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## Assess knowledge level among the primary school children regarding handwashing

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### Abstract

A descriptive study was undertaken on 30 primary school children selected by simple random sampling technique in U.G.U.P School, Chakeishani, Bhubaneswar, Odisha to determine the level of knowledge regarding hand washing among the primary school children (8-11 years). Data was collected through structured questionnaire and collected data were analyzed by using descriptive statistics.

Findings revealed that highest percentage of the primary school children were in the age group of 10-11 years (36.6%) and majority were female 60% among the school children 93.3% were Hindus. Majority 46.6% of the parents of primary school children had +2 or intermediate or diploma back ground in the educational status. Majority of the parents 46.6% were businessman by occupation and belong to middle class socio-economic status. 56.7% of children were from urban area.

The level of knowledge of the primary school children reveals the majority of respondents 53% had moderate knowledge. 27% had inadequate knowledge regarding hand washing technique.

**Keywords:** Handwashing, Primary school children, Knowledge

### 1. Introduction

A nation's health is measured by the health of its children. In developing countries every year nearly 12 million children die before their fifth birthday. According to the new figures from UNICEF 1,400 children under five still die every day from diarrhoeal diseases caused by a lack of safe water, sanitation and basic hygiene.

Global Handwashing Day (GHD) takes place on October 15 of each year. The campaign was dedicated to raising awareness of handwashing with soap as a key approach to disease prevention. The theme mainly focussed on school children. It helps to promote handwashing and raise awareness and plays a great role in child survival and overall community health. On 5<sup>th</sup> May, WHO celebrates "Save lives; clean your hands" initiative. By cleaning hands in the right way and at the right time, WHO experts maintain "one can help reduce healthcare-associated infections and save one's life". It is extremely important for everybody because it's through our hands that we pick up different germs, become infected, and spread disease. Handwashing at critical times including before eating or preparing food and after using the toilet can reduce diarrhoea rates by almost 40 per cent. Handwashing with soap can reduce the incidence of acute respiratory infections (ARI's) by around 23 per cent. Handwashing can be a critical measure in controlling pandemic outbreaks of respiratory infections. Several studies carried out during the 2006 outbreak of severe acute respiratory syndrome (SARS) suggest that washing hands more than 10 times a day can cut the spread of the respiratory virus by 55 per cent.

A study was conducted on nosocomial infections in the paediatric intensive care units (PICU) in the west. The common nosocomial infections found in PICU were infection in the bloodstream (20-30%), lower respiratory tract infection (20-35%), and urinary tract infection (15-20%). The study findings showed that the nosocomial infections rates can be reduced up to 50% by hand washing and proper asepsis during procedures.

A cross-sectional study was conducted on environmental risk factor for diarrhoea among 1064 male school children in Jeddah, Saudi Arabia, through random sampling method. Self administered questions were issued to parents through schools. Results showed that 14.9% of the children had diarrhoea during the previous month of study. The main risk factors were the number of children under five years of age living in the same house (OR per child 1.34%,

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95% confidence intervals 1.15-1.56), reporting spillage of sewage near home, eating out after school hours, not drying hands after washing them, and using reusable cloths or sponges to dry dishes.

## 2. Statement of the Problem

"A descriptive study to assess the level of knowledge regarding hand washing among the primary school children in selected area, Bhubaneswar, Odisha"

## 3. Objectives of the Study

To determine the level of knowledge of primary school children regarding hand washing.

## 4. Delimitations

The study was delimited to the:

1. The study is limited to 8-11 years of age school children in a selected primary school at Chakeiseiani.
2. Those who were present during the period of data collection.

## 5. Methodology

A quantitative research approach and a non-experimental research design was selected for the study. The study was conducted in U.G.U.P School, Chakeisihani, Bhubaneswar, Odisha which is situated in the heart of the city of Bhubaneswar. 30 primary school children were selected by simple random sampling technique.

### 5.1. Inclusion criteria

- ❖ Students who were between 8-11 years of age group
- ❖ Students who were residing in Chakeisihani
- ❖ Students who understood both English & Odia
- ❖ Students were available during the period of data collection

### 5.2. Tool construction

The tool was prepared in 2 sections. Section "A" contains the demographic variables and section "B" contains the structured close ended questionnaire regarding hand washing to assess the level of knowledge among the primary school children. The tool was validated by various experts from the field of community nursing, statistics. Reliability of the tool was done by test rest method by using Karl Pearson's correlation coefficient formula and it was found to be reliable (0.81).

**Table 1:** Scoring procedure

Level of knowledge	Percentage of scores	Actual score
Inadequate knowledge	< 50%	0-10
Moderate knowledge	51 – 75%	11-15
Adequate knowledge	>75%	16-20

### 5.3. Data collection procedure

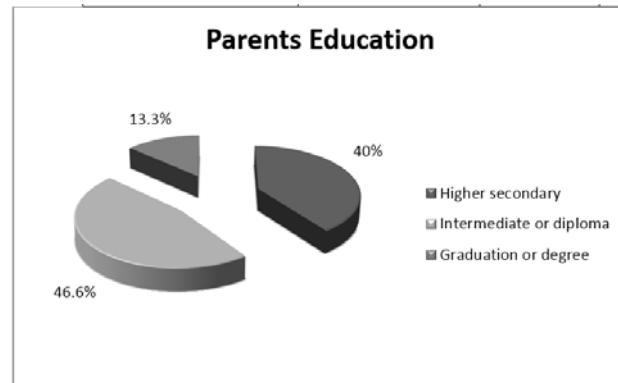
Prior permission was obtained from the concerned authority of the community. Written consent was obtained. Detailed information about the study was given to the children and school teacher. Data was collected through structured questionnaire and collected data were analyzed by using descriptive and inferential statistics.

## 6. Results and Discussion

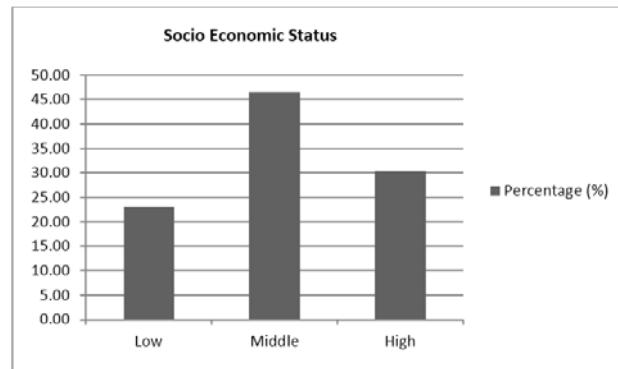
Various socio-demographic variables are shown in Table 2

**Table 2:**Socio-demographic variables

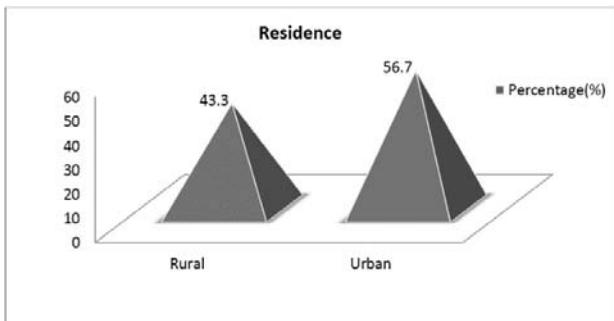
Characteristics	N=30	
	Frequency	%
Age (in Years)	8-9	9 30
	9-10	10 33.3
	10-11	11 36.7
Sex	Male	12 40
	Female	18 60
Religion	Hindu	28 93.3
	Muslim	2 6.7
Education of Parents	Higher Secondary	12 40
	Intermediate or Diploma	14 46.6
	Graduation and above	4 13.4
Occupation of parents	Govt. Employee	4 13.3
	Businessman	14 46.7
	Private Employee	12 40
Socio Economic Status	Low	7 23
	Middle	14 46.6
	High	9 30.4
Area of Residence	Rural	13 43.3
	Urban	17 56.7



**Fig 1:** Percentage distribution of Parents of primary school children according to their education.



**Fig 2:** Percentage distribution of the parents of school children according to socio economic status

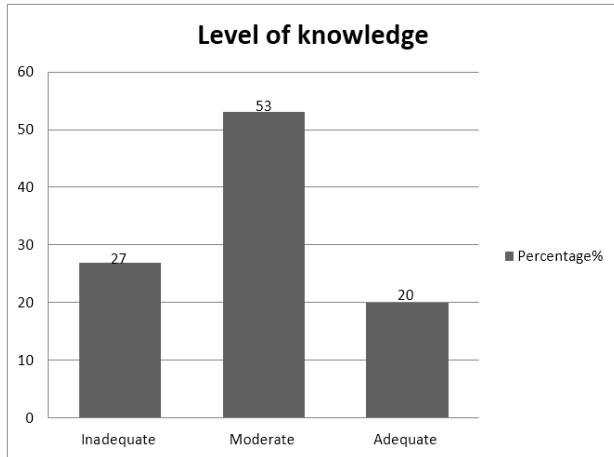


**Fig 3:** Percentage distribution according to their area of residence

Findings from Table no.2 revealed that highest percentage of the primary school children were in the age group of 10-11 years (36.6%) and majority were female 60% among the school children 93.3% were Hindus. Majority 46.6% of the parents of primary school children had +2 or intermediate or diploma back ground in the educational status, also as their highest qualification. Majority of the parents 46.6% were businessman by occupation and belong to middle class socio-economic status. 56.7% of children were from urban area.

**Table 3:** Percentage distribution of data according to level of knowledge of the primary school children N=30

Level of knowledge	Frequency	Percentage (%)
Inadequate knowledge	8	27%
Moderate knowledge	16	53%
Adequate knowledge	6	20%



**Fig 4:** Percentage distribution of primary school children according to their level of knowledge

Table no. 3 depicts that the level of knowledge of the primary school children reveals the majority of respondents 53% have moderate knowledge. 27% have inadequate knowledge regarding hand washing technique.

The major findings were:-

- Among the primary school children 30% of children belongs to age group 8-9 years, 33.3% children belongs to age group 9-10 years and 36.7% children belongs to age group 10-11 years.

- Among them 60% were female and 40% were male children.
- Among the school children 93.3% were Hindu and 6.7% were Muslim.
- In educational status of the parents of primary school children 40% had passed 10<sup>th</sup>, 46.6% had diploma or intermediate background and 13.4% had degree certificate.
- Among the occupation of the parents 13.3% were Govt. employee, 46.7% were Business man and 40% were working in private sector.
- 23% of parents have low socio economic status, 46.6% have middle economic status and 30.4% have high economic status.
- 43.3% belongs to rural area and 56.7% of children belonged to urban area.
- The level of knowledge of the primary school children depicts that 27% had inadequate knowledge, 53% had moderate knowledge, 20% had adequate knowledge regarding handwashing technique.

## 7. Conclusion

Hand washing is one of the most important aspects among the healthy practices in day-to-day life. It is necessary to maintain good environmental and personal hygiene and practice of health habits among the children to preventive disease.

## 8. Recommendations

- Since the present study was conducted on a small sample, a more extensive study on a wider sample is desired to be conducted.
- An evaluative study could be conducted to assess the effectiveness of handwashing on prevention of infection and diseases among parents.

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