Knowledge and Practice about Personal Hygiene among Secondary School Children

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Abstract

Background: Personal hygiene deficiency has been found to be a serious public health problem and people often affected are school children. These have been attributed to inadequate knowledge of personal hygiene and its practices. Personal hygiene is the science of healthy livings and embraces all those day to day activities that contribute to health and wellbeing of an individual. The diseases that arise due to deficiency of personal hygiene remain one of the major public health concerns, particularly in developing countries.

Objective: To assess the level of knowledge and practice about personal hygiene among secondary school children.

Methods: This was a Descriptive type of cross-sectional study. It was conducted from July 2023 to September 2023. Data were collected using self-administered structured questionnaire consisting of information about socio-demographic data and information about knowledge and practice about personal hygiene. The data were processed by computer and statistical analysis of data was carried out by using SPSS (Statistical Package for Social Science). A total of 115 participants participated in the study.

Result: Result showed that among 115 respondents' majority were in class six and nine (28.7%). Most of the respondents were female (55.7%), 23.7% were 12 years old and all respondents were Muslim. 97.4% knew about the relation between personal hygiene and health. Most of them 97.4% take bath every day and 100.0% brush their teeth every day. 78.3% respondents clean hair regularly and most of them 86.1% cut nails every week. Majority 75.7% respondents have the idea about use of clean clothing/undergarments/bed sheets. More than half 60.9% students do not forget to wash hand before having meal/ after defecation. Majority 85.2% respon-
Morning coffee feelings can improve in the very first days of the week. Coffee’s main ingredient is caffeine, which can help improve energy levels and cognitive function. However, excessive caffeine intake can lead to anxiety, irritability, and sleep disturbances. Therefore, it is important to consume coffee in moderation. Some people might find it beneficial to limit caffeine intake, especially during the week.

Keywords: Personal hygiene; knowledge; practice
Result

<table>
<thead>
<tr>
<th>Class</th>
<th>Frequency(n)</th>
<th>Percent (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class VI</td>
<td>33</td>
<td>28.7</td>
</tr>
<tr>
<td>Class VII</td>
<td>15</td>
<td>13.0</td>
</tr>
<tr>
<td>Class VIII</td>
<td>23</td>
<td>20.0</td>
</tr>
<tr>
<td>Class IX</td>
<td>33</td>
<td>28.7</td>
</tr>
<tr>
<td>Class X</td>
<td>11</td>
<td>9.6</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>115</strong></td>
<td><strong>100.0</strong></td>
</tr>
</tbody>
</table>

*Table 1:* Distribution of respondents according to their class (n=115).

Table-1 shows that among the total 115 respondents, the majority 33 (28.7%) were in class 6 and class 9.

*Figure 1:* Distribution of the respondents according to age (n=115).

Figure-1 show that among the total 115 respondents, majority 27(23.5%) were 12 years old and very few 1(.9%) were 10 years old.

*Figure 2:* Distribution of the respondent according to sex (n=115).
Figure-2 shows that among the total 115 respondents, 55.7% were female and 44.3% were male.

![Figure 3: Distribution of respondent by family type (n=115).](image)

Figure-3 shows that more than half 78(67.8%) respondents were lived in nuclear family.

![Figure 4: Distribution of respondents according to financial status (n=115).](image)

Figure-4 shows that out of 115 respondents, most of 48(41.7%) respondent's parents were businessman and very few 9(7.8%) parents were involved in government job.
Figure 5: Distribution of respondents according to their place of residence (n=115).

Figure 5 shows that more than half 87(75.7%) respondents were lived in semi-urban area.

Figure 6: Distribution of respondents according to their practice about personal hygiene (n=115).

Figure 6 shows that out of 115 respondents 97.4% students take bath every day, 100.0% brush their teeth every day, most of them 86.1% cut nails every week. Majority 78.3% clean hair regularly. 60.9% students do not forget to wash hand before having meal/after defecation. 85.2% respondents drink enough water daily (93.9% respondents have regular habit of passing stool and urine.)
Table-2 shows that out of 115 respondents, majority 112(97.4%) knew about the relation between personal hygiene and health. 75.7% have the idea about use of clean clothing/undergarments/bed-sheets. 99.1% have idea about the importance of pure drinking water. 94.8% respondents have the Knowledge to have enough vegetables, fruits, water to avoid health problems. Most of the respondents 77.4% knew that holding back urine can cause urinary tract infection and holding back of stool can cause constipation.

Discussion

In this cross-sectional study, all of the respondents gave quality feedback about the knowledge and practice about personal hygiene. In this study, 28.7% respondents were from class 6 and 9. Majority respondents were 12 years old (23.5.0%) which is similar to an UNICEF study where 24% respondents were from 12 years old [10] and most of them were female (55.7.0%). Regarding religion, all of the respondents were Muslim (100.0%). This is consistent with our national context. In terms of socio-economic status, majority respondents were belonged to nuclear family (67.8%). 41.7% respondent’s parents were involved in business and regarding place of residence, more than half respondents were lived in semi-urban area which is about 75.7%. It was observed that, 97.4% knew about the relation between personal hygiene and health. Most of them 97.4% take bath every day and 100.0% brush their teeth every day. 78.3% respondents clean hair regularly and most of them 86.1% cut nails every week. 75.7% respondents have the idea about use of clean clothing/undergarments/bed sheets. Study shows that, more than half 60.9% students do not forget to wash hand before having meal/ after defecation which is similar to a study done in Bogura Govt. Pilot High School where 65% students practice washing hands properly before meal or after defecation [11]. 73.0% students have vegetables/fruits in their everyday meal. Majority 85.2% respondents drink enough water daily (at least 1.5-2 liter). According to study findings, most of them 99.1% have idea about the importance of pure drinking water. 93.9% respondents have regular habit of passing stool and urine. Majority 94.8% respondents have the knowledge to take enough vegetables, fruits, water regularly and most of the respondents 77.4% knew that holding back urine can cause urinary tract infection and holding back of stool can cause constipation. Initiating proper motivation and self- interest among the students to maintain health and hygiene practice is thus the vital investment, for them and for healthier society in tomorrow. The outcomes of this study might be helpful for future intervention planning in practice of personal hygiene among students.

Conclusion

The educational authorities in the country can develop and adopt policies and guidelines that will make way to have adequate access to resources, items and opportunities to maintain hygiene at school and home. Schools should provide hygiene education from early grade school children to supplement the training provided by parents and guardians, to ensure that all children learn at an appropriate age how to protect themselves and others from preventable exposure to illness and other hygienic hazards.

Reference


