

Assessment and Improvement Strategies for Personal Hygiene among Females Aged 30 - 35: A Case Study in Tamil Nadu, India

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Abstract: *Personal hygiene is mandatory for women to prevent many diseases. Personal hygiene helps women stay healthy. Poor personal hygiene makes people more vulnerable to infection. Good hygienic practices are taught from an early age, and it helps to create self-awareness. This study was conducted to assess the practice of personal hygiene among females in the (30 - 35) age group at Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital, Kulasekharam, Tamil Nadu, India. The study units were females aged 30–35 years. The study is designed as a questionnaire and is distributed to females. Verbal consent was obtained from the females by explaining the purpose of the study. There were 30 study respondents. The questionnaire contains 30 questions. The parameters of the questionnaire included sociodemographic information and hygienic practices. The hygienic practices included cloth hygiene, skin hygiene, oral hygiene, hair hygiene, hand hygiene, urogenital hygiene, ear hygiene, bowel hygiene, and mental hygiene. From this study, the practice of personal hygiene, such as wearing washed clothes and taking regular head baths, is satisfactory, but scalp hygiene, water intake, and sleep are very poor. Therefore, females need more awareness about scalp hygiene, water intake, and sleep.*

Keywords: Hygiene, Personal hygiene, Menstrual hygiene, Genital hygiene, Sanitation.

1. Introduction

Hygiene is the study of health and includes all aspects of a healthy life. Ancient Indian medicine gave hygiene a significant role. Personal hygiene rules were contained in the "Laws of Manu." Personal and environmental hygiene are the two facets of hygiene, according to health education. Domestic and communal cleanliness are both parts of environmental hygiene. The goal of personal hygiene is to advance standards of cleanliness in the context of the environment in which individuals reside. Personal hygiene includes taking a shower, changing into clean clothes, washing your hands and using the restroom, taking care of your feet, nails, and teeth, spitting, coughing, and sneezing, and teaching young children healthy behaviors. Training in personal hygiene should start very young and continue all the way through school age. For females to prevent numerous diseases, good personal cleanliness is absolutely essential. Women's personal hygiene aids in maintaining health. Poor personal hygiene increases the risk of infection. Healthy habits are instilled in children at a young age, and this promotes self-awareness.

2. Materials and Method

In July 2022, a descriptive cross-sectional study was conducted to evaluate the fundamental elements of personal hygiene. At Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital, Kulasekharam, (T. N.) India, the study subjects were females in the 30 - 35 year age range. Females are given a questionnaire that is part of the study. By outlining the goals of the study, the females gave their verbal consent. n = 30 is the total number of respondents to the study. There are 30 questions in the survey. The questionnaire's requirements included details on sociodemographic characteristics and personal hygiene routines. Clothing hygiene, skin hygiene, mouth hygiene, hair hygiene, hand hygiene, urogenital hygiene, ear hygiene, bowel hygiene, and mental hygiene were among the hygienic activities. Women who didn't collaborate and were not willing to engage in the study were not included.

3. Result

The sociodemographic characteristics showed that the respondents were between 30 - 35 years of age. The total number of females is 30. Table 1.1 shows, regular early

morning wake up 28 (93.33%), while 2 (6.66%) do not have the practice of early morning wake - ups. brushing habit two times per day 8 (30%), and 22 (70%) do not have this habit. Defecation per day 28 (93.33%), and 2 (6.66%) not having the habit of defecation. Everyone takes a head bath per day 27 (90%) and has tartar teeth 5 (16.66%) and 25 (83.33%) do not have tartar teeth. Have tooth decay 7 (23.33%), and 23 (76.66%) do not have tooth decay. Regular tongue

cleaning 25 (83.33%) and 5 (16.66%) do not clean their tongue regularly. Dandruff on the scalp 17 (56.66%) and 13 (43.33%) do not have dandruff on the scalp. Have hair fall 30 (100%). Having lice on the scalp 2 (6.66%) and 28 (93.33%) do not have lice on the scalp. Regular oil application on the scalp 22 (73.33%) and 8 (26.66%) do not have the habit of regular oil application on the scalp.

Table 1.1

S. No	Contents	Yes	Percentage (%)	No	Percentage (%)
1	Regular Early Morning Wake - up	28	93.33	2	6.66
2	Brushing Habit two times per day	8	26.66	22	73.33
3	Defecation Per Day	28	93.33	2	6.66
4	Head Bath Per Day	27	90.00	3	10.00
5	Do You Have Tartar Teeth	5	16.66	25	83.33
6	Do You Have Tooth Decay	7	23.33	23	76.66
7	Do You Have gingivitis	0	Nil	30	100.00
8	Do You Clean your Tongue Regularly	25	83.33	5	16.66
9	Dandruff on your Scalp	17	56.66	13	43.33
10	Do you have hair fall	30	100.00	0	Nil
11	Do you have Lice on your Scalp	2	6.66	28	93.33
12	Oil application on Scalp Regularly	22	73.33	8	26.66
13	Eye Boogers after Wake up	20	66.66	10	33.33
14	Acne on your Face	5	16.66	25	83.33
15	Wash your Face Frequently	21	70.00	9	30.00
16	Habit of ear cleaning Regularly	23	76.66	7	23.33
17	Do you have ear discharges	0	Nil	30	100.00
18	Habit of hand Washing Regularly	30	100.00	0	Nil
19	Have the habit of nails trim	28	93.33	2	6.66
20	Frequency of Micturate 5 - 6 times per day	27	90.00	3	10.00
21	Do you intake 3 - 4 liters of water per day	10	33.33	20	66.66
22	Do you wear washed clothes regularly	30	100.00	0	Nil
23	Do you prefer cotton inner wear	25	83.33	5	16.66
24	Do you change your inner wear two times per day	28	93.33	2	6.66
25	Do you change sanitary napkins Frequently	30	100.00	0	Nil
26	Do you have Urinary Tract Infection	10	33.33	20	66.66
27	Do you have the symptoms of white discharge	23	76.66	7	23.33
28	Do you have the symptoms of Fungal Infection	3	10.00	27	90.00
29	Are you sleep 8 hours per day	2	6.66	28	93.33
30	Do you have sound sleep	5	16.66	25	83.33

Table 1.1: Shows the percentage of personal hygiene in females of age group (30 - 35) years.

Eye boogers after waking up 20 (66.66%) and 10 (33.33%) do not have eye boogers after waking up. Acne on face 5 (16.66%) and 25 (83.33%) do not have acne on face. Face washing frequently 21 (70%) and 9 (30%) are not washing face frequently. Regularly cleansing ears 23 (76.66%) and 7 (23.33%) do not regularly clean their ears. The regular habit of hand washing 30 (100%). Have the habit of having their nails trimmed 28 (93.33%) and 2 (6.66%) do not have the habit of nails trimmed. Frequency of micturition 5 - 6 times per day for 27 (90%) and 3 (10%) do not have the frequency of micturition 5 - 6 times per day. Intake of 3 - 4 liters of water per day 10 (33.33%) and 20 (66.66%) do not drink 3 - 4 liters of water per day. Everyone wears washed clothes 30 (100%). Prefer cotton inner wear 25 (83.33%) and 5 (16.66%) do not prefer cotton inner wear. Changing the inner wear twice a day is practiced by 28 (93.33%) and 2 (6.66%) not having this habit. Everyone changes the sanitary napkins frequently 30 (100%). Have urinary tract infections 10 (33.33%) and 20 (66.66%) do not have urinary tract infection. Have the symptoms of white discharge 23

(76.66%) and 7 (23.33%) do not have the symptoms of white discharge. Have the symptoms of fungal infection 3 (10%) and 27 (90%) do not have the symptoms of fungal infection. Sleep 8 hours per day 2 (6.66%) and 28 (93.33%) do not sleep 8 hours per day. Have sound sleep 5 (16.66%) and 25 (83.33%) do not have sound sleep.

4. Discussion

Regular early morning wake - up 28 (93.33%), Brushing habit two times per day 8 (26.66%) fewer females having this habit. Defecation per day 28 (93.33%), Everyone is taking head bath everyday 27 (90%), Have tartar teeth 5 (16.66%), Have tooth decay 7 (23.33%) fewer females have tartar and tooth decay. No One have gingivitis, Regular tongue cleaning 25 (83.33%) majority of females clean the tongue, Dandruff on scalp 17 (56.66%), Everyone have hair fall 30 (100%), Most of the Females do not have lice on the scalp 28 (73.33%), Regular oil application on scalp 22 (73.33%), most of the females have dandruff on scalp and hair fall. Eye boogers after waking up 20 (66.66%). Most of the females do not have acne on face 25 (83.33%). Face washing frequently 21 (70%). The regular habit of ear

cleaning 23 (76.66%). No females have ear discharges 30 (100%). The regular habit of hand washing is 30 (100%), trimming nails 28 (93.33%), and most of the females have the habit of trimming nails. Micturition frequency 5 - 6 times per day 27 (90%), and 20 (66.66%) are not having the habit of drink 3 - 4 liters of water per day, so they need water intake awareness. Everyone wears washed clothes regularly 30 (100%). Prefer cotton inner wear 25 (83.33%), and 28 (93.33%) change their inner wear two times per day. Everyone is changing sanitary napkins frequently 30 (100%). Have urinary tract infection 10 (33.33%). Have the symptoms of white discharge 23 (76.66%), and most of the females have white discharge. Have the symptoms of fungal infection 3 (10%), and 28 (93.33%) do not sleep 8 hours per day. 25 (83.33%) do not have sound sleep. The Majority of females are not having the awareness of the importance of sleep.

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5. Conclusion

The study reveals that while certain aspects of personal hygiene, such as wearing clean clothes and regular bathing, are well - maintained among the surveyed females aged 30 - 35, there are significant gaps in areas like scalp hygiene, water intake, and sleep quality. Despite good practices in genital hygiene, the overall findings suggest a need for increased awareness and education about the importance of comprehensive personal hygiene, including scalp care, hydration, and adequate sleep. Future interventions should focus on these areas to enhance overall health and wellbeing among this demographic.

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