



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

"A Study To Evaluate The Effectiveness Of Health Education On Knowledge Regarding Personal Hygiene Among Govt. Middle School Children Studying In Selected Rural Schools At Jatkhedi Bhopal M.P."

¹Prof.Virendra Sisodiya, ²Ms.Pranjal Bedre, ³Ms.Kiran Yaduvanshi

¹Professor, ²B.Sc.Nursing Final Year Students, ³B.Sc.Nursing Final Year Students

¹Faculty of Nursing ,Bhabha University Bhopal M.P.,

²Faculty of Nursing ,Bhabha University Bhopal M.P.,

³Faculty of Nursing ,Bhabha University Bhopal M.P.

ABSTRACT

Background Of The Study:

Personal Hygiene Refers To Regularly Washing Parts Of The Body And Hair With Soap And Water (Including Washing Your Hands And Feet), Grooming Nails, Facial Cleanliness, Covering Coughs And Sneezes, And Menstrual Hygiene. Personal Hygiene Practices Can Help You To Feel Fresh And Healthy. Good Hygiene Helps Children To Live A Happier And Healthier Life. It Also Helps To Reduce The Risk Of Illness, Build Self-Esteem And Teach Life Skills.

Statement of The Problem: "A Study To Evaluate The Effectiveness Of Health Education On Knowledge Regarding Personal Hygiene Among Govt. Middle School Children Studying In Selected Rural Schools At Jatkhedi Bhopal."

Objectives Of The Study -To Assess The Pre-Test Knowledge Level Regarding Personal Hygiene Among Of Govt. Middle School Children Regarding.To Assess The Post –Test Knowledge Level Regarding Personal Hygiene Among Of Govt. Middle School Children Regarding. To Evaluate The Effectiveness Of Health Education On Personal Hygiene By Comparing The Pre-Test And Post-Test Knowledge Scores.To Find Out The Association Between Pre-Test Knowledge Levels Of Middle School Children Regarding Personal Hygiene With Selected Socio-Demographic Variables.H1:The Post- Test Mean Knowledge Score Will Be Higher Than The Pre Test Mean Knowledge Score Regarding Personal Hygiene Among Middle School Children.H2: There Will Be Significant Association Between Pre-Test Knowledge Levels Of Middle School Children Regarding Personal Hygiene With Selected Socio-Demographic Variables.

DATA Collection Methods :-Chi-Square (χ^2) Test Was Used To Determine The Association Between Pre-Test Knowledge Level Of Middle School Children Regarding Personal Hygiene And Selected Socio-Demographic Variables. Paired "T" Test Was Used To Determine The Effectiveness Of Health Education On Personal Hygiene Comparing The Mean Knowledge Pre Test And Post Test Scores Of Middle School Children.

RESULT :- The Chi-Square Test Was Carried Out To Determine The Association Between The Pre- Test Knowledge And Demographic Variables Such As Age, Gender, Religion, Class, Parent Education, Type Of Family, Monthly Income, Residence Of Area ,Source Of Information. Out Of Which Age ($X^2 = 3.3^*$), Religion ($X^2 = 3.95^*$) And Type Of Family ($X^2 = 5.48^*$) Were Found To Be Significantly Associated With Pre- Test Knowledge At 5%Level And The Rest Of The Demographic Variables Were Not Significant. Hence Research Hypotheses H_2 Is Proved And Accepted. It Is Evident That Pre-Test Knowledge Score Is Better Influenced By Age, Religion And Type Of Family Of Middle School Children.

Keywords: - Personal Hygiene, Middle School Children (6th -8th Standard),Health Education .

STATEMENT OF THE PROBLEM:

“A STUDY TO EVALUATE THE EFFECTIVENESS OF HEALTH EDUCATION ON KNOWLEDGE REGARDING PERSONAL HYGIENE AMONG GOVT. MIDDLE SCHOOL CHILDREN STUDYING IN SELECTED RURAL SCHOOLS AT JATKHEDI BHOPAL.

OBJECTIVES OF THE STUDY

- To assess the pre-test knowledge level regarding personal hygiene among of govt. middle school children regarding.
- To assess the post –test knowledge level regarding personal hygiene among of govt. middle school children regarding.
- To evaluate the effectiveness of Health Education on personal hygiene by comparing the pre-test and post-test knowledge scores.
- To find out the association between pre-test knowledge levels of middle school children regarding personal hygiene with selected socio-demographic variables.

OPERATIONAL DEFINITIONS

- 1. Evaluate:** It refers to the findings of the value of Health Education on the Knowledge of Middle school children regarding personal Hygiene.
- 2. Effectiveness:** It refers to the desired change brought about by the Health Education and is measured in terms of significant knowledge gain in the post test.
- 3. Health Education:** It refers to the learning material developed by the investigator for the purpose of achieving pre specified objectives. In this study it refers to an in dependent learning material through Chart, Chalk Black board ,group discussion etc. which has an organized content include that enhances the knowledge of middle school children regarding personal hygiene.
- 4. Knowledge:** Refers to response of middle school children to the structured interview questionnaire which will be measured by structured interview schedule.
- 5. Personal Hygiene:** Refers to aspects regarding personal hygiene such as oral care, Skin care, eye care, hair are, ear are, nose care, nails care, and feet care.
- 6. Middle school children:** Refers to children studying in 6th -7th Standard in selected rural govt. middle schools.

HYPOTHESIS

H1: The post- test mean knowledge score will be higher than the pre test mean knowledge score regarding personal hygiene among middle school children.

H2: There will be significant association between pre-test knowledge levels of middle school children regarding personal hygiene with selected socio-demographic variables.

METHODOLOGY - represents the framework of a study. It indicates the general pattern for organizing the procedure to gather valid and reliable data for an investigation. This chapter presents the description of methodology and the different steps that were taken to collect the data and organize the data for investigation. It includes description of research approach, research design, setting, sample technique, sampling, development and description of the tool, pilot study, data collection and plan for data analysis. The methodology of an investigation is of vital importance to understand the view of the nature of problem selected for the study and the objectives to be accomplished.

CONCLUSION

. The purpose of this study was to evaluate the “effectiveness of Health Education on knowledge regarding personal hygiene among middle school children in selected rural middle schools at Bhopal”.

This research revealed that there is a significant difference in level of knowledge of children regarding personal hygiene after us hearing Health Education .The study statistically proved that there is an association between level of knowledge and selected socio demographic variables of the children.

Nursing Implication

The result of the study shows that majority of the middle school children had inadequate knowledge regarding personal hygiene during pre test. So the study has several implications for practice, education, administration and research.

Nursing Education:

- Nursing education helps the nurse to excel in theoretical as well as practical level.
- In this present study the nurse educator gives priority to uphold the value of education regarding personal hygiene.
- Nurse educators need to lay emphasis on personal hygiene and its importance and primary school children to recognize the impact of poor personal hygiene.
 - Nurse educators should give more prominence to practice of good personal hygiene.
 - Nurse educators help to conduct educational programs among middle school children because hygiene practices can stave off childhood illness and infections. So training in personal hygiene could also save child from embarrassing moments and teasing by peers.

Nursing Practice:

- Nursing practice is an ongoing process of assistance which aims the whole round development of mankind. The main focus of nursing practice is to reduce the morbidity and mortality rate and to improve the quality of life.
- A regular health education program should be carried out by nurse educator regarding personal hygiene.
- Educate the middle school children regarding personal hygiene and its importance.
- Educational programs with effective teaching strategies motivate children to learn about personal hygiene .Health Education is considered an effective education strategy to improve the awareness and knowledge regarding personal hygiene.

Nursing Administration:

- Nursing administration is a service sector to control the management operation along with arrangement of service policies in order to plan for organization. Nursing administrators take initiatives for continuous educational program. Moreover, administration can evaluate the merits and demerits of an educational programme.
- In co-operation with the school authorities, nurse administrator should take initiative to organize continuous education program for primary school children regarding personal hygiene.
- Appropriate teaching/learning materials needs to be prepared and made available for children.

- An administrator can co-ordinate all educational sectors under one roof.
- Nursing leaders are challenged to consider the health needs of children and educate children about importance of personal hygiene and impact of poor personal hygiene.

Nursing Research:

Nursing research is a systematic investigation and study of materials, sources etc., in order to establish facts and reach conclusions. A researcher can bring innovative approaches and modern theories in the field of research. It has been reported that incidence of child hood illness and infection is increasing hence awareness should be created in society. There is a need for extensive and intensive research in the area of personal hygiene so that strategies for educating children can be promoted.

Nurse researches should take efforts to conduct interactive sessions among children promoting their knowledge. Moreover, it is important to assess the practice that are contribute to increased incidence of illness and infections. Evaluating the effectiveness of various interventions in the reduction of incidence of illness so that effective yet practical solutions can be developed. A research study can make remarkable changes in their knowledge, attitude, potentials and thereby improving the quality of nursing profession.

Bibliography:

1. WONG'S Essential of Pediatric Nursing ,10th Edition Elsevier Publication Page No859-867
2. Schoolwater supply, Sanitation and hygiene education: India Technical Note Series, Ministry of Human Resource Development: Government of India. 2004.
3. Journal of Child & Family Studies; The Impact of Teasing on Children's Body Image; Kostanski, M, & Gullone, E. 2007.
4. Esrey, S.A., Potash, J.B., Roberts, L., Shiff, C., 1991. Effects of improved water supply and sanitation on ascariasis, diarrhea, dracunculiasis, hookworm infection, schistosomiasis and trachoma. Bull. World Health Org. 63,757-772.
5. www.unicef.org/wash/files/FINAL.
6. <http://www.livestrong.com/article/91264-importance-personal-hygiene-children/#ixzz1M542GS9N>
7. URL:http://www.who.int/school_youth_health/gshi/en/
8. Dongre AR, Deshmukh PR, Boratne AV, Thaware P, Garg BS. An approach to hygiene education among rural Indian school going children. *Online J Health Allied Scs*. 2007; 4:2.
9. URL:<http://www.ddws.nic.in/NewTSCGuidelines.doc>
10. http://www.genderandwater.org/content/download/307/3228/file/GWA_Annual_Report.pdf
11. Parul Datta "Pediatric Nursing, Fourth Edition 2018, Japee Publication Page No.11