

An Assessment of Hygiene Habits amongst School Going Rural and Urban Girls of South West Delhi

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Abstract

Hygiene refers to the set of practices perceived by a community to be associated with the preservation of health and healthy living. For the purpose of the study a total of 200 girls (100 rural and 100 urban) were purposively selected from different schools of West Delhi Area, with age ranging between 15-17 years. The data for the awareness regarding Hygiene Habits was collected by administration of a self developed questionnaire. Further the collected data was analyzed by computing descriptive analysis, percentage method and Independent sample 't' test. The results show that majority of the school going children were aware regarding the Hygiene Habits. A significant difference has been found in the Hygiene Habits of Rural and Urban School Going Girls of South West Delhi. The values also show that Urban School Going Girls were more aware than Rural School Going Girls.

KEYWORDS: Hygiene

Introduction:

Hygiene is defined as any application made and any sanitary precaution taken to be protected from environments that can damage our health. Hygiene issues include personal hygiene, which is defined as self-care applications that individuals carry out in order to maintain their health. Personal Hygiene is very important for protecting and maintaining health and addressing health problems and is also fundamental to the prevention of many diseases, particularly contagious diseases. Personal Hygiene precautions include hand-face hygiene; regular bathing; using soap and running water in the cleaning process; washing hands before preparing food, before and after eating meals and after using the bathroom; hair care; and washing and using one's own clothes, towels, shoes and slippers Besides constituting a basis for personal and social health, hygiene is an indispensable part of living in society. Human beings are continuously affected by external environmental pollutants. Everyday activities may involve contact with many sources of environmental contamination; these may be touched with the hand, present on shoes while walking, or contained in dust on the body and hair; moving the hand to the mouth also causes microorganisms to enter in the body (Oyibo, 2012).

Hygiene refers to the set of practices perceived by a community to be associated with the preservation of health and healthy living. While in modern medical sciences there is a set of standards of hygiene recommended for different situations, what is considered hygienic or not can vary between different cultures, genders and etaryan groups. Some regular hygienic practices may be considered good habits by a society while the neglect of hygiene can be considered disgusting, disrespectful or even

threatening. Hygiene is a science that deals with the promotion and preservation of health. The term Hygiene is reference to Hygieia the Greek goddess of health cleanliness and sanitation. Thus the origin of preventive medicine is dated back to 460-136 BC the classic period of Greek Medicine (**Park, 2009**).

Hygiene is very important for living a healthy life free from diseases. Poor Hygiene practices and inadequate sanitary conditions play major roles in the increased burden of communicable diseases within developing countries. Majority of the health problems affecting school children are preventable by promotion of hygienic practices through proper health education by the teachers, who are the first contacts. Hygiene plays a vital role in preventing some of the common communicable disease which spread mainly through water, food, personal contact and surrounding environment. Many diseases spreading from Virus, Bacteria, and Protozoa microorganisms can be prevented, if we practice good hygiene. Teaching of children about the importance of good hygiene can inculcate this habit in them, which will improve their health for a lifetime. Beginning healthy hygiene habits at a young age will help your older children transition into adult hygiene routines (**Soumya, 2010**).

Personal hygiene is an important global public health issue since long. Hygiene refers to practices associated with ensuring good health and cleanliness. Personal Hygiene is the practice of maintaining cleanliness of one's own body. Good hygienic care as well as practices in terms of personal hygiene contributes to a large extent on factors relating to healthful living and prevention of hazards from diseases. These health risk factors are directly related to some important daily activities implicated with worthy operational actions and obligatory responsibilities, such as washing hands before meals and after defecation with soap, brushing teeth at least twice a day specially after breakfast and after meals, taking bath with soap regularly, keeping nails short and taking regular exercise (**Ali, 2013**).

The importance of school health has been acknowledged across countries since the beginning of 20th century. School health services have tended to focus on nutritional support and clinical assessment. These inputs are absolutely necessary, but so is the need to assess the state of personal hygiene, which is directly or indirectly related to the above-mentioned factors, especially in a developing country like India. In year 2004, the government of India has started a Total Sanitation Campaign (TSC) to ensure School Sanitation and Hygiene Education (SSHE) which emphasizes skill based child to child hygiene education for behavior change among school going children. The millennium development goals have firmly established the issues of "water, sanitation, and hygiene" on the global agenda. Neglect of hygiene goes a long way in explaining why water and sanitation programs have often not brought the expected benefits. Public health importance of hand washing as well as its importance in reduction of communicable diseases such as diarrhea and acute respiratory infection (ARI) has been highlighted in many studies. This study is a humble attempt to assess the hygiene status of school children (**Gupta, 1997**).

Objectives and Hypothesis:

Following objectives were framed for the study:

- To assess the Hygiene Habits of Rural School Going Girls of South West Delhi.
- To assess the Hygiene Habits of Urban School Going Girls of South West Delhi.
- To compare the Hygiene Habits among Rural and Urban School Going Girls of South West Delhi.

Based on the objectives following hypothesis was framed for the study:

- There would be no significant difference between Hygiene Habits among Rural and Urban School Going Girls of South West Delhi.

Procedure and Methodology

For the purpose of the study a total of 200 girls (100 rural and 100 urban) were purposively selected from different schools of South West Delhi Area, with age ranging between 15-17 years. The data for the awareness regarding Hygiene Habits was collected by administration of a self developed questionnaire. Further the collected data was analyzed by computing descriptive analysis, percentage method and Independent sample ‘t’ test,

Results and Discussions

The collected data was appropriately analyzed and results pertaining to it are detailed below in the following tables:

Table No. 1: Does Personal Hygiene Habits are important for you ?

S. No.	Category	Yes		No		df	T
		No. of Girls	%	No. of Girls	%		
1	Rural	78	78%	22	22%	198	5.343*
2	Urban	89	89%	11	11%		
3	Total	167	83.5%	33	16.5%		

Table No. 1 clearly shows that, 78% of rural school going girls said yes for importance of hygiene habits in their life and 22% said no, whereas for urban school going girls 89% said yes and 11% said no. The graphical representation has been shown in fig no. 1.

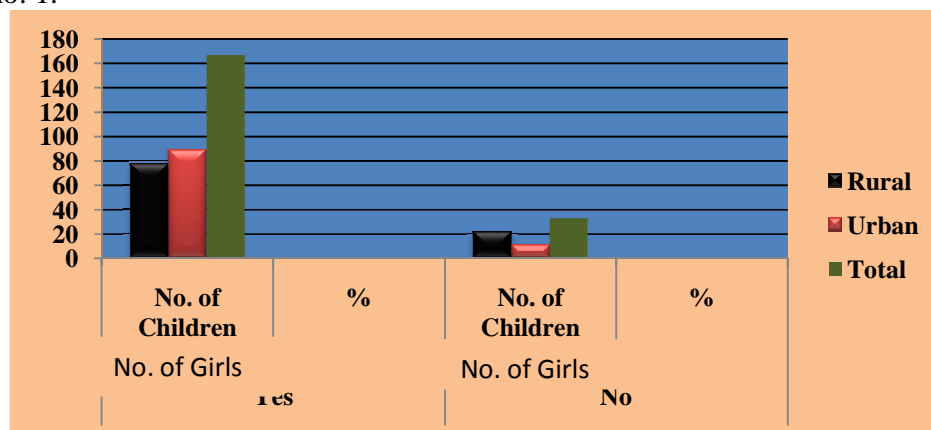


Fig No. 1: Graphical representation for personal hygiene habits is important for you

Table No. 2: Brushing your teeth prevent teeth problems

S. No.	Category	Yes		No		df	T
		No. of Girls	%	No. of Girls	%		
1	Rural	76	76%	24	24%	198	7.343*
2	Urban	95	95%	05	5%		
3	Total	171	85.5%	29	14.5%		

Table no. 2 clearly shows that, 76% of rural school going girls said yes for brushing teeth prevents teeth problems and 24% said no, whereas for urban school going girls 95% said yes and 05% said no. The graphical representation has been shown in fig no. 2.

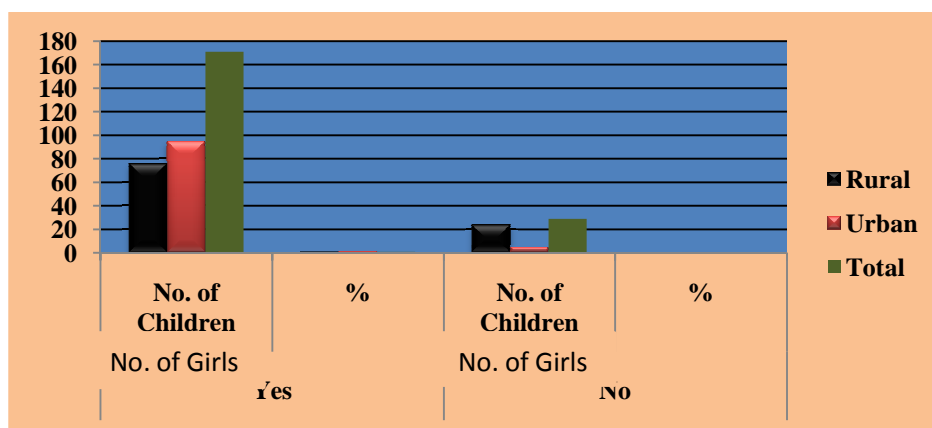


Fig No. 2: Graphical representation for brushing your teeth prevent teeth problems

Table No. 3: Washing your hand using soap is much better than using water only

S. No.	Category	Yes		No		df	T
		No. of Girls	%	No. of Girls	%		
1	Rural	69	69%	31	31%	198	9.209*
2	Urban	88	88%	12	12%		
3	Total	157	78.5%	43	21.5%		

Table no. 3 clearly shows that, 69% of rural school going girls said yes for washing hand using soap is much better than using water only and 31% said no, whereas for urban school going girls 88% said yes and 12% said no. The graphical representation has been shown in fig no. 3.

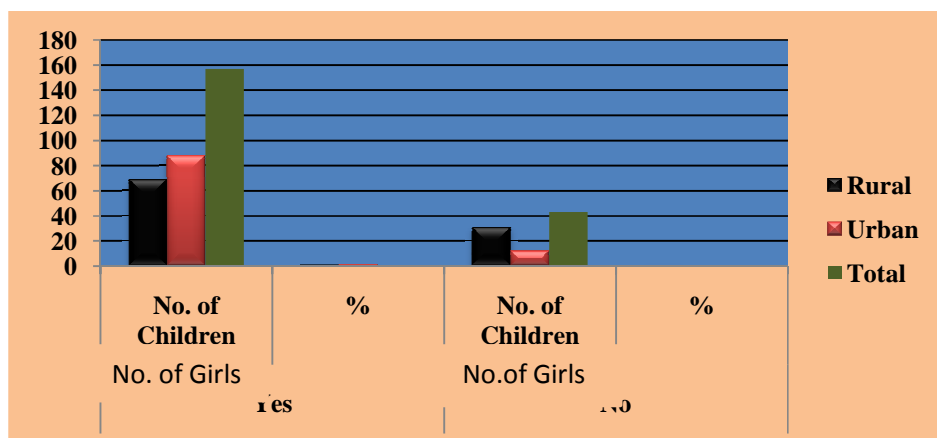


Fig No. 3: Graphical representation for washing your hand using soap is much better than using water only

Table No. 4: Taking shower everyday is needed to keep you healthy

S. No.	Category	Yes		No		df	T
		No. of Girls	%	No. of Girls	%		
1	Rural	78	78%	22	22%	198	8.326*
2	Urban	95	95%	05	05%		
3	Total	173	86.5%	27	13.5%		

Table no. 4 clearly shows that, 78% of rural school going girls said yes for taking shower everyday is needed to keep you healthy and 22% said no, whereas for urban school going girls 95% said yes and 05% said no. The graphical representation has been shown in fig no. 2.

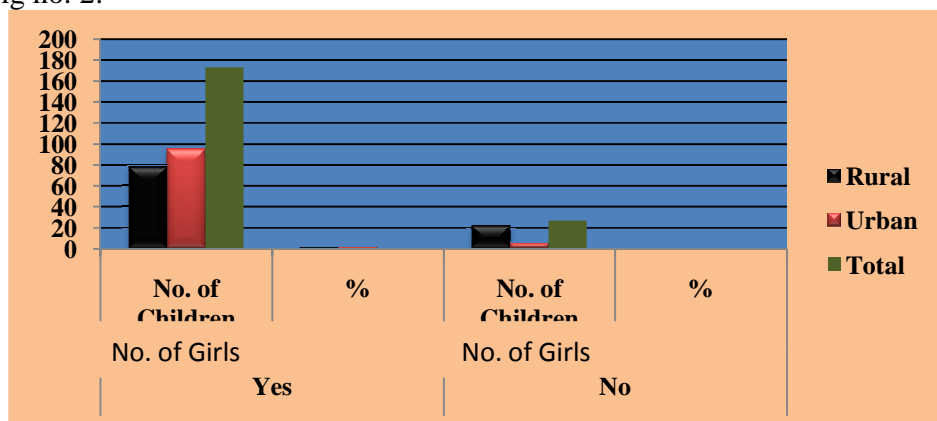


Fig No. 4: Graphical representation for taking shower everyday is needed to keep you healthy

Discussions and Conclusions:

- The results show that majority of the school going girls were aware regarding the Hygiene Habits.
- A significant difference has been found in the Hygiene Habits of rural and urban school going girls of south west Delhi.
- The values also show that urban school going girls were more aware than rural school going girls.

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