

"A Study To Assess The Effectiveness Of Play Way Method On Knowledge Regarding Personal Hygiene Among Children At Selected School Lucknow, U.P."

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Abstract:

Background: Hygiene has two aspects that are personal and environmental. The aim of personal hygiene is to promote standards of personal cleanliness within the setting of the condition where children live. Good personal hygiene is an aid to health, beauty, comfort and social interaction. Good personal hygiene, directly aids in disease prevention and health promotion. According to World Health Organization, 3.8 million children under five years die from diarrhea and acute respiratory tract infection as per year (WHO, 2011).

Most of the health problems affecting school children are preventable by promotion of hygiene practices through proper health education. There are 6.3 lakh schools in India, out of which 128.3 million are primary school, 50 million are upper primary school. In our country 1,600 children die everyday due to diarrheal disease having the cause of poor hygiene practices (George et al, 2018).

Materials and methods: The research was conducted through Quantitative research approach, Pre-experimental one group pre-test post-test Intervention was given through Play way method and data was collected from 40 participants of age groups of 8-11 years, using Structured knowledge questionnaire to assess the pre-test knowledge and post-test knowledge regarding personal hygiene.

Results: The overall pre- test knowledge score more than half of the participants were having poor knowledge score that is (55%), and (45%) of the participants were having average knowledge.

Whereas In post-test knowledge score more than half of the participants having good personal knowledge that is (55%) and (45%) were having average knowledge regarding personal hygiene. There were no significant association between pre-test knowledge score with their social demographic variables at the level of $p > 0.05$ except age, family and religion.

Conclusion: Overall finding clarify that play way method was effective in enhancing the knowledge of school children regarding personal hygiene.

Keyword- Personal hygiene, Play-way method.

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I. Introduction:

“Good personal hygiene is the key to good personal health”

The foundation of lifelong responsibility for the maintenance of personal hygiene is laid down in childhood, which is important for the healthy adulthood and for the development of positive values about health. Childhood plays a crucial role in moulding an individual personality and also helps in preventing various communicable and non-communicable diseases. Poor health among school children mainly results from lack of knowledge and adoption of unhealthy practices. Therefore, they should be taught regarding importance of personal hygiene in order to maintain good health.

Personal hygiene is the science of healthy-living of an individual. The term personal hygiene includes all those personal factors, which influence the health and wellbeing of an individual. It comprises a broad range of day to day activities such as bathing, clothing, washing hands and toilet; care of nails, feet and teeth; spitting, coughing, sneezing, personal appearance and inculcation of clean habits.

At the beginning of 20th century, major cause of child mortality in age group of 5 to 14 years was due to many infectious diseases which mainly resulted from lack of personal hygiene. Therefore, maintaining good personal hygiene helps to prevent development and spread of infection. Deb et al reported in their study that children who maintained good personal hygiene were adequately nourished and were free from any

kind of morbidity. The factors that influence positive hygiene behaviour include knowledge and awareness regarding personal hygiene.

Majority of minor ailments in children can be prevented by adopting primordial preventive strategies and educating the children periodically. UNICEF highlights importance of school sanitation and hygiene and has stated that various communicable diseases have led to morbidity and mortality of children.

Schools are the most important places of learning and teaching in areas concerned to personal hygiene and serve as a central place in community. In a survey conducted in India, studies have stated that half of minor ailments in school going children are mainly due to unsanitary condition and lack of personal hygiene. Children behave what they learn from environment. It has been proved by various researches that childhood is the most important period of learning, so healthy habits must be taught during this period. Good personal hygiene practices can have far reaching effect in future life and health of children as well as in community in which they reside. School premises can serve as an important ground for imparting health education regarding personal hygiene as they hold a central place in communities. The benefits of personal hygiene are not only confined to school age children but also to their families, communities and whole nation. Various benefits of good personal hygiene include lower morbidity and mortality rates among children, better nutrition, cleaner environments, social development and better learning and retention of children in school.

II. Material And Methods:

Research approach: Quantitative research approach was adopted in the present study.

Research design: In this present study pre experimental one group pre -test post- test design.

Variables: The variables in present study includes:

Independent variables: Play - way method .

Dependent variables: Level of knowledge regarding personal hygiene

Setting of the study:

The present study was conducted in **BR GOP public inter college** in Baldevvihar ,Telibagh, Lucknow District Uttar Pradesh. The school is having affiliation from standard nursery to Intermediate.

Sample : Representative unit of a target population selected by researcher to participate in the research study. In this present study; the samples were children of age group 8-11 years enrolled in BR Gop public inter college.

Sample size: This study comprises of 40 childrens age group 8-11 years.

Sampling technique: Purposive sampling technique was used to select the 40 students as sample for the study

Tool for data collection :

Tool A : Demographic variables consist of age in years, gender , education of mother, education of father , religion, type of family, residence.

Tool B :Self structured knowledge questionnaire were used to asses the knowledge of childrens regarding personal hygiene.

Category of Knowledge score:

Knowledge score	Category
0-8	Poor
9-16	Average
17-25	Good

Process:

Participants were voluntarily participated in the research. Consent was taken from principal .Pretest was conducted through structured knowledge questionnaire. Intervention was given by play way method to the school children. Intervention were given for consecutive 3 days. Post test was conducted after 3 days through structured knowledge questionnaire.

Plan for data analysis:

- Frequency and percentage
- Mean

- Standard deviation
- Paired t test
- Chi – square test

III. Result:

Table no.1- Frequency, percentage distribution of Socio demographic variables of children:
N=40

S.No.	Characteristics	Frequency	Frequency%
I.	Age		
	8-9 year	29	72.5%
	10-11 year	11	27.5%
II.	Gender		
	Male	22	55%
	Female	18	45%
III.	Type of family		
	Nuclear	16	40%
	Joint	24	60%
IV.	Religion		
	Hindu	36	90%
	Muslim	04	10%
	Sikh	0	0%
	Others	0	0%
V.	Residence		
	Rural	02	5%
	Urban	38	95%
	Slum	0	0%
VI.	Education father		
	Uneducated	03	7.5%
	Primary	04	10%
	Secondary	31	77.5%
	Graduated/post graduated	02	5%
VII.	Education of mother		
	Uneducated	01	2.5%
	Primary	04	10%
	Secondary	04	10%
	Graduated/post graduated	30	75%
		05	12.5%
VIII.	Previous knowledge		
	Yes	12	30%
	No	28	70%

Table no. 1 - The above table depicts the frequency and frequency and percentage of demographic profile of the sample

- Majority of the children i.e. 72.5% were between the age of 8-9 and 27.5% were between the age of 10 -11 years.
- More than half of the children were male i.e. 55% whereas 45% were female.
- Most of the children belongs to joint family i.e. 60% and only 40% were belong to nuclear family.
- Most of the students were Hindu i.e. 90% and only 10% were Muslim.
- Majority of the children lives in Urban area i.e. 95% and 5% of the children lives in Rural area.
- Majority of the father’s has Secondary education that is 75%, whereas 10% children father’s have Primary education ,5% were graduated/post graduated and 7.5% fathers were uneducated.
- Most of the Mother were having secondary education i.e. 75% , Whereas 12.5% Mothers were graduated,10% Mothers were having Primary education and 2.5% Mother were uneducated.
- Majority of the children had no previous knowledge regarding personal hygiene that is 70% and 30% of the children had some knowledge regarding personal hygiene.

Table no. 2 - Frequency, percentage distribution of knowledge score of children's:

Category	Pre – test		Post -test	
	Frequency	Frequency %	Frequency %	Frequency%
Poor	22	55%	0	0%
Average	18	45%	18	45%
Good	0	0%	22	55%

Table no. 3- This table illustrated that In pre-Interventional knowledge score, More than half of the participants were having poor knowledge i.e. 55%,Whereas only 45% of the participants were having average

knowledge. Whereas In post-interventional knowledge more than half of the participants were having good knowledge i.e. 55% and 45% were having average knowledge.

Table no. 3 comparison of pre and post -test knowledge score regarding personal hygiene.

N= 40

Test	Mean±SD	t Value Calculated value	p value tabulated value "t"
Pre-test	8.25 ±2.02	17.1747	2.02
Post test	16.7±3.01		

Level of significance<0.05, t40=2.02

Table no.3- This table illustrated, In pre-Interventional knowledge score, the mean and Standard deviation was 8.25±2.02, Whereas in post Interventional knowledge score mean and Standard deviation was 16.7±3.01.Paired t -test was used to assess the effectiveness and it was found that t = 17.174.This indicate that play- way method is effective in enhancing the knowledge regarding personal hygiene. Hence Null hypothesis was rejected and research hypothesis is accepted as calculated value was more than tabulated value i.e. 2.02.

Table no 4- Association between Pre test knowledge score with their selected demographic variables.

S.No	Characteristics	Median ≤8	Median ≥8	χ ²
1.	Age 8-9 year 10-12 year	18 3	11 8	3.87*
2.	Gender Male Female	12 10	10 8	0.011
3.	Type of family Nuclear Joint	10 12	6 12	4.35 *
4.	Religion Hindu Muslim	20 1	15 3	6.22*
5.	Residence Rural Urban	2 20	0 18	3.53
6.	Education Status of father Uneducated Educated	2 20	1 17	0.173
7.	Education status of mother Uneducated Educated	0 22	1 17	1.251
8.	Previous knowledge Yes No	5 17	7 17	1.21

Level of significance P<0.05=3.8:

df-1

* significant association

Table no.4- showed that there was no significant associations between pre-test knowledge score with their social demographic variables at level of significance P<0.05 except Age, Family and Religion.

IV. Discussion

The purpose of the study was to assess the e the effectiveness of play-way method on knowledge regarding personal hygiene among school children. The Findings of the study are discussed according to the objectives with other study findings.

Effectiveness of play-way method regarding personal hygiene

In our study it is illustrated that the mean and Standard deviation was 8.25±2.02, Whereas in post Interventional knowledge score mean and Standard deviation was

16.7±3.01.Paired t -test was used to assess the effectiveness and it was found that t = 17.174.This indicate that play- way method is effective as calculated value was more than tabulated value .i.e. 2.02 . Hence Null hypothesis was rejected and research hypothesis is accepted. Thus, it can be inferred that the effectiveness of play way method in post-test is not by chance but is due to intervention.

This result was supported by study done by Mary Arul Pragasa, Pavithra. C, Dr. Sumathi M (2023) conducted on quasi experimental pretest posttest control group design with quantitative research approach was

used" A quasi experimental study was conducted to evaluate the effectiveness of play way method of teaching on dental hygiene among school children with the objective of assessing the level of knowledge and practice on dental hygiene. Systematic random sampling technique was used and all the samples (n=60) of this study comprises of children who are eligible in the inclusion criteria in a selected school. The level of knowledge and practice on dental hygiene was assessed by semi structured questionnaires and checklist on fones brushing technique. The study findings showed that the fones brushing technique was more effective in improving the level of knowledge and practice on dental hygiene among school children. It reveals that the Play way method of teaching was effective and easy way to teach the children.

Association between pre-interventional level of knowledge regarding personal hygiene with their socio demographic variables.

In present study it was found that there was no significant associations between pretest knowledge score with their social demographic variables that is P<0.05 level of significance except Age, Family and Religion.

This result was supported by study done by Deol Rupinder, Modi Malar S., Khawa

Pukhraj Sanju (2021) conducted a cross-sectional study to assess knowledge and practices regarding personal hygiene among primary school children. A cross-sectional study was conducted with a sample size of 150 primary school children in selected schools of Rishikesh, Uttarakhand, India. Students were selected using disproportionate stratified random sampling technique over a period of two and a half months. The assent and consent were taken from the children and their mothers. A self-structured questionnaire was used to assess the knowledge and practices regarding personal hygiene among primary school children. The questionnaire focused on ten different aspects of personal hygiene like brushing of teeth, bathing, hair wash, nail cutting, hand washing, clean clothes, wearing foot wear, and ear, food and water hygiene. The study showed significant association between gender and knowledge and practices scores regarding personal hygiene among primary school children. in both interventional and control group. Majority of girls (82.86%) had better knowledge regarding personal hygiene as compared to more than half of boys (62.02%).

V. Conclusion:

Knowledge regarding personal hygiene is very useful for children. The overall findings of the study indicate that children have good level of knowledge regarding personal hygiene.

FIGURES: Play-way Method

80	79	 78	77	76	75	 74	73
65	 66	 67	 68	69	70	 71	72
64	 63	62	 61	60	 59	 58	57
49	 50	51	 52	53	 54	55	 56
48	 47	 46	 45	44	43	42	 41
33	34	 35	36	37	38	39	40
32	31	 30	 29	28	 27	26	25
17	 18	19	 20	21	 22	23	 24
16	 15	14	 13	 12	 11	10	 9
1	 2	3	4	 5	6	7	 8

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