

Original Research Article

Effectiveness of Planned Teaching Program on Knowledge Regarding Personal Hygiene among Children in Selected Primary Schools of Dharashiv (Osmanabad)

Mr. Ashok Hari Rathod^{1*}, Dr. Gajanand R. Wale²

¹Assistant Professor, Dept. of Community Health Nursing, K T Patil College of Nursing, Dharashiv (Osmanabad)

²Professor cum Principal Dept. of Community Health Nursing, K T Patil College of Nursing, Dharashiv (Osmanabad)

***Corresponding Author:** Mr. Ashok Hari Rathod

Assistant Professor, Dept. of Community Health Nursing, K T Patil College of Nursing, Dharashiv (Osmanabad)

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Abstract: Health is a positive concept that emphasizes both social and personal resources as well as physical abilities. “This means that health is a resource to help an individual perform their function in society, rather than an end in itself. A healthy lifestyle allows you to live the full life with meaning and purpose. The goal of the study was to assess effectiveness of planned teaching program on knowledge regarding personal hygiene among children in selected primary schools of Dharashiv. **Methodology:** The current research was designed to assess effectiveness of planned teaching program on knowledge regarding personal hygiene among children in selected primary schools of Dharashiv. This research employed a pre-experimental research design (one group pretest -post- test design). The research was carried out among 50 children in selected primary schools of Dharashiv by using non probability convenient sampling technique. The information was gathered using a demographic characteristics and questionnaire to assess knowledge regarding personal hygiene before planned teaching program. **Result:** The study’s summary, conclusion, implications for nursing and health care services, and limitations are all included in this chapter. The ideas and proposals for additional research in this chapter. The purpose of the study was to evaluate the impact of planned teaching program on knowledge regarding personal hygiene among children in selected primary schools of Dharashiv.

Keywords: Effect, Planned Teaching Program, Personal Hygiene, Children.

INTRODUCTION

Health is a positive concept that emphasizes both social and personal resources as well as physical abilities. “This means that health is a resource to help an individual perform their function in society, rather than an end in itself. A healthy lifestyle allows you to live the full life with meaning and purpose. Many children around the world live in conditions that make it difficult to maintain good hygiene. Where homes, schools and health centers have dirt floors; where water for handwashing is unavailable; and even where families share spaces with domestic animals; maintaining hygiene can be a challenge. What’s more, practicing good hygiene is often perceived as a woman’s responsibility, adding to her burden of care. Good hygiene is critical for preventing the spread of infectious diseases and helping children lead long, healthy lives. It also prevents them from missing school, resulting in better learning outcomes. Principles of hygiene should be made part of everyday life and the best way for parents to teach their children about good hygiene is to lead by example. The incidence of illness relating to areas of personal hygiene is more apparent in children as they are learning to take care of themselves and are exposed to many germs whilst in the school environment or in a play area.

Need of the Study

Personal hygiene is an important aspect in primary school children because lack of knowledge and the unhygienic practices may cause health hazard to them, during the initial phase of school life the children can learn various moral things

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which can affect on their life long process in that personal hygiene & routine health care is very essential to become a healthy lifestyle. That's why the researcher want to do study on personal hygiene among primary school children. There are various types of personal hygiene in that daily bathing, brushing the teeth, hand washing, hair care, eye hygiene, nose hygiene, ear hygiene, genitalia hygiene etc. From that researcher want to provide knowledge on hand hygiene, oral hygiene & nail hygiene among primary school children, it will improve the knowledge of children and they adopt a healthy lifestyle and proper routine health care.

METHODOLOGY

The current research was designed to assess the effectiveness of planned teaching program on knowledge regarding personal hygiene among children in selected primary schools of Dharashiv. The current research employed a pre-experimental research design (one group pretest -post- test design). The research was carried out among 50 children in selected primary schools of Dharashiv by using non probability purposive sampling technique. The information was gathered using a demographic characteristics and questionnaire to assess knowledge regarding personal hygiene before planned teaching program.

Inclusion criteria for the study included children between the ages of 6 and 10 years attending selected primary schools in the Dharashiv, as well as children who were available during the data collection process. **Exclusion criteria** were set to exclude children who were suffering from any medical problems that might affect their ability to participate in the study. Additionally, a **withdrawal criterion** was applied to children who were unwilling to participate in the teaching program. The combination of these inclusion and exclusion criteria ensured that the sample population was appropriate for the study's objectives.

RESULTS

The study aimed to assess the effectiveness of a planned teaching program on improving children's knowledge about personal hygiene in selected primary schools. The results are presented in various sections as follows:

SECTION – I: Description of samples based on their demographic characteristics.

AGE:

20% of the Children were age of 07 year, 26% of them were age 08 year, 28% of them were age of 09 years and 26% of them were age of 10 Year.

GENDER

60% of them were Male and 40 % of them were Female.

STANDARD / CLASS OF SCHOOL CHILDREN

20% of the Children were in Ist Standard, 26% of them were in IInd Standard, 28% of them were in IIIrd Standard and 26% of them were in IVth Standard.

Educational Status of Father

28% of Children's Father had primary education, 26% of them had secondary education, 22% of them had higher secondary and 24% of them had graduate.

Educational Status of Mother

32% of Children's Mother had primary education, 34% of them had secondary education, 20% of them had higher secondary and 14% of them had graduate.

AREA OF RESIDENCE

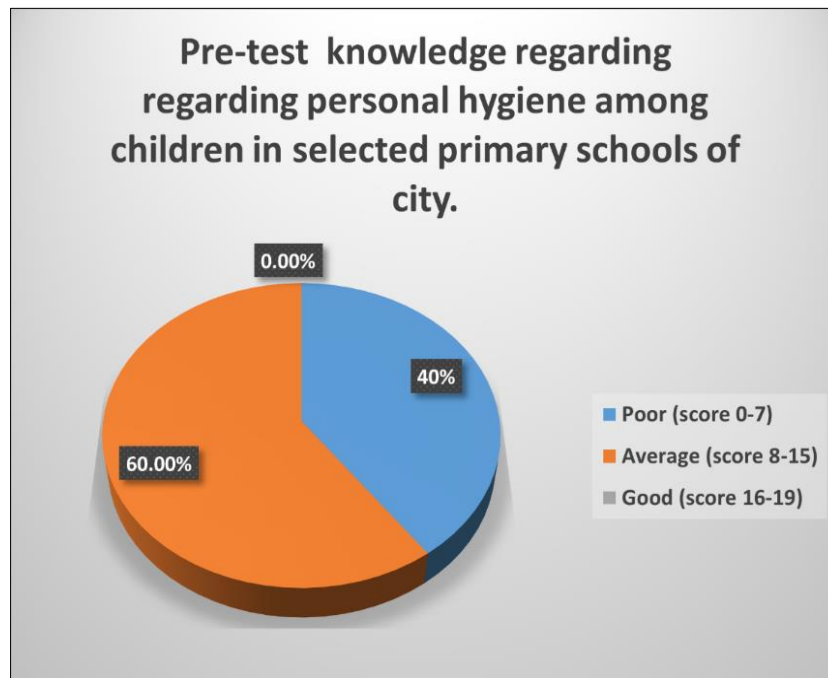
52% belongs to rural and 48 % belongs to urban.

SECTION – II: Objective 1: To assess the pre-existing knowledge regarding regarding personal hygiene among children in selected primary schools of Dharashiv.

40% of the Children had poor knowledge (Score 0-7) and 60% of them had average knowledge (score 8-15), 0% of had good knowledge regarding personal hygiene, as shown in.

Table 1: Pretest Knowledge Distribution Regarding Personal Hygiene

Knowledge	Pretest	
	Freq	%
Poor (score 0-7)	20	40%
Average (score 8-15)	30	60.00%
Good (score 16-19)	0	0.00%

**Figure 1: Pie chart representing the distribution of pretest knowledge regarding personal hygiene among children, showing the percentage of children with poor, average, and good knowledge.****Objective 2:**

To assess the effectiveness of Planned teaching program on knowledge regarding personal hygiene among children in selected primary schools of Dharashiv.

In pretest, 40% of the Children had poor knowledge (Score 0-7) and 60% had average knowledge (score 8-15) and 0% had good knowledge score (16-19). Personal hygiene among children in selected primary schools of Dharashiv.

In post - test, 100% all of them had good knowledge (score 16-19) regarding personal hygiene among children in selected primary schools of Dharashiv. This indicates that there is remarkably improvement in the knowledge Children in selected primary schools of Dharashiv as shown in.

Paired t-test for the Effectiveness of planned teaching program on knowledge regarding personal hygiene among children in selected primary schools of Dharashiv.

Researcher applied paired t-test for the effectiveness of a planned teaching program on knowledge scores regarding personal hygiene among children in selected primary schools of Dharashiv. Average knowledge score in pretest was 7.84 which increased to 17.12 in post - test. t-value for this test was with 2.91 degrees of freedom. The corresponding p-value was small (less than 0.05), the null hypothesis is rejected. It is evident that the knowledge among children at selected primary schools of Dharashiv regarding personal hygiene improved significantly after planned teaching program intervention, as shown in.

Table 2: Knowledge Distribution Regarding Personal Hygiene in Pretest and Post-test.

Knowledge	Pretest		Post test	
	Freq	%	Freq	%
Poor (score 0-7)	20	40%	0	0.00%
Average (score 8-15)	30	60.00%	0	0.00%
Good (score 16-19)	0	0.00%	50	100.00%

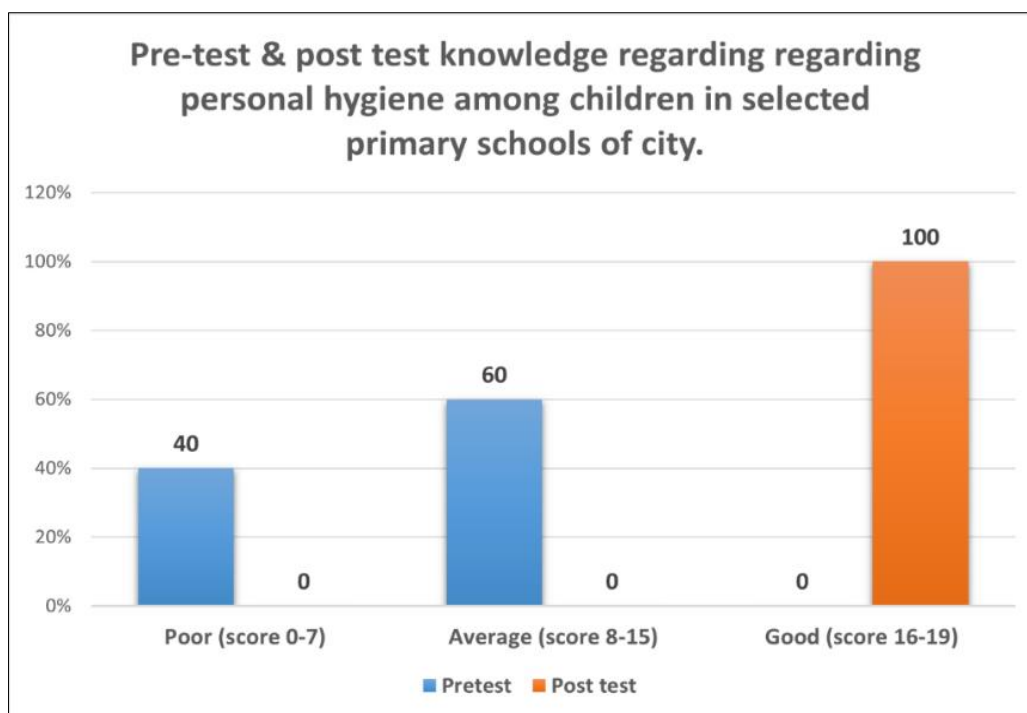


Figure 2: Bar diagram showing percentage wise Effectiveness of planned teaching program on knowledge score regarding personal hygiene among children at selected primary schools

Table 3: showing Paired t-test for the effectiveness of planned teaching program on knowledge score regarding personal hygiene among children at selected primary schools

	Mean	SD	'T' Value	df	p-value
Pre-test	7.84	0.93	2.91	49	0.001
Post -test	17.12	0.84			

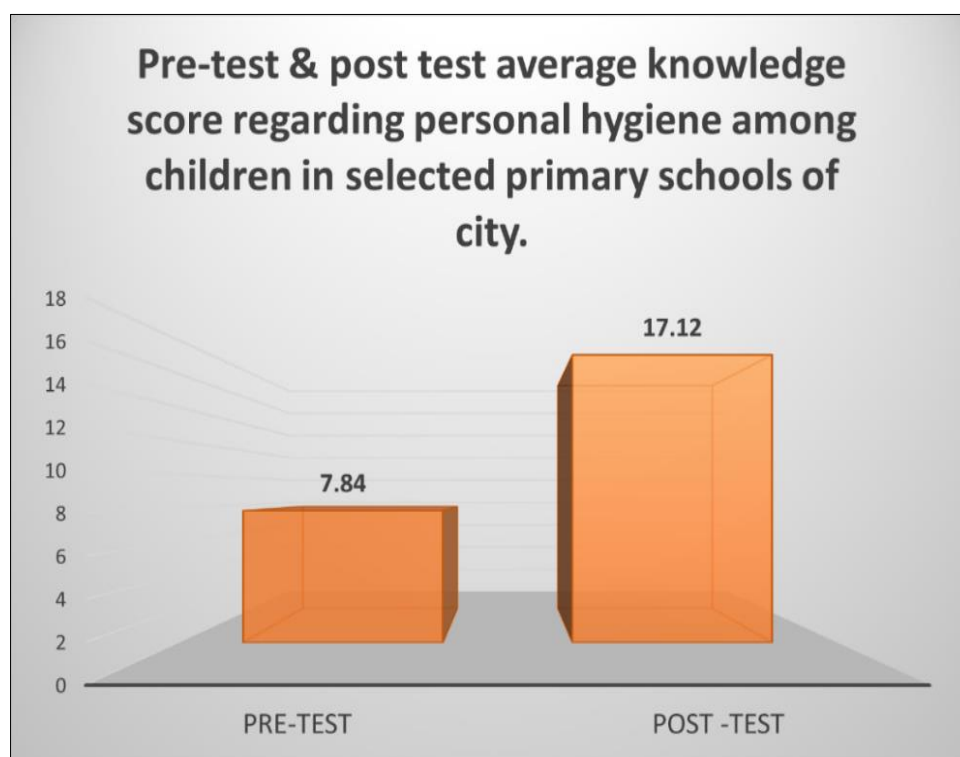


Figure 3: Bar diagram showing paired t-test for the Effectiveness of planned teaching program on knowledge score regarding personal hygiene among children at selected primary schools

DISCUSSION

The findings of this research underscore the effectiveness of a structured teaching program aimed at enhancing children's knowledge of personal hygiene. Initially, the study identified a significant gap in knowledge among children, with 40% exhibiting poor knowledge and 60% displaying average knowledge, based on the pretest results. These gaps were addressed through a specifically designed teaching intervention. Post-test results demonstrated remarkable improvement, with 100% of the children achieving good knowledge scores. This improvement is not only reflected in the post-test scores but also validated by statistical analyses, including paired t-tests, which showed a statistically significant increase in knowledge levels.

The success of this intervention highlights the value of a well-structured, self-designed questionnaire that targets key aspects of personal hygiene education. The detailed demographic data, encompassing factors such as age, gender, parental education levels, and area of residence, provided essential insights into the children's initial knowledge gaps and helped tailor the intervention effectively.

Moreover, the study's findings were corroborated through statistical validation, with paired t-tests demonstrating a significant shift in knowledge scores, further confirming the program's impact. The results also uncovered meaningful correlations between various demographic variables and knowledge gains, suggesting that these factors may play a role in shaping the effectiveness of educational interventions.

Overall, this research provides compelling evidence that planned teaching programs can substantially improve children's understanding of personal hygiene. The study's findings emphasize the importance of targeted educational interventions in primary schools, suggesting that similar programs could be implemented more widely to enhance children's knowledge in other essential health areas.

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Conflict of Interest: There are no conflicts of interest.

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