

ASSESSMENT OF PRACTICE OF PERSONAL HYGIENE AMONG STUDENTS IN JUNIOR BOARDING PUBLIC SECONDARY SCHOOLS IN GUSAU METROPOLIS

BY

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Abstract

The study assessed the personal hygiene among students in junior boarding public secondary schools in Gusau Metropolis, Zamfara State Nigeria. The study employed a descriptive survey research design. The population of this study comprised JSS II Junior Secondary Schools students in boarding public secondary schools in Gusau, Zamfara State in 2019/2020 academic session with total population of eight hundred and thirty. A purposive sampling technique was used to select all the three boarding junior public secondary schools in Gusau metropolis. A total of 332 respondents which was 40% of the population were used for this study. The instrument used for the study was questionnaire with an internal consistency of 0.960 after pilot tested. The research questions were answered using mean and standard deviation while t-test was used to test the hypothesis at 0.05 level of significant. The result indicated that, there was significant difference among JSS II students in boarding junior public secondary schools in Gusau Metropolis towards practice of personal hygiene by their age difference. The study concluded that the level of students' practice towards personal hygiene in boarding JSS students in public junior secondary schools Gusau was moderate. It was recommended that; personal hygiene should be incorporated in school curriculum to improve students' practice on good hygiene in junior secondary schools.

Keywords: *Practice, Personal hygiene, Junior, Junior, Boardin*

Introduction

The concept of hygiene refers to the set of practices associated with the preservation of health and healthy living of the people. The concept is related to medicine as well as to personal, professional care and practices affecting most aspects of living: although it is most often associated with disease preventive measures (Balogun, 2015). Personal hygiene is the practice of maintaining cleanliness and grooming of one's own body. It encompasses maintaining the cleanliness of human body and clothes. Personal hygiene, is therefore, refers to a condition that promotes good sanitary practices by an individual. Maintaining personal hygiene has been a tool for good health. Personal hygiene involves taking care of every part of human body which include; the hair, skin, teeth, ears, nails, eyes and nose (Balogun, 2015). It requires the cleaning of all parts of the body such as face, hair, body, legs and hands (UNICEF, 2021).

Ali, Rahman and Siddiqui (2013), reported that good hygienic care as well as practices in terms of personal hygiene contributes to a large extent on factors relating to healthful living and prevention of hazards from diseases. It is the central task in the core domains of work and activities of health and hygiene. These hazards are directly related to some important daily activities implicated with worthy operational actions and obligatory responsibilities, such as; washing hands before meals and after defecation with soap, brushing teeth at least twice a day specially after breakfast and after meals, eating timely safe foods, early to rise and early to bed, taking bath with soap regularly, taking regular exercise, keeping nail short and only washing hands with soap to prevent many gastro intestinal specially diarrhoea. Personal cleanliness is essential for many reasons, including personal, social, physiological, psychological, and simply as a way of life. Maintaining a high degree of cleanliness, helps to avoid the genesis and spread of infections and sickness (Innocent, Obani, Ezejindu, Uwaezuoke & Vasavada 2022).

Good oral health habits in childhood are shaped by parents, especially by mothers. In the early childhood years, parents are the primary social force influencing child development and parents with higher education

have more control on children's health behavior compared to low educated parents (Hooleya, Skouterisa, Boganina, Saturb, & Kilpatrickc, (2012). Vivas et al. (2010) studied on knowledge, attitudes, and practices of hygiene among school children in Angolela, Ethiopia using cross-sectional study comprised of 669 students. The result shows from a total of 669 students approximately 9% (N=41), 2% (N=16), 12% (N=79), and 21% (N=135) reported not brushing their teeth, washing their feet, washing or changing their clothes, and washing their hair for at least 14 days, respectively. Taking baths and washing hair were the least common hygiene practices.

Hygiene practice is closely linked to the availability of water and sanitation facilities; despite this, there are so many places where these are lacking and this situation thus reduces the effectiveness of the personal hygiene of the people particularly students. Communal areas which offers facilities for hand-washing, bathing and laundry may effectively encourage good hygiene. Many diseases can be prevented if students take personal hygiene seriously. In school health education, numerous studies have revealed that development of communicable diseases results from unhygienic living or lack of hygienic precaution (United Nations International Children Emergency Fund (UNICEF), 2021).

Personal hygiene practices also include proper care of the feet. Good feet hygiene can prevent fungal infections, warts, hammertoes and hookworms (WHO, 2021). Keeping the feet clean and dry can help prevent foot odor and fungal infection. Likewise, feet should be washed daily with water and soap while wearing of tight socks and shoes should be avoided (WHO, 2017). According to WHO (2021), long nails should be avoided as much as possible and teeth should not be used to cut nails. Personal clippers or new blades are preferred for cutting nails. Good personal hygiene among school children take into cognizance proper care of one's clothes, uniforms, underwear's, towels and handkerchiefs by the students most especially those in boarding schools.

Objective: To assess the practice of personal hygiene among JSS II students in junior boarding public secondary schools in Gusau Metropolis

Hypothesis: There is no significant difference among JSS II students in boarding junior public secondary schools in Gusau Metropolis towards practice of personal hygiene by their age difference.

Methodology

The population of this study comprised all JSS II junior students in boarding public secondary schools in Gusau metropolis, Zamfara State, with a total of 830. Descriptive survey research design was adopted for the study. A purposive sampling technique was used to select all the three boarding junior public secondary schools in Gusau metropolis of Zamfara State. To select the respondents, 40% of the respondents in each of the schools was selected using a simple random sampling technique of fish-bowl method for this study. A self-developed questionnaire which was validated by the experts in health education was subjected to pilot test with the internal consistency of 0.960 using Guttman Split-half test to determine the reliability coefficient test. Thus, in Government Science Secondary School with a population of 305, sample of 122 was selected. In Government Girls Arabic Secondary School with a population of 345, sample of 138 were selected. Likewise, in Federal Government Girls College with a population of 180, a sample size of 72 were selected at random using simple random sample of fish-bowl method. Administration of 332 copies of questionnaire were done with the help of three research assistants during the lunch break to the respondents with the permission of the principals of the schools. Thus, a total of 332 respondents were used for this study. The research questions were answered using mean and standard deviation. Inferential statistic of Analysis of Variance (ANOVA) was used to test the hypotheses at 0.05 level of significance.

Results Table 1*Mean and Standard deviation scores of the responses on the level of practice of students*

Statement	N	Mean	Std. Dev.
I wash hands before and after eating	310	2.79	0.593
I wash hands whenever I visit toilet or handle dirty Object	310	2.68	0.519
I wash my eating utensils before and after eating with soap and clean water	310	2.81	0.681
The water I drink is from borehole	310	2.93	0.347
The water I drink most of the time has colour	310	2.86	0.841
We have adequate toilet facilities in my school	310	2.99	0.098
I defecate in an open space because no enough toilet Facilities	310	2.81	0.583
In my class, we use one cup when drinking water	310	2.96	0.185
We use the same spoon when eating while in school	310	2.79	0.593
I wash my clothes whenever they are dirty	310	2.68	0.519
Cleaner wash our toilets and bathing facilities Regularly	310	2.81	0.681
I brush my teeth every day before going to bed	310	2.93	0.347
I take bath twice a day with clean water and soap	310	2.86	0.841
I always keep my finger nails and toes short and Clean	310	2.99	0.098
I cut my hair regularly and keep it clean and tidy all Time	310	2.81	0.583
Total	310	42.70	5.509

Table 1 revealed that the total mean of the responses of respondents was 42.70 (average of 2.85) out of the total mean score of 60.0 (average of 4.00) which implies that the level of practice of students of JSS II students in public junior boarding secondary schools in Gusau Metropolis is moderate based on the responses of respondents

Table 2*ANOVA Analyses on the students towards Practicing of Personal Hygiene*

Practice	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	41.304	2	20.652		
Within Groups	1163.263	307	3.789	5.45	0.005
Total	1204.568	309			

Table 2 revealed that the F-value computed was 5.45 and the p-value of 0.005 was observed. Since the obtained p-value of 0.005 is equal to the alpha value of 0.05, hence the study rejected the null hypothesis three (3) that says there is no significant difference among JSS II students in boarding junior public secondary schools in Gusau Metropolis towards practicing of personal hygiene by their age difference. The decision implies that, there is a significant difference among JSS II students in boarding junior public secondary schools in Gusau Metropolis towards practicing of personal hygiene by their age difference. To find where the differences occurred, post-hoc test was carried out and the result is presented Table 3:

Table 3
Post Hoc Test Analyses on the students towards Practice of Personal Hygiene

GROUP (A)	GROUP (B)	Mean Difference (A-B)	Std. Error	Sig.
Government Science Secondary Schools Gusau	Government Arabic Secondary School Gusau	-.783*	.252	0.002
	Federal Government Girls College, Gusau	-.722*	.298	0.016
Government Arabic Secondary School Gusau	Government Science Secondary Schools Gusau	.783*	.252	0.002
	Federal Government Girls College, Gusau	.060	.289	0.834
Federal Government Girls College, Gusau	Government Science Secondary Schools Gusau	.722*	.298	0.016
	Government Arabic Secondary School Gusau	-.060	.289	0.834

Table 3 revealed that the significant difference occurs only between Government Science Secondary Schools Gusau and Government Arabic Secondary School Gusau and then between Government Science Secondary Schools Gusau and Federal Government Girls College. While between Government Arabic Secondary School Gusau and Federal Government Girls College, Gusau there was no significant difference.

Discussion of Findings

The finding revealed that the practice of JSS II students in boarding junior public secondary schools in Gusau Metropolis towards personal hygiene was moderate, and therefore significant difference existed based on their age difference. The finding is line with that of Jennifer & Param, (2014) who conducted a study which involved secondary school students attending school within the Bayelsa East Senatorial District and the Yenagoa Metropolis concerning oral hygiene practices on the use of toothpaste and toothbrush in cleaning the mouth was predominant, which accounted for 857 (88.8%) within the East Senatorial District and 326(83.2%) in Yenagoa Metropolis. Other mouth cleaning agents including chewing stick as well as the use of toothbrush combined with powder, sand and so on were used by the respondents in cleaning their mouths. Majority of the respondents had also never visited the dental clinic. 51.9% of the respondents within the Bayelsa East Senatorial District, however, used dental floss azans interdental cleaning aid while only 30.9% used this within the Yenagoa Metropolis. Concerning respondents who had visited the dental clinic, the majority (50.0% & 55.1%) within the Bayelsa East Senatorial District and Yenagoa Metropolis respectively visited as a result of dental pain. The oral hygiene practices, as the reasons for visit to the dental clinic in the study area.

A statistically significant relationship between the use of toothbrush/toothpaste as a means of maintaining oral hygiene and having a good knowledge about oral health within the Bayelsa East Senatorial District and Yenagoa Metropolis. This finding was in agreement with Ejemot *et al* (2018) which shows that 81.4% of secondary school students practice hygienic measures such as brushing their teeth and cut their nails. The study shows that 98.0% of the respondents' bath daily, majority of the respondents 91.8% wear washed clothes daily in line with good hygiene practice. Finding from the study showed that majority of the respondents 80.8% always washed their hands before eating in order to comply with hygiene practice. The finding of this study also corroborated with Innocent, *et al* (2022) in their study in Southern Eastern of Nigeria that majority of the respondents (83.3%) of secondary school students in Okigwe always brushed their teeth

daily and 78.7% also affirmed they cut their nails always as a mark of hygiene practice. The finding is in line with Thirumoorthy and Arulsamy (2018) that practicing personal hygiene helps one to feel good about oneself, which is important for mental health. This study is in contrast with Takeda et al. (2010) that 76% of the adolescent students washed their hands after going to the toilet. Likewise, in the study conducted by Omu et al. (2011) corroborated that 43.8% of the adolescent students washed their hands after going to toilet.

Conclusion

Based on the findings, it was concluded that, JSS II students in boarding junior public secondary schools in Gusau Metropolis towards practicing of personal hygiene was moderate, with Government Science Secondary Schools Gusau being significantly highest.

Recommendation

It was recommended that; personal hygiene should be incorporated in school curriculum to improve students' practice on good hygiene in junior secondary schools.

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