



PERSONAL HYGIENE STATUS OF HIGH SCHOOL STUDENTS

G. Thirumoorthy¹ and Dr. S. Arulsamy²

¹Research Scholar, Department of Education, Bharathiar University, Coimbatore, Tamil Nadu.

²Assistant Professor, Department of Education, Coimbatore, Tamil Nadu.

ABSTRACT

A sound mind comes from a sound body which would be possible through intake of healthy food, exercise, and personal hygienic practices. In the present study the investigators made an attempt to study the personal hygiene status of high school students. A sample of 100 high school students from state board schools in Coimbatore district was chosen by convenient sampling. An observation checklist was constructed and validated by the researchers (2017) to assess the personal hygiene status of the high school students. The collected data were analyzed by using descriptive and inferential statistical techniques. The results revealed that the level of personal hygiene status of high school students was just above the average level and they significantly differ with respect to gender.



KEY WORDS: Personal Hygiene, High School Students.

INTRODUCTION

Human is the prime resource. Human resource denotes a human who has both physical and mental health. Keeping sound health is possible only through proper personal hygiene practices. Personal hygiene is defined as a condition promoting sanitary practices to the self. Everybody follow their own behaviour and standard that they have been taught or that they have learned from others. Generally, the practice of personal hygiene is employed to prevent or minimize the health problems and diseases. It is widely practiced at the individual level at home, school and other dwelling places. It involves maintaining the cleanliness of our environment, body and clothes. According to WHO (2017) 2.4 billion people do not have access to any type of improved sanitation facility, and the people who are living in developing countries with extreme conditions of poverty, normally semi-urban dwellers or rural inhabitants are mostly affected.

NEED AND SIGNIFICANCE OF THE STUDY

The wealth of a nation is directly denoted by the health of people includes healthy women, young and adult children and aged people. Health of school children is very important as they are nation builders and they will play a major role as human resource. Keeping this as the objectives in the year 2004, the Government of India has started a Total Sanitation and Hygiene Education which emphasizes skill based child to child hygiene education among school going children for behaviour change. The state government also simultaneously taking many steps to promote personal hygiene practices among school children. Hence, the current study was planned to find out the level of personal hygiene practices among school students. The finding of present study may help teachers to motivate good personal hygiene practices among school children. The study may also help the teaching community at various levels. The results of the study may help teacher educator to find various method to teach personal hygiene and make them to practice. The findings of the study may enlighten the curriculum developers to incorporate personal hygiene education

with various application strategies. It may help the young generation to create awareness about the benefits of personal hygiene practices.

STATEMENT OF THE PROBLEM

Communicable and non-communicable diseases are common among school children in developing countries is due to inadequate sanitary conditions and poor personal hygiene practices. Personal hygiene habits such as washing hands, proper nail cut, using dustbin, using handkerchief, clean teeth, etc., which keep us away from bacteria, viruses, and illnesses. Practicing personal hygiene helps one to feel good about oneself, which is important for mental health. One who follows poor hygiene may lead to disheveled hair, body odor, bad breath, missing teeth, often are seen as unhealthy and may face ill health. Poor health among school children is the result of inadequate sanitary knowledge and health benefits of personal hygiene. According to Sarkar (2013) majority of the health problems among school children are preventable by promotion of hygienic practices through proper health education by their parents and teachers, who are the first contacts teaching adult children the importance of good hygiene practices, which will improve their health for a lifetime.

The adult children in their school age can learn specific health-promoting behaviour; do fully understand the connections between illness and behaviour. Health hygiene habits at a young age will make transition into adult hygiene routines. Hence, an attempt was made by the researchers to study the personal hygiene status of high school students.

OBJECTIVES OF THE STUDY

- To find out the level of personal hygiene practices of high school students.
- To find out the significant difference, if any, in various personal hygiene practices of high school students with respect to gender.

Sample

A sample of 100 high school students studying in State Board schools in Coimbatore district by using convenient sampling technique.

Tool

Personal Hygiene Checklist developed and validated by the researcher which consists 18 items and the minimum score would be '0' and maximum score would be '18'.

Data Analysis

Table 1: Level of Personal Hygiene Status of High School Students

N	Mean	Mid-value
100	10.33	9

Table-1 shows that the mean value is found to be 10.33 which is greater than the mid value i.e. 9. Thus the level of personal hygiene of high school students is above average.

Table 2: Personal Hygiene Score

Items	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
% Score	65	07	16	84	18	54	25	74	89	56	57	05	92	28	22	92	06	81

Table-2 depicts that the percentage score of each item in personal hygiene checklist. The 18 personal hygiene practices in the checklist are fluctuating as compared with each other. The lowest

percentage of scores observed in 'Use garbage bin in class room' (item no. 12), which denotes the high school students do have poor performance in usage of garbage bin in the class room. The highest percentage of scores observed in 'Applying hair oil' (item no. 13) and 'Keeping kerchief' (item no. 16), which denotes that the students have sufficient practices in applying hair oil and usage of hand kerchief.

Table 3: Mean Difference in Personal Hygiene Practices of High School Students based on Gender

Gender	Category	N	Mean	SD	t-value	p-value	Result
	Male	52	9.50	2.50	3.06	0.00	Significant
	Female	48	11.23	3.13			

From Table-3, the calculated t-value 3.06 is greater than the table value (1.96) at 5% level. Comparing the mean scores, female students are better than their counterparts in their personal hygiene.

Table 4: Mean Difference in Various Personal Hygiene Practices based on Gender

S.No.	Items	Gender	N	Mean	SD	t-value	Sig
1	Proper Hand wash	Male	52	0.54	0.50	2.50	0.00
		Female	48	0.77	0.42		
2	Proper Nail cut	Male	52	0.75	0.437	1.13	0.26
		Female	48	0.65	0.483		
3	Use garbage bin in class room	Male	52	0.15	0.36	0.17	0.86
		Female	48	0.17	0.37		
4	Clean of shoes and feet	Male	52	0.77	0.77	2.06	0.04
		Female	48	0.92	0.92		
5	Keep the class room surroundings dry and clean	Male	52	0.17	0.382	0.18	0.85
		Female	48	0.19	0.394		
6	Applying hair oil	Male	52	0.40	0.495	2.94	0.28
		Female	48	0.69	0.468		
7	Clean Tiffin box after taking lunch	Male	52	0.15	0.364	2.32	0.02
		Female	48	0.35	0.483		
8	Keeping dress neat and clean	Male	52	0.75	0.437	0.23	0.81
		Female	48	0.73	0.449		
9	Keeping clean nail	Male	52	0.87	0.345	0.82	0.41
		Female	48	0.92	0.279		
10	Proper Grooming	Male	52	0.50	0.505	1.26	0.21
		Female	48	0.63	0.489		
11	Proper hair cut	Male	52	0.44	0.502	2.77	0.01
		Female	48	0.71	0.459		
12	Applying hair oil	Male	52	0.44	0.502	1.20	0.23
		Female	48	0.56	0.501		
13	Nail bite	Male	52	0.92	0.269	0.12	0.91
		Female	48	0.92	0.279		
14	Avoid touching face, eyes, or rubbing nose	Male	52	0.23	0.425	1.13	0.26
		Female	48	0.33	0.476		
15	Clean school bag	Male	52	0.19	0.398	0.69	0.49
		Female	48	0.25	0.438		
16	Keeping kerchief	Male	52	0.92	0.269	0.12	0.91

		Female	48	0.92	0.279		
17	Keeping geometry box clean	Male	52	0.50	0.505	2.16	0.03
		Female	48	0.71	0.459		
18	Clean the teeth	Male	52	0.79	0.412	0.57	0.57
		Female	48	0.83	0.377		

Table-4 depicts that the t-values for 'Proper Hand wash' (2.50), 'Clean of shoes and feet' (2.06), 'Applying hair oil' (2.94), 'Clean Tiffin box after taking lunch' (2.32), 'Proper hair cut' (2.77), and 'Keeping geometry box clean' (2.16) are greater than the table value (1.96) at 5% level. While comparing the mean scores female high school students in 'Proper Hand wash' (0.77), 'Clean of shoes and feet' (0.92), 'Applying hair oil' (0.69), 'Clean Tiffin box after taking lunch' (0.35), 'Proper hair cut' (0.71) and 'Keeping geometry box clean' (0.71) are better than their counter parts (0.54, 0.77, 0.40, 0.15, 0.44 & 0.50) respectively.

FINDINGS

- The level of personal hygiene status of high school students is above average.
- Female students have high personal hygiene practices than their counterparts.

EDUCATIONAL IMPLICATIONS

- The present study revealed that the female students have better personal hygiene status. Special attention and training programme need to provide for male students to enhance personal hygiene practices.
- Continuous attention, instruction and insistence need to provide to the student to enhance and to continue the personal hygiene practices.
- The parents and teachers need to follow various strategies to teach the personal hygiene practices among students and make them to aware the benefit of the personal hygiene practices.
- Along with the personal hygiene the environmental hygiene also needs to teach.
- Teachers need to follow interdisciplinary approach to correlate the human hygiene behaviour with personal health.

CONCLUSION

Health is the primary assert for human life. Practice of personal hygiene plays major role in personal health management which can be inculcated through proper health education. The continuous health education and guidance may help the student to practice personal hygiene. Changes in the health behavior of school children are possible if the health education intervention is properly implemented to them. Teachers need to provide health education intervention for school children, for improving personal hygiene among them, at various levels. Curriculum must give more emphasis on the topics of personal hygiene education for developing healthy human resources and bright future of the nation.

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