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Review Of Research



PERSONAL HYGIENE INTELLIGENCE SCALE: ITEM ANALYSIS AND SPLIT HALF RELIABILITY

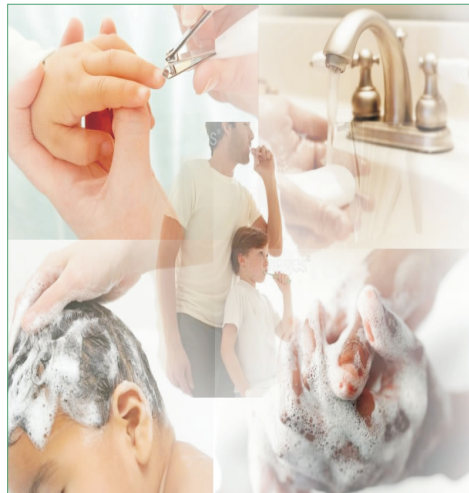
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ABSTRACT:

In the present study an attempt is made to analyse the item validity and standardize the scale to measure the personal hygiene intelligence. Based on a questionnaire 64 statements are formed and was administered on 120 student youth sample between the age group of 21 to 23years.



Split half reliability was also tested after analysing items and measuring item validity.

KEY WORDS: Personal Hygiene, Intelligence, Split Half Reliability, Skin Hygiene, Hair Hygiene, Face Hygiene, Hand Hygiene, Foot Hygiene, Nail Hygiene, Cloth Hygiene, Sleep Hygiene, Minor Treatment Hygiene, College Youth.

INTRODUCTION:

Till today most of the researchers, scientists and intellectuals agree that "Health is wealth and if health is lost everything is lost". When we consider functionally at what an extent youth is healthy is decided by their routine practice to maintain personal hygiene and health. And maintaining personal hygiene is decided by at what an extent an individual is having information about minimum hygienic practices and hygienic behaviours are central. So far after reviewing existing literature in the social sciences and psychology it is found that there is no any standardized scale to assess the personal hygiene intelligence of an individual.

Most of us are literate and educated but many of us are not having high personal hygiene intelligence. Person having more amount of personal hygiene intelligence in his routine life could keep

himself with healthy practices. And healthy personal hygiene are some of the deciding factors of an individual's well being and healthy emotions.

Personal hygiene intelligence is nothing but awareness about the healthy practices and also at what an extent an individual is in a routine life practicing hygiene related behaviours.

Long back World Health Organization has emphasized about the overall health of an individual while defining healthy individual. According to WHO, 'Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity' (1948). Therefore after finding gap in the existing social science literature for measuring personal hygiene practices of the majority in the present study attempt is made to standardize the personal hygiene intelligence scale.

METHODOLOGY (Frame work for analysing items):

For the purpose of standardizing the personal hygiene intelligence scale several questions were formed for conducting survey. At first level 135 statements with 15 components were formulated and survey was conducted on a sample of 300. And after analysing each statement and components at second level 64 statements with 9 components were retained.

Among 64 items 33 items are positive and 31 items are negative. Each statement is formed to know and explore whether an individual is having awareness about the hygiene practice or not. Finally selected 64 items based scale was administered on 120 college youth sample that was randomly selected.

PROCEDURE OF ITEM INCLUSION AND EXCLUSION:

Majority of the sample if gives response that indicates personal hygiene practice then such statements are considered as the common statements indicating common sense and common practice of the sample (Dr. Kedarnath, 2006). Such statements are excluded.

If majority of the sample gives the response that indicates unhygienic practice is considered as the potential statement. Such statements are included and considered as items.

If the statement gets two types of more or less respondents then it is considered as a potential statement and it is included as an item in the scale. The same scale was given to the seven judges. They also analysed all 64 statements and finally selected 35 statements. Hence these 35 statements are considered as items.

The personal hygiene intelligence scale is a two point scale having 'Yes' or 'No' response options. There are no any rights or wrong answers. Based on the above procedure all the items were discussed and analysed. And in the final step 35 items were retained for 09 components. The value of split half reliability was mentioned at the end.

DISCUSSION AND ANALYSIS OF EACH ITEMS (64 Items)

The following are the statements that are excluded from the scale based on the response of the college youth sample (N=120). This is shown in the tabular form as below:

Component	Sl. No.	Statement	Response (In %)	
			Yes	No
Skin Hygiene	1	I feel taking bath daily is necessary	100	00
Skin Hygiene	2	I think only plain water is sufficient for bathing	88.3	11.7
Hair Hygiene	3	I use detergent soap for taking head bath and body bath	05	95
Hair Hygiene	4	I think monthly 2 – 3 times use of hair oil is sufficient	96.7	3.3
Hair Hygiene	5	I use to trimme my head hairs every month or once in 45 days	86.7	13.3
Face Hygiene	6	I use to wash my face, hands and legs after coming from outside	100	00
Face Hygiene	7	I don't clean my teeth daily	16.7	83.3
Hand Hygiene	8	I feel it is necessary to wash the hands before taking food	100	00
Hand Hygiene	9	I wash my hands after coming from defecation	96.7	3.3
Hand Hygiene	10	I think it is very much necessary to wash the hand with soap and liquid hand wash after defecation	100	00
Nail Hygiene	11	I usually trimme my nails when they gets bigger	93.3	6.7
Nail Hygiene	12	I think everybody should trimme their nails by themselves	98.3	1.7
Nail Hygiene	13	I enjoy trimming my nail with my teethes	95	05
Sleep Hygiene	14	I feel use of alcohol is necessary for sound sleep	10	90
Skin Hygiene	15	I think use of soap is necessary for bathing	96.7	3.3
Skin Hygiene	16	I feel use of own towel for rinsing body is necessary after bathing	86.7	13.3
Skin Hygiene	17	I feel we should not take anybody help for taking bath	86.7	13.3
Hair Hygiene	18	I feel use of soap and shampoo is necessary for head bathing	100	00
Hair Hygiene	19	I usually use hair oil	100	00
Hair Hygiene	20	I use hair dye or mehandi for my white hairs	05	95
Face Hygiene	21	I feel washing of face 2 – 3 times in a day is necessary	93.3	6.7
Face Hygiene	22	I think when eyes are not looking clear, we should consult a doctor	96.7	3.3
Face Hygiene	23	I don't hear sound clearly	11.7	88.3
Face Hygiene	24	I feel every day while brushing teeth, we should clean our tongue	100	00
Face Hygiene	25	I use to gargle while brushing	100	00
Hand Hygiene	26	I usually wash my hands with only plain water before taking food	8.3	91.7
Foot Hygiene	27	I think use of chappal (foot wear) is not necessary while going out or field	1.7	98.3
Foot Hygiene	28	I usually wash my foot after coming from outside or field	98.3	1.7
Cloth Hygiene	29	I think I usually wear fresh and washed cloths daily	96.7	3.3

All the above mentioned responses of the statements in percentage indicate that the related practice and awareness is so common. Hence the above statements are excluded from the scale. Judges

also agreed upon the procedure (2016).

The following are the statements that are included from the scale based on the response of the college youth sample (N=120). This is shown in the tabular form as below:

Component	Sl. No.	Statement	Response (In %)	
			Yes	No
Skin Hygiene	1	I use common towel for rinsing body after bathing	63.3	36.7
Skin Hygiene	2	I take the help of family members for rubbing body while bathing	80	20
Skin Hygiene	3	I think use of soap and bathing flower is necessary while bathing for rubbing body	81.7	18.3
Hair Hygiene	4	I feel taking head bath once in fifteen days is ok	76.7	23.3
Hair Hygiene	5	I use to take head bath only with plain water	31.7	68.3
Face Hygiene	6	I often go for shaving	45	55
Face Hygiene	7	I can smell odour (pleasant and unpleasant smell) easily	78.3	21.7
Face Hygiene	8	I often clean my internal ear wax (ear picking)	10	90
Face Hygiene	9	I think use of ear buds and cotton is very necessary for ear picking	80	20
Face Hygiene	10	I use to clean the tongue while brushing with fingers and thumb	43.3	56.7
Face Hygiene	11	I think use of charcoal and salt mixed powder or mishri powder is sufficient for cleaning teethes	30	70
Face Hygiene	12	I think it is not necessary to wash the hands after attending domestic animals	10	90
Foot Hygiene	13	I usually go to defecation without wearing chappal (footwear)	1.7	98.3
Foot Hygiene	14	I usually do not rinse my foot after washing them	81.7	18.3
Cloth Hygiene	15	I usually wear fresh and washed cloths 2 – 3 times in a week	70	30
Cloth Hygiene	16	I feel wearing of fresh and washed cloth often is necessary	53.3	46.7
Sleep Hygiene	17	I use to sleep 8 to 10 hours a day	70	30
Minor Treatment Hygiene	18	I use to treat minor cuts, burns and wounds at home only	38.3	61.7
Skin Hygiene	19	I usually use small stones for rubbing body while bathing	71.7	28.3
Hair Hygiene	20	I feel there is no need to take head bath daily	51.7	48.3
Hair Hygiene	21	I think it is very much necessary to take head bath atleast twice in a week	66.7	33.3
Face Hygiene	22	I use to go for shaving every alternate day	61.7	38.3
Face Hygiene	23	I use hair pin or match stick for cleaning ear was (ear picking)	28.3	71.7
Face Hygiene	24	I use tongue cleaner for cleaning tongue	68.3	31.7
Face Hygiene	25	I feel use of tooth paste or powder is necessary for brushing teethes	96.7	3.3
Hand Hygiene	26	I don't think it is necessary to wash hands with soap before taking food or after attending any work	65	35
Hand Hygiene	27	I feel use of only plain water is sufficient for hand washing after coming from toilet.	86.7	13.3
Foot hygiene	28	I usually don't rinse my foot after washing them	68.3	31.7
Nail Hygiene	29	I feel it is necessary to trimme nails once in a week	95	05
Nail Hygiene	30	I usually use blade or cutter for trimming nails	95	05
Cloth Hygiene	31	I feel there is no need to wear fresh and washed cloths daily	6.7	93.3
Sleep Hygiene	32	I am not getting sound sleep now a day	30	70
Sleep Hygiene	33	I think for healthy living sound sleep is very much necessary	96.7	3.3
Sleep Hygiene	34	I don't think alcohol consumption is necessary for sound sleep	93.3	6.7
Minor Treatment Hygiene	35	I do not consult doctor for any minor cuts, burns and wounds	48.3	51.7

All the above statements have generated two types of responses potentially. Therefore the above statements can generate two types of responses on two points scale. Hence all the above statements are considered as items and based on this the final version of the scale is developed. The split half reliability value is 0.96. That is significant at 0.01 level indicating very high amount of reliability.

CONCLUSION:

Based on the above analysis conclusion are drawn.

1. Out of 64 statements 29 statements are excluded.
2. In the final scale 35 statements were retained and considered as items.
3. Skin hygiene component has got 4 items. Hair hygiene has got 6 items. Face hygiene has got 8 items. Hand hygiene has got 3 items. Foot hygiene has got 3 items. Nail hygiene has got 2 items. Cloth hygiene has got 3 items. Sleep hygiene has got 4 items. Minor treatment has got 2 items.
4. All the seven judges are in agreement with the above procedure and suggested to retain 35 items with 09 components in the Personal Hygiene Intelligence Scale.
5. Split half reliability was found as highly reliable.

SUGGESTIONS:

1. The same scale can be used with other related scale like emotional maturity, emotional intelligence, mental health status, life satisfaction and well being, etc. for assessing construct validity.
2. The same scale can be used with different age group sample for its wide application and use.

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