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A Pre-experimental study to assess the effectiveness of planned teaching program on knowledge regarding personal hygiene among children in govt. primary school Budhera, Gurgaon

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Abstract

Introduction

Hygiene: Is a set of practices performed for the preservation of health. According to the World Health Organization (WHO), "Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases.

Hygiene is a concept related to cleanliness, health and medicine, as well as to personal and professional care practices related to most aspects of living. In medicine and in home (domestic) and everyday life settings, hygiene practices are employed as preventative measures to reduce the incidence and spreading of disease. In the manufacture of food, pharmaceutical, cosmetic and other products, good hygiene is a key part of quality assurance i.e. ensuring that the product complies with microbial specifications appropriate to its use. The terms cleanliness (or cleaning) and hygiene are often used interchangeably, which can cause confusion. In general, hygiene mostly means practices that prevent spread of disease-causing organisms. Since cleaning processes (e.g., hand washing) remove infectious microbes as well as dirt and soil, they are often the means to achieve hygiene.

Objectives

- To assess the pretest level of knowledge regarding personal hygiene in the school going children of primary school.
- To assess the post-test level of knowledge regarding personal hygiene in the school going children of primary school.
- To find out association with selected socio-demographic variables and level of knowledge.

Material and Methods

Pre experimental design was used to assess the effectiveness of planned teaching programme regarding personal hygiene in school going children of Govt. primary school at Budhera. Simple Random sampling technique was used to select 60 students of govt. primary school, Budhera. Informed written consent was taken from each student.

Result: The finding of the study revealed that pre-test knowledge was 8.88 and post-test knowledge was 15.05.

Conclusion

Administration of planned teaching programme on personal hygiene was effective in improving the knowledge about personal hygiene among students of govt. primary school.

Keywords: Effectiveness, planned teaching programme, personal hygiene, primary school children

Statement of the problem

A pre-experimental study to assess the effectiveness of planned teaching programme regarding personal hygiene in school going children of Govt. primary school at Budhera.

Objectives

- To assess the pre-test level of knowledge regarding personal hygiene in the school going children of primary school.
- To assess the post-test level of knowledge regarding personal hygiene in the school going children of primary school.
- To find out association with selected socio-demographic variables and level of knowledge.

Methodology

Research approach: Quantitative approach.

Research design: The research design selected for this study was Pre-experimental i.e. one group pre-test post-test design.

Research setting: The study was conducted in govt. primary school of Budhera in Gurgaon, Budhera.

Population of the study-students: Of the govt. primary school.

Sample size: Sample size consists of 60 students of govt. primary school.

Sampling technique: Sampling technique adopted for the study was Simple Random sampling technique.

Eligibility criteria

Inclusive criteria for sampling

- Children of primary school Budhera.
- Students who are available at time of data collection.

Exclusion criteria for sampling

- Students who are not willing to participate.
- Students who are not available at the time of data collection.
- Children of primary school of Budhera.

Validity of tool

Validity of the tool is established in consultation of guide, co-guide, and 3 experts from the various field of nursing. Minor modifications were made on the basis of recommendations and suggestion of experts. After consulting the guide and co-guide, final tool was reframed.

Reliability of tool

The reliability of tool was tested by closed ended questionnaire on 7 student's primary school going children. Karl Pearson's formula was used to find out the reliability of the tool.

Data Analysis

Table 1

Sr. No	Demographic variable	Chi square(x ²)	Df (degree of freedom)	Table	Validity
1	Age	1.347	4	9.49	Non-significant
2	Gender	1.064	2	5.99	Non-significant
3	No of siblings	3.449	4	9.49	Non-significant
4	Type of family	3.269	4	9.49	Non-significant
5	Family member	8.65	4	9.49	Non-significant
6	Family income	6.211	4	9.49	Non-significant
7	Education	3.123	4	9.49	Non-significant
8	Religion	0.402	2	5.99	Non-significant

Mean, mean %, mode, median, and standard deviation of the knowledge score on the personal hygiene among primary school children.

Table 2

Sr. no.\knowledge score	Pre-test	Post-test
Mean	8.88	15.05
Mean%	0.148	0.25
Mode	7	12
Median	8	15
Standard deviation	55.9	86.81

Major findings: According to the comparison of pre-test and post-test level to assess the effectiveness of planned teaching programme on personal hygiene among students of govt. primary school. The mean of pre-test knowledge 8.88 and post-test knowledge level 15.05 had a significant difference of 6.17

Conclusion: The study concluded that there was a significant difference in the knowledge before and after the administration of planned teaching programme among students in government primary school. The association of pre-test knowledge with selected demographic variables such as type of family was found statistically significant at of 0.004 $p < (0.05)$ It was proven that administration of planned teaching programme on personal hygiene was effective for children of govt. primary school.

Recommendations

1. Similar study can be undertaken on a large sample for making a more valid generalization.
2. Study can be conducted on different samples.
3. A comparative study can be conducted to assess the effectiveness of planned teaching programme on personal hygiene.

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