INSTRUMENTS USED FOR DATA COLLECTION

The tool is an instrument serves as the principle medium for obtaining reliable information and deriving meaningful conclusions. In accordance with the objectives of the present study, a self-structured questionnaire was developed and administered to evaluate the knowledge, attitude and practice of nurses regarding professional grooming standards.

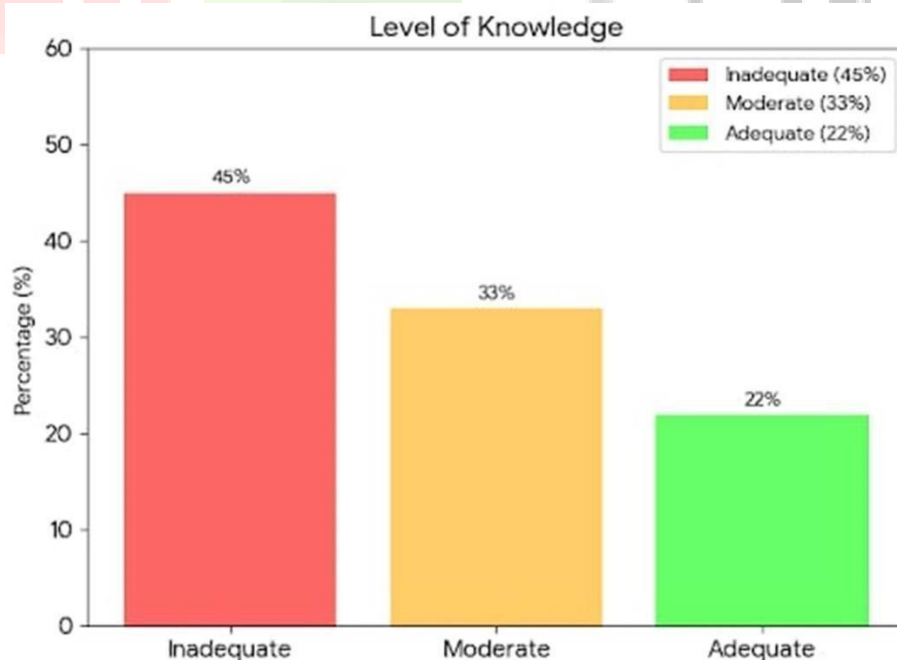
IV . RESULTS

The study findings revealed that 36 (45%) of the nurses had inadequate knowledge, 26 (32.5%) had moderate knowledge, and only 18 (22.5%) possessed adequate knowledge regarding professional grooming standards. Attitude assessment on professional grooming standards showed that 47 (58.8%) had negative attitude, 23 (28.7%) had neutral attitude, and 10 (12.5%) with positive attitude. In terms of practice, 52 (65%) demonstrated poor practices and 28 (35%) had good professional grooming practice. Knowledge score showed significant associations with demographic variables such as age, monthly income, educational qualification, designation, type of employment, and years of clinical experience at ($p < 0.05$).

Distribution of respondents according to their level of knowledge regarding professional grooming standards.

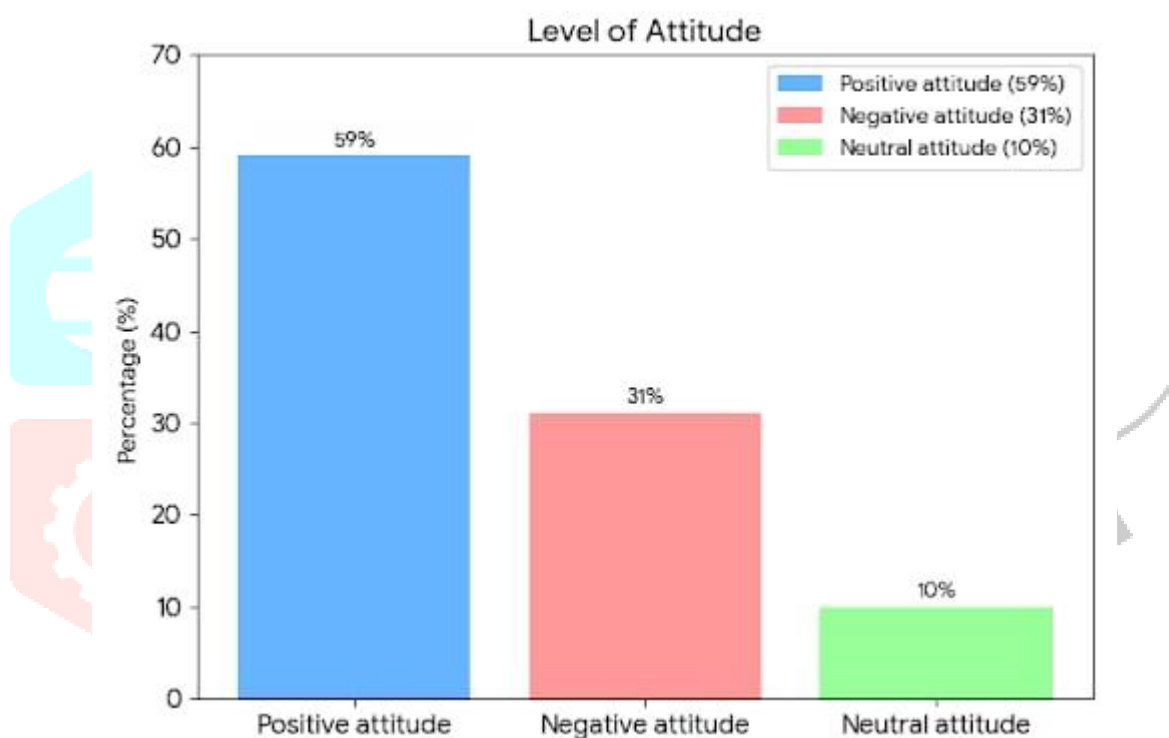
N=80

Level of Knowledge	Frequency(numbers)	Percentage (%)
Inadequate	36	45
Moderate	26	33
Adequate	18	22
Total	80	100



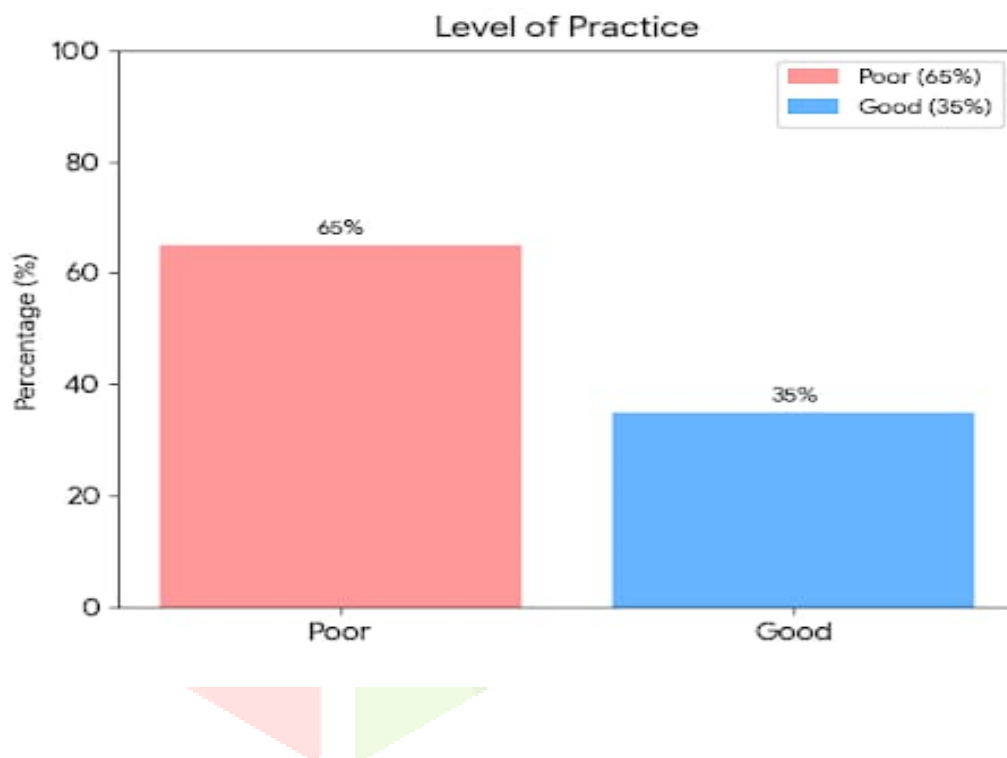
Distribution of respondents according to their level of attitude regarding professional grooming standards

Level of Attitude	Frequency(numbers)	Percentage (%)
Positive Attitude	47	59
Neutral Attitude	23	31
Negative Attitude	10	10
Total	80	100



Distribution of respondents according to their level of practice regarding professional grooming standards**N=80**

Level of Practice	Frequency(numbers)	Percentage (%)
Poor	52	65
Good	28	35
Total	80	100



Association between knowledge scores with and demographic variables

N =80

Variables	Level of knowledge						Total		Chi square (X ²)
	Inadequate knowledge		Moderate knowledge		Adequate knowledge				
	Frequency (number)	Percentage (%)	Frequency (number)	Percentage (%)	Frequency (number)	Percentage (%)	Frequency (number)	Percentage (%)	
rs	20	25%	13	16%	Nil	0%	33	41%	26.053
	16	20%	13	16%	14	18%	43	55%	
	Nil	0%	Nil	0%	3	4%	3	4%	
	Nil	0%	Nil	0%	1	1%	1	1%	
	36	45%	26	33%	18	23%	80	100%	
	3	4%	Nil	0%	Nil	0%	3	4%	3.810
	33	41%	26	33%	18	23%	77	96%	
say	Nil	0%	Nil	0%	Nil	0%	Nil	0%	
	36	45%	26	33%	18	23%	77	96%	
atus	4	5%	9	11%	4	5%	17	21%	6.168
	31	39%	17	21%	13	16%	61	76%	
operated	1	1%	Nil	0%	1	1%	2	3%	
	Nil	0%	Nil	0%	Nil	0%	Nil	0%	
	36	45%	26	33%	18	23%	80	100%	
of	6	8%	10	13%	4	5%	20	25%	4.108
	18	23%	9	11%	9	11%	36	45%	
	12	15%	7	9%	5	6%	24	30%	
bove	Nil	0%	Nil	0%	Nil	0%	Nil	0%	
	36	45%	26	33%	18	23%	80	100%	
income mily(in	6	8%	10	13%	4	5%	20	25%	27.562
000	18	23%	9	11%	9	11%	36	45%	
000	12	15%	7	9%	5	6%	24	30%	
above	Nil	0%	Nil	0%	1	1%	1	1%	
	36	45%	26	33%	18	23%	80	100%	
al nurse	7	9%	Nil	0%	Nil	0%	7	9%	19.002
nursing	2	3%	Nil	0%	Nil	0%	2	3%	

	27	34%	26	33%	16	20%	69	86%	
Basic	Nil	0%	Nil	0%	2	3%	2	3%	
g	Nil	0%	Nil	0%	Nil	0%	Nil	0%	
(please	Nil	0%	Nil	0%	Nil	0%	Nil	0%	
	36	45%	26	33%	18	23%	80	100%	
n	34	43%	24	30%	11	14	69	86%	
Nurse	1	1%	2	3%	5	6%	8	10%	
ce	1	1%	Nil	0%	2	3%	3	4%	13.082
ducator	Nil	0%	Nil	0%	Nil	0%	Nil	0%	
anager	Nil	0%	Nil	0%	Nil	0%	Nil	0%	
(please	Nil	0%	Nil	0%	Nil	0%	Nil	0%	
	36	45%	26	33%	18	23%	80	100%	
ic	Level of knowledge						Total		Chi square (X²)
	Inadequate knowledge		Moderate knowledge		Adequate knowledge				
	Frequency (number)	Percentage (%)	Frequency (number)	Percentage (%)	Frequency (number)	Percentage (%)	Frequency (number)	Percentage (%)	
of	34	43%	24	30%	10	13%	68%	85%	15.847
t	2	3%	2	3%	8	10%	12	15%	
	36	45%	26	33%	18	23%	80	100%	
clinic	8	10%	4	5%	1	1%	13	16%	
ear	28	35%	17	21%	10	13%	55	69%	
	0	0%	5	6%	4	5%	9	11%	
0 years	0	0%	0	0%	3	4%	3	4%	
ent/									9.430
ward &	14	18%	12	15%	6	7%	32	40%	
&									
r ward	4	5%	3	4%	2	3%	9	11%	
	6	75%	7	9%	8	10%	21	26%	
eatre	8	10%	1	1%	1	1%	10	13%	
re	4	5%	3	4%	1	1%	8	10%	
(please									

	36	45%	26	33%	18	23%	80	100%	
you any aining/ on	Nil	0%	Nil	0%	Nil	0%	Nil	0%	1.501
	2	3%	Nil	0%	1	1%	3	4%	
	2	3%	Nil	0%	1	1%	3	4%	
was the recent ended last 6	Nil	0%	1	33%	Nil	0%	1	33%	3.000
	1	33%	Nil	0%	Nil	0%	1	33%	
a year	1	33%	Nil	0%	Nil	0%	1	33%	
	2	67%	1	33%	Nil	0%	3	100%	
you h your	35	44%	26	33%	18	23%	79	99%	1.238
	1	1%	Nil	0%	Nil	0%	1	1%	
	36	45%	26	33%	18	23%	80	100%	
ify the									0.000
y and work old	1	100%	Nil	0%	Nil	0%	1	100%	
	1	100%	Nil	0%	Nil	0%	1	100%	
follow									8.831
t your	5	6%	4	5%	Nil	0%	9	11%	
	7	9%	2	3%	Nil	0%	9	11%	
	24	30%	20	25%	18	23%	62	78%	
	36	45%	26	33%	18	23%	80	100%	

Note :**=Significant at p<0.01 level

Note :*=Significant at p<0.05 level

INFERENCE

Table shows a statistically significant association between knowledge level and age (p = 0.000), monthly income (p = 0.000), educational qualification (p = 0.004), designation (p = 0.011), type of employment (p = 0.000), and years of clinical experience (p = 0.002), indicating that younger age, higher income, B.Sc. Nursing qualification, senior designation, permanent employment, and fewer years of experience were associated with better knowledge. However, no significant association was found between

knowledge level and gender ($p = 0.149$), marital status ($p = 0.187$), number of children ($p = 0.392$), department/unit ($p = 0.307$), attendance at formal education or workshops ($p = 0.472$), recency of training ($p = 0.223$), satisfaction with the profession ($p = 0.539$), or adherence to professional standards at the workplace ($p = 0.065$).

V. DISCUSSION

The present study assessed the knowledge, attitude, and practice (KAP) regarding professional grooming standards among nurses and revealed notable deficiencies across all three domains. Overall, 77% of nurses had inadequate to moderate knowledge, 59% exhibited a negative attitude, and 63% demonstrated poor grooming practices, indicating a substantial gap in understanding and adherence to professional grooming standards. Specifically, only 22.5% of nurses had adequate knowledge, 10% showed a positive attitude, and 35% followed good grooming practices. These findings suggest that insufficient training, limited awareness, inadequate institutional reinforcement, heavy workload, and lack of consistent supervision may contribute to poor compliance with grooming standards. The results are consistent with previous studies by Dore et al. (2025), Khorasani et al. (2025), and Harrathi et al. (2025), which emphasized that professional grooming significantly influences patient trust, professional identity, and quality of care while highlighting the gap between knowledge and actual practice.

The study also found statistically significant associations between knowledge regarding professional grooming standards and demographic variables such as age, monthly income, educational qualification, designation, type of employment, and years of clinical experience, whereas gender and marital status showed no significant association. These findings suggest that professional experience and educational background play a greater role in influencing grooming knowledge than personal characteristics. Similar observations were reported by Fiorini et al. (2025), who emphasized that professional identity, organizational culture, and workplace values influence adherence to grooming standards. Based on the statistical analysis, the null hypothesis (H_0) was rejected and the research hypothesis (H_1) was accepted, confirming a significant association between knowledge and selected demographic variables. Overall, the findings highlight the need for regular training programmes, clear institutional policies, and continuous monitoring to improve professional grooming standards among nurses.

VI. RECOMMENDATIONS

Conduct regular in-service training to enhance knowledge of grooming standards.

Implement and enforce clear institutional grooming policies.

Monitor compliance through periodic supervision and audits.

Integrate grooming standards into continuing education and performance appraisal.

Promote positive attitudes through leadership role modelling.

CONCLUSION

The study revealed notable deficiencies in nurses knowledge, attitude, and practice regarding professional grooming standards. Significant associations with selected demographic and professional variables indicate the influence of age, income, education, and experience on grooming compliance. These findings highlight the need for targeted education, policy reinforcement, and ongoing professional development to promote positive attitudes and consistent grooming practices.

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