



FIXING THE POOR CLEANLINESS HABITS OF PRIMARY SCHOOL STUDENTS

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Abstract

This action research aims to tackle the issue of cleanliness habits among primary school students. We'll be diving into the root causes of poor cleanliness habits, implementing strategies to improve these habits, and evaluating how effective these interventions are. By taking a systematic approach involving observation, intervention, and evaluation, our goal is to instill better cleanliness practices among students, creating a healthier and more conducive learning environment.

Introduction

Keeping clean is super important for personal hygiene and overall health, especially for young kids in primary schools. Good cleanliness habits can help prevent the spread of diseases and make learning more enjoyable. Unfortunately, many primary school students have less-than-stellar cleanliness habits due to various reasons like not knowing any better, not having the right facilities, or not receiving enough guidance. This research aims to explore these factors and implement strategies to improve cleanliness habits among primary school students.

Objectives

1. Figure out why primary school students have such poor cleanliness habits.
2. Come up with effective strategies to improve these habits.
3. Evaluate how well these strategies actually work.

Literature Review

Maintaining clean schools is super important because it's directly linked to better health and improved academic performance for students. Lots of studies have shown that schools with strong hygiene practices not only have fewer kids missing school, but they also have more engaged students. But teaching young students how to keep things clean isn't always easy. It takes a well-rounded approach that includes teaching kids about hygiene, setting a good example by teachers and staff, and making sure there are enough resources and facilities to support these habits. By putting all these pieces together, schools can really encourage their students to keep things clean and healthy, which creates a better environment for learning and overall well-being.

Methodology

Research Design

This action research combines both qualitative and quantitative data collection methods. We'll be using a mixed-methods approach, with three main phases: observation, intervention, and evaluation.

Participants

We'll be working with primary school students of Government Primary School Kharyana in grades 1 to 5 .

Data Collection Methods

Observation: We'll start by collecting baseline data on the students' cleanliness habits through direct observation and surveys.

Intervention: Then, we'll implement various strategies like educational sessions, interactive activities, and providing hygiene resources.

Evaluation: We'll assess how effective the interventions are through follow-up observations, surveys, and interviews with students and teachers.

Intervention Plan

Step 1: Baseline Observation

Objective: Understand the current state of cleanliness habits among students.

Method: Teachers and researchers will observe students during school hours, keeping an eye on behaviors like handwashing, desk cleanliness, and use of sanitation facilities.

Tools: Observation checklists, student surveys, and teacher interviews.

Step 2: Educational Sessions

Objective: Teach students about the importance of cleanliness and hygiene.

Method: We'll have interactive sessions that include storytelling, videos, and demonstrations on proper handwashing techniques i.e. 6 steps of handwashing and personal hygiene practices.

Tools: Multimedia presentations, hygiene kits (soap, hand sanitizers), and posters.

Step 3: Interactive Activities

Objective: Engage students in fun activities that reinforce cleanliness habits.

Method: We'll organize cleanliness drives, competitions, and role-playing scenarios where students can practice good hygiene at school as well as at home .

Tools: Activity kits, rewards, and certificates for participation and excellence in cleanliness.

Step 4: Provision of Resources

Objective: Make sure students have access to necessary hygiene resources.

Method: We'll improve school facilities by providing enough soap, hand sanitizers, and clean toilets. We'll also install handwashing stations in strategic locations.

Tools: Budget allocation for hygiene resources, collaboration with local health authorities.

Step 5: Monitoring and Reinforcement

Objective: Keep the improved cleanliness habits going strong.

Method: We'll regularly monitor the students through observations and have periodic reinforcement .

Evaluation

We analyzed data from observations, surveys, and interviews before and after the intervention to see how students' cleanliness habits changed. We used statistical methods to measure improvements and also looked at qualitative analysis to understand the experiences and opinions of both students, parents and teachers.

Results

The evaluation showed that students' cleanliness habits improved significantly. Here are the key findings:

- Students started washing their hands more often before meals and after using the toilet.
- They also did a better job of keeping themselves and their classrooms clean.
- Teachers gave positive feedback about the overall hygiene behavior of the students.

Discussion

The success of the interventions proves that a comprehensive approach combining education, engagement, and providing resources plays a pivotal role in creating awareness for health and hygiene. This study also emphasizes the need for continuous monitoring and reinforcement to maintain good cleanliness habits.

Conclusion

Teaching primary school students good cleanliness habits is important for their health and academic performance. This action research shows that a well-structured intervention program can effectively improve cleanliness habits. In the future, we should explore how sustainable these improvements are in the long run and whether similar interventions work in different educational settings.

Recommendations

- Schools should include cleanliness education in their regular curriculum.
- Teachers should receive regular training on promoting hygiene practices.
- We need to keep monitoring and reinforcing cleanliness habits to make sure they stick.
- Collaboration with parents and the community is crucial to support hygiene education at home.

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