

A Study to Assess the Existing Hand Washing Practices with Soap and Water Among Women at Critical Times in Selected Families of (Kitte 1-7) Field Practice Area of Community Medicine, SGRD, Vallah, Amritsar

Kulwinder Kaur*

Abstract

Handwashing is the most important thing to prevent and control the illness and avoid the spread of disease. There is greater need regarding awareness of handwashing at critical times to reduce the prevalence of infections and from communicable diseases. However, there is a proper method to ensure all bacteria are removed. It is a technique of rubbing the hands together for a given period of time with soap and water. A study was conducted to assess the knowledge of the women regarding handwashing at community area of SGRD, Vallah, Amritsar, Punjab with the objective: to assess the existing hand hygiene practice of women with soap and water, to find association between sociodemographic variables and existing hand hygiene practices at critical times according to Centers for Disease Control and Prevention guidelines. In this research study, the investigator did an extensive review of the research and non-research literature through reports, thesis, journals, textbooks, and electronic database. The study involved descriptive survey design using non-experimental approach, with convenient sampling technique. The results were calculated using descriptive as well as inferential statistics. Tool consists of two parts: PART A: Sociodemographic variables including age (in years), marital status, education, occupation, income (monthly), dietary habits and PART B: including handwashing questionnaire for women consisting of 10 questions. The study was conducted on 500 women after taking consent from them. On analysis, it was found that majority of women who always wash their hands with soap and water before eating meals were 342 (68.4%). The number of women who always wash their hands before and after caring sick person 305 (61%). Majority of the participants who always wash their hands with soap and water a before and after treating the wound was 327 (65.4%). Same studies can be done on every woman present anywhere to generalize the findings. An experimental study can also be carried further with control group for effective comparison among the two groups.

*Author for Correspondence

Kulwinder Kaur
E-mail: preeti_walia85@yahoo.com

Assistant Professor, Department of Nursing, Sri Guru Ram Das University of Health Sciences, College of Nursing, Sri Amritsar, Punjab, India

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INTRODUCTION

Washing hands after and before the various tasks is an important thing to be remembered and performed. There is greater need regarding awareness of handwashing at critical times to reduce the prevalence of infections and from communicable diseases. Germs easily gets accumulated on our hands while closing and opening the doors, wiping children's body, playing with toys, changing the diapers. We cannot

completely avoid germs, but we can take certain measures like proper handwashing to reduce the risk of passing the germs to others [1–4]. The women are most effective and important area for education or awareness regarding handwashing. The concept of handwashing with antiseptic came which can reduce transmission of germs. According to Centers for Disease Control and Prevention, washing the hands with soap and water for at least 15 seconds is highly recommended for preventing the spread of disease. WHO says, washing hands with soap and water at critical times have been found to prevent Hepatitis A virus infections and diarrheal diseases [5–8]. The study conducted by Radha Madhab Tripathy, Geeta Chand Acharya, and Nivedita Karmee in 2017, among 400 women (household) residing in urban slums of Berhampur by simple random sampling revealed the following results: out of the total 86.5% practiced handwash before meal, 74% used soap and water for handwashing before meal and after defecation, respectively. Further suggestion was to conduct adequate IEC activities, which are needed for effective WASH strategy implementation. Findings of these studies were like the present study results which also felt the need of promoting hand hygiene with soap and water in the community settings and households [9–12].

METHODS AND MATERIAL

Quantitative approach was considered as appropriate research approach for the present study. The research design selected for the present study was non-experimental with descriptive survey, in which the existing handwashing practices with soap and water among women was assessed. In present study, the area of research was community area of SGRD hospital, Vallah, Amritsar in which (Kitte 1–7) are covered. Women (Kitte 1–7) of community area of SGRD hospital Vallah, Amritsar, Punjab. Total 500 women in community area were residing in all. Technique selected for sampling was convenient sampling. Women those were available at home at the time of data collection were included in the study. Handwashing practices with soap and water at critical times structured questionnaire for women was developed for collecting the data. A tool was developed from extensive review of literature, consultation, and discussion with experts of nursing. The tool was implemented in two parts. They are as follows:

Part A

Socioeconomic demographic profile including age (in years), marital status, education, occupation, religion, income (per month), and dietary habits.

Part B

Structured questionnaire for women consisting of 10 questions regarding handwashing at critical times. Initially, the data was collected, compiled, and entered in a master sheet for statistical processing. In order to find the relationship, the data was presented in tabular form, analyzed, and interpreted by descriptive and inferential statistics using SPSS version 10.0 of Microsoft Windows.

Ethical Considerations

Formal permission was taken from Head of Department of Community Medicine of SGRD College, Vallah, and Amritsar before starting the process of data collection. A structured questionnaire on handwashing was distributed to the participants and written consent was taken prior from them. The subjects were given full autonomy to participate and can withdraw from the research at any time. Anonymity and confidentiality of the subjects was maintained during and after the time of data collection and analysis.

RESULTS

The Findings of the Study are Discussed as Follows

- Table 1: Sociodemographic characteristics of women.
- Table 2: Distribution of level of handwashing practices with soap and water among women at critical times.

- Table 3: Association between level of handwashing practices with soap and water among women at critical times with selected demographic variables.

Table 1 reveals that maximum number of the participants from the age group of 20 to 30 years is 162 (32.4%) and the maximum of participants are married 418 (83.6%). Most of the participants are matric passed 201 (40.2%). The number of participants who were housewives 398 (79.4%). The number of participants belong to the Sikh religion are 405 (81.0%). The participants who earn Rs. 31,000 to 40,000 are 12 (2.4%) and the participants who earn above 41,000 are 2 (0.4%). The large number of participants are non-vegetarian 340 (68%) followed by vegetarian 160 (32%).

Table 1. Sociodemographic characteristics of women (N = 500).

S.N.	Sociodemographic variables	Frequency(f)	Percentage (%)
1.	<i>Age (in years)</i>		
	a. 20–30	162	32.4
	b. 31–40	159	31.8
	c. 41–50	120	24.0
	d. Above 51	59	11.8
2.	<i>Marital status</i>		
	a. Married	418	83.6
	b. Unmarried	46	9.2
	c. Divorced	34	6.8
	d. Widow	2	0.4
3.	<i>Educational status</i>		
	a. Illiterate	127	25.4
	b. Matric	201	40.2
	c. Higher secondary	119	23.8
	d. Graduation	53	10.6
4.	<i>Occupation</i>		
	a. Housewife	398	79.4
	b. Government job	16	3.2
	c. Retired	12	2.4
	d. Private employee	74	14.8
5.	<i>Religion</i>		
	a. Sikh	405	81
	b. Hindu	93	18.6
	c. Muslim	1	0.2
	d. Jain	1	0.2
6.	<i>Income (monthly)</i>		
	a. 10,000-20,000	323	64.6
	b. 21,000-30,000	163	32.6
	c. 31,000-40,000	12	2.4
	d. Above 41,000	2	0.4
7.	<i>Dietary habit</i>		
	a. Vegetarian	160	32
	b. Non-vegetarian	340	68

Figure 1 shows woman who wash their hands with soap and water before and after preparing food always are 331 (66.2%). Also, women who wash their hands with soap and water before eating meals

always is 342 (68.4%). The number of women who always wash their hands before and after caring sick person 305 (61%). Mostly, the number of participants who wash their hands with soap and water before and after treating wound always 327 (65.4%). The women who always wash their hands after using toilet 335 (71.0%). The number of women who wash their hands after changing the diaper of baby always 262 (52.4%). Furthermore, the number of participants who never wash their hands after sneezing or coughing 168 (33.6). The participants who wash their hands after cleaning the feces of pets always 218 (43.6%). The number of participants who wash their hands after touching the garbage of their home always 343 (68.6%).

Table 2 reveals that 387 women (77.4%) are having good practice and 113 (22.6%) are having poor practice of handwashing practices with soap and water among women at critical times.

Table 3 shows that all the variables are non-significant with level of handwashing practices with soap and water among women at critical times but only monthly income shows significant relationship with handwashing practices.

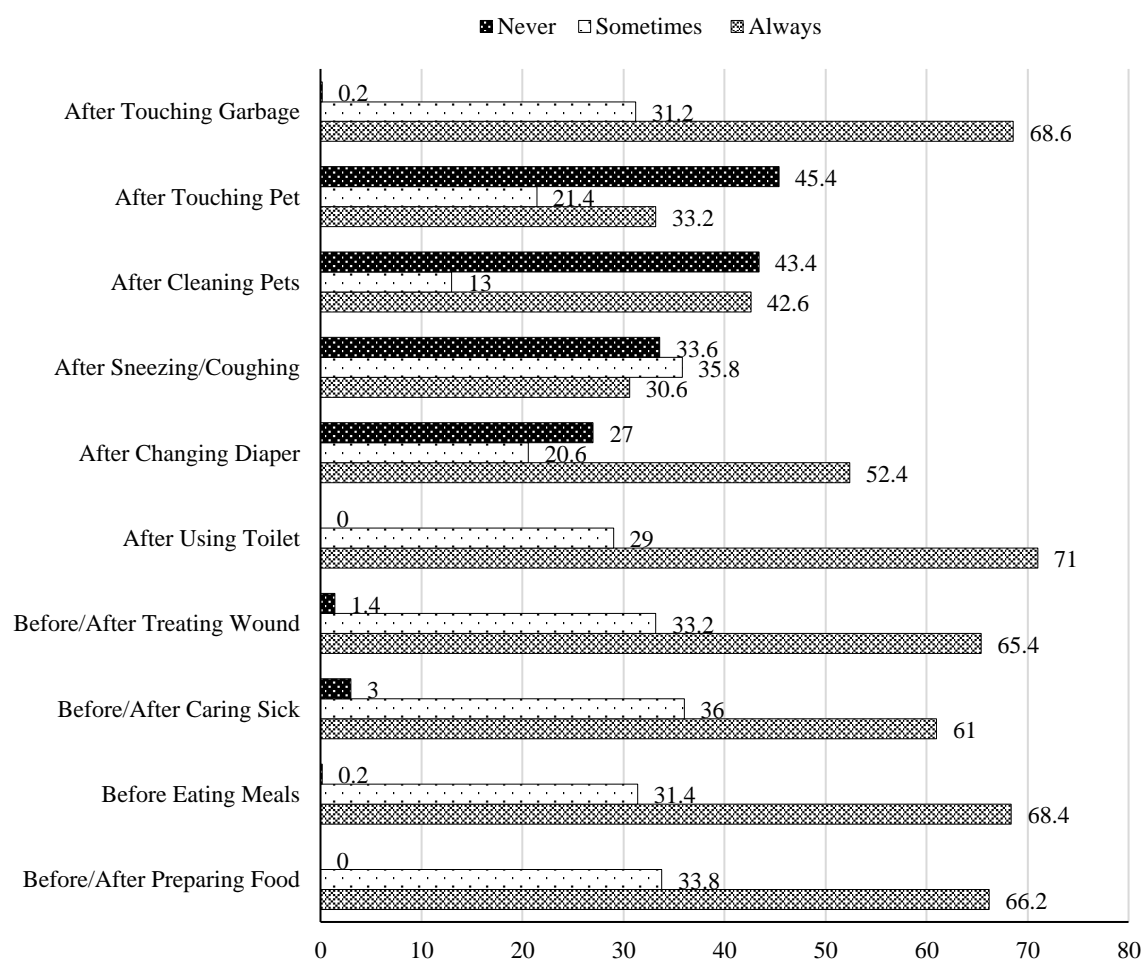


Figure 1. Handwashing practices with soap and water among women at critical times.

Table 2. Distribution of level of handwashing practices with soap and water among women at critical times (N = 500).

Level of practice	Frequency	Percentage
Poor practice	113	22.6
Good practice	387	77.4

Table 3. Association between level of handwashing practices with soap and water among women at critical times with selected demographic variables (N = 500).

S.N.	Socio-demographic variables	Practice		χ^2 value	df	P value
		Poor	Good			
1.	<i>Age (in years)</i>					
	a. 20-30	32	130	2.253	3	0.522 ^{NS}
	b. 31-40	35	124			
	c. 41-50	29	91			
d. Above 51	17	42				
2.	<i>Marital status</i>					
	a. Married	102	316	4.973	3	0.174 ^{NS}
	b. Unmarried	6	40			
	c. Divorced	5	29			
d. Widow	0	2				
3.	<i>Educational status</i>					
	a. Illiterate	36	91	5.509	3	0.138 ^{NS}
	b. Matric	45	156			
	c. Higher secondary	19	100			
d. Graduation	13	40				
4.	<i>Occupation</i>					
	a. Housewife	92	306	7.795	3	0.050 ^{NS}
	b. Government job	4	12			
	c. Retired	6	6			
d. Private employee	11	63				
5.	<i>Religion</i>					
	a. Sikh	88	317	1.735	3	0.629 ^{NS}
	b. Hindu	25	68			
	c. Muslim	0	1			
d. Jain	0	1				
6.	<i>Income(monthly)</i>					
	a. 10,000-20,000	63	260	11.93	3	0.008*
	b. 21,000-30,000	50	113			
	c. 31,000-40,000	0	12			
d. Above 41,000	0	2				
7.	<i>Dietary habit</i>					
	a. Vegetarian	42	117	1.940	1	0.164 ^{NS}
b. Non-vegetarian	71	270				

*p < 0.05 level of significance; df, degrees of freedom; NS, non-significant.

CONCLUSION

The most of women (387) who washes hand but still some women (113) who don't wash hands, and the study concludes that handwashing practices and its importance to be taught to the women in community area.

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