



KNOWLEDGE OF VISUALLY CHALLENGED CHILDREN REGARDING PERSONAL HYGIENE.

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Abstract

The present study was an attempt to assess the knowledge of visually challenged children regarding personal hygiene in government school for visually challenged children. The current study was based on Modified Pender's Health promotion model (1996). The research approach was a non-experimental approach and the design selected for the study was descriptive survey design. Sample consists of 50 visually challenged children who are satisfying inclusion criteria. The main objective of the present study was to assess the knowledge of visually challenged children regarding personal hygiene. The tools used were demographic data of the visually challenged children and knowledge questionnaire regarding personal hygiene. Content validity was done with the help of experts. The actual study was conducted after finding the feasibility of the tool by using pilot study. The data obtained were tabulated and analyzed using descriptive and inferential statistics. The findings revealed that out of 50 children 10 (20%) had adequate, 30 (60%) had moderate and 10 (20%) had inadequate knowledge of personal hygiene.

Key Words: *Assess, Knowledge, Personal Hygiene, Visually Challenged Children.*

Introduction

Hygiene is the science of health and maintenance. It is highly personal determined by individual values and practices. Hygienic status of the children is an index of national investment in the development of its man power. Hygiene and good habits are commonly understood as a prevention methods against infection. One of the effective ways to protect ourselves from illness is good personal hygiene. This means not only washing hands but also bathing, washing hair, brushing etc. maintaining good personal hygiene helps to fight against infection by removing essence that allow bacteria to grow from the surface of the skin.

For a person to be independent, it's imperative to ensure necessary prerequisites, one of the most important prerequisites for independent life is the ability to manage the task of everyday life without help. In these times of rapid modernization of life people are experiencing difficulties in coping with everyday life. These types of problems are more pronounced with the visually impaired persons because of their impairments they are unable to successfully cope with proper personal hygiene. Eyes are the most important sense organs and visual impairment affects all aspects of the life. National institute for blind focused personal hygiene practices are very important to the children with visual impairments in their school age because that period is very crucial since these are the formative years in the life of an individual. The investigator found most of the visually challenged children have recurrent infections and diseases due to improper personal hygiene and also they don't realize the severity of improper personal hygiene practices. Hence the investigator planned to conduct the present study to describe and explore the knowledge of visually challenged children regarding personal hygiene.

Statement of the Problem

A study to assess the knowledge regarding personal hygiene among visually challenged children in a selected government school for visually challenged children.

Objectives of the Study

- To assess the knowledge of visually challenged children regarding the aspects of personal hygiene
- To compare the relationship between the knowledge score and selected socio demographic variables
- To prepare a health education pamphlet on personal hygiene based on identified needs.

Assumptions

- Visually challenged children may have inadequate knowledge regarding personal hygiene.
- Knowledge of the children regarding personal hygiene will be influence by socio demographic variables like age, sex, religion, class of study, place of stay, type of family, parent's education, number of siblings etc
- The adequate knowledge on personal hygiene will make the children to maintain proper personal hygiene

Conceptual Framework: The conceptual framework of the study was modified Pender's health promotion model

Materials and Methods

Research approach - Non-experimental research approach

Research design- Descriptive survey design



Setting of the Study: Study was conducted in government school for visually challenged children. It is a residential school consist of 60 students, 13 teaching staffs and 7 non-teaching staffs. The timings of the school is 10am to 4pm.

Population: Visually challenged children between 6 to 17 yrs of age group who are studying in residential school for visually challenged children.

Sample and Sampling Technique: Samples were visually challenged children who fulfil the inclusion criteria. The sample size were 50. Simple random sampling (Lottery method) was used for this study.

Inclusion criteria

- The age group between 6-17 yrs studying and residing at government school for visually challenged children

Tools or instruments

Section A: demographic data of the visually challenged children

Section B: knowledge questionnaire regarding personal hygiene

Data Collection Process

To conduct the research study in government school for visually challenged children. A formal written permission was obtained from the Principal prior to data collection procedure. A detailed introduction about the research study and its objectives were explained to the subjects. The researcher cleared the doubts of the respondents for providing complete information about the study. 5 students were interviewed every day. After the collection of data they have been thoroughly verified, edited and coded.

Results

Description of socio demographic variables of visually challenged children

Table: 1 Distribution of visually challenged children according to their age in years and gender

S No	Age in years	Respondents					
		Male		Female		Total	
		No.	%	No.	%	No.	%
1	6-8 yrs	5	10	5	10	10	20
2	9-11 yrs	10	20	7	14	17	34
3	12-14 yrs	8	16	6	12	14	28
4	15-17 yrs	4	8	5	10	9	18
	Total	27		23		50	100

Table: 2 distribution of visually challenged children according to other demographic variables

S. No	Variables	Particulars	Respondents	
			Number	Percentage
1	Religion	Hindu	19	38
		Muslim	16	32
		Christian	15	30
2	Class of study	II – IV (*LP)	10	20
		V – VII (*UP)	19	38
		VIII – X (High School)	21	42
3	Place of resident	Urban	10	20
		Rural	40	80
4	Type of family	Nuclear	26	52
		Joint	24	48
5	No. of siblings	1	19	38
		2	21	42
		3	10	20
6	Education status of parents	Illiterate	9	18
		High school	16	32
		Graduates	15	30
		Post graduates	10	20



7	Family history of visual impairments	Yes	9	18
		No	41	82

Findings related to knowledge of visually challenged children regarding personal hygiene.
Table: 3 Overall knowledge level of personal hygiene among visually challenged children

S No	Knowledge level	Respondents	
		Number	Percentage
1	Inadequate (<50%)	10	20
2	Moderate (50-75%)	30	60
3	Adequate (>75%)	10	20

Table: 4 Mean, *SD, Range, Mean score percentage of visually challenged children regarding different aspects of personal hygiene

*N= 50

S.No	Aspects	Max.possible score	Range score	Respondents knowledge		
				Mean	Mean score	SD
1	Personal hygiene	8	2-7	4.48	58	1.69
2	Oral care	15	4-14	9.42	62.8	2.53
3	Eye care	8	1-7	4.54	56.75	1.55
4	Bath	12	5-11	7.74	64.5	1.52
5	Ear care	7	1-6	3.84	54.85	1.49
6	Hair care	11	4-11	6.9	62.7	2.15
7	Hand wash	17	4-16	11.04	64.9	3.21
8	Genital care	4	0-4	2.5	62.5	0.96

Relationship between the knowledge levels of visually challenged children regarding personal hygiene with selected demographic variables

This study reveals that there was no significant relationship between the knowledge of visually challenged children regarding the aspects of personal hygiene with selected demographic variables like sex, religion, type of family and education of the parents. But there were significant relationship with age and their class of study.

Recommendations

- The same study can be replicate by using a large sample there by findings can be generalized
- Comparative study may be conducted on knowledge on personal hygiene among visually challenged children residing in rural and urban area.
- Comparative study may be conducted between the visually challenged children who are staying in hostel and home
- The study can be conducted to find out the factors that affect the proper practice of personal hygiene
- A study may be planned to conduct with adult population.

Conclusion

The main aim of the study was to identify the knowledge of visually challenged children regarding personal hygiene. Visually impaired children are a particular group who are more prone to get infections and diseases due to improper personal hygiene. So it is necessary to enable visually challenged persons have to learn daily living skills under expert guidance. The trainers have to help the children to adopt good hygiene and habits during their childhood.

*LP= Lower Primary, UP=Upper Primary, N=total no.of samples, SD= Standard deviation

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