



Original Research Article

Investigation of Personal Hygiene Behaviors of Nursing Students

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ABSTRACT

Introduction: Personal hygiene behaviors can be affected by many factors such as the individual's beliefs, values, habits, body image, socio-economic and cultural characteristics, knowledge level, personal preferences, diseases and physiological periods, familial characteristics and the physical and social features of the environment in which he/she lives or works. Therefore, each individual's practice related to hygiene is different from each other, in other words it is peculiar to the individual.

Method: As a data collection tool, a questionnaire form including questions for determining the demographic characteristics and hygiene behaviors of the students was used. Permission was obtained from the institution where the study was carried out and the verbal consent was obtained from participants.

Findings: 81.3% of students had bath at least twice per week, and 86.9% of them preferred shampoo for this and the rest of them preferred soap. Students used their own bath towels at the ratio of 98.7%. When analyzed the students' characteristics of brushing tooth, it was observed that the tooth brushing time of the majority was 2 minutes. Also, while 65.3% of them changed their toothbrushes every six months, the ratio of those who took no account of changing toothbrush was 11.8%. While 25.4% of the students used dental floss for tooth cleaning, 74.6% of them did not prefer dental floss.

Result: It was observed that the hygiene behaviors of the majority of the nursing students constituting the sampling of this study were at the positive level.

Key Words: Hygiene, Personal Hygiene, Nursing students.

INTRODUCTION

Personal hygiene is a self-care practice through which people protect and keep their health. Individuals should pay attention to the self cleaning in order to protect their health and to be able to maintain a quality of life. Personal hygiene is very important to protect and maintain health and to solve health problems. The precautions such as cleaning hands after

using the toilet, hand-face cleansing, having regular bath, the use of soap and running water in the cleaning process, hand cleaning before and after meal, nail cleaning, mouth and dental care, foot cleaning, hair care and cleaning, wearing clean clothes and underwear, using own towel, clothes, shoes and slippers can be included in personal hygiene practices which are fundamental

approach for the prevention of many diseases, especially infectious diseases. [1]

Individuals must fulfill their responsibilities for hygiene to protect them from disease and to maintain the body cleansing. [2] Personal hygiene behaviors can be affected by many factors such as the individual's beliefs, values, habits, body image, socio-economic and cultural characteristics, knowledge level, personal preferences, diseases and physiological periods, familial characteristics and the physical and social features of the environment in which he/she lives or works. Therefore, each individual's practice related to hygiene is different from each other, in other words it is peculiar to the individual. [2]

In the studies carried out, [3-5] it was emphasized that education had significant effects on individual's knowledge and practices related to hygiene. The personal hygiene training received by the nursing students studying in Health High School should primarily create terminal behaviors in student's own behaviors. Then, the student should be able to these knowledge and skills to change and improve the behaviors of the individual to whom he/she provide care, of family and the society. If incorrect or missing hygienic behaviors of the students are known, more emphasis can be put on these issues during training and this can help to increase the effectiveness of the training.

Based on this information; this study was planned in which the effect of individual training and level of knowledge on nursing students' personal hygiene were examined.

MATERIALS AND METHODS

Aim: This descriptive study was carried out to examine the some physical and oral hygiene behaviors of nursing department

students in Health High School in Artvin Çoruh University.

Population and Sampling: A total of 236 students who were studying in 1st, 2nd, 3rd and 4th grades of nursing department in Health High School in Artvin Çoruh University formed the sampling of the study. **Data Collection Tools:** As a data collection tool, a questionnaire form including questions for determining the demographic characteristics and hygiene behaviors of the students was used.

Evaluation of the data: Analysis of the data of the study was carried out in SPSS 17.0 environment by using number and percentage.

Ethics: For the study, ethics committee approval from Artvin Çoruh University, written consent from the institutions in which the study was carried out and the verbal consent from the participants were received.

RESULT

Table 1. Some demographic characteristics of students

Variable	Sub-dimension	n	%
AGE	aged 20 and below	119	50.4
	aged 21 and above	117	49.6
Grade	1 st grade	60	25.4
	2 nd grade	54	22.9
	3 th grade	56	23.7
	4 th grade	66	28
Gender	Female	150	63.6
	Male	86	36.4
Living space	Village	56	23.7
	District	72	30.5
	Province	108	45.8
Shelter type	State Dormitory	138	58.5
	Private Dormitory	36	15.3
	Home	62	26.3
Income State	300 lira and below	51	21.6
	Between 300-500 lira	82	34.7
	500-700 lira and above	52	22
	700 lira and above	51	21.6
	Total	236	100

While 50.4% of students constituting the sampling were at the age of 20 and below, the rest of them were at the age of 21 and above. The proportion of females (63.6%) was quite higher than the

proportion of males (36.4%). While approximately half of the sample (45.8%) lived in provinces, the rest of them lived in village and towns. While majority of them (58.5%) took shelter at state dormitory, 26.3% of them took shelter at home, and 15.3% of them took shelter at private dormitory. 21.6% of the sampling had 300 lira and below income, 34.7% of them had 300-500 lira income, 22.0% of them had 500-700 income, and 21.6% of them had 700 lira and above income.

81.3% of students had bath at least twice per week, and 86.9% of them

preferred shampoo for this and the rest of them preferred soap. Students used their own bath towels at the ratio of 98.7%.

Table 2. Some physical hygiene behaviors of students

Variable	Sub-dimension	n	%
Frequency of having bath	Once a week	13	5.5
	Twice a week	86	36.4
	Every other day	41	17.4
	Every day	65	27.5
	Changeable	31	13.1
Cleaning Materials used	Shampoo	205	86.9
	Soap	31	13.1
Use of towels	His/her own	233	98.7
	Common use	3	1.3
TOTAL		236	100

Table 3. Some Dental Hygiene Behaviors of Students

Variable	Sub-dimension	n	%
Tooth Brushing Time	Approximately 1 minute	55	23.3
	Approximately 2 minutes	100	42.4
	Approximately 3 minutes	34	14.4
	Until feeling that it is clean	26	11
	Do not pay attention to the time	21	8.9
Frequency of changing toothbrush	Once in a month	44	18.6
	Once every six months	154	65.3
	Once a year	10	4.2
	Makes no difference	28	11.8
Status of Using dental floss	Using	60	25.4
	Not using	176	74.6
Total		236	100

When analyzed the students' characteristics of brushing tooth, it was observed that the tooth brushing time of the majority was 2 minutes. Also, while 65.3% of them changed their toothbrushes once every six months, the ratio of those who took no account of changing toothbrush was 11.8%. While 25.4% of the students used dental floss for tooth cleaning, 74.6% of them did not prefer dental floss.

DISCUSSION

According to the research carried out, half of the students aged 20 and below, the other half was 21 years of age and above. The distribution rates in grade of the students were close to each other. These distributions are not important for this study in terms of hygiene habits.

63% of the students were female, and 58.5% of them lived in state dormitories. In many studies carried out, some differences related to hygiene were observed between female and male students. For instance, while there was no difference between them in terms of having bath at least 2 times a week, significant differences were observed between them in terms of brushing tooth. [2] Also in another study, hygiene scores of girls were observed to be higher. [6] In this study, the gender differences and the hygiene habits of the students were not taken into account. The monthly income of 34.7% of the students who participated in the study was 300-500 lira. The ratios of the students who had 300 lira and below income level and who had 700 lira and above are equal to each other (21.6%). Socio-economic levels of students

are considered to be an important factor in determining the hygiene habits.

In the study, 63.9% of the students said that they had bath twice a week and every other day. In similar studies, the ratio of the university students who said that they had bath twice a week or three times a week is parallel to our study. [2,7] In another study, 40.6% of the high school students said that they had bath 1-2 times a week. [6] This result shows that education is closely related to the bathing habits which are the basic rules of cleanliness. Moreover, bathing status can be affected by the reasons such as climatic conditions, body image perception, socio-economic status etc. The important thing is to ensure and maintain skin cleansing.

In this study, 56.8% of the students brushed their teeth for about 2-3 minutes. Yetkin and Yiğitbaş (2007) observed in their study that nearly half of the students brushed their teeth two times a day. [2] Teeth should be brushed for 2-3 minutes for cleaning teeth. This is sufficient time for cleaning teeth. [8-10] The brushing frequency in a day, time of changing toothbrushes, time of brushing, status of using dental floss are also important for the dental health as well as the duration of brushing the teeth. In this study, 65.3% of the students said that they changed their toothbrush once every six months, 25.4% of them said that they used dental floss. In another study, nearly half of the high schools students said that they changed their toothbrushes every 2-5 months. [6] Also in another study, it was observed that 92% of nursing students changed their toothbrushes once every six months. [2] Toothbrushes should be changed at least every 3 months for a fully functional effect. [11]

CONCLUSION

As a result, the hygiene behaviors of the majority of the nursing students

constituting the sampling of this study were determined to be in a positive level. Students, positive behavior changes related to personal hygiene, health education programs should be developed for the development of.

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