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A STUDY OF THE PROBLEMS OF PERSONAL HYGIENE AND ECONOMIC STATUS OF THE STUDENTS AND ITS SOLUTIONS

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ABSTRACT

A critical study was conducted using the "Survey" method to examine the personal hygiene habits and economic status of 110 students from the social organization 'Maher'. Questionnaires, direct observation, and interviews were used as research tools. The initial survey revealed that approximately 50% of students lacked basic hygiene supplies (soap, toothbrush, toothpaste, etc.), which had a direct impact on their health (e.g., 40% with skin disorders). As a solution, 'Hygiene Guidance Sessions' were organized, and hygiene tools were distributed through public participation. Following these activities, a positive change was observed in students' hygiene awareness and actual practices. This research highlights the importance of 'Health Education' and 'Resource Availability' for the holistic development of orphaned and underprivileged children.

KEYWORDS: *critical study , "Survey" method, the personal hygiene habits and economic status.*

INTRODUCTION

Education is a means of holistic human development, but its foundation is built on 'Health' and 'Hygiene'. According to the World Health Organization (WHO), health is not merely the absence of disease, but being physically, mentally, and socially sound. In school life, personal hygiene habits deeply affect not only health but also a student's confidence and academic quality.

In the Indian context, especially for children from orphaned, destitute, and underprivileged backgrounds living in organizations like 'Maher', these issues are more complex. Due to a lack of family background or extremely poor conditions, basic hygiene awareness is lacking. Furthermore, 'Economic Status' is a factor that limits access to hygiene tools (e.g., soap, brushes, paste, clean clothes). When a student cannot access basic hygiene tools due to economic scarcity, it leads to skin disorders, stomach ailments, and, eventually, an inferiority complex. This research addresses vital questions about the students of the 'Maher' organization.

STATEMENT OF THE PROBLEM

A Study of Personal Hygiene and Economic Status of the students and Its Solutions.

OBJECTIVES

- To study the personal hygiene habits (e.g., bathing, brushing teeth, cutting nails) of students in the Maher organization.
- To examine the impact of students' economic status on their daily needs (e.g., soap, clothes, notebooks).
- To identify health problems arising from a lack of hygiene.
- To suggest effective measures for economic assistance and improving hygiene habits.
- Need of the Research
- Lack of Health Literacy: Children come to Maher from various backgrounds and lack scientific knowledge of hygiene habits.
- Prevalence of Illness: Skin diseases, stomach disorders, and infectious diseases frequently occur due to a lack of personal hygiene.
- Economic Barriers: Children ignore hygiene because they cannot afford to buy tools.
- Self-Discipline: There is a need to instill health-related self-discipline in children from a young age.

Importance of the Research

- Student Development: Improved hygiene will improve students' health, increase confidence, and lead to academic progress.
- Institutional Benefit: Social organizations like 'Maher' will receive a directional model for managing children's health.
- Social Message: This research is important for drawing society's attention to the problems of underprivileged children and securing aid through public participation.
- Guidelines: This study will serve as a 'reference' for other schools or orphanages.
- Scope and Limitations

*** Scope**:

Limited to the 'Maher' social organization, specifically 110 students from grades 5 to 10. It focuses solely on 'Personal Hygiene' and 'Economic Status'.

*** Limitations**:

The findings may not apply to all schools as they are restricted to one specific institution. It considers only personal hygiene, not mental health or other social issues.

*** Duration:** Conducted during the 2025-26 academic year.

RESEARCH METHODOLOGY

A descriptive research method was adopted.

Hypothesis

The Hypothesis posits that explaining the importance of hygiene through demonstrations and providing hygiene kits through public participation improves health and confidence**.**

Tools

- The methods used included interviews, observation, and field visits.
- Data Analysis and Tables

Implementation

- Health Camp: A medical check-up for the children was conducted with the assistance of doctors.
- Distribution of Materials: With the help of donors, hygiene kits were distributed to every child.
- Guidance: Special sessions highlighting the importance of hygiene were organized every Saturday.
- Data Analysis

- 50% of children do not get soap or oil on time due to financial difficulties.
- 30% of children were found to have skin diseases caused by a lack of hygiene.

Statistical Tools

For the presented research, Mean (Average) was used as a statistical tool. To ensure the information is presented effectively and the content is easily understood, various graphs were set to represent the data.

Data Analysis and Tables

Table 1: Students' Hygiene Habits

Component	Regularly	Sometimes	Not at all
Daily Bath	45	40	25
Brushing Teeth	30	40	40
Cutting Nails	35	45	30

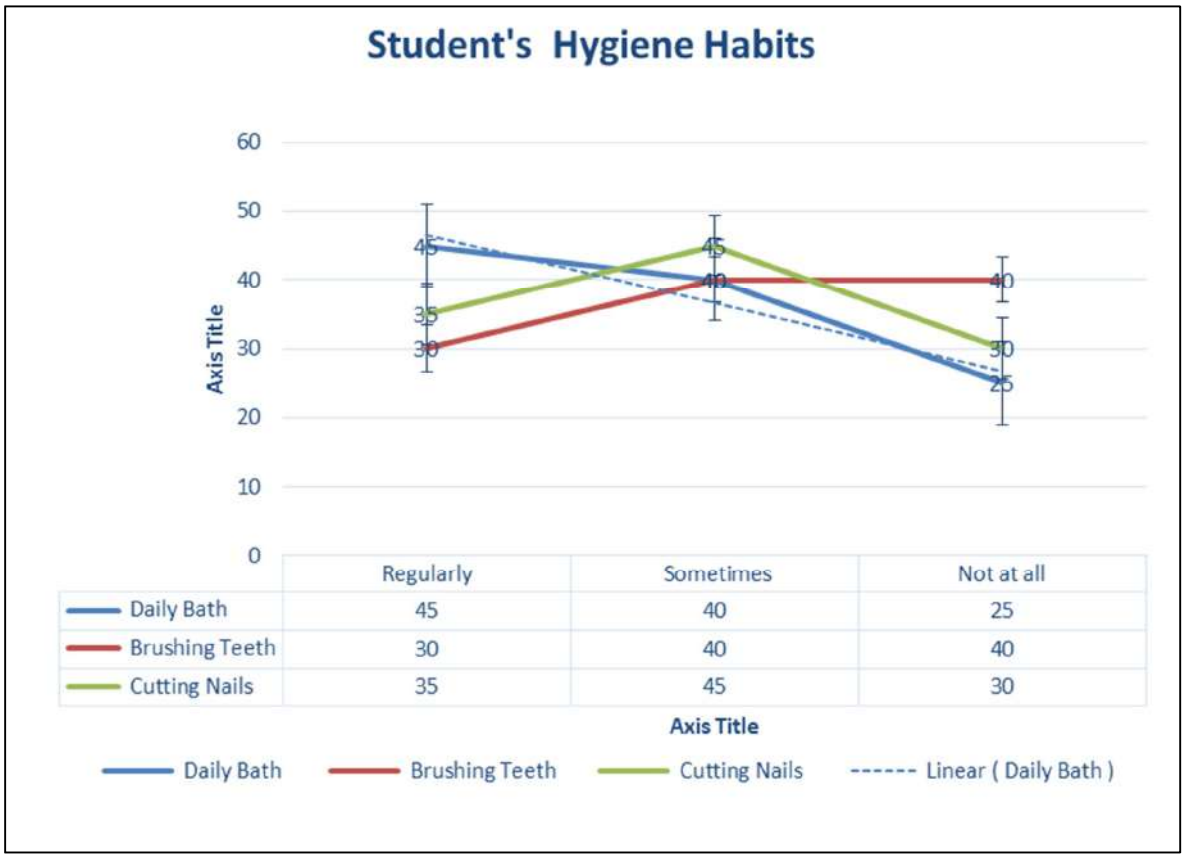
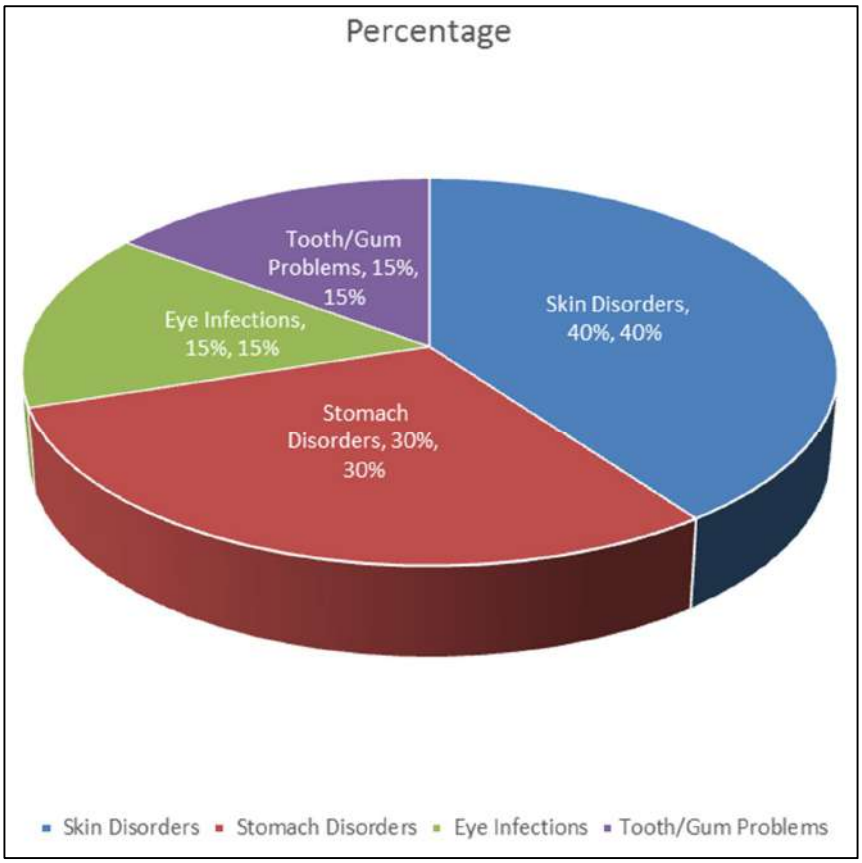
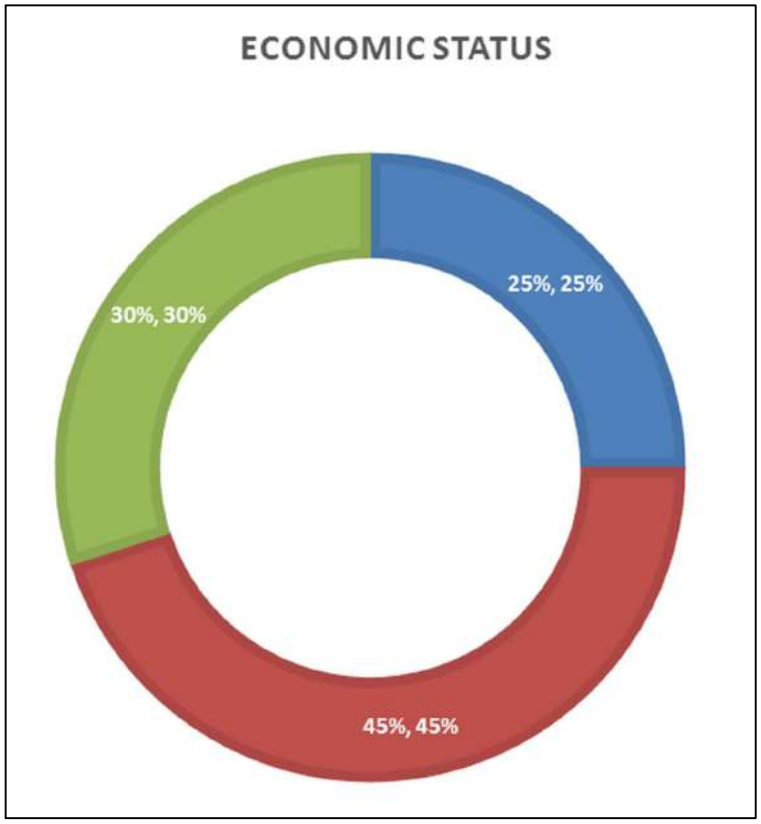


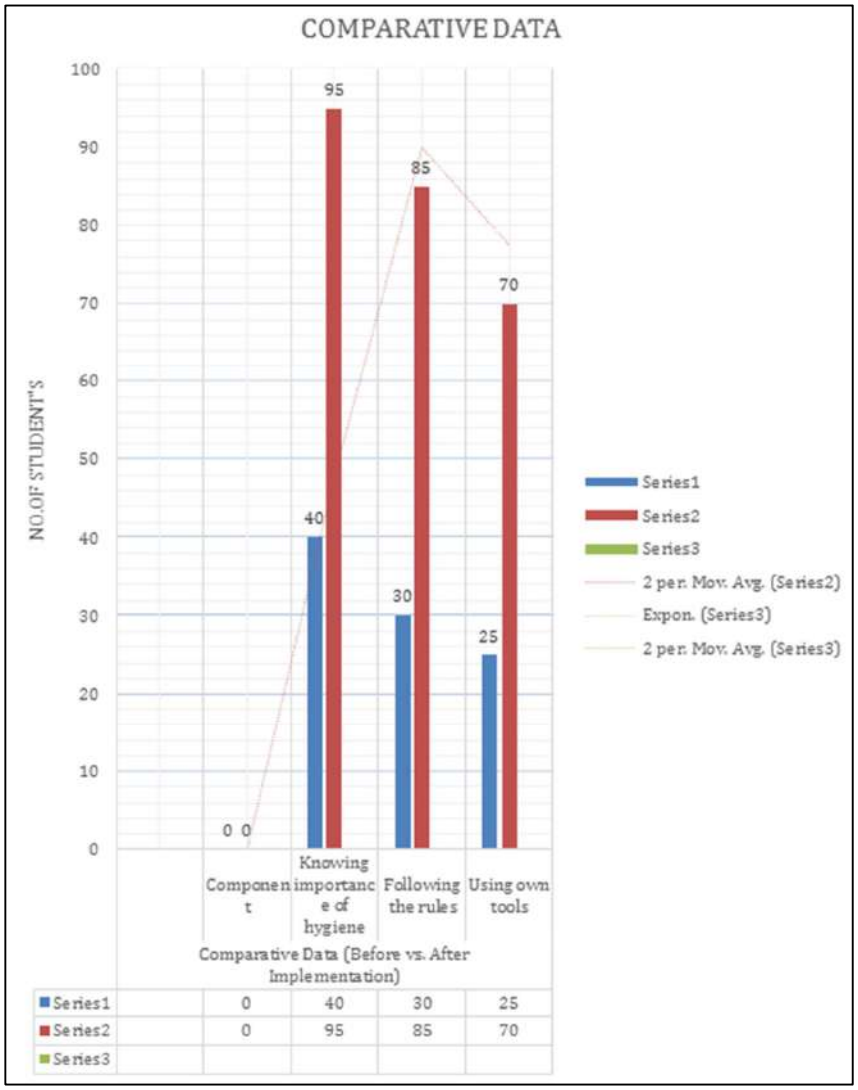
Table 2: Prevalence of Health Problems		
Health Problem	**Percentage**	**Circle Angle (Degrees)**
Skin Disorders	40%	144°
Stomach Disorders	30%	108°
Eye Infections	15%	54°
Tooth/Gum Problems	15%	54



Availability	Percentage	Angle (Degrees)
All tools available	25%	90°
Some tools available	45%	162°
No tools available	30%	108°



Component	Before	After
Knowing importance of hygiene	40	95
Following the rules	30	85
Using own tools	25	70



CONCLUSION AND RECOMMENDATIONS

Conclusions:

- The lack of personal hygiene was not just due to ignorance but primarily due to economic inability.
- When resources were provided and proper training given, student behavior changed rapidly.
- Health improvement led to increased academic concentration and confidence.

Recommendations:

- Hygiene Bank: Establish a permanent 'Hygiene Bank' at Maher through public donations of soap, paste, etc.
- Health Card: Maintain independent health cards for each student for monthly check-ups.

- Peer Groups: Form 'Health Protector' groups where older students monitor the hygiene of younger children.
- CSR Participation: Use Corporate Social Responsibility (CSR) funds to improve sanitation facilities and water supply.

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Note on Referencing Style:

– If you are writing the report by hand (**Handwritten**), write this list on a separate page at the very end of the report.
– When citing references, write the author's surname first (e.g., Dandekar, V. N.).

D) Government of India - Official References:

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