

# A STUDY TO ASSESS THE EFFECTIVENESS OF TEACHING PROGRAMME ON PERSONAL HYGIENE AMONG 5TH STANDARD STUDENT IN PRIMARY SCHOOL AT ASHOK NAGAR, CHENNAI

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**Abstract** – A study was conducted to assess the effectiveness of structural teaching programme regarding personal hygiene among primary school children in ashok nagar chennai . pre experimental design was selected for the study 20 students from the primary school children . the result showed that children have lack of awareness and knowledge and after structural teaching programme the childrens knowledge was improved with educational intervention.

## 1. Introduction

"Hygiene is two thirds of health" According to the world health organization, about two million people every year die due to diarrheal diseases. most of the deaths occur amongst children less than five year of age sanitation is a basic determinant of the quality of life and the human development index good sanitary practice help to prevent diseases hand washing and oral hygiene are the basic steps to maintaining good health

"Feeling Fresh, Smelling Clean Always practice good hygiene" poor hygiene practices and inadequate sanitary condition play major role in the increased burden of communicable diseases within developing countries

### Aims and Objectives

- To assess the pre-test knowledge regarding personal hygiene among primary school children.
- To develop and administer the teaching programme [role play] .
- To compare the pre-test and post-test knowledge regarding personal hygiene among 5th standard student.
- To associate the pre-test knowledge with selected demographic variables such as age, education, economical status.

## 2. Research Design and Method

Pre experimental design was adopted to assess the effectiveness of structural teaching programme personal hygiene among primary school children. general system model was adopted for conceptual frame work

A total of 20 students in { 4<sup>th</sup> and 5<sup>th</sup> } from the primary school children.

Pre test was done using structured interview questionnaires. 20 samples were interviewed. The duration of interview varied from 15 to 20 minutes for each participant

Structured teaching programme on personal hygiene was conducted by using through role play for a period of 30 minutes post test given after two days.

### 3. Methodology

#### Research Approach :

The research method used for this study is quantitative approach.

#### Research design :

The research design selected for the present study is quasi experimental design. The effectiveness of STP regarding postnatal hygiene was assessed by using one group pre-test and post-test design.

01 X 02

01 – Pre-test

X – Intervention

02 – Post-test

#### Sample size:

The sample selected for the present study was 5<sup>th</sup> standard sample size was 20 student.

#### Sampling technique:

Convenience sampling technique was used in primary school children

#### Result:

The study results were analyzed and presented based on the data collected from the primary school children. Descriptive and Inferential statistics were used for analyzing data in the light of the objectives of the study.

#### SECTION - 1

##### Demographic characteristics of the primary school children.

The distribution of demographic characteristics of the primary school children out of 20 students belonged to 8 – 9 years group and of them belonged to 9 – 10 years age group. As far as education status of family members (11)2.2 % and uneducated 9(1.8). Regarding monthly income 1.5 (26%) family income on below 2000, 1.4 (2%) of family income, 12% (3) had above 4000 income.

#### SECTION - 2

##### Distribution of pre-test knowledge level of primary school children above personal hygiene (N = 20)

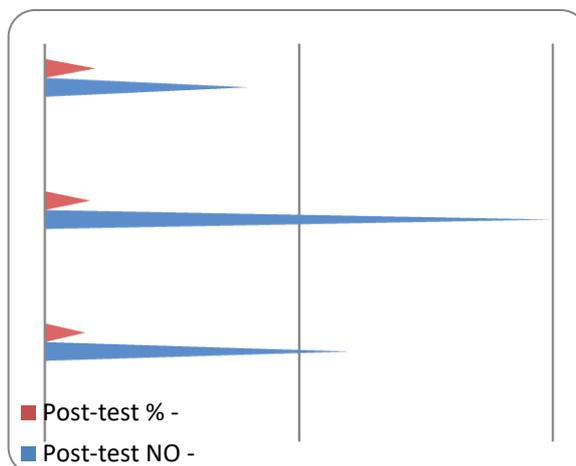
The knowledge score of primary school children in pre-test knowledge was assessed by using 20 statement reveal that 15 (85%). Children had inadequate knowledge in pre-test and 5(15%). Children had moderately adequate knowledge and none had adequate knowledge.

#### SECTION - 3

##### Comparison between pre-test and post-test knowledge regarding primary school children about personal hygiene.

The comparison between pre-test and post-test knowledge about personal hygiene among primary school children was assessed by structured questionnaires' in the pre-test 15(85%) children had inadequate knowledge. 5(15%) had moderately adequate knowledge and none had adequate knowledge.

In the post-test, none had inadequate knowledge and 6(80%) had moderate adequate knowledge and 10 (90%) adequate knowledge. 4(100%) had very well knowledge. It is that there was an improvement in the level of knowledge in the post-test when compared to the pre-test score.



#### Effectiveness of Structured Teaching Programme Regarding Personal Hygiene :

It is integrated from that mean knowledge score in pre-test was 10.05 with standard deviation of 3.3 and in post-test, the mean knowledge score was 17.95 with standard deviation of 1.43.

Thus, the difference in the level of knowledge was confirmed by paired 'T' test value 15.12 which was significant at  $<p0.001$  level. Hence, the primary school children on post-test had more knowledge regarding personal hygiene after structured teaching programme.

This result supported the hypothesis that the knowledge of personal hygiene will increase significantly after attending the structured teaching programme.

#### Assosiation of Pretest Knowledge of the Primaryschool Children With Demographic Variable.

Infer that as the age increase the knowledge level also increased the term of religion Hindu have more knowledge . But is not statistically significant the primary school children parent who was graduate and these with primary education had higher mean knowledge score . The test shows that the is no significant difference exist between the education of the children and pretest knowledge score

## 4. Conclusion

The present study to assess the knowledge among the primary school children regarding personal hygiene and found that the subject had inadequate knowledge related to personal hygiene. After the structural teaching programme on personal hygiene there was a significant improvement on knowledge from the student regarding personal hygiene. The study concluded that the structure teaching program me was effective in improving the knowledge regarding personal hygiene.

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