



A Cross Sectional Study on Personal Hygiene Among Paramedical Professional Students At School of Medical Education Kottayam in India

Mohammad
Jawed Quereishi

MPH (Gold Medalist), MBA, PGDDHM, State Planning Manager – National Health Mission, Department of Health & Family Welfare, Government of Chhattisgarh State, India

ABSTRACT

This study was conducted among the paramedical professional students of School of Medical Education, Mahatma Gandhi University, Gandhinagar, Kottayam, Kerala. Study has been done with the help of primary data, which includes interview with students, observations & personal discussions. This study is descriptive type & sampling technique used is simple random type. Personal hygiene may be defined as branch of hygiene, which concern itself with the adjustments, which the individual must make to preserve & improve the health of his body & mind. Thus it deals with matters, which are the personal responsibility of every person. Personal hygiene includes bathing, clothing, washing hands & feet's, and care of nails, eyes, ears, teeth and menstrual hygiene. The main object of personal hygiene is to maintain a high standard of health. Poor personal hygiene increases the chances of occurring diseases so, personal hygiene is very important for maintenance of good health. It has profound effect on maintaining a healthy life style. Aim of the study is to understand the personal hygiene habits among professional students. Population includes both girls & boys who are studying in various paramedical courses at School of Medical Education of Mahatma Gandhi University Gandhinagar, Kottayam, Kerala, India. From the population, 100 students were selected for the study. In the present study simple random technique is used. The tool used is interview schedule prepared in English language. The first part includes personal data sheet seeks name, age, sex, family & course etc. Other parts includes oral hygiene, skin care, eye care, care of hands, care of ears, care of feet's & care of hands. The personal hygiene habit is more & good in female professional students (68%) in comparison of male professional students (32%). The personal hygiene habit is more & good in professional students who belong to Nuclear family (72%) as compare to extended family (28%).

KEYWORDS : Personal hygiene; Paramedical Student; oral hygiene; skin care; Nuclear family.

Introduction: This study was conducted among the paramedical professional students of School of Medical Education, Mahatma Gandhi University, Gandhinagar, Kottayam, Kerala. Study has been done with the help of primary data, which includes interview with students, observations & personal discussions. This study is descriptive type & sampling technique used is simple random type. Personal hygiene may be defined as branch of hygiene, which concern itself with the adjustments, which the individual must make to preserve & improve the health of his body & mind. Thus it deals with matters, which are the personal responsibility of every person. Personal hygiene includes bathing, clothing, washing hands & feet's, and care of nails, eyes & teeth. Personal hygiene is the first step to good grooming and good health. Elementary cleanliness is common knowledge. Neglect causes problems that you may not even be aware of. Many people with bad breath are blissfully unaware of it. Some problems may not be your fault at all, but improving standards of hygiene will control these conditions. Every external part of the body demands a basic amount of attention on a regular basis like care of [hair](#) & ears, [skin,teeth,hands,nails,feet](#) and [menstrual hygiene](#).

Objectives of the study:

To study the personal hygiene among paramedical professional students with respect to sex.

To study the personal hygiene among paramedical professional students with respect to their family type.

Methodology of the study:

POPULATION:

Population includes both girls & boys who are studying in various paramedical courses at School of Medical Education of Mahatma Gandhi University Gandhinagar, Kottayam, Kerala, INDIA.

SAMPLE:

From the population, 100 students were selected for the study. In the present study simple random technique is used.

TOOL:

The tool used is interview schedule prepared in English language. The first part includes personal data sheet seeks name, age, sex, family & course etc. Other parts includes information on oral hygiene, skin care, eye care, care of hands, care of ears, care of feet's, care of hands

and menstrual hygiene practices .

Results:

The personal hygiene habit is more & good in female professional students (68%) in comparison of male professional students (32%).

The personal hygiene habit is more & good in professional students who belong to Nuclear family (72%) as compare to extended family (28%).