

AWARENESS ABOUT HYGIENE HABITS AND ITS APPLICABILITY AMONG THE UPPER PRIMARY LEVEL STUDENTS OF PURBA BARDDHAMAN DISTRICT

¹ Shibendu Banerjee
M.Ed Student (2016-2018)
Dept. of Teacher Education
WBUTTEPA, India

² Dr. Mandira Ghosh
Assistant Professor
Dept. of Teacher Education
WBUTTEPA, India

ABSTRACT

Hygiene is fundamental to good health practices and it needs to be taught in a way which will be quite interesting along with fun and merriment. This work deals with the awareness about hygiene habits and its applicability. The study is based on self-administered questionnaire among the 100 upper primary level students in Purba Barddhaman district. All data were analysed using SPSS version 20, M.S. Excel 2010.

In this study it has been found that the relation between awareness and practices about hygiene habits is highly positive, but total awareness is not transformed into habit. There is no significant difference in awareness about hygiene habits between boys and girls, but difference exists between rural and urban areas. It is also found that no significant difference exists between boys and girls in respect of hygiene practices, but there is significant differences in hygiene practices between rural and urban area.

KEYWORDS: Hygiene, Hygiene awareness, Hygiene practices, Upper primary level.

INTRODUCTION

Good hygiene habits have much significance in developing a healthy life. Hygiene should be connected with the realities of childhood life. If a teacher tells the children what to do and what not to do, only a little will change. Hygiene should be a habit (that needs) to be focused on and included in the daily routine of the children who should be advised and encouraged to start practicing it at an early age. Students need to be taught, early in life, the importance of maintaining hygiene so that it becomes a part and parcel of their daily life (N.Brandner,2003). It is often said,- You make your habits and then habits make you. It is very easy to advise little children or students about maintaining hygiene. They must see their parents and teachers practicing the same. Hence, they will be encouraged to adopt the process in their own life. Hygiene is not only a practice but a process as well. Sometimes many persons need to be involved to maintain hygiene. However, in order to encourage little children, we must be patient and very friendly in manner. We must monitor the practice and progress so that we can advise them or praise their efforts to maintain hygiene (J.Pilcher,1998). Age is very crucial factor to maintain oral hygiene (N.E.Saud & A.Awal,2016). Maximum village people avoid sanitary toilet and practices open defecation which leads to frequent gastrointestinal disorder (K.Bakshi,2011). Most of the school have no scope of medical check-up for students as well as school personnel (N.Khatun & N.Bandyopadhyay,2016). Sanitation for all should not only a government programme but public should come forward to implement and promote this (SARC, 2012). Parents' education is very necessary for hygiene care. School sanitation and hygiene education together plays an important role to create a healthy learning environment.

OBJECTIVES

1. To find out the awareness about hygienic habits among the upper primary students
2. To find out the hygienic practices among the upper primary students
3. To study the relation between awareness about hygienic habits and practices among upper primary students
4. To find out if there exists any difference between boys and girls in respect of awareness about hygiene habits among upper primary students
5. To find out if there exists any difference between rural and urban students in respect of awareness about hygiene habits

HYPOTHESES OF THE STUDY:

1. H₀₁ There is no significant difference between boy and girl students in respect of awareness about hygiene habits.
2. H₀₂ There is no significant difference between rural and urban upper primary students in respect of awareness about hygiene habits.
3. H₀₃ There is no significant difference of hygiene practices between boys and girls of upper primary level.
4. H₀₄ There is no significant difference of hygiene habits between rural and urban upper primary students.
5. H₀₅ There is no significant relationship between awareness and practices about hygiene habits in upper primary students.

DELIMITATIONS OF THE STUDY:

This research was carried out in a specific area of Purba-Bardhaman District and the findings thus can not be generalised. In this research, only upper primary level students are regarded as samples, but to conduct the survey the study was restricted to 100 students. Four schools were selected both from rural areas and urban areas according to their rural and urban connectivity. Teachers, parents and other students were not included in that investigation. The study about hygiene awareness and practices was regulated by only two categorical variables i.e. area and gender. Due to time & financial limitations self-administered questionnaire was used.

VARIABLES:

- **Independent variables:**
Awareness about hygiene habits
- **Dependent variables:**
Applicability of hygiene habits
- **Moderator variable:** level of Intelligence of upper-primary school learners.
- **Categorical variables:**
 1. Sex (Boys-Girls)
 2. Strata (Urban-Rural)

Population: All the upper-primary level students (VI-VIII) of Upper-primary, Secondary, Higher secondary schools in Purba-Bardhaman district .

Sample: The investigator randomly selected four schools for this study. Two schools were identified on the basis of their rural connectivity, and two school were selected according to their urban connectivity. By using Random Sampling, the investigator selected 50 upper primary level students as the samples from the schools of rural areas. Within those 50 samples, 25 are girls and 25 are boys. Again, 50 upper primary

level students were selected from urban areas by using random sampling within which 25 are girls and 25 are boys.

METHODS:

The study was based on self-administered questionnaire which was distributed among the 100 upper primary level learners in Purba Barddhaman district. The Survey Method was used to obtain information regarding Awareness about hygiene habits and its applicability among upper-primary level school students. The study was held on 4 schools in Purba Barddhaman district from both rural and urban areas: **Borogopinathpur Junior High School, Pitambarpur madhyamik shiksha Kendra(girls), Bardhaman Bidyarthi Bhaban Girl's High School, Burdwan Municipal High School(Boys)**. The questionnaires was in Bengali language and distributed to the participants. The questionnaire was on Five Point scale & test items were made on the basis of variables. All the data of the questionnaires were collected carefully. Sample was taken randomly. Data was analysed using **M.S Excel 2010 and Statistical Package of Social Science (SPSS) version 20**. **Correlation** was used for analysing the relationship between Awareness and Habit; and **t-test** was used for analysis of the difference between the scores of boys and the girls and of rural and urban students

DATA ANALYSIS:

Testing for null hypothesis H_01 : There is no significant difference between boy and girl students in respect of awareness about hygiene habits.

Table 1: Testing of null hypothesis H_01

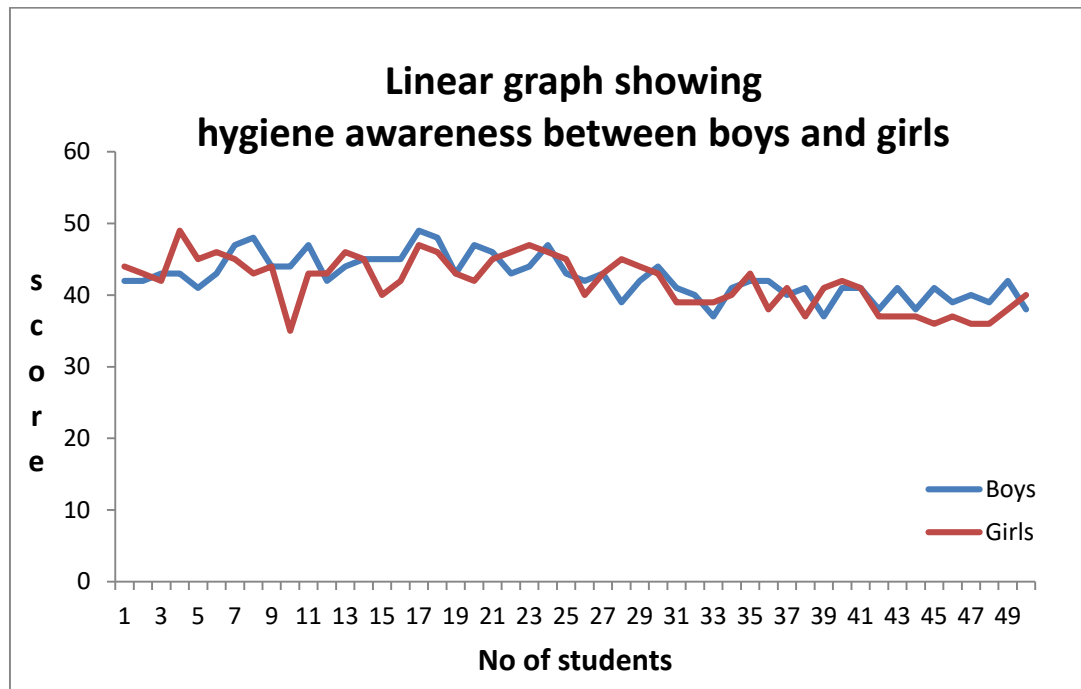
Variable	N	Mean	Std. deviation	t	P(sig)	Df	Remarks
Boys	50	42.48	2.943	1.015	.313	98	Not significant 't' at 0.01 & 0.05 level H_01 is accepted
Girls	50	41.82	3.532				

INTERPRETATION:

In case of H_01 results indicate that the mean value of the boys on awareness about hygiene habit is 42.48 and girls is 41.82. The value of 't' = 1.015 and 'p' = .313 ($p > 0.01$ & $p > 0.05$) Therefore H_01 is accepted. So it can be concluded that There is no significant differences in awareness about hygiene habits between the boys and the girls.

In another process, the critical value of 't' with 98 degrees of freedom at 1% & 5% level of significance are 2.63 & 1.98. Our calculated value of 't' is 1.015. It is smaller than the critical table value. Therefore, the null hypothesis is accepted. There is no significant difference in awareness about hygiene habits between the boys and the girls.

DIAGRAM 1



Testing for null hypothesis H₀₂ : There is no significant difference between rural and urban upper primary students in respect of awareness about hygiene habits.

Table 2: Testing of null hypothesis H₀₂

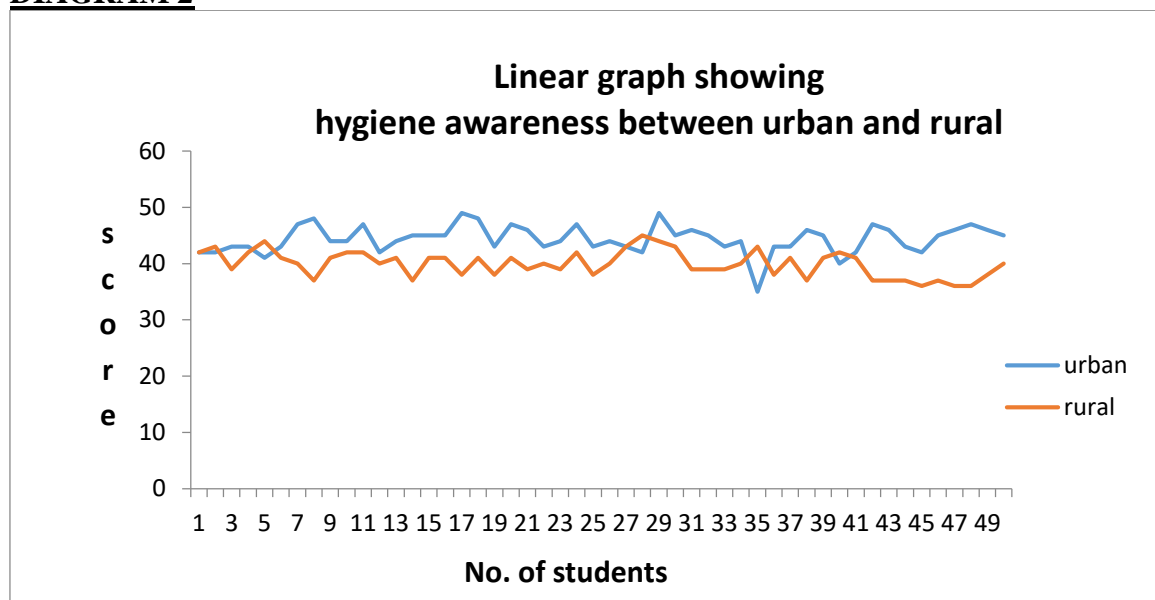
Variable	N	Mean	Std. deviation	t	P(sig)	Df	Remarks
Urban	50	44.34	2.488	9.104	.000	98	significant 't' at 0.01 & 0.05 level H ₀₂ is rejected
Rural	50	39.96	2.321				

INTERPRETATION:

In case of H₀₂ results indicate that the mean value of the students in the Urban area on awareness about hygiene habit is 44.34 and rural area is 39.96. The value of 't' = 9.104 and 'p' = .000 (p < 0.01 & p < 0.05). Therefore H₀₂ is rejected. So it can be concluded that there is significant differences in awareness about hygiene habits between the rural and urban.

In another process, the critical value of ‘t’ with 98 degrees of freedom at 1% & 5% level of significance are 2.63 & 1.98. Our calculated value of ‘t’ is 9.104. As the table value is smaller than the calculated “t” value. Therefore, the null hypothesis is rejected. There is significant difference in awareness about hygiene habits between students of urban and rural area. Parents and relatives cast a firm imprint regarding anything on the minds of little children. Parents in urban areas are well aware of health hygiene. Therefore parents who lives in town or cities make their children aware of health hygiene effectively. In contrast to this situation, students of rural areas are mostly “First Generation Learners”. Consequently, parents are incapable of making their children aware of hygiene habits.

DIAGRAM 2



Testing for null hypothesis H₀₃ There is no significant difference of hygiene practices between boys and girls of upper primary students.

Table 3: Testing of null hypothesis H₀₃

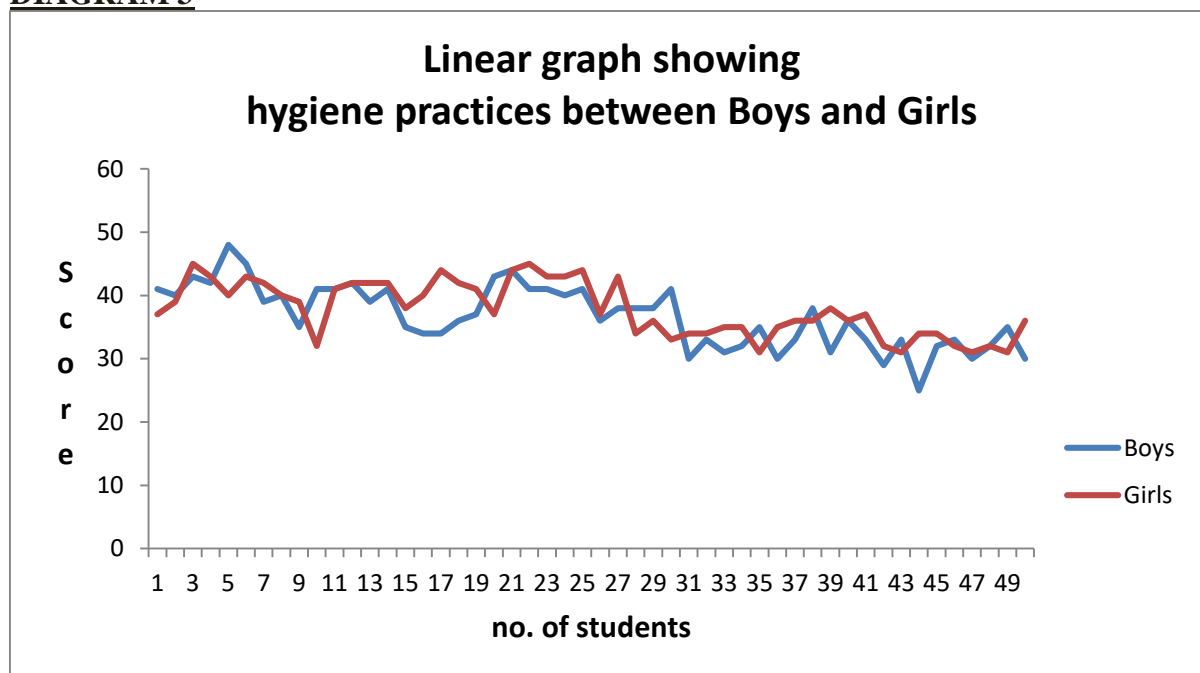
Variable	N	Mean	Std. deviation	t	P(sig)	Df	Remarks
Boys	50	36.70	4.921	-1.203	.232	98	not significant 't' at 0.01 & 0.05 level H ₀₃ is accepted.
Girls	50	37.82	4.374				

INTERPRETATION:

In case of H₀₃ results indicate that the mean value of the boys on practices about hygiene habit is 36.70 and girls is 37.82. The value of ‘t’ = -1.203 and ‘p’ = .232 (p>0.01 & p>0.05) Therefore H₀₃ is accepted. So it can be conclude that There is no significant differences in awareness about hygiene habits between the boys and the girls.

In another process, the critical value of ‘t’ with 98 degrees of freedom at 1% & 5% level of significance are 2.63 & 1.98. Our calculated value of ‘t’ is 1.015. It is smaller than the critical table value. Therefore, the null hypothesis is accepted. There is no significant difference in awareness about hygiene habits between the boys and the girls.

DIAGRAM 3



Testing for null hypothesis H₀₄ There is no significant difference of hygiene practices between rural and urban of upper primary students.

Table 4: Testing of null hypothesis H₀₄

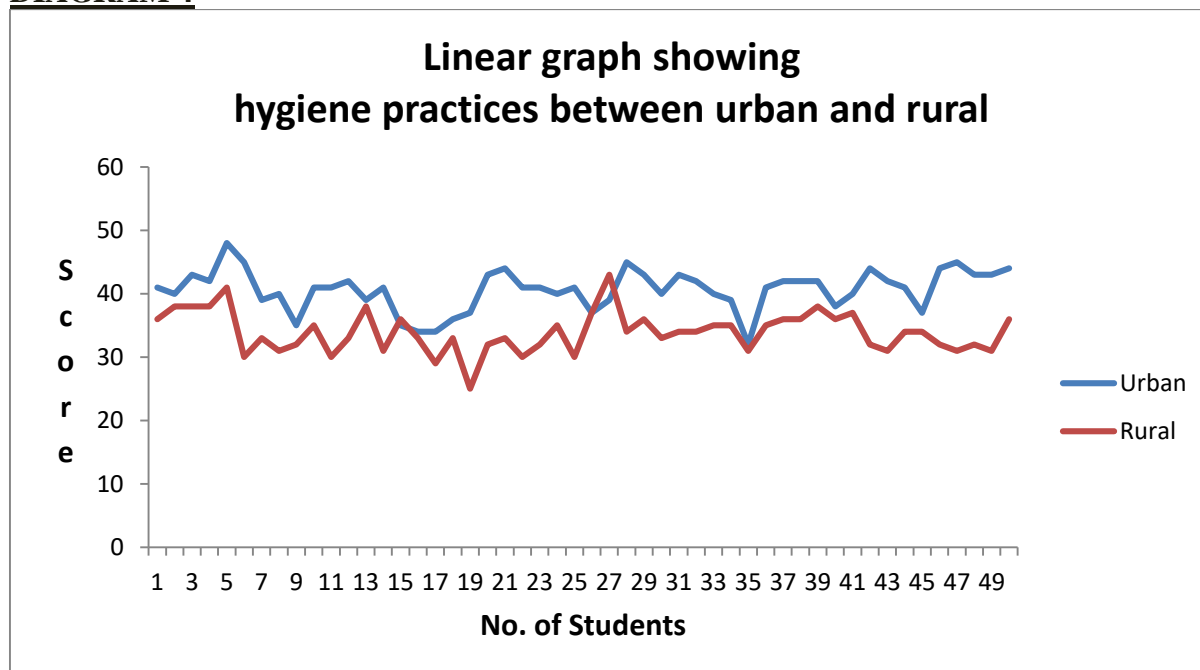
Variable	N	Mean	Std. deviation	t	P(sig)	Df	Remarks
Urban	50	40.62	3.232	10.383	.000	98	significant ‘t’ at 0.01 & 0.05 level H ₀₂ is rejected
Rural	50	33.90	3.24				

INTERPRETATION:

In case of H_0 results indicate that the mean value of the students in the Urban area on practices about hygiene habits is 40.62 and rural area is 33.90. The value of 't' = 10.383 and 'p' = .000 ($p < 0.01$ & $p < 0.05$) Therefore H_0 is rejected. So it can be concluded that there is significant differences in practices about hygiene habit between the rural and urban.

In another process, the critical value of 't' with 98 degrees of freedom at 1% & 5% level of significance are 2.63 & 1.98. Our calculated value of 't' is 10.388. As the table value is smaller than the calculated t value, therefore, the null hypothesis is rejected. There is no significant difference in practices about hygiene habits between urban and rural area.

DIAGRAM 4



Testing for null hypothesis H_0 There is no significant relationship between awareness and practices about hygiene habits in upper primary students

Table 5: Testing of null hypothesis H_0

Correlations

		Awareness about hygiene habit	Practices of hygiene habit
Awareness	Pearson Correlation	1	.645**
	Sig. (2-tailed)		.000
	N	100	100
Practices	Pearson Correlation	.645**	1
	Sig. (2-tailed)	.000	
	N	100	100

** . Correlation is significant at the 0.01 level (2-tailed).

INTERPRETATION:

To determine the relationship between awareness and practices about hygiene habits in upper primary students, the Pearson's correlation test has been used. The following table shows that the co-relation coefficient(r) value is 0.645 that falls between ± 0.61 and ± 0.80 (Statistics in Psychology and Education, S.K. Mangal, 2017) which indicates high positive relation. Again the p-value in the table, 0.000 which is less than 0.01. Thus correlation is significant at the 0.01 level

Therefore, it can be stated that awareness about hygiene habits is significantly related with the practices of hygiene habits in upper-primary level students. They are aware of health hygiene, but they do not practice as much as they know about it.

FINDINGS

After the analysis of the data and interpretation of the results with regard to the objectives and hypotheses of the study, the investigator reached at the following findings:

- There is no significant difference between boys and girls students in respect of awareness about hygiene habits.
- There is significant difference between rural and urban upper primary students in respect of awareness about hygiene habits.
- There is no significant difference of hygiene practices between boys and girls of upper primary students.
- There is significant difference of hygiene habits between rural and urban upper primary students.
- There is positive relationship between awareness and practices about hygiene habits in upper primary students.

CONCLUSION

We must understand that we are initiating a drive or programme almost from the beginning. So, challenges will be there. We have to face many difficulties. But we should never get disheartened. We must be patient and optimistic

Little children are the fastest learners. They can learn, adopt and adapt very quickly. As they spend quite a long time in school, we must arrange to teach them about hygiene with interesting modules that will include pictures, charts, models etc. Those should be colorful. Liquid hand wash, soaps etc. should also be used in schools to encourage the children practically.

On the other hand, the parents should also be trained. When it is a matter of making a habit, parents must encourage their children at home to maintain hygiene.

Dear little ones listen to me,
I say something good for thee.
At first good habits you should make,
Clean and fresh food you must take.
Wash your hands before taking food,
Cut nails, bath well and think common good.
Drinking water you take must be pure,
These will keep you fit, I am sure.

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