



“ASSESS THE KNOWLEDGE REGARDING PRACTICES OF FOOD HYGIENE AMONG FOOD HANDLERS OF SELECTED GOVERNMENT SCHOOLS OF VADODARA CITY WITH A VIEW TO DEVELOP AN INFORMATIONAL BOOKLET”.

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Abstract:

A study was conducted on 100 food handlers, who are working in government schools of Vadodara city. The objectives of the study were, to assess the knowledge regarding practices of food hygiene among food handlers, to find out the association between the knowledge and selected socio-demographic variables, and to develop an informational booklet. The research approach was descriptive and the research design was descriptive survey design. Stratified random sampling technique was used. Data was collected by structured knowledge questionnaire and analyzed in terms of both descriptive and inferential statistics in terms of frequency, percentage, mean, standard deviation, and chi-square.

The major findings of the indicated that maximum number of subjects 40(40%) were in the age group of 40-50 years, all the subjects 100(100%) were females, maximum number of subjects 43(43%) belongs to Muslim religion. majority of the subjects 33 (33%) were Illiterate, maximum subjects 59(59%) had 1-5 year of experience, all subjects 100(100%) were married, More of the subjects 100(100%) were not trained.

Maximum number of subjects 54(54%) had average knowledge, 26(26%) had poor knowledge and 20(20%) subjects were had good knowledge about practices of food hygiene. And there is a statistically significant association found between Age, Religion. Education, year of experience with knowledge score regarding practices of food hygiene at the 0.05 level of significance.

Introduction:

Food is one of the basic physiological necessities. Healthy and well balanced diet is essential for good health. Contaminated food represents one of the greatest health risks to a population and is a leading cause of disease outbreaks and transmission. Food is the product that is rich in nutrients required by microorganisms and may be exposed to contamination with the major sources from water, air, dust, equipments, sewage, insects, rodents and employees. Due to the changes in food production, handling and preparation techniques as well as eating habits, the fact remains that food is the source for microorganisms that can cause illness¹. All conditions and measures that are necessary during the production, processing, storage, distribution and preparation of food, to ensure that it is safe, sound, and wholesome and fit for human consumption is called food hygiene². Food poisoning is a widespread public health problem globally. Developing countries bear the brunt of the problem due to the presence of wide range of food poisoning³. According to 2009; In India an estimated 4, 00,000 children below 5 years age die each year due to food poisoning. Several millions more suffer from multiple episode of diarrhea and still others fall ill on account of hepatitis A, enteric fever, etc caused by poor food hygiene⁴.

Material and methods:

The study was conducted on 100 food handlers, who were working in government schools of Vadodara city; descriptive survey design was used to assess the knowledge of food handlers regarding practices of food hygiene.

Stratified random sampling technique was used to select the sample for the study. The inclusive criteria includes, Food handlers who are willing to participate, Food handlers who can read and write Gujarati , Food handlers who are present during the time of study, Food handlers with age of more than 18 years.

Data was collected by using structured knowledge questionnaire. It consists of 7 items on socio-demographic variables and 40 items on knowledge of food handlers on practices of food hygiene.

Research investigator collected the data by administering structured knowledge questionnaire to assess the knowledge regarding practices of food hygiene. Information booklet regarding food hygiene was given after the test. The data was analyzed in terms of descriptive and inferential statistics.

Results:

The findings of the study:

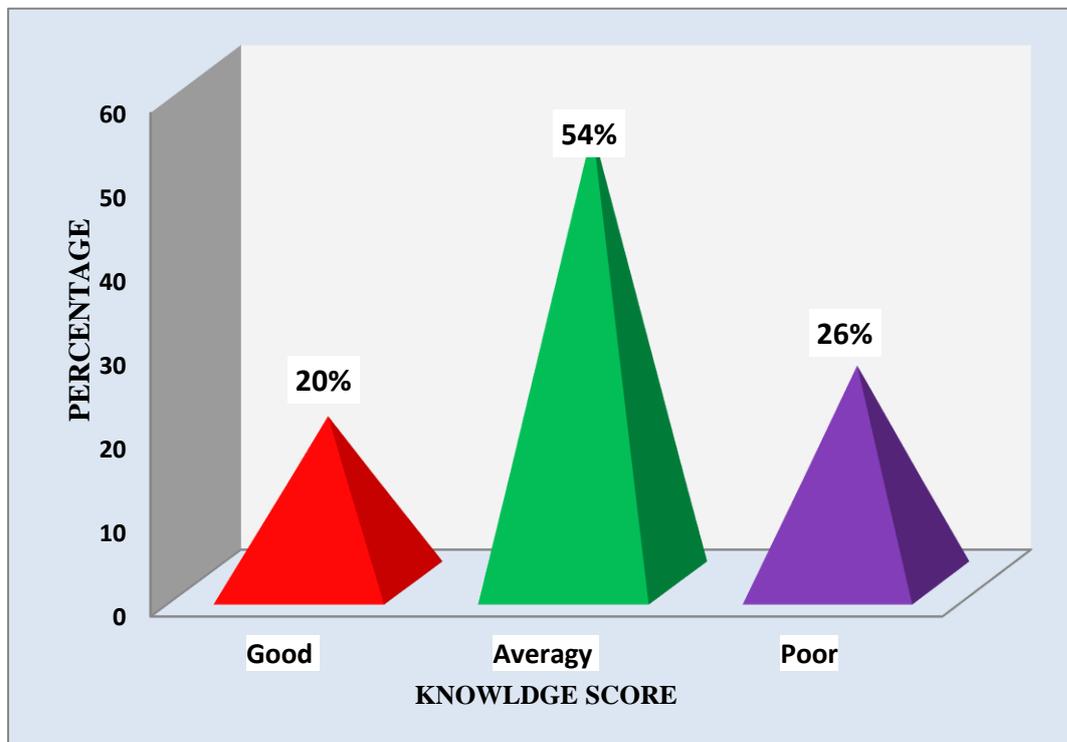
- The maximum number of subjects 40(40%) belongs to the age group of 40-50 years and 14(14%) belongs to the age group of 50-60 years.
- All the subjects 100(100%) were female
- Maximum number of subjects 43(43%) belongs to Muslim religion.

- Maximum number of subjects 33 (33%) were Illiteracy and 13(13%) had primary education.
- The maximum number of subjects 59(59%) had 1-5 year of experience and 12(12%) had 11-15 year of experience in food handling.
- All subjects 100(100%) were married
- None of the subjects 100(100%) are not trained.
- Maximum number of subjects 54(54%) had average knowledge, 26(26%) had poor knowledge and 20(20%) subjects were had good knowledge about practices of food hygiene.
- There is a statistically significant association between Age, Religion. Education, year of experience with knowledge score regarding practices of food hygiene at the 0.05 level of significance

Table 1: Distribution of subject's level of knowledge according to their obtained score in knowledge test. n=100

Level of knowledge	Frequency(f)	Percentage (%)
Good ($\bar{X}+SD$)	20	20%
Average ($\bar{X}+SD$)	26	26%
Poor($\bar{X}+SD$)	54	54%

Data in **table1** evident that the maximum number of subjects 54(54%) had average knowledge, 26(26%) had poor knowledge and 20(20%) subjects were had good knowledge about practices of food hygiene.



GRAPH 1- Bar graph showing distribution of food handlers according to Knowledge.

Table 2: Association between selected Demographic variables with knowledge score of food handlers

n=100

Socio demographic variables	Poor	Average	Good	χ^2 CAL.VAL	χ^2 TAB VAL	Df
1. Age in years						
a) 20-30	22	1	1			
b) 31-40	4	18	0	47.51	12.56	6
c) 41-50	1	23	16	*S		
d) 51-60	0	11	3			
2. Religion:						
a) Hindu	3	25	13	23.2	9.4	4
b) Muslim	15	27	1	*S		
c) Jain	8	5	3			
3. Education						
a) Illiteracy	20	13	0			
b) Primary	8	5	0	109	12.56	6
c) High school	0	30	1	*S		
d) PUC and above	0	3	20			

4. Year of experience						
a) 1-5years	28	31	0			
b) 6-10 years	0	14	15	46.16	9.4	4
c) 11-15 years	0	6	6	*S		

Data in table 2 evident that there is a statistically significant association between Age, Religion. Education, year of experience with knowledge score regarding practices of food hygiene at the 0.05 level of significance. (*S- Significance)

Discussion:

The distribution of the subjects by age revealed that maximum number of subjects 40(40%) belongs to the age group of 40-50 yrs. The study finding supported by study was done by Udgiri RekhaS, Masali KA (2007).⁵

Majority of the participants 100(100%) were female food handlers. The study finding supported by study was done by Okojie OH, Wagbatsoma VA, Ighoroge AD⁶. The majority of the participants in the study in relation to education 33(33%) were Illiterate. The study finding supported by study was done by Zain MM, Naing NN⁷.

Pertaining to years of experience in most of the subjects 59(59%) had 1-5yrs of experience in handling food. The study finding supported by study was done by M. A. Abdalla, S. E. Suliman and A. O. Bakhiet (2009)⁸. Majority of the participants 100(100%) were married. The study finding supported by study was done by M. A. Abdalla, S. E. Suliman and A. O. Bakhiet (2009)⁸.

The knowledge score showed that maximum number of subjects 54(54%) had average knowledge, 26(26%) had poor knowledge and 20(20%) subjects were having good knowledge about practices of food hygiene. The study finding supported by study was done by Okojie OH, Wagbatsoma VA, Ighoroge AD⁹.

There is a statistically significant association between Age, Religion. Education, year of experience with knowledge scores regarding practices of food hygiene at the 0.05 level of significance hence the hypothesis (H1) is accepted. The study finding supported by study was done by Sunitha Singh¹⁰.

Conclusion:

- ✓ Food handlers are aware of food hygiene but unaware of practicing food hygiene.
- ✓ No food handlers had any training regarding food hygiene.

- ✓ Informational booklet may improve knowledge regarding practices of food hygiene among food handlers.
- ✓ The finding of the study was throwing light on the existing knowledge regarding practices of food hygiene.
- ✓ Health profession like doctors and nurses can play a important role in imparting information regarding practices food hygiene.

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