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KNOWLEDGE ATTITUDE AND PRACTICE OF PERSONAL HYGIENE IN THE STUDY OF
SECONDARY SCHOOL

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Abstract Individual cleanliness assumes a significant job in advancing a sound life. The present research will investigate the relationship between information mentality and the practice of individual cleanliness among the female students of secondary schools in Faisalabad. This study will help the school authorities teach the importance of personal hygiene to female students and how this will enhance their learning methods effectively. There were 70 secondary female schools in the city Faisalabad. 4 female schools were selected conveniently in city Faisalabad, and 647 female students were studying in these schools. Sample size was 151 using www.surveymonkey.com with 95% confidence level and 7th interval. The target population consisted of schools in the city of Faisalabad. A convenient sampling technique was used for data collection. The sample size has consisted of 151 respondents. A well-designed questionnaire was used for the collection of data. Quantitative data was arranged and then analyzed using descriptive statistics with the help of Statistics Package for Social Sciences (SPSS). Taking less stress develops hygienic habits, ranked in the 3rd position, and shows that the responses fall between neutral to agree but tend towards agree with a 3.93 mean value. Sleeping sometimes improves students' cognitive abilities, and thinking ability is ranked in 4th position. It shows that the responses fall between neutral to agree but tend towards agree with a 3.84 mean value. Resolving conflicts also improves hygienic activity, is ranked in 5th position, and shows that the responses fall between neutral to agree but tend towards agree with a 3.82 mean value. Trimming of nails is crucial for reducing cavity infections. It is ranked in 6th position, showing that the responses fall between neutral and agree. Still, it tends to agree with 3.79 mean value.

Keywords: secondary school, personal hygiene, Quantitative, thinking ability

Introduction

Personal hygiene is particularly related to the efforts to maintain personal health that efforts surely prevent them from numerous diseases. Hygienic activities train the students to stay healthy by adopting healthy and clean activities. Hygienic activities also guide the students to make their surroundings neat. Personal hygienic activities create circumstances that prevent everyone from viruses, bacteria, and diseases (Curtis *et al.*, 2009). Personal hygiene means the care for personal health and the efforts for internal personality development. A strong relationship exists between personal hygiene and knowledge practices of good and value healthy efforts. The level of personal hygiene, knowledge, and attitudes among boys and girls make society healthy and free from several diseases. This situation depicts that the human resources of the society have numerous capabilities of doing work at the time (Ansari and Warbhe, 2014). Personal hygiene is related to personal health. It is a regularly utilized term for clinical and general well-being rehearses. Not only knowledge but practice and

attitude towards personal hygiene is also an important component in everyday activities. Main purpose of personal hygiene is to reduce the incidence of face-orally transmitted diseases and to create a social impact. It involves whole body hygiene, such as oral cleanliness (oral consideration, hand washing, hand care), face cleanliness, nail cleanliness, ear cleanliness, hair cleanliness, and garments cleanliness, as well as menstrual hygiene for females (Khatoon *et al.*, 2017; Aiello *et al.*, 2008). Personal hygiene is mostly related to health practices necessary for personal health and safety to public health. Personal hygienic activities have a direct correlation to sanitary conditions. Personal hygiene not only removes external dirt from human beings but also makes them healthy and strong internally (Bloomfield *et al.*, 2009; Eaton and Carlile, 2008). The hygienic activities are the process of removing the things that become the cause of diseases. Practicing hygienic activities is crucial as breath is necessary for living. Hygienic activities make people satisfied not only mentally but as well as physically. Hygienic activities

have great social impacts on the sensitive culture of any society. The healthy habits of persons represent the nature of cleanliness of any society, as it is vital to provide the knowledge of personal hygiene so the whole society becomes healthy (Al-Rifaa'i and Warbhe, 2014; Al-Nakeeb, 2014).

Personal hygiene has several benefits for the healthy life of human beings as all components of personal hygiene never generate unhygienic infections on the skin. Hygienic activities also regulate the natural secretions smoothly, which is essential for removing cross-infection. Oral hygiene is the most important in all hygienic activities as it enters the infectious virus into the internal body of living organisms. Hygienic activities remove the dangerous decaying of human health and produce healthy organic secretions for better work of the human regulatory system (Tsai et al., 2014). Hygienic practice includes bathing regularly, properly washing hands, removing extra and unwanted hair, brushing the teeth before eating and changing the clothes and undergarments daily. Motivation is an important and deliberating factor that greatly affects student's education. Motivation for applying personal hygienic activities greatly impacts the students in attaining a healthy lifestyle. Adopting hygienic activities motivates the students to achieve more academic goals, self-efficacy, and self-worth. Hygienic activities have initiated and edify effects on academic motivation and achievements if students feel that success is expedient and inevitable, so they maintain and manage their health for a long time (Nefer, 2018). Personal hygiene provides an opportunity for developing assistance students' academic achievement. Practicing personal hygienic activities motivates students to continue their studies toward a degree. Hygienic activities endure students with strong work orientation, greater participation in the class activities, higher educational dreams, positive feelings for education, quality time spent on study, and more positive academic concepts. Research suggests that success results from persistence, which comes when students have health security. Hygienic activities provide security to students, allowing them to focus on their study and develop their academic achievements (Al-Nuim, 2012). The school situation was clear through social-ecological concept for the hygienic activities. The school environment provides the most well-known frame and feature Research of personal hygienic activities for the individuals who live, study, and work. In the soul, personal hygienic activities is a framework approach that cautiously portrays the multi-layered condition where the singular practice of healthy activities happens (Castanzo et al., 2006). Including the stunning and dynamic nature of the hygienic activities provides a strong relation to living a prosperous life. This philosophy considers the relationship between the individual and each subsystem and for associations between subsystems to be considered for personally applying hygienic

activities (Parveen et al., 2018; Shakorova, 2012). Sarkar (2013) explained that the significant effect of personal hygienic habits and the knowledge related to hygienic habits on students' acquirement of basic health is important and is shown in numerous investigations. The worth of personal hygienic habits is not to meditate through materialistic things and money-related ways as it considers a centre to give learning resources to its clients. It was inferred that the significant reason for the healthy habits isn't just to provide benefit, aside from a definitive feeling of society benefit demonstrated their judgment about hygienic habits. White et al. (2003) said that the need to improve personal hygienic habits is now becoming crucial and vital. The gaps between cleaning and practice information by optional school students never enable them to achieve wellbeing and prosperity. The cleaning information between male and female students is necessary for diminishing the ailments from school environment. Hygienic experts highly recommend that school administration focus on hygienic practices so that the students can attain good impersonal hygiene habits among the students. In conclusion, college-based personal cleanliness training is crucial to diminish the paces of transmissible ailments. Faselis et al. (2006) stated that The cooperation between the hygienic activities and facilities motivate students towards study. Nowadays healthy activities are continuously adopted to improve attention for attaining education. Hygienic habits significantly relate to the students struggling to attain better knowledge and academic achievements.

Methodology

The study's objectives were to determine the level of personal hygiene attitude among female secondary school students in the City of Faisalabad. The second objective was to determine the level of personal hygiene practice among female secondary school students in Faisalabad. The third objective was to identify ways to improve good personal hygiene practices in female secondary school students in Faisalabad. The study population was the secondary level students in tehsil Faisalabad. The target population consisted of schools in the city of Faisalabad. Convenient sampling technique was used for data collection. The sample consisted of 151 respondents selected from schools in the open area of Faisalabad. A well-designed questionnaire was used for the collection of data. Data were analyzed through Statistical Packages for Social Sciences (SPSS).

Results and discussion

The prevalent average standard of cultural processions, effective income, material procession, and participation in community group activities determine the person's socio-economic status. Socio-economic and demographic characteristics were measured by using the following parameters. Therefore, in socio-economic characteristics, several factors, and each factor further has several indices. Every society, according to its norms and values,

determines the socio-economic characteristics of a person. So, the socio-economic characteristics of the respondent's family were taken as an independent variable in the study because of its importance. The

following indicators of socio-economic characteristics have been used for the present study.

Table 1 Distribution of the respondents according to their demographic attributes

Age			
10-12	45		29.8
13-15	67		44.4
16-18	22		14.6
Above 18	17		11.3
Parents education level			
Under-graduation	67		44.4
Graduation	60		39.7
Post-graduation	24		15.9
Residential Status			
Urban	63		41.7
Rural	88		58.3
Total	151		100

Table 1 shows that slightly more than fourth i.e. 29.8%, of the respondents had up to 10-12 years of age, while about 44.4% had 13-15 years age. Whereas only 14.6% of the respondents were 16-18 years of age, and only 11.3% were above 18 years of age. It is

revealed that 44.4% of the respondents were under-graduates, while more than one-third 39.7% of the respondents were graduates, and only 15.9% were post-graduates. It describes that 41.7% were from urban areas, and 58.3% were from rural areas.

Table 2: Weighted score, Mean value, Standard deviation and Rank order of the knowledge of Eating habits

Eating habits	Weighted score	Mean	Standard deviation	Rank order
Eating covered food to protect from bacteria	566	3.74	1.19	1
Drinking adequate water to improve the digestive system	530	3.50	1.36	2
Sharing drinking cups without washing bring health problem	496	3.28	1.38	3
Eating raw vegetables does not cause amoebic infections	494	3.27	1.18	4
Taking diet at an appropriate time to improve health	442	2.92	1.55	5
To reduce cholesterol, eating less junk food	410	2.71	1.37	6
Eating salad to increase the hunger	346	2.29	1.31	7

Table 2 displays the results of questions regarding the knowledge of eating habits. Eating covered food to protect from bacteria is ranked in 1st position, and it shows that the responses fall between neutral to agree but tend towards agree with a 3.74 mean value. Drinking adequate water improves the digestive system, ranked in the 2nd position and shows that the responses fall between neutral to agree but tending towards a 3.50 mean value. Sharing drinking cups without washing bring health problem is ranked in 3rd position and shows that the responses fall between neutral to agree but tending towards a 3.28 mean value. Taking diet at the appropriate time to improve health is ranked in 4th position, and it shows that the responses fall between neutral to agree but tend towards very neutral with 3.27 mean value. Eat-covered food is ranked 5th, which shows that the responses fall between disagree and neutral but tend towards very neutral with a 2.92 mean value. To reduce cholesterol, eating less junk food is ranked in

6th position, showing that the responses fall between disagree and neutral but tending towards a 2.71 mean value. Eating salad increases hunger, which is ranked in 7th position, and shows that the responses fall between disagree and neutral but tend towards a 2.29 mean value.

Personal hygiene is particularly related to the efforts to maintain personal health that efforts surely prevent them from numerous diseases. Hygienic activities train the students to stay healthy by adopting healthy and clean activities. Hygienic activities also guide the students to make their surroundings neat Personal hygienic activities create circumstances that prevent everyone from viruses, bacteria, and diseases (Costanzo et al., 2006). The results show that eating at the proper time helps maintain a good life. It helps the students to adopt healthy and clean activities. Caring for personal hygiene protects us from infectious diseases. Eating less junk food helps to reduce cholesterol.

Table 3: Weighted score, Mean value, Standard deviation and Rank order of the knowledge of Washing Habits

Washing Habits	Weighted score	Mean	Standard deviation	Rank order
Wash hands after every activity to save us from numerous viruses	671	4.44	.75	1
The family healthy environment promotes personal hygiene	594	3.93	.61	2
Taking a bath daily improves the ability to do work on time	577	3.82	.95	3
Wear neat and clean clothes save from many skin diseases	525	3.47	1.08	4

Table 3 illustrates the result of questions regarding the washing Habits. Wash hands after every activity save us from numerous viruses ranked on 1st position. It shows that the responses fall between agree to strongly agree and agree but tending towards strongly agree with a 4.44 mean value. Family healthy environment promotes personal hygiene is ranked in 2nd position and shows that the responses fall between neutral and agree but tend towards agree with a 3.93 mean value. Taking a bath daily improves the ability to do work at time, which is ranked in 3rd position, and I shows that the responses fall between neutral to agree but tend towards agree with a 3.82 mean value. Wear neat and clean clothes save from many skin diseases is ranked in 4th position, and it shows that the responses fall between neutral to agree but tending towards neutral with a 3.47 mean value. Hygienic practice includes bathing regularly, properly washing hands, removing extra and unwanted hair, brushing the teeth before eating, and changing clothes and undergarments daily. motivation is an important and deliberating factor that greatly affects student's education. Motivation for applying personal hygienic activities has a very important impact on the students in attaining a healthy lifestyle Adoption of hygienic activities motivates the students for more achievements, academic goals, self-efficacy, and self-worth. Hygienic activities initiate and amplify effects on academic motivation and achievements if students feel that success is expedient and inevitable, so they maintain and manage their health for a long time (Nefer, 2018). The results show that washing hands after every activity saves us from numerous viruses and helps maintain a healthy environment. Taking a bath daily improves the ability to do work quickly. Wearing neat and clean clothes saves us from skin diseases.

Conclusion

The principles of using hygienic activities can create an impression of good health as a healthy living tool. Hygienic attitude and practice develop students' habits and skills and teachers' pedagogies. Teachers can critically evaluate all the students by assessing them in the healthy activities of students before going to class. Then, they can teach the topics with full command of the information. The full expansion of hygienic knowledge contributes to and increases the organization's value and accomplishment of higher learning aims with great comfort. Numerous researchers considered attitudes regarding hygienic activities part and parcel in evaluating student's

scholarly accomplishments. Numerous examination topics can be contemplated by hygienic activities utilization in educational institutes. Hygienic knowledge and attitude are not considered activities of some specific society or groups associated with some specific community. It has existed among all communities and almost all social groups for a long time, but now it has become a social acceptance and highlighted as a positive effort.

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Declaration

Conflict of interest

The researchers affirm that there were no financial or commercial ties that might be seen as a potential conflict of interest throughout the research's execution.

Data Availability statement

All data generated or analyzed during the study have been included in the manuscript.

Ethics approval and consent to participate

These aspects are not applicable in this research.

Consent for publication

Not applicable

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