



To find out the status of personal hygiene and lifestyle of 7-9 years of school going children in Lohardaga district of Jharkhand

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Abstract

Introduction: Personal hygiene is important in every stage of life, but good cleanliness habits starts from early childhood. Kids who learn what personal hygiene is and how to follow proper hygiene practices will usually carry those habits into their adulthood too.

Objective: To analyze the level of personal hygiene and lifestyle of the school going children in the age group 7- 9 years in rural area of lohardaga district in Jharkhand.

Method: The total sample consists of 200 school going children of rural area of the selected district. Children were administered on the basis of personal hygiene and lifestyle related questionnaire like bathing habits, time to cut nails, hand washing habits, use of toilet, brushing habits, television time, channel and advertisement liking etc.

Result and Conclusion: It was analyzed that 23% children take bath daily, 58.5% children cut their nails weekly, 95.5% wash their hands before eating, 45% children use toilet, 98 % wash their hands after coming from toilet, 6.5 % children use only water for washing hands after coming from toilet, only 8.5 % children use separate towel for themselves, only 2 % children exercise daily and 33.5% children watch television daily.

Through the present study shows that the school going children can improve in few things like their bathing habits, they can use separate towel for their personal use, they can use toilet instead of open defecation. Few habits need to improve for better health and sanitation practices.

Keywords: children, rural, personal hygiene and lifestyle

Introduction

Personal hygiene involves those practices which are performed by an individual to care for one's bodily health and wellbeing, through cleanliness which is important in every stage of life. Good cleanliness habits start in childhood. Motivational factors behind personal hygiene practices include reduction of personal illness, healing from personal illness, optimal health and sense of wellbeing, social acceptance and prevention of spread of illness to others. Kids who learn what personal hygiene is and how to follow proper hygiene practices will usually carry those habits into their adulthood too. What is considered proper personal hygiene may be culture specific and may change over time. Hygiene education usually starts with the family, and eventually youngsters learn what to do and how to follow cleanliness rules on their own.

Definition

Personal hygiene generally includes cleanliness of the body and proper maintenance of personal appearance. This generally covers all body areas and clothing. Hygiene is an old concept related to medicine, as well as to personal and professional care practices related to most aspects of living. In medicinal, domestic and everyday life settings, hygiene practices are employed as preventative measures to reduce the incidence and spreading of the diseases. Kids do not naturally understand the importance of personal hygiene and how to maintain it. They learn about it from their family and usually need assistance until they get older and are able to do it on their own.

Effects of poor personal hygiene

Hygiene practices prevent or minimize disease and the spreading of disease. Microbial growth due to germs may lead to various infectious diseases specifically among children. Kids with poor personal hygiene may get teased by the other children for having a dirty body, dirty clothing or greasy hair. This type of criticism may harm their self-esteem and make them even more negligent towards themselves. Adults may also get a poor impression of the child and may even suspect parental neglect if the child is young enough to be dependent on his parents for keeping him clean.

Objective

Keeping in view the importance of the personal hygiene in the lives of human beings especially children, the present study is focused on analyzing the level of personal hygiene of the school going children in rural area of lohardaga (Jharkhand, India).

Variables

- Personal hygiene and lifestyle
- School Children (belonging to rural area)

Sample

The total sample consisted of 200 school going children of the rural areas of Jharkhand. The age group ranged from 7-9 years. All children were selected by systematic random sampling and children were administered on the basis of personal hygiene questionnaire.

Research Design

1. Construction of interview schedule for the collection of information
2. Selection of sample
3. Assessment of personal hygiene and lifestyle
4. Statistical analysis of the data

Area of Study

The present investigation was conducted in two blocks named kairo and bhandra of lohardaga.

Size of Sample

The study was carried out on a sample of 200 school going children of rural area.

Age of the Children

Age of the children under study was 7-9 years. An interview schedule was designed to frame accurate questions and to seek accurate responses.

Results and Discussion

The purpose of the study was to analyze the type of hygiene practices adopted by the children of rural areas of lohardaga Jharkhand, India) and how frequently their practices are followed.

There were 17 questions indicating the various types of hygiene practices. All the questions were answered by the children through selecting the appropriate options given under the questions. Content analysis of each question was done and tables were formulated per questions of the questionnaire.

Table 1: & Figure 1: Does the child take bath daily?

S. No	Options	Percentage of responses (Girls)	Percentage of responses (Boys)
1	Yes	20.51	26.51
2	No	79.49	73.49

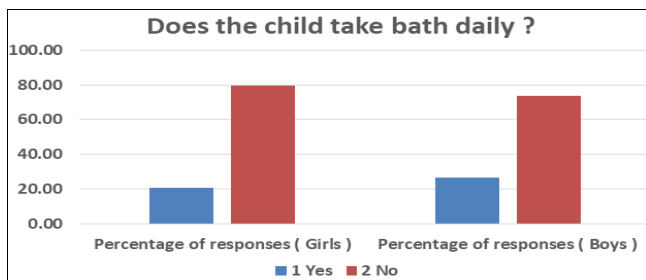


Fig 1

Table I and Figure I highlight the percentage of children who take bath daily. In this table 20.51 % of the girls said that they take bath daily and 79.49 % of them does not take bath daily whereas 26.51% of the boys said that they take bath daily and 73.49 % of them does not take bath daily.

Table 2 & Figure 2: Time to cut your nails?

S. No	Options	Percentage of responses (Girls)	Percentage of responses (Boys)
1	Weekly	58.12	59.04
2	Fortnightly	32.48	27.71
3	Monthly	9.40	13.25

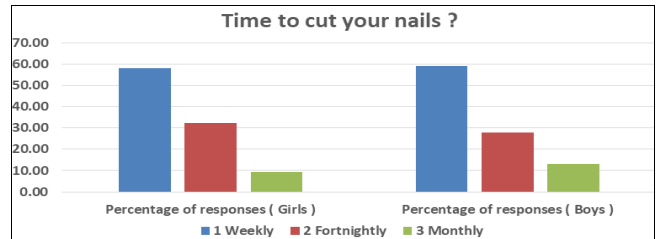


Fig 2

Table II and Figure II highlight the percentage of time to cut nails of children. In this table 58.12% of the girls said that they cut their nails weekly, 32.48 % of girls cut their nails fortnightly and 9.40 % of girls cut their nails monthly whereas 59.04 % of the boys said that they cut their nails weekly, 27.71% of boys cut their nails fortnightly and 13.25 % of boys cut their nails.

Table 3 & Figure 3: Do you wash your hands before eating?

S.No	Options	Percentage of responses (girls)	Percentage of responses (boys)
1	Yes	97.44	92.77
2	No	2.56	7.23

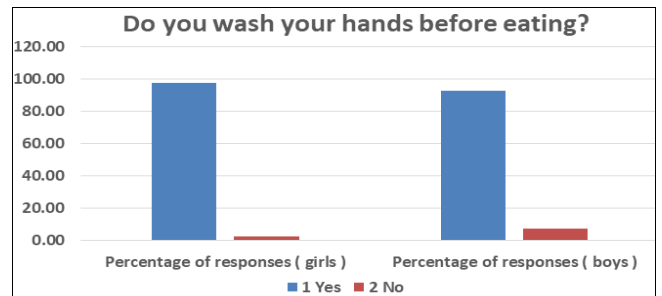


Fig 3

Table III and Figure III highlight the percentage of children who hand wash before eating. In this table 97.44 % of the girls said that they wash their hands while 2.56 % of girls said they do not wash their hands before eating whereas 92.77 % of the boys said that they wash their hands before eating and 7.23% of boys said they do not wash their hands before eating.

Table 4 & Figure 4: Do you wash fruits before eating?

S. No	Options	Percentage of responses (girls)	Percentage of responses (boys)
1	Yes	87.18	74.70
2	No	12.82	25.30



Fig 4

Table 4 and Figure 4 highlight the percentage of children who wash fruits before eating. In this table 87.18 % of the girls said that they wash fruits before eating while 12.82 % of girls said they do not wash fruits before eating whereas 74.70 % of the boys said that they wash fruits before eating and 25.30 % of boys do not wash fruits before eating.

Table 6 & Figure 6: Does the child use toilet?

S. No	Options	Percentage of responses (girls)	Percentage of responses (boys)
1	Yes	47.86	40.96
2	No	52.14	59.04

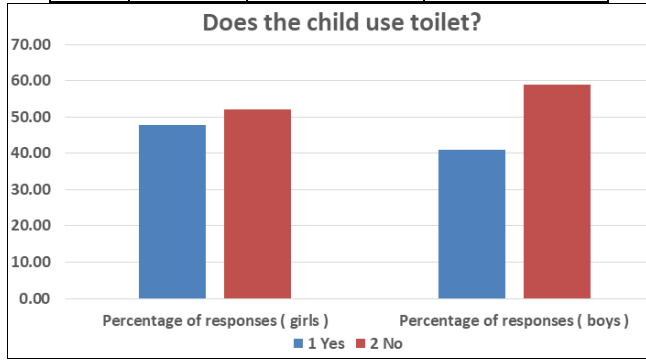


Fig 6

Table 6 and Figure 6 highlight the percentage of children who use toilet. In this table 47.86 % of the girls said that they use toilet while 52.14 % of girls said they do not use toilet whereas 40.96 % of the boys said that they use toilet and 59.04 % of boys said they do not use toilet.

Table 7 & Figure 7: Do you wash your hand after coming from toilet?

S. No	Options	Percentage of responses (girls)	Percentage of responses (boys)
1	Yes	99.15	96.39
2	No	0.85	3.61



Fig 7

Table 7 and Figure 7 highlight the percentage of children who wash their hands after coming from toilet. In this table 99.15 % of the girls said that they wash their hands after

coming from toilet while 0.85 % of girls said they do not their hand after coming from toilet whereas 96.39 % of the boys said that they wash their hands after coming from toilet and 3.61 % of boys said they do not wash their hands after coming from toilet.

Table 8 & Figure 8: If yes, you use

S. No	Options	Percentage of responses (girls)	Percentage of responses (boys)
1	Detergent	5.98	2.41
2	Hand Wash	0.00	1.20
3	Soap	70.94	62.65
4	Sand	14.53	24.10
5	only water	7.69	4.82
6	Rakh	0.00	1.20
7	NA	0.85	3.61

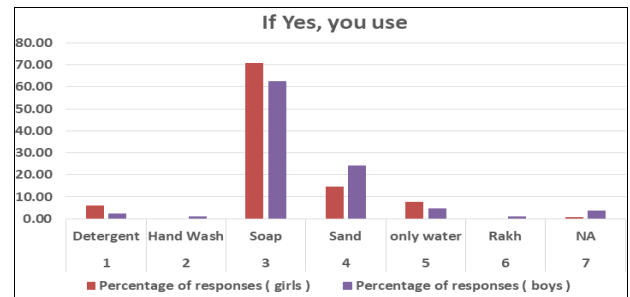


Fig 8

Table 8 and Figure 8 highlight the percentage of children what they using for wash hands after coming from toilet. In this table maximum 70.94 % girls use soap, 14.53 % girls used sand, 7.69 % of girls use water, 5.98 % of girls use detergent whereas 62.65 % of boy use soap, 24.10 % use sand, 4.82 % use water, 2.41 % use detergent and 1.20 % use handwash and rakh.

Table 9 & Figure 9: Does the child brush his / her teeth every day?

S. No	Options	Percentage of responses (girls)	Percentage of responses (boys)
1	Yes	94.87	84.34
2	No	5.13	15.66

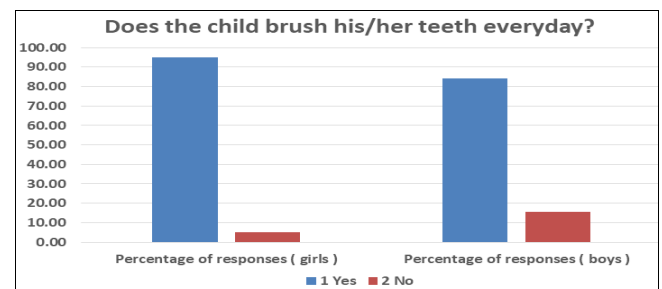


Fig 9

Table 9 and Figure 9 highlight the percentage of children's

brushing habits. 94.87 % of the girls said that they brush their teeth every day and 5.13 % of them agreed that they take do not brush their teeth every day whereas 84.34 % of the boys said that they brush their teeth every day and 15.66 % of them agreed that they take do not brush their teeth every day.

Table 10 & Figure 10: Does the child use separate towel?

S. No	Options	Percentage of responses (girls)	Percentage of responses (boys)
1	Yes	9.40	7.23
2	No	90.60	92.77

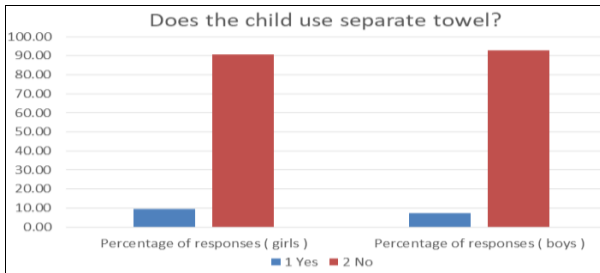


Fig 10

In Table 10 and Figure 10, the children were asked about using of separate towel where 90.60 % of the girls denied that they don't use separate towel and 9.40 % of them agreed that they use separate towel whereas 92.77 % of boys denied that they don't use separate towel and 7.23 % of boys agreed that they use separate towel for themselves.

Table 11 & Figure 11: Does the child take enough sleep every day?

S. No	Options	Percentage of responses (girls)	Percentage of responses (boys)
1	Yes	98.29	100
2	No	1.71	0

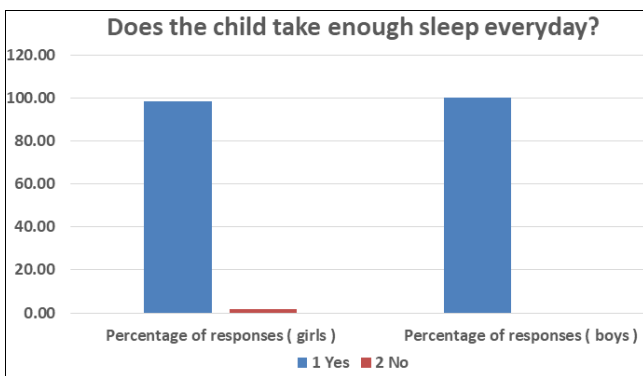


Fig 11

In Table 11 and Figure 11 data shows that 98.29 % of the girls take enough sleep and 1.71 % of the girls said they don't take enough sleep everyday where 100% of boys said they take enough sleep every day.

Table 12 & Figure 12: Does the child exercise?

S. No	Options	Percentage of responses (girls)	Percentage of responses (boys)
1	Yes	47.86	50.60
2	No	52.14	49.40

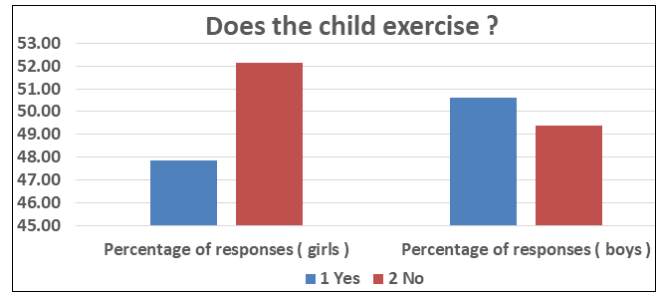


Fig 12

In Table 12 and Figure 12 data shows that 47.86 % of the girl's exercise and 52.14 % girls does not exercise whereas 50.60 % of the boys said they exercise and 49.40% denied.

Table 13 & Figure 13: If yes, how frequently?

S. No	Options	Percentage of responses (girls)	Percentage of responses (boys)
1	Daily	0.85	3.61
2	2-3 times in a week	2.56	9.64
3	Weekly	43.59	36.14
4	Monthly	0.85	0.00
5	NA	52.14	50.60

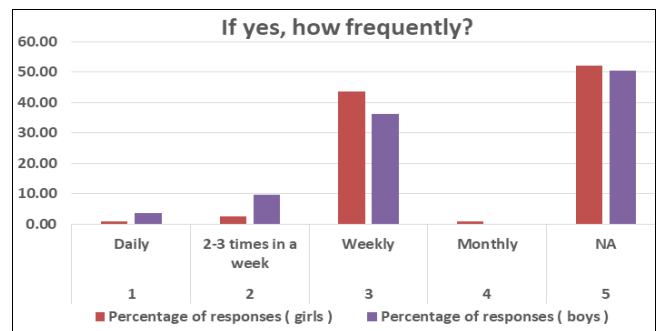


Fig 13

In Table 13 and Figure 13 data shows that 43.59 % of the girls exercise weekly, 2.56 % of girls exercise 2-3 times in week, 0.85 % girls exercise monthly and 0.85 % girls exercise daily whereas 36.14 % boys exercise weekly, 9.64 % boys exercise 2-3 times in a week and 3.61 % of boys exercise daily.

Table 14 & Figure 14: Does the children watch television?

S. No	Options	Percentage of responses (girls)	Percentage of responses (boys)
1	Yes	28.21	40.96
2	No	71.79	59.04

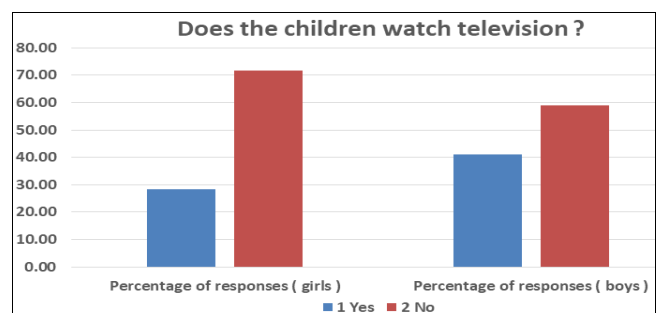


Fig 14

In Table 14 and Figure 14 data shows that 28.21 % of the girls watch television and 71.79 % girls don't watch television whereas 40.96 % boys watch television and 59.04 % do not watch.

Table 15 & Figure 15: If yes, for how many hours?

S. No	Options	Percentage of responses (girls)	Percentage of responses (boys)
1	less than an hour	11.11	14.46
2	1-2 hours	14.53	14.46
3	2-3 hours	2.56	10.84
4	more than 3 hours	0.00	1.20
5	NA	71.79	59.04

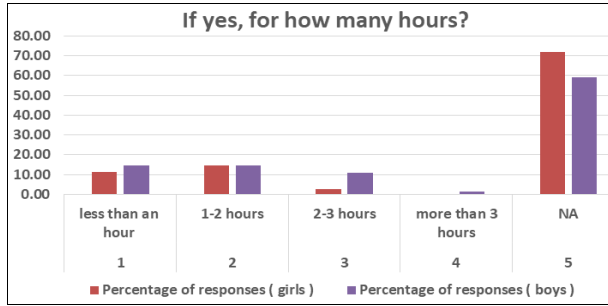


Fig 15

In Table 15 and Figure 15 data shows that 14.53 % of the girls watch television daily for 1-2 hours, 11.11 % of girls watch television less than an hour and 2.56 % of girls watch television for 2-3 hours where 14.46 % of boys watch television less than an hour, 14.46 % of boys watch tv for 1-2 hours, 10.84 % of boys watch tv for 2-3 hours and 1.20 % of boys watch television for more than 3 hours.

Table 16 & Figure 16: If yes, which channel do you like most?

S. No	Options	Percentage of responses (girls)	Percentage of responses (boys)
1	Cartoon	20.51	25.30
2	Movies	2.56	9.64
3	Music	0.00	0.00
4	News	0.00	1.20
5	All Channels	0.00	4.82
6	Serials	5.13	0.00
7	NA	71.79	59.04

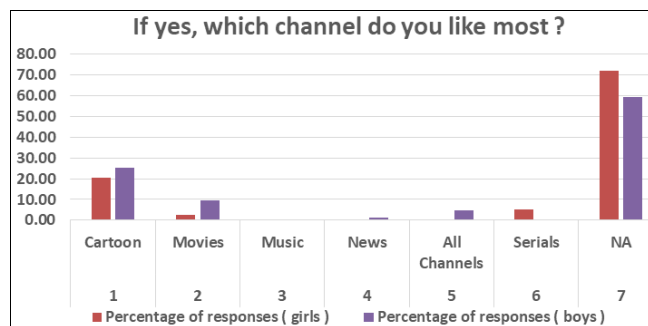


Fig 16

In Table 16 and Figure 16 data shows that 20.51 % of girls watch cartoon, 5.13 % girls watch serial and 2.56 % of girls watch movies where 25.30 % boys watch cartoon, 9.64 % watch movies, 4.82 % watch all channels and 1.20 % watch news.

Table 17 & Figure 17: If yes, which advertisement does child like most?

S. No	Options	Percentage of responses (girls)	Percentage of responses (boys)
1	Horlicks & Bournvita	5.98	7.23
2	Chocolates & Biscuits	1.71	2.41
3	Kurkure & Chips	7.69	10.84
4	All	12.82	15.66
5	None	0.00	4.82
6	NA	71.79	59.04

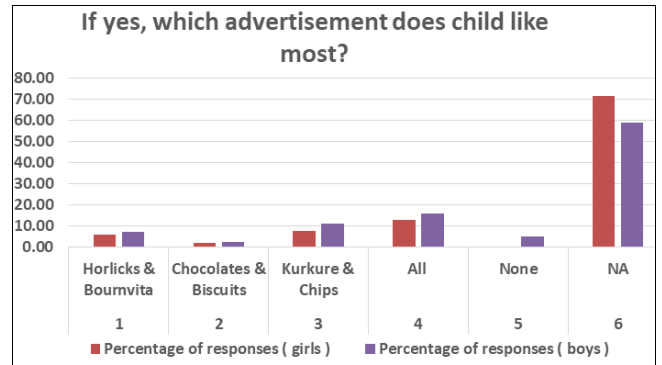


Fig 17

In Table 17 and Figure 17 data shows that 12.82 % of girls watch the advertisement of all the above, 7.69 % girls watch the advertisement of Kurkure and chips, 5.98 % girls watch add of Horlicks & bornvita and 1.71 % girls watch add of chocolates and biscuits where 15.66 % of boys watch the advertisement of all the above, 10.84 % watch Kurkure and chips add, 7.23 % of boys watch Horlicks and bornvita add and 2.41 % boys watch add of chocolates and biscuits.

Discussion

According to the tables 1 to 17 given above, it is evident that the school going children are somewhat aware of their hygiene. As it may be observed that majority of school going children does not take bath daily, they also clean their nails after a certain interval of time, they are also aware of washing their hands before eating. Most of the children wash fruits before eating. Most of them use soap for hand washing after coming from toilet. Almost half of the children exercise weekly in school. Most of the children like to watch cartoon in television. Very few children are using separate towel for themselves and almost half of the children go for open defecation.

Conclusion

Through the present study it may be concluded that the school going children of the rural area are having a average knowledge of personal hygiene. They can improve in few things like they can bath daily, they can use separate towel for their personal use, they can use toilet instead of open defecation. Few habits need to improve for better health and sanitation practices.

Limitation of the study

1. The sample size may be large in order to generalize the results.
2. An intervention program or training program would be

prepared in order to enhance the significance of the research.

1(1):7-9.

3. More questions regarding other types of hygiene and general health may be added in the questionnaire to go into further details of the research.

Implications

1. This study gives an idea of the level of improvement in the direction of personal hygiene in the rural areas of the district.
2. Intervention programs or training programs or awareness program may be carried out further in this direction.

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