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## Research Article

# HEALTH CARE AND HYGIENE AND SCHOOL ENVIRONMENT OF STANDARD VIII STUDENTS IN VIRUDHUNAGAR DISTRICT

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### ABSTRACT

School hygiene is a study of school environment influence; it explores the impact of schooling to mental and physical health of students. The primary aims of school hygiene education is to improve behaviour through useful practices connected to personal, water, food, domestic and public hygiene. Present study aims to find the relationship between health care and hygiene and school environment of standard VIII students. Fifty high school students were selected randomly as sample for the study. Survey method was adopted for the study. The data were collected using health care and hygiene and school environment scales. Critical ratio and Pearson's product moment correlation were applied to test the hypotheses. Interpretations were drawn based on the findings. Health care and hygiene and school environment of high school students were found to be an average and there was a high positive correlation between health care and hygiene and school environment of high school students.

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## INTRODUCTION

Health is the extent to which an individual or group is able, on the one hand, to realize aspirations and satisfy needs and on the other hand to change or cope with the environment. Health is seen as a resource for everyday life, not the objective of living, it is a positive concept emphasizing social and personal resources as well as physical capacities. The goals of health education are those of medicine as a whole (curative and preventive), that is to reduce morbidity, mortality, and disability and more recently to reduce the cost of health care. Health education influences not only diseases but also rates of population growth, absenteeism from work and school, illegitimacy and perhaps widowhood, thus it has a wide impact.

### Review of Related Literature

Biswas (2006) conducted a study to assess the impact of personal hygiene on the knowledge, attitude and practices of school children aged 10-14 years in two secondary schools situated in Burdwan, district of West Bengal. The results indicated that the health knowledge of the student significantly improved after education. Attitude of the students towards personal hygiene also improved significantly after education. The practice of personal hygiene improved significantly as well. Christian Jasper et. al. (2012) conducted a study on water

and sanitation in schools: a systematic review of the health and educational outcomes. This study revealed that the document higher rates of infectious, gastrointestinal, neuro-cognitive and psychological illnesses where school children were exposed to inadequate water and sanitation facilities. Udayakumar Kumaravl (2016) conducted a study on water and sanitation facilities in higher secondary schools in salem district. This study revealed that the private schools maintain clean and hygienic toilet facilities. the government schools was in a bad shape and also found that some students urinated in open places in government schools.

### Need and Significance of the Study

People in both developed and developing countries are seeking better health and better education. Health has been linked with productivity and better academic performance. Health is more than non-disease state but an overall well-being of an individual's physical, mental and social well-being. Health education promotes good nutrition, relaxation, disease prevention were improved health for the students to engage in their educational activities. The main aim of personal hygiene is to promote standards of personal cleanliness within the settings of the condition where people live. Good hygiene is an aid to health, beauty, comfort and social interactions. Good personal hygiene, directly aids in disease prevention and health

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promotion. Promotion of personal hygiene and sanitation in schools therefore help the students to adopt good hygiene and habits during their childhood. Hence the investigator has selected this topic for the study which in turn reflects it in their families and communities.

**Objectives**

1. To find out the health care and hygiene level of standard VIII students in Virudhunagar district.
2. To find out the health care and hygiene level of standard VIII students in Virudhunagar district.
3. To find out whether there is any significant relationship between “health care and hygiene” and school environment of standard VIII students in Virudhunagar district.
4. To find out whether there is any significant difference between boys and girls in health care and hygiene of standard VIII students in Virudhunagar district.
5. To find out whether there is any significant difference between government and government aided school children’s health care and hygiene of standard VIII students in Virudhunagar district.
6. To find out whether there is any significant difference between government and government aided school standard VIII students in school environment in Virudhunagar district.

**METHODOLOGY**

Survey method was adopted for the study.

**Sample Selection**

Fifty high school students were selected using random sampling technique from various school of Virudhunagar district.

**Research Instruments Used**

1. A scale on Health Care and Hygiene (SHCH) was validated by Dr. M.Kanmani and Velladurai (2018).
2. A scale on School Environment (SSE) was adopted by the investigator, which was developed by A.Jhon

**Health Care and Hygiene Scale**

**Description of the tool**

The draft tool contained fifty three items to assess the health care and hygiene developed by Guttman.

**Reliability**

Split-half technique was used to establish the coefficient of reliability of scale on “Health Care and Hygiene” and it was found to be 0.985. Hence the tool is highly reliable.

**Scoring Procedure**

One mark was awarded for correct answer and no mark was awarded for wrong answer.

**School Environment**

**Description of the tool**

The draft tool contained sixty three items to assess the school environment developed by Guttman.

**Reliability**

Split-half technique was used to establish the coefficient of reliability of scale on “School Environment” and it was found to be 0.993. Hence the tool is highly reliable.

**Scoring Procedure**

One mark was awarded for correct answer and no mark was awarded for wrong answer.

**Statistical Techniques used**

Critical ratio (t-test), chi-square test and Pearson’s product moment correlation techniques were used for analyzing the data.

**Hypothesis Testing**

**Hypothesis 1:** There is no significant relationship between “health care and hygiene” and school environment of standard VIII students in Virudhunagar district.

**Table 1.1**

S.No	Variables	‘r’ value	Table value
1.	Health Care and Hygiene and School Environment	0.947	0.276

(At 5% level of significance the table value is 0.276)

It is inferred from the above table 1.1 that the calculated value of ‘r’ (0.947) is greater than the table value (0.276) at 5% level of significance. Hence the null hypothesis is *rejected*. Hence there is a significant relationship between health care and hygiene and school environment of standard VIII students in Virudhunagar district.

Further, it can be studied that there exist high positive correlation between health care and hygiene and school environment of standard VIII students in Virudhunagar district.

**Hypothesis 2:** There is no significant difference between boys and girls in health care and hygiene of standard VIII students.

**Table 1 2**

S.No	Gender	N	Mean	S.D	t-value
1.	Male	25	49.32	6.69	0.097
2.	Female	25	46.88	6.43	

(At 5% level of significance the table value of ‘t’ is 1.67)

It is inferred from the above table 1.2 that the calculated value of ‘t’ (0.097) is less than the table value (1.67) at 5% level of significance. Hence the null hypothesis is *accepted*. Therefore, there is no significant difference between boys and girls in health care and hygiene of standard VIII students.

**Hypothesis 3:** There is no significant difference between government and government aided school standard VIII students in health care and hygiene.

**Table 1 3**

S.No	Type of Management	N	Mean	S.D	t-value
1.	Government	30	48.86	6.60	0.16
2.	Government Aided	20	46.95	6.62	

(At 5% level of significance the table value ‘t’ is 1.67)

It is inferred from the above table 1.3 that the calculate ‘t’ (0.16) is less than the table value (1.67) at 5% level of significance. Hence the null hypothesis is accepted. Therefore, there is no significant difference between government and government aided school standard VIII students in health care and hygiene.

**Hypothesis 4:** There is no significant difference between government and government aided school standard VIII students in school environment.

**Table 1 4**

S.No	Type of Management	N	Mean	S.D	t-value
1.	Government	30	51.63	14.57	
2.	Government Aided	20	54.5	5.45	0.16

(at 5% level of significance the table value ‘t’ is 1.67)

It is inferred from the above table 1.4 that the calculated value of ‘t’ (0.16) is less than the table value (1.67) at 5% level of significance. Hence the null hypothesis is accepted. Therefore, there is no significant difference between government and government aided school environment of standard VIII students.

**Findings**

*The Major Findings of the Study are as Follows*

1. 84 and 82 percentages of standard VIII students had an average level of health care and hygiene and school environment in Virudhunagar district respectively.
2. There is high positive correlation between health care and hygiene and school environment of standard VIII students in Virudhunagar district.
3. Boys and girls of standard VIII students do not differ significantly in health care and hygiene and school environment in Virudhunagar district.
4. Students studying in Government and government aided of standard VIII do not differ significantly in health care and hygiene and school environment in Virudhunagar district.

**Educational Implications**

Health education and creating awareness are useful for the provision of information, but improving it among the students also needs facilities. The construction of latrines and safe water sources must be mostly emphasized even if there are resource constraints. Just be aware that the provision of hardware, such as latrines, hygienic drinking water facilities, good conditioned classrooms etc. Teaching with good sanitation, and hygienic practices in schools will help the children to demonstrate good hygiene to their families and community is one method to cut the toll of lives lost dramatically.

**CONCLUSION**

The purpose of the present study was to find the level and correlation of health care and hygiene and school environment of standard VIII students in Virudhunagar district. The study result may be useful in the field of education, further it may serve as database for further research.

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