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A study to evaluate the effectiveness of structured teaching program in terms of practice regarding hand washing techniques among school going children in selected school of Barara, Ambala

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Abstract

The current study aimed to evaluate the effectiveness of structured teaching program in terms of Practice regarding hand washing techniques among school going children in selected school of Barara, Ambala. To assess and compare Practice regarding hand washing techniques among school going children before and after structured teaching programme. To determine the association of level of Practice with selected sample characteristics. A quantitative research approach using one group pretest post test design studying in Government Girl High School of Barara, Ambala. Sample Characteristics, observational checklist were used to collect the data. The study concludes that structured teaching programme was found effective in improving the practice of school going children regarding hand washing techniques.

Keywords: Effectiveness, structured teaching programme, practice, hand washing techniques, school going children

1. Introduction

According to WHO hand washing is a general term referring to any action of hand cleansing i.e. it is the act of cleaning one's hands with use of soap and water or another liquid for the purpose of removing soil, dirt, and microorganism [1].

Globally, respiratory infections and diarrheal disease are the two leading cause of disease burden and causing half of all child death each year. The burden of communicable disease remains predominately acute in developing regions of the world and children remains particularly vulnerable [2]. Fecal oral disease transmission among school children is mainly due to unhygienic hand [3]. Recent estimate in Colombia indicate that the acute respiratory and intestinal infections are the main cause of mortality among children aged 1 to 4 years, the second leading cause of death among girls of aged 5 to 14 years and the third leading cause infant mortality [4].

Recent studies have shown 42.50% reduction in the incidence of diarrhea and 30% reduction in respiratory infection possibly through hand washing [5].

The WHO and the Centers for disease control and prevention publication emphasized that hand washing has key role among the infection control method, which should be considered to reduced the spread of pathogen. [8] It has been reported that performing trainings devoted to provide and develop hand hygiene on a continuous and regular basis will be beneficial to protect school health and to reduced absenteeism during epidemic periods [6]. Hand hygiene is a milestone of infectious disease control, and promotion of improved hand hygiene has been recognized as an important public health measure

2. Methodology

A quantitative approach with Quasi - experimental "one group pre test post test design" was adapted. The study was conducted in Government Girl High school of Barara, Ambala. Convenience sampling technique was used to select the School Going Children studying in 4th, 5th& 6th for the present study. The data were collected using Sample characteristics, structured knowledge questionnaire on knowledge regarding hand washing techniques. Data collection was carried out during month of February 2017 after taking formal permission from Principal

of Govt. Girl High school Barara, Ambala. It was found that it took approximately 15-30 minutes to complete the Structured Teaching program. Sample characteristics consisting of 11 items like age, class, gender, religion, education of father, occupation of father, education of mother, occupation of mother, type of family, do you have previous about hand hygiene. How frequent you wash your hand per day. Observation checklist was prepared for assessing the practice of hand washing techniques. It comprised of total 12 items. The correct step was scored as one mark and wrong step done or not done was given zero mark. Individual scores a ranges from 1-12. Range of practice score is categorized into 3

levels; where 1-4 indicate fair, 5-8 indicate good, 9-12 indicate very good practice. Validity of the tools was established by the suggestion of 7 experts. Tool was found to be reliable by using Cronbach's alpha formula ($r=0.65$). Ethical consideration: Ethical Committee, M.M University, Mullana, Ambala, Haryana. Formal administrative permission was obtained from the Principal of Govt. Girl High school Barara, Ambala. Written Consent was taken from the school going children.

3. Results

Frequency and Percentage Distribution of School Going Children in Term of Level of Knowledge Regarding Hand Washing Technique N=74

Level of Practice	Range	Pre-test f (%)	Post-test f (%)
Very good	9-12	0(00)	45(61)
Good	5-8	60(81)	29(39)
Fair	1-4	14(19)	0(00)

Maximum Score =12, Minimum Score = 0

The data depicts that in pretest; most of the students (81%) had good practice followed by (19%) fair, regarding hand washing techniques. Whereas in posttest majority of the

students (61%) had very good followed by (39%) good knowledge regarding hand washing techniques.

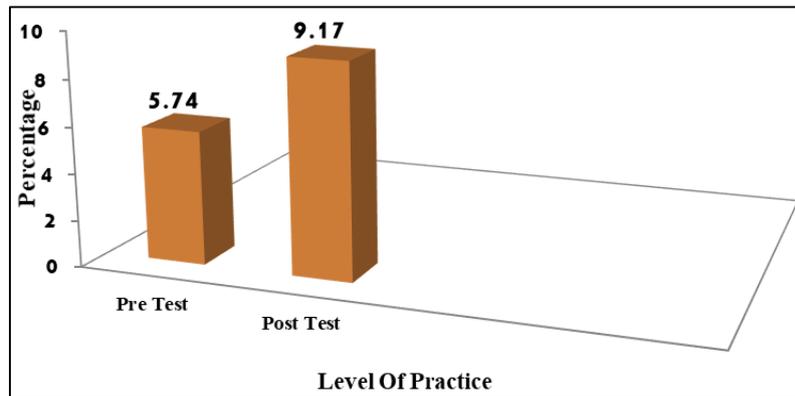


Fig 1

Bar Graph Showing the Mean Pre Test and Post Test Practice Score Regarding Hand Washing Techniques

The data shows that the mean for post test Practice score regarding hand washing techniques 9.17 was higher than mean pretest Practice score is 5.74. The calculated t value of 9.17 was found to be statistically significant at 0.0. Hence, null hypothesis H_0 was rejected and research hypothesis H_2 was accepted. Therefore, it can be inferred that structured teaching programme was effective in improving practice of school going children regarding hand washing techniques. Chi square was used to show the association of mean practice score regarding hand washing techniques with sample characteristics, there was no significant association between them. Thus, research hypothesis h_4 was rejected and null hypothesis was accepted.

4. Discussion

The present study indicated that the practice ($t=12, p<0.05$) regarding hand washing technique among school going children was improved after structured teaching programme. These findings were consistent with a study conducted by Ashutosh Shrestha and Mubashir Angolkar shows that the hand washing before meal and after defecation, use of soap in hand washing before meal and after defecation was effective in improving practice ($t=7.52, p<0.05$).

5. Conclusion

The mean post test practice score 9.17 ± 1.83 was higher than the pretest practice score 5.74 ± 1.43 . Therefore, the study concluded that the structured teaching programme was effective in enhancing the knowledge and practice regarding hand washing techniques among school going children.

6. Recommendation

A similar study can be conducted in different school to find significant difference between schools. A similar study can be conducted to compare the effectiveness of hand rub and alcohol soap based hand washing. The comparative study could be conducted between the urban and rural students. A descriptive study can be carried out to identify the barriers of hand washing techniques among college students. A study can be conducted to assess the knowledge and practice among staff nurses regarding hand washing techniques.

7. Acknowledgement

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