

# ***ASSESSMENT OF PERSONAL HYGIENE IN SOCIAL WELFARE BOYS HOSTEL OF KAKINADA***

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**Abstract— Introduction:** Majority of the health problems of school children can be prevented by promotion of hygiene and sanitation through health education of school children, teachers and parents. Good personal hygiene now forms part of primary health prevention strategy, this has been found to be effective by reducing morbidity and mortality in children. Maintaining hygiene makes the person less prone to succumb to infections which is more common in hostel children. **Aim & objectives:** 1.To study the demographic characteristics of the study subjects.2. To assess the awareness and practices of personal hygiene in the study subjects. **Materials &Methods:** The study is a cross sectional descriptive study of all the boarders of a social welfare boys hostel in Kakinada. The data was collected with the help of a pre designed, pre-tested semi structured questionnaire. **Results &Discussion:** Among the study subjects 68.2% were between 11-14 years and 31.8% were between 15-18 yrs. All the study subjects were aware of hand hygiene (hand washing before food and after defecation), but 80.8% were practicing hand wash before meals and 34.6% after meals and 75 % after defecation. **Common morbidities of the study subjects :**Pediculosis (41.3%),Skin infections(scabies and teniasis) 45.2% ,worms in the stools (32.7%) and dental caries (14.4%). Though the habit of nail trimming was present in 80.8%, it is done twice a month in 75.9%. Habit of Nail biting was present in 12.5%. **Conclusion:** Although awareness of personal hygiene is high among the study subjects, practice was observed to be not up to the mark.

**Keywords—** *assessment; personal hygiene; boys ;social welfare hostel;*

## **I.INTRODUCTION**

The welfare hostels facility for the children hailing from weaker sections of the society like scheduled castes, scheduled tribes and backward classes is an important social welfare measure in India since long time <sup>[1]</sup>. The main purpose behind the establishment of these hostels is education advancement of these children. Basing on this objective the government of Andhra Pradesh has started a large number of social and tribal

welfare hostels and at present there are 2210 <sup>[2]</sup> hostels with scheduled caste children comprising 70% of the hostel mates. Apart from the education the health care of these hostel children is of utmost importance as they are in a period of growth and development and need an optimum health & nutrition care. And also as these children come from the poorer sections of the society already they are being suffering from malnutrition, anaemia, infectious diseases and helminthiasis etc. Personal and environmental hygiene plays major role in preventing all these. Good personal hygiene now forms part of primary health prevention strategy, this has been found to be effective by reducing morbidity and mortality in children <sup>[3]</sup>. One important tool that could be used to reduce child mortality from communicable diseases may be health education especially to school children<sup>[4]</sup>. Personal hygiene, which is also referred to as personal care, includes the following: bathing, hair, nail, foot, genital and dental cares, and washing of clothing among others. Grooming is caring for fingernails and hair, examples of these activities would be barbing of hairs and trimming of fingernails. Majority of the health problems of school children can be prevented by promotion of hygiene and sanitation through health education of school children, teachers and parents. Health education to school children may improve their personal hygiene and overall wellbeing of these children. Maintaining hygiene makes the person less prone to succumb to infections which is more common in hostel children.

## **II.AIM & OBJECTIVES**

**Aim& Objectives:** 1.To study the demographic characteristics of the study subjects. 2.To assess the awareness and practices of study subjects about personal hygiene.

### III. MATERIALS AND METHODS

All the boys present in the hostel at the time of study (104) were considered as study subjects. Permission from Social Welfare Officer was obtained for conducting the study and the warden was intimated accordingly. It was a cross sectional descriptive study done from July 15th to August 10th, to assess the awareness and practices regarding personal hygiene of the study subjects in relation to the socio demographic profiles. The data was collected with the help of a pre designed, pre-tested semi-structured questionnaire and by conducting detailed physical examination. Study subjects were enquired whether they have observed any worms in their stools. The data was analyzed by using Microsoft Excel sheets and represented in diagrams & tables.

### IV. LIMITATIONS OF THE STUDY

Students who were not present in the hostel at the time of the study were excluded.

### V. RESULTS & DISCUSSION

All the study subjects (104) belong to Scheduled Caste community group and Below Poverty Line families. Minimum age of the study subjects was 11 yrs and maximum was 18 yrs. Among the study subjects 68.2% were between 11-14 years and 31.8% were between 15-18 yrs. Majority of the study subjects fathers (81.7%) and mothers (83.7%) were illiterates. Majority (97%) of the study subjects fathers occupation is Agriculture labor. Majority (90.2%) of their mothers were agricultural laborers, only 9.8% were home makers. Majority (88.3%) of the study subjects were from nuclear families and 11.7% were from joint families. Class wise distribution of total number of study subjects: 10th class- 26%, 9th class- 30%, 8th class - 17%, 7th class - 14% and 6th class- 13%. Majority (76%) of study subjects belong to < 2 birth order. Majority (82.7%) of the study subjects consists < 5 members families and 17.3% consists > 5 members families. All the study subjects were aware of hand hygiene (hand washing before food and after defecation), but 80.8% were practicing hand wash before meals and 34.6% after meals and 75% after defecation. Coming to the materials used for hand washing, 43.3% were using soap along with water and 56.7% were using only water. Common morbidities of the study subjects: Pediculosis (41.3%), Skin infections (i.e; scabies and teniasis) (45.2%), worms in the stools (32.7%) and dental caries (14.4%). Assessment of personal hygiene habits revealed that all the study subjects

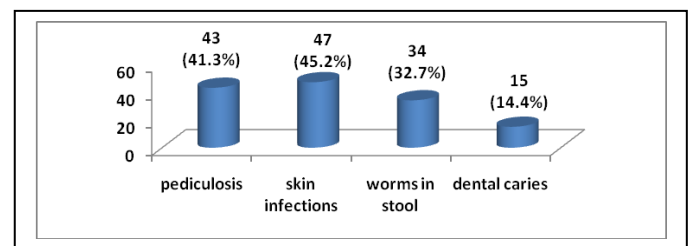
were aware of cleaning all parts of the body but it is being practiced in 81.7%. Genitalia were not cleaned in 18.3%. Though the habit of nail trimming was present in 80.8%, it is done twice a month in 75.9%. Habit of Nail biting was present in 12.5%. None of the study subjects were practicing open air defecation.

### VI. SUMMARY & CONCLUSION

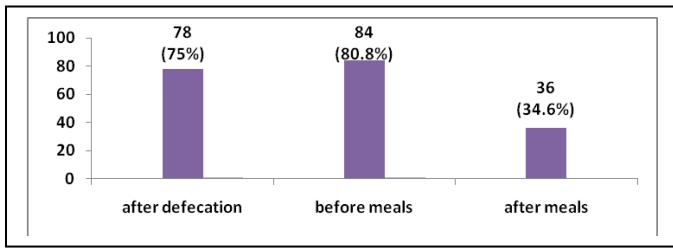
Though all the adolescents were aware of hand hygiene (hand washing before eating food and after defecation), 80.8% were practicing hand wash before meals and 34.6% were after meals and 75% were practicing after defecation. Common morbidities of the study subjects were Pediculosis (41.3%), Skin infections (scabies and teniasis) 45.2%, worms in the stools (32.7%) and dental caries (14.4%). Though the habit of nail trimming was present in 80.8%, it is done twice a month in 75.9%. Habit of Nail biting was present in 12.5%. Although awareness of personal hygiene is high among the study subjects, practice was observed to be not up to the mark.

### VII. RECOMMENDATIONS

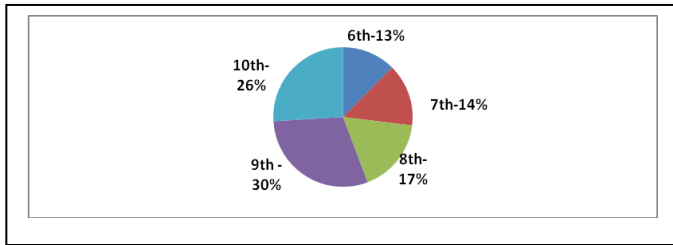
The government health services should regularly undertake health checkup and health education sessions in the hostels for a wider coverage. Periodic appraisal of school and hostel staff and parents of the students needs to be undertaken in all the aspects of health of the children.



“Fig. 1,” common morbidities seen among the children



"Fig. 2," Hand washing practices of the study subjects



"Fig. 3," Classwise distribution of study subjects

TABLE 1 BIRTH ORDER OF STUDY SUBJECTS

birth order	number	percentage
<_2	79	76%
>2	25	24%
<b>Total</b>	<b>104</b>	<b>100%</b>

"Fig. 4," Literacy status of parents

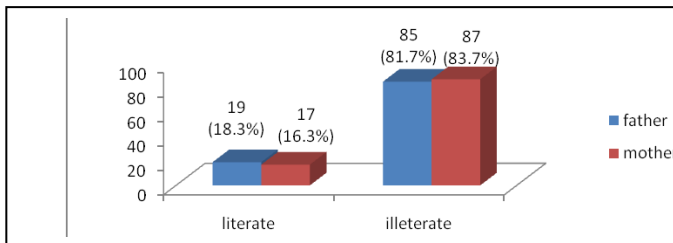


TABLE 2 FAMILY SIZE OF STUDY SUBJECTS

Family size		
	number	percentage
<_5 members	86	82.7%
>5 members	18	17.3%
<b>Total</b>	<b>104</b>	<b>100%</b>

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