

PERSONAL HYGIENE OF MUSHAR COMMUNITY

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Estd: 2045

(Science, Management, Humanities & Education)

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RECOMMENDATION LETTER

This thesis is entitled "Personal Hygiene of Mushar Community" submitted by **Rachana Pyakurel** in partial fulfillment of requirement for the Master's degree in Health & Physical Education under my supervision. Therefore, it is recommended for viva voice.

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DECLARATION

I hereby declare that this thesis has not been submitted for candidature for any other degree.

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This study report entitled “Personal Hygiene of Mushar Community’ has been prepared as for partial fulfilment of the requirements for the Master’s Degree course in Health Education.

First of all I would like to express my sincere gratitude to Mr.Sanjiv Kumar Yadav, Head of Health Education Department and Mr.Birendra Karki, Internal Supervisor, Janata Multipal Campus, Itahari for his guidance, valuable suggestions and encouragement without which this study would not have existed in this form. I am deeply indebted to him.

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Rachana Pyakurel

M.ED.2nd year

ABSTRACT

The study entitled "Personal Hygiene of Mushar Community" was conducted in Inaruwa Municipality of Sunsari. The main objectives of the study were to find out the condition of Personal Hygiene identify and the impact lack of Personal Hygiene of Mushar Community. There were 296 peoples.

This study was based on descriptive research design for the purpose of the study only the primary data's were used 296 people. Were selected from the simple random sampling techniques and researcher collected the data from interview and analyzed descriptively. At last finding and conclusion has been drawn on the recommended and suggest also included in points. This thesis is structure in five parts. Those are introduction of the study reviews the related literature off the relevant work methodology of the study analysis and interpretation of data, summary, finding, conclusion and recommendation.

The practice of personal hygiene is as old as the origin of mankind. Personal hygiene as indicated by the two words like 'personal and hygiene' Refers to the principal of health to be practiced by individuals at a personal level. Health and personal hygiene practice is important aspect of human life; It refers the individual's health practice which promotes his/ her health status. Lack of personal hygiene the morbidity/ mortality rates may not be reduced. Very few health facilities are available within this area of study. Due to lack of knowledge and unaware about health and healthcare practices, low education and socio-economic status, socio-cultural belief and lack of knowledge about personal hygiene most of the Mushar are unaware about primary health care services.

The study was based on primary data. Census sampling was done for collecting socio-economic data of the Mushar census sampling was applied to selected the in the different age group to find out about their personal hygiene practices. The respondent belongs to the very backward community with very low socio-economic profile and suppressed community in the name of cast. Illiteracy is the major problem of the community and somewhat literate respondents were also not satisfactory. There were 296 peoples. Among them 154 male and 142 were female. Most of the people belong

to the 5-15 years of age group. The literacy rate of the community was embarrassing as compared to the national level literacy rate. Only 42.85% male and 31.69% female were literate. The occupational status of the Mushar community is much coagulated on the daily wage labour. The data says 72% are dependent on the daily wages, 5% on business and 2.5% on Services and 20% other work. The data reflects that the community deserves the under-poverty line

The washing hands before taking food and after going toilet plays major role on sanitation and personal hygiene. The materials used during the washing of hands remarks on cleanliness. The hand washing practice among the community was also not satisfactory. Maximum of the respondents wash their hand with water only i.e. 29%. The cleanliness of the body is essential part of the good and healthy personal. The bathing practices of the respondents were satisfactory. The washing of the clothes also plays great role on the personal hygiene. Among the total respondents the washing clothes practices were found to be satisfactory but have to improve on materials used during washing of the clothes. If sanitation of the nail and its trimming is not done regularly then health may be degraded. Among the total respondents most of them 34.79% cut in whenever it is long, this is not the good practice. The brushing practice of the respondents were every morning 92.92% the materials used during the brushing of the respondents were on up the. 57.5% used tooth paste, maximum of them used datiwani 16.5% and only 5% used water, similarly the respondents of 77.5% clean their eyes every morning, 7.5% clean only sometimes, 5% clean when they get redness and only 10% clean their eyes when it gets dirty maximum of the visit hospital 58 percentage, 38.17% people said lack of medicine of the people that the effect of poor socio economic condition.

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ABBREVIATIONS

| | |
|-------------|---|
| CBS: - | Central Bureau of Statistics |
| DDC: - | District Development Committee |
| DHE: - | Department of Health education |
| FGD: - | Focus Group Discussion |
| GNP: - | Gross National Product |
| GOV: - | Government |
| HPE Dept: - | Health and Physical Department |
| INGO: - | International non Government Organization |
| MOH: - | Ministry of Health |
| NHRC: - | Nepal Health Research Council |
| NGO: - | Non Government Organization |
| T.B: - | Tuberculosis |
| T.U: - | Tribhuvan University |
| U.N: - | United Nation |
| UNICEF: - | United Nation international Children's Emergency Fund |
| WB: - | World Bank |
| WHO: - | World Health Organization |
| WWW: - | Word Wide Wave |