

# ***Assessment of the Knowledge and Practice Regarding Personal Hygiene among School Children from an Urban Area.***

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## ***Abstract:***

**Introduction:** Personal hygiene is the first step towards healthier behavior. Personal hygiene is one of the most effective ways to protect from illness. It is generally recognized that childhood is the best time for children to learn hygiene behavior.

**Objectives:** (1) To assess the knowledge among school student regarding personal hygiene.  
(2) To assess the practice of school student regarding personal hygiene.

**Materials and Methods:** A cross sectional study was conducted in a private school. 8 to 9 years of school students were interviewed according to inclusion criteria using a pre-designed closed ended questionnaire. It included socio-demographic factors, hygiene components and awareness of hygiene. IEC material was shown. Data was analyzed using SPSS version 20.

**Results:** 512 students were interviewed out of which 57% were males. 3% took bath on every alternate day. 90% of student took bath with soap and water. 29% washed their hair once a week 49% used soap and water for hair wash. 3% brushed alternately and 31% brushed twice a day. 95% students used tooth brush and paste to brush their teeth. 70% of them brushed early morning. 52% students visited dentist with complain of dental pain. 78% of student used water with soap to wash their hands. 89% of them cut their nails, 83% students get personal hygiene education in their curriculum. 53% students are aware of daily school hygiene inspection.

**Conclusion:** Majority students were practicing hygienic methods. Neglected aspects were regarding teeth, nail & hair hygiene. Periodic personal hygiene education is needed to emphasize hygienic practices.

**Keywords:** Communicable disease, Hand washing, Health education, Hygiene, Poor personal hygiene.

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## ***Introduction:***

H.L Mencken an American author, critic and humorist has rightly described relation of hygiene and medicine as...

"Hygiene is the corruption of medicine by morality. It is impossible to find a Hygienist who does not debase his theory of the virtuous. The true aim of medicine is not to make men virtuous, it is to safeguard and rescue them from the consequences of their vices."

In medicine, hygiene practices are employed as preventative measures to reduce the incidence and spreading of disease. Other uses of the term appear in phrases including: body hygiene, mental hygiene, domestic hygiene, occupational hygiene, dental hygiene, and used in connection with public health.

The term "hygiene" is derived from Hygeia, the Greek goddess of health, cleanliness and sanitation. Hygiene is also the name of a branch of science that deals with the promotion and preservation of health, also called hygienic.

Hygiene is the very important for living a healthy life. Inadequate sanitary conditions and poor hygiene practices play major roles in the increased burden of communicable diseases. Majority of the health problems affecting school children are preventable by promotion of hygienic practices through proper health education by the teachers, who are the first contacts. Teaching children the importance of good hygiene can install habits, which will improve their health for a lifetime. Beginning health hygiene habits at a young age will help an older children transition into adult hygiene routines [1].

Basic hygiene refers to practices that help to prevent the spread of diseases and maintain

health [2]. It involves regular washing of the body (bathing), washing the hands when necessary, washing ones clothing, washing the hair, brushing the teeth, cutting the nails, and caring for the gums [2]. School children are particularly vulnerable to neglect of basic personal hygiene [3]. The consequences in terms of mortality and morbidity are also more severe in them compared to adults. The increased burden of communicable diseases among school children due to inadequate sanitary conditions and poor personal hygiene practices remains a concern on the public health agenda in developing countries. Poor practice and knowledge of and attitudes to personal hygiene such as hand washing play major roles in the high incidence of communicable diseases and therefore has negative consequences for a child's long term overall development. The hands are probably the single most important route for transmission of infection in the home and community, as they are often in direct contact with the nose, mouth and conjunctiva of the eyes [2]. They also come in contact with water and food that is consumed [6].

Studies have revealed a strong and consistent causal link between gastrointestinal infection and poor hand hygiene [4]. Certain respiratory infections (influenza virus infection, common cold, etc) have also been linked to poor personal hygienic practices [2]. Of all the communicable diseases promoted by helminthic infestation, poor personal hygiene contributes the greatest proportion. These helminths can infect the most vulnerable group i.e. children [4, 5]. Good hand hygiene practices encouraged to school children through health education has been reported to be associated with low prevalence of communicable diseases [6]. Personal hygiene practices therefore plays an important role in preventing spread of respiratory infections, skin infections, helminthiasis, eye infections, food borne diseases, spread of new pathogens as in epidemics [2].

The millennium development goals have firmly established the issues of "water, sanitation, and hygiene" on the global agenda. Neglect of hygiene goes a long way in explaining why sanitation and water programs have often not brought the expected benefits. Public health importance of hand washing as well as its importance in reduction of communicable diseases such as acute respiratory infection (ARI) and diarrhea has been highlighted in many studies. In year 2004, the government of India has started a Total Sanitation and Hygiene Education (SSHE) which emphasizes skill based child to child hygiene

education among school going children for behavior change [7].

In Maharashtra, a new subject of value education and environment has been included as a curriculum in the schools for class 5th onwards. This subject deals with various good practices and behavior including good personal hygiene practices.

Child hood is the best time for children to learn hygiene behaviors. 8-9 years is a formative phase. Habits which are formed remains as impression. Based on the literature and the investigations it was felt to create depth information on how school children practice hygiene, what motivates their hygiene behavior. The involvements of teachers and school children in message dissemination have significant effort on improvement in personal hygiene & related morbidities among children.

Hence, understanding the level of knowledge and practices related to basic personal hygiene among target populations is needed to plan and design behavioral interventions. Hence the current study was planned to find out the knowledge and practice regarding personal hygiene among school children and material promoting hygiene behavior and practices to promote hygiene behavior in a selected school of urban area by developing health education power point presentation.

### **Materials and Methods:**

**Study area:** Cardinal Gracious High School, Bandra [E], Mumbai

**Study design:** Cross-sectional study

**Duration of study:** September 2011 to Dec. 2012

**Population:** 8 and 9 years old school students

**Sample size:** 512 students

**Sampling technique:** Universal sampling

**Inclusion criteria:**

8 and 9 years of age school students

-Available at the time of data collection

-Willing to participate in the study

**Research tool:** A closed ended questionnaire [pre-designed questionnaire], it included socio-demographic data, body hygiene awareness, and school hygiene inspection related questions.

**Statistical analysis:** Percentage and chi-square test was done by using SPSS version 20.

## Observations and Results:

The current study was carried out to assess personal hygiene in school going children.

The study was conducted in Cardinal Gracious High School, Bandra Mumbai. 8 and 9 years school students were interviewed. The total number of school student participated in the study was 512.

**Table 1: Demographic & personal Information:**

Demographic		Number (%) (N=512)
Age(years)	8 Years	286 (56%)
	9 Years	226 (44%)
Gender	Female	222 (43%)
	Male	290 (57%)
Father's Education:	Illiterate	10 (2%)
	Primary	48 (10%)
	Secondary	184 (36%)
	Higher secondary	162 (32%)
	Graduate	94 (18%)
	P.G	12 (2%)
Mother's education:	Illiterate	126 (25%)
	Primary	46 (9%)
	Secondary	174 (34%)
	Higher secondary	110 (21%)
	Graduate	52 (10%)
	P.G	4 (1%)
Occupation status of father	Employed	500 (98%)
	Unemployed	12 (2%)
Occupation status of mother	Employed	138 (27%)
	Unemployed	374 (73%)
Religion	Muslim	90 (18%)
	Hindu	360 (70%)
	Buddhist	36 (7%)
	Christian	26 (5%)
Mother tongue	Urdu	36 (7%)
	Hindi	154 (30%)
	Marathi	254 (50%)
	Others	68 (13%)

Figure in parenthesis indicates percentages

**Age Status:** The study revealed that 56% students were 8 years and 44% were 9 years.

**Gender Status:** It was evident from the study that, 57% were male students and 43% were female students.

**Fathers Education :** The result revealed that 2% were illiterate, 9% had completed primary education 36% had completed secondary education 32% had completed higher secondary education 18% were graduate and 2% were post graduate.

**Mothers Education:** The result revealed that 25% were illiterate, 9% had completed primary

education 34% had completed secondary education 22% had completed higher secondary education, 10% were graduate and 0.8% were post graduate.

**Occupation status of students' father & mother:** The occupation status of students' father revealed that 98% were employed and only 2% were unemployed.

The result revealed that student's mothers 27% were employed and 73% were unemployed.

**Religion:** shows distribution of study subjects according to their religion. Of the total, 18% were

Muslims 70% were Hindus, 7% were Buddhists, and 5% were Christians.

**Mother tongue:** shows majority were Marathi 50%, whereas Hindi in 30%.

**Table 2: Perception and practices of bathing among the students:**

<b>Bathing</b>		Number (%) (N=512)
<b>How many times do students bathe?</b>	Daily	414 (81%)
	Every alternate day	14 (3%)
	Twice a day	84 (16%)
<b>What do students used to take bath?</b>	Body Wash	16 (3%)
	Soap & water	458 (90%)
	Water	38 (7%)
<b>Do you wash your hair?</b>	Daily	240 (47%)
	Every alternate day	126 (25%)
	Once a week	146 (28%)
<b>How do you wash your hair?</b>	Shampoo	262 (51%)
	Shampoo & conditioner	94 (18%)
	Soap	156 (31%)

Bathing is treated as one of the basic required practice for ensuring the regular cleanliness and proper hygiene practice. Students were asked about different aspects of bathing. About mentioning their bathing practice, it was found from the study that, almost 81% students used to take bath regularly, whereas it was also found only 3% students used to take bath every alternate day and 16% students used to take bath twice a day.

It was revealed that, 3% students used to take bath with body wash and 89% students used to bath with soap and water, whereas, it was found that only 7% students used water only.

it was found that, 47% students washed their hair daily and 25% washed every alternate day, whereas 29% washed their hair once a week in which 51% used shampoo, 18% used shampoo with conditioner for hair wash and only 3% used soap for hair washing.

**Table 2: Perception and practices of Teeth cleaning among the students:**

On this study it was found that 66% students used to brush their teeth daily. 31% of the students used to brush twice a day, which is

regarded as a standard practice. 3% students used to brush their teeth every alternate day.

95% students used tooth brush and paste to brush their teeth and only 1% use dental floss, whereas 4% use plant twigs for cleaning their teeth

About 70% students used to brush only in the morning. 13% students used to brush twice a day in morning and before going to bed.

Only 11% students took one minute to brush their teeth and 42% students took two minutes whereas 7% students took less than one minute and 41% took more than two minute to brush their teeth.

66% student's parents supervise their children while brushing, 26% student's parents don't supervise but advise them and 8% don't supervise.

In gum bleeding 6% students avoid brushing their teeth, 48% students eat soft food and only 2% eat citrus food, whereas 45% students don't know about protection of gum bleeding.

About 31% students visited their dentist in 6 months ago, 11% students visited in last 2-5 years, 13% students visited in last 6-12 months and 46% students visited to their dentist in more than 5 years.

<b>Teeth cleaning</b>		<b>Number (%)</b> <b>(N=512)</b>
	Soap	156 (31%)
<b>How many times do students brush their teeth</b>	Daily	338 (66%)
	Every alternate day	16 (3%)
	Twice a day	158 (31%)
<b>What is used for cleaning teeth?</b>	Brush & tooth paste	486 (95%)
	Dental floss	6 (1%)
	Plant twigs	20 (4%)
<b>When do students brush their teeth?</b>	Morning	360 (70%)
	Morning & Noon	2 (0.4%)
	Noon	4 (0.8)
	Before going to bed	4 (0.8%)
	Morning & Before going to bed	68 (13%)
	All of above	74 (16%)
<b>For how long do students brush their teeth?</b>	One minute	58 (11%)
	Two minutes	214 (42%)
	Less than one minute	32 (6%)
	More than two minutes	208 (41%)
<b>Role of parents while brushing teeth</b>	Don't watch me but advise me	132 (26%)
	Never care	40 (8%)
	Supervise while brushing	340 (66%)
<b>How do students protect themselves from gum bleeding?</b>	Avoid brushing teeth	28 (5%)
	Eating soft food	246 (48%)
	Eating citrus fruits	8 (2%)
	Don't know	230 (45%)
<b>When did students visit their dentist last time?</b>	6 months ago	160 (31%)
	Last 6-12 months	64 (13%)
	Last 1-5 years	54 (10%)
	More than 5 years	234 (46%)
<b>The reason for last visit to the dentist was:</b>	Dental pain	264 (52%)
	Routine check up	186 (36%)
	Family & friends advice	62 (12%)
<b>Frequency of replacing tooth brush:</b>	Quarterly	116 (23%)
	Half yearly	132 (26%)
	Yearly	232 (45%)
	Does not change	32 (6%)

It was found that 66% students used to brush their teeth daily. 31% of the students used to brush twice a day, which is regarded as a standard practice. 3% students used to brush their teeth every alternate day.

95% students used tooth brush and paste to brush their teeth and only 1% use dental floss, whereas 4% use plant twigs for cleaning their teeth

About 70% students used to brush only in the morning. 13% students used to brush twice a day in morning and before going to bed.

11% students took one minute to brush their teeth and 42% students took two minutes whereas 7% students took less than one minute

and 41% took more than two minute to brush their teeth.

About 66% student's parents supervise their children while brushing, 26% students parents don't supervise but advise them and 8% don't supervise.

In gum bleeding 6% students avoid brushing their teeth, 48% students eat soft food and only 2% eat citrus food, whereas 45% students don't know about protection of gum bleeding.

About 31% students visited their dentist in 6 months ago, 11% students visited in last 2-5 years, 13% students visited in last 6-12 months and

46% students visited to their dentist in more than 5 years.

52% students mentioned the reason for the last visit to the dentist was dental pain whereas 36% students visited for routine checkup and 12%

student's family and friends had advised to visit dentist.

About 45% students replaced their tooth brush yearly, while 6% students do not change their tooth brush.

**Table 4: Students practices about Hand washing:**

Hand washing		Number (%)
<b>How do you wash your hands?</b>	Water	63 (12%)
	Soap & water	400 (78%)
	Antimicrobial solution	40 (8%)
	Ash and water	4 (1%)
	Mud & water	6 (1%)
<b>Do you wash your hands before and after meal?</b>	Yes	502 (98%)
	No	10 (2%)
<b>Do you wash your hands after using latrine?</b>	Yes	502 (98)
	No	10 (2%)
<b>Do you wash your hands after playing?</b>	Yes	468 (91%)
	No	44 (9%)
<b>Do you wash your hands after touching or playing with animals?</b>	Yes	462 (90%)
	No	50 (10%)
<b>Do you wash your hands after handling shoes?</b>	Yes	460 (90%)
	No	52 (10%)
<b>What is the student's practice while coughing or sneezing?</b>	Cover with hand	64 (13%)
	Cover with hanker chief	410 (80%)
	Don't cover mouth	38 (7%)
<b>Do you wash your hands after coughing/sneezing?</b>	Yes	382 (75%)
	No	130 (25%)

Students were also asked about their hand washing practices, and it was found that 78% students practice the hand washing properly, with soap and water. 12% students mentioned that they practice the hand washing, with water only.

98% students used to wash their hands before and after meal, whereas only 2% other students mentioned that they could not practice it. It was found that, 98% of the students use to practice washing their hands properly after using the toilet or after defecation. Only 2% students mentioned that they could not practice it due to their ignorance or lack of willingness.

About 91% students were found cleaning their hands after playing and only 9% students mentioned that they did not clean their hands after playing.

90% students were found washing their hands properly after playing with animals and only 10% students mentioned that they are not used to wash their hands after playing with animals.

Students were asked about their practice of washing the hands after handling shoes. It was found that, 89% students were washing their hands after handling shoes and only 11% students are not used to wash their hands after handling shoes.

80% students cover their mouth with handkerchief while coughing or sneezing, 13% cover their mouth with hand only and only 7% students don't cover their mouth while coughing or sneezing.

About 75% students were found washing their hands after coughing or sneezing and 15% students mentioned that they did not wash their hands after coughing or sneezing.

**Table 5: Students practices about clothes:**

<b>practices about clothes</b>		<b>Number (%) (n=512)</b>
<b>Do you wear clean clothes?</b>	Yes	492 (96%)
	No	20 (4%)
<b>Do you wear clean underwear everyday [Including socks]?</b>	Yes	316 (62%)
	No	196 (38%)
<b>Do you wear clean and ironed school uniform every day?</b>	Yes	412 (81%)
	No	100 (19%)

96% students mentioned that they wear clean clothes and only 4% students mentioned that they don't wear clean clothes.

62% student's daily wear fresh underwear and 38% students mentioned that they could not practice it due to their ignorance.

The current study found that, 81% students daily wear ironed school uniform, whereas 19% of the students don't wear ironed clothes daily.

**Table 6: Students practices about Ears, Eyes & Nose:**

<b>practices about Ears, Eyes &amp; Nose</b>		<b>Number (%) (n=512)</b>
<b>Do you clean your ears?</b>	Yes	446 (87)
	No	66 (13)
<b>Do you wash your eyes?</b>	Yes	448 (87)
	No	64 (13)
<b>Do you clean your nose?</b>	Yes	420 (82)
	No	92 (18)
<b>Do you regularly cut short your nails?</b>	Yes	454 (89)
	No	58 (11)

87% students clean their ears frequently and 13% students do not clean. About 87% wash their eyes while 13% students don't wash their eyes.

In this study found that 82% students clean their nose and only 18% don't clean their nose. Whereas 89% of the students cut their nails. 11% students were found who did not cut their nails.

**Table 7: Education of personal Hygiene:**

<b>personal Hygiene:</b>		<b>Number (%) (n=512)</b>
<b>Is any personal hygiene education imparted as a part of curriculum?</b>	Yes	424 (83)
	No	88 (17)
<b>Is school hygiene inspection carried out?</b>	Yes	504 (98)
	No	8 (2)
<b>What are the different aspects of hygiene evaluated in school during inspection?</b>	School uniform, shoes	68 (13)
	Nails, hair	158 (31)
	Over all hygiene	148 (29)
	All of above	138 (27)
<b>How are the students aware about personal hygiene?</b>	Parents	210 (41)
	School teachers	282 (55)
	Books	14 (3)
	Media	6 (1)

About 83% students mentioned that, they have a personal hygiene education in their school curriculum, and 17% students mentioned that they don't have a personal hygiene education in their curriculum.

98% students mentioned that hygiene inspection is carried out in school and 2% students mentioned that hygiene inspection is not carried out in school.

Only 13% students mentioned that school uniform and shoes are the aspects of hygiene evaluated in school during inspection, 31% mentioned that nails and hair hygiene evaluated in school during inspection and 29% mentioned that over all hygiene evaluated in school during inspection.

About 41% students are aware of personal hygiene through parents, 55% students are aware through school teachers, 3% students are aware through books and only 1% students are aware of personal hygiene through media.

### **Discussion:**

The current study was carried out to assess personal hygiene in school going children. The study was conducted in Cardinal gracious high school, Bandra. 8 and 9 years school students were interviewed. The total number of school student participated in the study was 512.

**Sex:** It was evident from the current study that, 57% were male students and 43% were female students. S.Friel et al (2002) conducted study on primary school children. Among sex majority of the participants are males 61% whereas females are 39% [8]. Babu Usman Ahmadu et al (2013) conducted study on primary school children. The study shows 58% were boys and 42% were girls [9].

**Student's Father Education:** The present study result shows that 2% were illiterate, 9% had completed primary education 36% had completed secondary education 32% had completed higher secondary education 18% were graduated and 2% were post graduated. The Vivas AP et al (2010) conducted study on school children. The study estimates of paternal literacy were 67.5% [10].

**Students' Mother Education:** The current result revealed that 25% were illiterate, 9% had completed primary education 34% had completed secondary education 22% had completed higher secondary education, 10% were graduated and 0.8% were post graduated. Nematian J et al (2004) conducted study on primary school students. The study revealed that an illiterate or uneducated

mother may be less knowledgeable about teaching her children proper hygiene practices, subsequently leading to increased rates of infection and disease amongst her children [11]. The Vivas AP et al (2010) conducted study on school children. The study estimates of maternal literacy were 39.7% [10].

**Religion:** In this study 18% were Muslims 70% were Hindus, 7% were Buddhists, and 5% were Christians. Kaviraj et al (2013) conducted study on school children. The study shows that, 53% of children belonged to Muslim community, followed by Hindu 45%. Majority (40%) of children belonged to class II of socio-economic classification [1].

**How Many Times Do You Bathe? :** The current study revealed that bathing is treated as one of the basic required practice for ensuring the regular cleanliness and proper hygiene practice. Students were asked to demonstrated different aspects of bathing. About mentioning their bathing practice, it was found from the study that, almost 81% students used to take bath regularly, whereas it was also found only 3% students used to take bath in every alternate days and 16% students used to take a bath twice a day.

Rachel Callahan et al (2011) conducted a scientific study on children. The study shows bathing practices as indicated in children are 18% of students take a bath per week, 20% take 2 baths in a week, 26% take 3 baths in a week, 5% take 4 baths in a week, 10% take baths in a week, 4% take 6 take baths in a week and 17% take baths in a week. Average no. of baths per week, by 8 years is 5% and by 9 years is 6% [12].

**What Do You Used to Take Bathe?:** On enquiry about bathing practices, it was revealed that, 3% students are used to take bathe with body wash and 89% students are used to bathe with soap and water, whereas, it was found that only 8% students bathe with water only.

Prisma et al (2004) conducted study on school students. The study revealed that 5% of the students used to take bath with soap, 13% students used only water [13].

**Do You Wash Your Hair?:** On enquiry about bathing practices, it was revealed that, 47% students washed their hair daily and 25% washed every alternate day, whereas 29% washed their hair once a week.

Vivas AP et al (2010) conducted study on school children. The study shows that 21% reported not washing their hair for at least 14 days [10].



**How Do You Wash Your Hair?:** The current study revealed that 51% students use shampoo, 18% use shampoo with conditioner for hair wash and only 3% use soap for hair washing. Paul Edwards (2006) conducted study on primary school children. The study shows that, the most children use the shower to wash their hair with shampoo. Where it is difficult to motivate parents to provide soap for hand washing, even the poorest families seem to provide the children with small sachets of shampoo. The result is that at the same time as they wash their hair, children also wash their skin with the (shampoo) soap that drains from their hair [14].

**How Many Times Do You Brush Your Teeth?:** On current study it was found that 31% of the students used to brush twice a day, which is regarded as a standard practice. 3% students used to brush their teeth every alternate day. Only 1% students used to brush their teeth daily.

Kenneth A Eaton et al (2008) conducted study on school children. The study revealed that, In Switzerland, Sweden, Netherlands, Germany, Denmark and Norway more than 75% brushed more than once per day, whereas in Finland, Romania, Greece, Lithuania, Turkey and Malta fewer than 46% brushed more than once per day [15].

Petersen PE et al (1998) conducted study on school children. The study shows 22% of all children brushed their teeth twice a day [11].

**What Do You Use for Cleaning Your Teeth?** The current study revealed that, 95% students used tooth brush and paste to brush their teeth and only 1% use dental floss, whereas 4% use tooth picks for cleaning their teeth. Sandip Kumar et al (2010) conducted study on school children. The study shows more boys used toothpaste and toothbrush regularly (67%) as compared to girls (56%) [19]. Mahmoud K et al (2005) conducted study on school children. The study revealed that approximately 83% of the students reported using a toothbrush and toothpaste to clean their teeth. 2% reported using dental floss, 6% reported using mouthwash, and 7% reported using toothpicks [18].

**When Do You Brush Your Teeth?** : This study shows that 70% students mentioned that they use to brush only after awaking in the morning. 13% students used to brush twice a day in morning and before going to bed, and the brushing usually takes place in both morning and evening, which is regarded as a standard practice.

Mahmoud K et al (2005) conducted study on school children. The study shows 36% students mentioned that they use to brush only in the morning, 53% students used to brush before going to bed and 18% students used to brush twice a day in morning and before going to bed [18]. Manjunath G et al (2013) conducted study on school children. The study shows 68% brush teeth before going to bed followed by 31.8% in the morning [19].

**For How Long Do You Brush Your Teeth?:** The present study 11% students take one minute to brush their teeth and 42% students take two minutes whereas 7% students take less than one minute and 41% take more than two minute to brush their teeth. Mahmoud K et al (2005) conducted study on school children. The study shows that, about 71% of the students took at least two minutes to brush while 15% took less than one minute [18]. Manjunath Get al (2013) conducted study on school children. The study revealed that, 44.6 % students brush their teeth more than 2 minutes followed by 41.2 % for 2 minutes [19].

**How Do You Protect Yourself From Gum Bleeding?:** The current study showed that, in gum bleeding 6% students avoid brushing their teeth, 48% students eat soft food and only 2% eat citrus food, whereas 45% students don't know about protection of gum bleeding.

Mahmoud K et al (2005) conducted study on school children. The study revealed that, around 40% of the students brushing and flossing help to prevent gingivitis and only 18% of the students don't know the prevention of gingivitis. 40% of the students use brushing and flossing, 10% students eat soft food, 24% students eat vitamin C food, whereas 27% students don't know about protection of gingivitis [18]. Manjunath G et al (2013) conducted study on school children. The study shows 38.8% students responded using tooth brush, paste and floss protects gums from bleeding [19].

**When Did You Visit Your Dentist Last Time?:** The study revealed that 31% students visit to their dentist in 6 months ago, 11% students visit in last 2-5 years, 13% students visit last 6-12 months and 46% students visit to their dentist in more than 5 years.

Petersen PE et al (1998) conducted study on school children. The study shows that, 20% had seen the dentist within the past 12 months [16]. Mahmoud K et al (2005) conducted study on school children. The study revealed that approximately

60% of the students had visited the dentist during the last year [18].

**How Frequently You Replace Your Tooth Brush?:** The current study revealed that 45% students replaced their tooth brush yearly, while 6% students do not change their tooth brush. M.Biria et al (2011) conducted study on children. The study shows 93 children change their tooth brush every 3 months [20]. Manjunath G et al (2013) conducted study on school children. The study revealed that, 27% students change their tooth brush every 2 months [19].

**Do You Wash Your Hands Before Meal?** In response to the question, the current study finds from the multiple calculations table that, 98% students used to wash their hands before and after meal, whereas only 2% other students mentioned that they could not practice it. Vivas AP et al (2010) conducted study on school children. The study revealed that, 99% of students washed their hands before meal [10].

**Do You Wash Your Hands After Using Latrine?** In the current study, it was found that, 98% of the students use to practice washing their hands properly after using the toilet or after defecation. Only 2% students mentioned that they could not practice it due to their ignorance or lack of willingness.

Lopez-Quinrero et al (2009). The study conducted in Colombia reported that 82.5% of students wash their hands after using the toilet [23]. Vivas AP et al (2010) conducted study on school children. The study revealed that, 15% students washed after defecation [10].

**Do You Wash Your Hands After Playing?:** The current study found that, 91% students were found cleaning their hands after playing and only 9% students mentioned that they are not used to clean their hands after playing, but this is not even their regular practice.

Oyibo PG et al (2012) conducted on school children. The study shows that, 46% students wash their hands after playing [23].

**How Do You Wash Your Hands?:** In current study, students were also asked to tell how they wash their hands, and it was found that 78% students practice the hand washing properly, with soap and water. 12% students mentioned that they practice the hand washing, with water only. Vivas AP et al (2010) conducted study on school children. The

study revealed that, only 36.2% students reported using soap [10]. Sandip kumar rav et al (2010) conducted study on school children. The study shows only 21% said they always used soap while 47% never used it [17].

**Do You Regularly Cut Short Your Nails?** The current study found that 89% of the students cut their nails. As the nails work as the agent to transmit the germs to mouth and into the body through hands. Only 11% students were found who did not have proper knowledge about the health problem can be caused if nails are not cut off. Kaviraj et al (2013) conducted study on school children. The study revealed that, in 10% of the students presents dirt in the nails [1].

**Do You Wear Clean Clothes?:** The current study revealed that, 96% students mentioned that they wear clean clothes and only 4% students mentioned that they don't wear clean clothes. Vivas AP et al (2010) conducted study on school children. The study shows 12% students reported not washing or changing their clothes [10].

**Do You Wear Ironed School Uniform Everyday?** The current study found that, 81% students daily wear ironed school uniform, whereas 19% of the students don't wear ironed clothes daily. Oyibo PG et al (2013) conducted on school children. The study shows 37% students wash their uniform daily [23]. Babu Usman Ahmadu et al (2013) conducted study on primary school children. The study revealed that 3% students had dirty uniform [9].

**Do You Clean Your Ears, Eyes?:** In this study, 87% students clean their ears frequently and 13% students do not clean. Kaviraj et al (2013) conducted study on school children. The study revealed that 25% students with unclean external or internal ear of which 60% students had impact wax [1].

In present study found that 87% wash their eyes while 13% students don't wash their eyes. Kaviraj et al (2013) conducted study on school children. The study revealed that 3% students had discharge eyes [1].

### **Conclusions:**

The current study was carried out to assess personal hygiene in school going children. The study was conducted in Cardinal gracious high school, Bandra. 8 and 9 years school students were interviewed. The result analysis shows, the total number of school student participated in the study was 512. Majority (81%) students used to take bath

regularly. Majority (89%) students used to bathe with soap and water. Nearly half of the students (51%) use shampoo for hair wash. Most students (66%) used to brush their teeth daily. Most (70%) students mentioned that they use to brush only in the morning. Most (66%) of the student's parents supervise their children while brushing. Most of the students (78%) wash their hand with soap and water.

Majority (91%) students were found cleaning their hands after playing. Majority (80%) students cover their mouth with handkerchief while coughing or sneezing. Majority (89%) of the students cut their nails. Majority (96%) students mentioned that they wear clean clothes. Most of the students (62%) daily wear fresh underwear. Majority (81%) students daily wear ironed school uniform. Nearly half of the students (55%) are aware through school teachers.

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