



RESEARCH ARTICLE

EFFECT OF AUDIO DRAMA ON KNOWLEDGE REGARDING PERSONAL HYGIENE PRACTICES
AMONG VISUALLY IMPAIRED ADOLESCENT GIRLS IN A SELECTED BLIND
SCHOOL OF BHUBANESWAR, ODISHA

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ABSTRACT

The foundation of adolescent life begins with the maintenance of personal hygiene, which is important for every adolescent for a healthy adulthood and for the development of positive health. "Hygiene is as important as ABC- Always Be Clean." While personal appearances is very important & helps to improve your self confidence & self esteem, personal hygiene protect yourself and others by keeping the body clean. The blind persons sometimes needs assistance in their day to day activities of living, personal hygiene practice is a turning point among blind adolescent girls. They need assistance in identification, dressing, washing clothes, disposing menstrual materials or hand washing and disposing waste materials. Hence the present study was conducted to assess the Effect of audio drama on knowledge regarding personal hygiene practices among visually impaired adolescent girls in selected blind school of BBSR, Odisha. Total 40 participants with visually impaired adolescent's girls were selected by using total enumerative sampling technique. There is statistically significant difference between pre-test and post-test scores of knowledge regarding personal hygiene practices at p value <0.00001.chi-square association showed, knowledge on personal hygiene practices was statistically significant with education and types of family.

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INTRODUCTION

According to WHO "Health is the state of complete physical, mental, social & spiritual well being and not merely the absence of disease or infirmity"¹Maintenance of Personal Hygiene helps to improve the quality of life & life expectancy and Poor Hygiene Practices & inadequate sanitary conditions plays a important role in the spread of diseases. Practicing a good standard of Personal Hygiene helps in keeping infections, illness & bad odors away. The practice of good hygiene should start from an earlier age. Personal Hygiene can be defined as an act of maintaining cleanliness & grooming of the external body which includes bathing, washing hand, brushing & clean clothing. Maintaining Good Personal Hygiene is one of the most effective way to prevent the development, spread and occurrence of infections. Personal Hygiene in the environment of health care includes skin care, nail care, hair care, care of teeth and wearing clean clothes. Personal appearances are very much important & helps to improve self confidence & self esteem. One of the major and common problem faced by

adolescent are infections. The primary cause of infection is drinking of contaminated water, poor sanitation, as well as poor Personal Hygiene Practices. Infection affects the health of adolescent, compromises the school attendance and performance at school. Majority of the adolescent illness are preventable by promotion of hygiene practices among school children through proper health education on personal hygiene practices by their parents and teachers as because adolescents in their school going age can learn specific health promoting behavior, even if they do not fully understand the connection between illness and behavior. According to WHO, 39 million people across the globe who are blind and out of them 12 million are from India which projects as largest blind population. In India around 93,600 visually impaired adolescent girls (7-15 years) are living in the society who needs proper care, attention and assistance in their daily activities. Poor Personal Hygiene Practices in developing countries has been an acknowledged as a common problem till now. The lack of attention towards improper Personal Hygiene Practice issue is striking. Approximately 50% of the world population knows from their own experiences, how important is maintaining Good Personal Hygiene during the daily life period.

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Objectives

1. To assess the knowledge regarding personal hygiene practices among visually impaired adolescent girls.
2. To determine the effect of audio drama on knowledge regarding personal hygiene practices among visually impaired adolescent girls.
3. To find out the association between knowledge regarding personal hygiene practices among visually impaired adolescent girls with selected socio demographic variables.

Hypotheses

All the hypotheses will be tested at 0.05 level of significance.

H₀: There is no significant difference between the mean pre test knowledge score and post test knowledge scores regarding personal hygiene.

H₀₁: There is no significant association between pre test knowledge level and selected socio demographic variables of visually impaired adolescent girls.

MATERIALS AND METHODS

An experimental one group pre-test and post test design with 40 Visually Impaired Adolescent Girls those who residing at Bhimo Bhoi Blind School, Bhubaneswar, Odisha were selected purposively for this study. A 4point Likert's Scale was used which consisting 14 items regarding knowledge on personal hygiene practices are used to assess the objectives of the study and for poor knowledge the score is 1-28 and for good knowledge score is 29-56. The reliability of the tool was 0.71 by using chronbach co-efficient estimation. The collected data was coded and analyzed by SPSS Version 17.0. The baseline data (demographic data) were analyzed by using frequency and percentage. Inferential statistics such as chi square test, paired 't' test was done to find out the association and effect of Audio drama on personal hygiene practices at p- value <0.05 level of significance.

RESULTS

Section-I

From the demographic data analysis. The study result shows that 70.5 % of adolescent girls that is more than half adolescent are in age group 15 yrs and only few only few 29.5% are in 12 yrs, with regards to residence, *the maximum subjects 87.5% were belonging from urban area and 12.5% were belonging from Slum area.* With regards to type of family, *65% subjects that are more than half of adolescent girls are from Nuclear family and only 35% subjects were from joint family.*

Section-II

Comparison of Pre test & post-test knowledge score regarding personal hygiene practices among visually impaired adolescent girls using Frequency and percentage

Table 1. Comparison between pre test and post test knowledge score

Pre-test		Post-Test		Score
Frequency	Percentage	Frequency	Percentage	
30	75%	11	27.5%	Poor Knowledge
10	25%	29	72.5%	Good Knowledge

The table reveals that in pre test 27.5% of participants were having poor knowledge on personal hygiene practices and 72.5% were having good knowledge on personal hygiene practices.

Section-III

Table 2. Effect of audio drama on knowledge regarding personal hygiene practices using 't' test

Item	Mean	SD	Paired T test calculated value	DF	P Value
Effect of audio drama	5.175	1.567	20.88	39	0.0001

This tables reveals that the research hypothesis(H₀) is accepted and the null hypothesis (H₀₁) was rejected, as there is statistical significant in level of knowledge regarding personal hygiene practices as calculated paired t value with 20.88 and p value (<0.0001). p value being less than 0.05 level of significance, which means audio drama is effective for improving knowledge regarding personal hygiene practices among visually impaired adolescent girls.

Section-IV

There is no Statistically Significant association between knowledge regarding personal hygiene practices with selected socio demographic variables.

DISCUSSION

From the present study, In pre-test result demonstrated that majority 72.5% of participants are having Good knowledge on personal hygiene practices and 27.5% of participants are having Poor knowledge on personal hygiene practices. The research hypothesis (H₀) was accepted and null hypothesis (H₀₁) is rejected, as there is statistical significance in level of knowledge regarding personal hygiene practices with calculated paired t value is 20.88% and p value (<0.0001) is less than 0.05 level of significance, which means the audio drama is effective for improving knowledge regarding personal hygiene practices among visually impaired adolescent girls. With this result a supporting study was done to find the effectiveness of audio teaching programme on reproductive health among visually challenged women at Madurai. The study included a total of 70 visually challenged women who were selected by purposive sampling method. Majority of visually challenged women 33 (47%) were in the age group of 16 – 18 yrs., 44 (63%) visually challenged women were in the Hindu religion, 36 (51.3%) were in school going girls, 46 (66%) were residing in the rural locality. 38 (54%) were in partially blind women. The result of the study shows that the knowledge of visually challenged women on reproductive health were significantly improved after audio teaching programme. Majority (96%) of the visually challenged women had inadequate knowledge regarding reproductive health. Audio teaching programme imparted knowledge to the visually challenged women regarding reproductive health (WHO 2009).

Conclusion

The findings from the study revealed that Visually Impaired Adolescent Girls were having less knowledge on Personal

Hygiene Practices which was increased after listening to Audio Drama on Personal Hygiene Practices. So it concluded that Audio Drama is effective in increasing the knowledge level of Visually Impaired Adolescent Girls.

Ethical approval

The study proposal was duly approved by the Hospital Ethical Research committee before commencement of the main study. The permission was accorded priorly from the Authority of Bhimo Bhoi Blind School, Bhubaneswar, Odisha. The students were explained about the purpose of the study & students those were not willing to participate were excluded.

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