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A study to assess the effectiveness of planned teaching programme on knowledge among school children (11-16yrs) regarding personal hygiene at Hilton matriculation higher secondary school in Chrompet Chennai

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Abstract

Personal hygiene is the practice of maintaining cleanliness of the body, it is done through bathing, hair grooming, and hand washing, brushing teeth, trimming nails & cleaning ears among others. The aim and objectives of the study is to assess the knowledge among school children regarding personal hygiene before the planned teaching programme. To assess the knowledge among school children regarding personal hygiene after the administration of planned teaching programme. To find out the effectiveness of planned teaching programme on knowledge among school children regarding personal hygiene. To determine the association between post-test knowledge of the school children and the demographic variables. Evaluative research approach and pre experimental (one group pre-test post-test) were used. Random sampling technique were used to select the sample. The total study sample consist of 30 school children. The data was analyzed by using descriptive and inferential statistics. The result of the study reveal that the planned teaching programme is found to be effective in terms of gaining knowledge i.e. $p < 0.001$. So the planned teaching programme is effective in improving the knowledge of school children regarding personal hygiene.

Keywords: Effectiveness, knowledge, planned teaching, hygiene, Hilton matriculation

1. Introduction

Personal hygiene is the practice of maintaining cleanliness of the body, it is done through bathing, hair grooming, and hand washing, brushing teeth, trimming nails & cleaning ears among others. Through these personal behaviors, social acceptances are gained. However maintaining good or acceptable personal hygiene is seldom perceived & acknowledged as protection against diseases. Personal hygiene involves practice of keeping oneself clean in order to prevent illness and diseases. Keeping oneself clean will not only protect one from germs but also allows to have confident in relationships and social life. Actions to ensure personal hygiene are simple but most of people neglect to practice the habit.

2. Objective of the Study

- To assess the knowledge among school children regarding personal hygiene before the planned teaching programme.
- To assess the knowledge among school children regarding personal hygiene after the administration of planned teaching programme.
- To find out the effectiveness of planned teaching programme on knowledge among school children regarding personal hygiene.
- To determine the association between post-test knowledge of the school children and the demographic variables.

3. Hypothesis

H1: There is a significant difference between the pre-test and post- test knowledge among school children regarding personal hygiene.

H2: There will be significant association between the demographic variables and the post-test knowledge among school children regarding personal hygiene.

4. Methodology

Evaluative research approach and one group pre-test post-test design was used. Random sampling techniques were used to select the sample for the study. The total study sample consisted of 30 school children. In order to assess the level of knowledge regarding personal hygiene among school children a structured questionnaire were used.

The score was interpreted as follows:

- ≤50%, Inadequate knowledge
- 51-75% Moderately adequate
- > 76% adequate knowledge

5. Results

The pre-test knowledge regarding personal hygiene It reveals that the majorities of students 27(90%) had moderate adequate knowledge and only 3(10%) have inadequate adequate knowledge out of 30 sample

With regards to the post test score after the planned teaching programme the majorities of sample 26 (86.67%) out of 30 experience adequate level of knowledge and only4 (13.33%) out of 30 have moderately adequate knowledge.

The effectiveness of mean and standard deviation of pre-test and post-test knowledge and paired ‘t’ value regarding the knowledge among school children regarding personal hygiene. The mean value is 18.3 before structure teaching programme and 22.7 after structure teaching programme. The standard deviation value is 3.9 before structure teaching programme and 3.53 after structure teaching programme. The difference of mean is 4.4 respectively. To test the significant ‘t’ test has been applied. The overall paired t test value is 23.0. Statistical significant is at $p < 0.001$. It reveals that there was a significant difference between the pre-test and post-test knowledge score. Hence it is evidence that the structure teaching programme is significantly effective in improving the knowledge among school children regarding personal hygiene.

Over all knowledge	Mean	Mean difference	SD	‘t’ value	‘p’ value
Pre test	18.3	4.4	3.9	23.0	0.001
Post test	22.7		3.53		

6. Conclusion

Based upon the finding of the study most of the school children have adequate knowledge regarding personal hygiene. The planned teaching programme is found to be effective in improving the knowledge of school age children.

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