



A Descriptive Study to Assess the Level of Knowledge on Hand Washing Technique among School Students at Selected Schools, Puducherry

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ABSTRACT

A Descriptive Study to Assess the Level of knowledge on Hand Washing Technique among School Students at Selected Schools, Puducherry. The study was conducted among 30 students and they were selected Simple random sampling technique. The Semi Structured Questionnaire was used to assess the Level of knowledge on hand washing technique. The study revealed that the majority of the students (53.3%) had moderately adequate knowledge, while 46.7% had adequate knowledge. Remarkably, none of the students were found to have inadequate knowledge in this regard. The results further demonstrated a statistically significant association between the level of knowledge towards hand washing and the demographic variables such as the age of the students and the source of information. This suggests that age and the source of information play a crucial role in shaping students' understanding and awareness of proper hand washing techniques. Overall, the findings of this study emphasize the importance of promoting and reinforcing hand hygiene education in schools. By addressing the specific knowledge gaps identified in the study, educators and health authorities can effectively improve hand washing practices among school students and contribute to reducing the spread of infections and illnesses. Further research and interventions may be warranted to target specific age groups and utilize effective sources of information to enhance hand hygiene knowledge among school students.

INTRODUCTION

Hand washing is defined as the act of cleaning one's hand with or without the use of water or another liquid or with the use of soap for the purpose of removing soil, dirt, and microorganisms. Hand washing is the single most effective measure to reduce the risk of transmitting the diseases. According US Public Health Service (2009) Hand washing with soap involves vigorous rubbing together of lathered fingers, fingertips, and areas between the fingers, hands and arms for at least 10 to 15 seconds. Good hand washing protects against the spread of many illnesses from the common cold (which is responsible for 22 million lost school-days each year) to more serious illnesses such as meningitis, flu, hepatitis A, and most types of infectious diarrhoea. Good hand washing is the first line of defence against the spread of many illnesses. Good health habits for preventing seasonal flu include proper hand washing to help stop the spread of germs at home, work and school. Globally, diarrhoeal and respiratory infections lead to significant morbidity and mortality, particularly in developing countries.

NEED FOR THE STUDY:

Hand hygiene is a fundamental practice in preventing the spread of infectious diseases and maintaining overall public health. Among various preventive measures, hand washing stands as a simple yet effective technique to reduce the transmission of pathogens from person to person. In educational settings, such as schools, where students interact closely with one another, the significance of proper hand washing cannot be understated. This descriptive study aims to assess the Level of knowledge on hand washing technique among school students. Understanding the current knowledge status of students regarding hand hygiene is essential for designing targeted interventions and educational programs to promote proper hand washing practices. By identifying the gaps in knowledge, educators, policymakers, and health authorities can implement evidence-based strategies to empower students with the necessary information and skills for effective hand hygiene.

STATEMENT OF THE PROBLEM:

A Descriptive Study to Assess the Level of knowledge on Hand Washing Technique among School Students at Selected Schools, Puducherry.

OBJECTIVE:

- ☼ To assess the existing level of knowledge on hand washing among school children

- ☼ To associate the level of knowledge with their selected socio-demographic variables.

MATERIALS AND METHODS

Research Approach: The research approach used for this study was quantitative approach.

Research Design: The research design selected for this study was descriptive design.

Population: The Population selected for the study were the school students.

Sample: The sample for this study is 30 school students, who are willing to participate in the study.

Sampling Technique: Simple random sampling technique is used for this study.

Inclusion criteria:

- Subjects who are present at the time of data collection.
- Subjects who can read and understand English.
- Subject who are willing to participate.

Exclusion criteria:

- Subjects who were not willing to participate in this study.
- Subjects who were absent during data collection.

DESCRIPTION OF THE TOOL:

The questionnaire has two sections

Section A: This section contains demographic variables of school children including name, age, religion, education, residence, school name and locality.

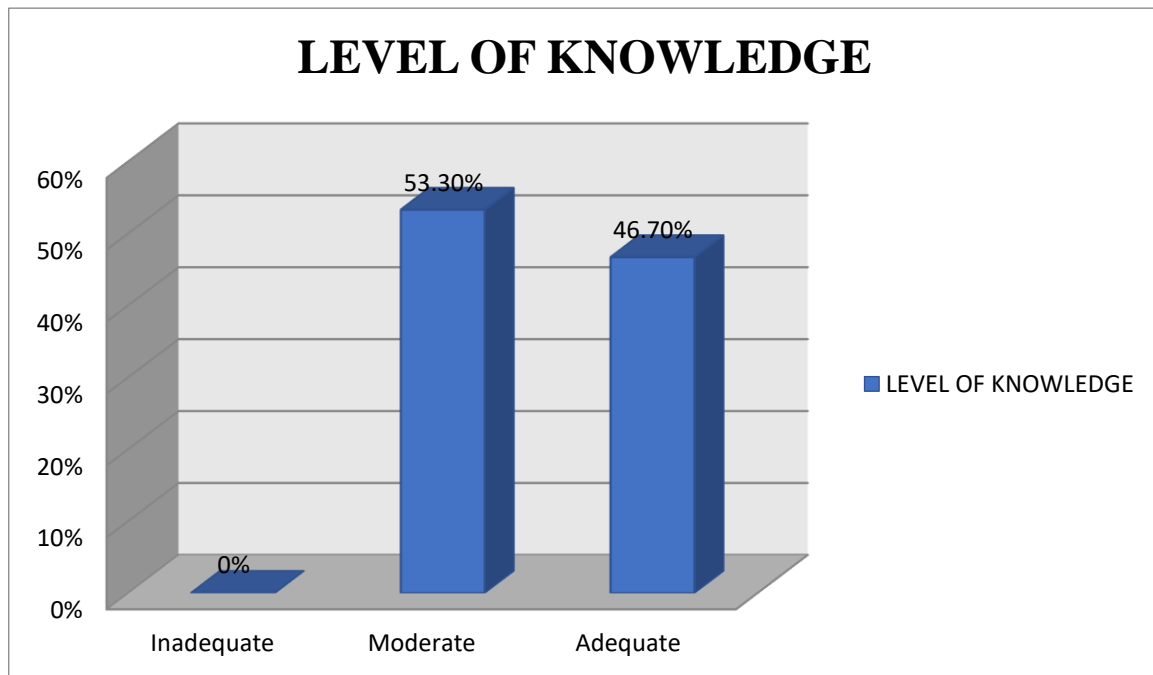
Section B: This section contains knowledge questionnaire on hand washing techniques for assessment of knowledge of school children regarding hand washing techniques, closed ended questionnaire (multiple choice questions) consists of 25 questions with the score of one mark each for correct answer and zero is given for every wrong answer.

Scoring of knowledge questionnaire:

KNOWLEDGE	SCORE
Adequate knowledge	21-25
Moderate knowledge	11-20
Inadequate knowledge	1-10

MAJOR FINDINGS OF THE STUDY:

- Out of 30 students, Majority 50% (15) of the students are in the age group between 12 – 14 years. Most 60% (18) of the students are boys. Majority 30% (9) of the students are studying in 6th – 7th standard. Majority 80% (24) of the students belongs to Hindu religion. Most 70% (21) of the students are residing in urban area. Most 53.3% (16) of the students are gain knowledge from teachers. Majority 60% (18) of the students are washing their hands in plain water. Most 43.3% (13) of the students had a previous knowledge regarding hand washing.
- The level of knowledge towards hands washing among school students shows 53.3% (16) had moderately adequate knowledge towards hand washing, 46.7% (14) had adequate knowledge and none of them had inadequate knowledge with a mean and SD 19 ± 3.74 .
- The demographic variables age of the students and source of information shows statistically significant association between level of knowledge towards hand washing among school students with their selected demographic variables.

Figure .1: Percentage Wise Distribution of Level of Knowledge Towards Hand Washing Among School Students.**CONCLUSION:**

Overall, the findings of this study emphasize the importance of promoting and reinforcing hand hygiene education in schools. By addressing the specific knowledge gaps identified in the study, educators and health authorities can effectively improve hand washing practices among school students and contribute to reducing the spread of infections and illnesses. Further research and interventions may be warranted to target specific age groups and utilize effective sources of information to enhance hand hygiene knowledge among school students.

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