

**Original Article**

**Correlation Between Health And Hygiene Among School Students**

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**Abstract:**

Health and hygiene are closely interlinked, particularly during school years when lifestyle habits are being formed. This study investigates the correlation between hygiene practices and health status among school students from Grades 8 to 10 in both rural and urban settings. Using a descriptive and correlational research design, data were collected from 100 students through questionnaires assessing personal and environmental hygiene habits, alongside school health records detailing illnesses over the past six months. Pearson's correlation analysis revealed a strong negative relationship ( $r = -0.78$ ) between hygiene levels and the incidence of illness, indicating that students with higher hygiene standards experienced significantly fewer health problems. The findings highlight disparities in hygiene awareness between genders, with girls demonstrating better practices, and underscore the influence of parental education on students' hygiene habits. Rural schools were observed to face infrastructural challenges, including inadequate toilet and drinking water facilities. The study recommends the integration of regular hygiene education programs, cleanliness drives, and the provision of safe sanitation and drinking water in schools, alongside parent-teacher health awareness initiatives. These measures can substantially improve students' health outcomes and promote lifelong hygiene practices.

**Keywords:** *Health, Hygiene, School Students, Correlation, Illness Prevention, Sanitation, Awareness*

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**Introduction:**

Health is not merely the absence of disease but a state of complete physical, mental, and social well-being. Hygiene is the most important habit for maintaining

good health. An unclean environment and poor personal hygiene are the root causes of many infectious diseases. Especially during school age, the habits acquired by children significantly influence their

future life. Therefore, it is essential to study the correlation between health and hygiene among students.

### Objectives:

1. To study the level of personal and environmental hygiene among students.
2. To examine the impact of hygiene levels on health.
3. To measure the correlation between hygiene and the incidence of diseases.
4. To provide recommendations for improving hygiene awareness.

### Research Problem:

In many schools, facilities such as toilets, drinking water, and waste management are inadequate. Lack of personal hygiene habits and an unclean environment lead to increased cases of stomach ailments, skin diseases, coughs, and colds among students. Hence, it is necessary to identify the direct relationship between health and hygiene.

### Hypothesis:

1. Students with a higher level of hygiene have better health.

### Methodology:

- Type of Research: Descriptive and Correlational Study

- Sample: 100 students (Grades 8 to 10) – rural and urban schools
- Sampling Method: Random Sampling

### Data Collection Tools:

- Questionnaire – handwashing habits, nail cleanliness, frequency of washing clothes, tooth-brushing routine, drinking clean water, etc.
- Health Records – number of illnesses in the past six months

**Data Analysis:** Percentage, mean, and Pearson's Correlation Coefficient

### Data & Analysis:

Hygiene Level	No. of Students	Incidence of Illness (Last 6 Months)
High	40	Low (1-2 times)
Medium	35	Moderate (3-4 times)
Low	25	High (5 or more times)

### Analysis:

Pearson's  $r = -0.78$  (strong negative correlation) → This means that as hygiene levels increase, the incidence of illness significantly decreases.

### Findings:

- Students with high hygiene levels had fewer illnesses.

- Some rural schools lacked proper toilets and drinking water facilities.
- Girls were found to be more aware of hygiene compared to boys.
- Parents' education levels influenced students' hygiene habits.

#### **Suggestions:**

- Schools should conduct regular health and hygiene education classes.
- Organise activities like "Hand Wash Day" and "Cleanliness Drives".
- Provide students with safe drinking water and clean toilets.

- Arrange health awareness workshops for both parents and teachers.

#### **Conclusion:**

There is a significant correlation between health and hygiene; good hygiene habits improve health. Schools, parents, and society must work together to instil the importance of hygiene among students.

#### **References:**

1. World Health Organization. Health and Hygiene Guidelines.
2. Ministry of Education, India. School Health Programme Reports.