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A study on good hygiene practices to stay healthy and protect unborn child during pregnancy

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Abstract---During pregnancy, women should be especially careful about personal hygiene. Due to hormonal changes, pregnant women sweat more and have more vaginal discharge compared to non-pregnant women. Pregnant women are more vulnerable to infection by germs in the environment. Keeping the body clean helps prevent infection. Washing hands with soap is the most important hygiene action she can take, especially before preparing food and after going to the toilet. If possible, a pregnant woman should wash her body every day with clean water — especially her genital area. Dental hygiene is also important during pregnancy because increased estrogen levels can cause swelling and increased sensitivity in gum tissues. The aim of this study was to check knowledge of pregnant women on good hygiene practices to stay healthy and protect unborn child. The survey of 72 pregnant women was conducted with questionnaire through Google forms on the knowledge of hygiene practices during pregnancy. Most respondents (76.39%) had knowledge of body hygiene during pregnancy. Almost all the respondents (73.61%) had knowledge of pregnancy striae treatments. All the respondents (100%) had knowledge on clothing hygiene (e.g. cleanliness & sterile). Around 69.44 % respondents had knowledge on addition effects and 63.88 %

had knowledge on dental hygiene. The result highlights the importance of consistent efforts from the government as well as the need for the health education programs to improve levels of attitudes and precaution practices.

Keywords---hygiene practices, pregnancy, stretch mark, health.

Introduction

Health promotion refers to the activity aimed to achieve better health. This includes the health education to individuals which helps them to control and change their lifestyles for improved well being and health. In general, such activities go beyond the focus on the individuals and include wide range of social and environmental interventions that increase health and wellbeing in population. It also includes prevision steps for disease i.e. actions to prevent a disease from developing, and screening procedures where routine tests of individuals can be carried out. During the antenatal period, health of the pregnant women is the most important factor to consider and a good hygiene practices will help in that regard. The hygiene practices which should be followed but not limited to can be body hygiene, oral hygiene, clothing practices, etc. Along with it topics like benefits of good nutrition, adequate rest, family planning, exclusive breastfeeding, immunization, and other disease prevention can help the pregnant women for their wellbeing.

Objectives of the study

A Study on good hygiene practices to stay healthy and protect unborn child during pregnancy in pregnant women from Tapovan Centers Of Gujarat which are affiliated by Children's University.

Hypothesis of the study

- 1) To study the knowledge on body hygiene.
- 2) To study the knowledge of pregnancy striae treatments.
- 3) To study the knowledge of clothing hygiene.
- 4) To study the knowledge of addictions effects.
- 5) To study the knowledge of dental hygiene.

Material & Method

The study has been conducted with the 72 pregnant women from different Tapovan centers of Gujarat. The details of all the respondents per Tapovan Centers has been depicted in the Table A. All respondents have been given a questionnaire though Google forms for the data collection. Responses from all the respondents on questionnaire were analyzed and the calculate percentage method to produce the statistics. (Percentage can be calculated by dividing the value by the total value).

Table A: Data collection- Tapovan Centers of Gujarat

No.	Name of Tapovan Center	Number of Respondents
1	Children's University – Gandhinagar	20
2	Manan Tapovan Kendra – Junagadh	4
3	Navyug Tapovan Kendra –Visnagar	25
4	Bhagini Samaj Tapovan Kendra – Dahod	7
5	Vaidarbhi Tapovan Kendra – Anand	10
6	Adarsh tapovan Kendra - Surat	1
7	Sanskardham tapovan – Ahmadabad	5
	Total	72

Table B: Data collection- Family Types

Family types	Number of Respondents
Joint Family	61
Nuclear Family	11
Total	72

Analysis

Table 1: Showing scores obtained for knowledge on body hygiene

Knowledge on Body Hygiene	Number of Respondents	%
Acquainted	55	76.39
Non-acquainted	17	23.61
Total	72	100%

Discussion

Analysis shows that almost all of the respondents (76.39%) were acquainted with the knowledge of body hygiene, where as other respondents (23.61%) were non-acquainted with the same knowledge. So it can be said that acquainted respondent ratio is higher than non-acquainted respondents on the knowledge of body hygiene and its benefits.

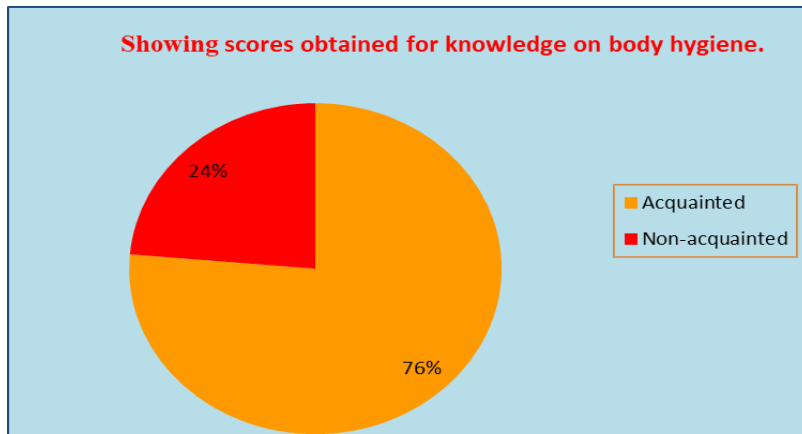


Figure: 1

Table 2: Showing scores obtained for knowledge on pregnancy striae treatments

Knowledge on Pregnancy Striae Treatments	Number of Respondents	%
Acquainted	53	73.61
Non-acquainted	19	26.39
Total	72	100%

Analysis shows that almost all of the respondents (73.61%) were acquainted with the knowledge of pregnancy striae treatments, whereas other respondents (26.39%) were non-acquainted with the same knowledge. So it can be said that acquainted respondent ratio is higher than non-acquainted respondents on the knowledge of pregnancy striae treatments.

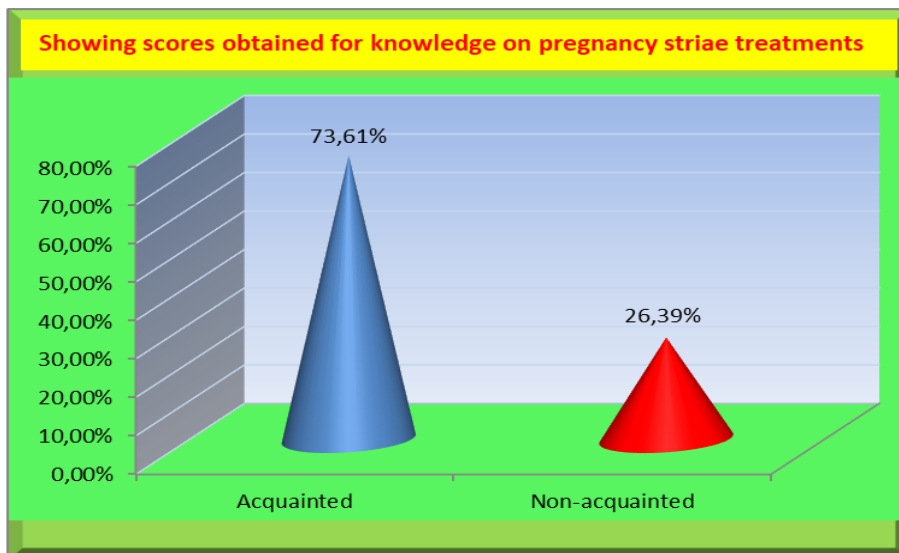


Figure: 2

Table 3: Showing scores obtained for Knowledge on Clothing Hygiene

Knowledge on Clothing Hygiene	Number of Respondents	%
Acquainted	72	100 %
Non-acquainted	0	0%
Total	72	100%

Analysis shows that all of the respondents (100%) were acquainted with the knowledge of clothing hygiene i.e. cleanliness of cloths and sterile during pregnancy.

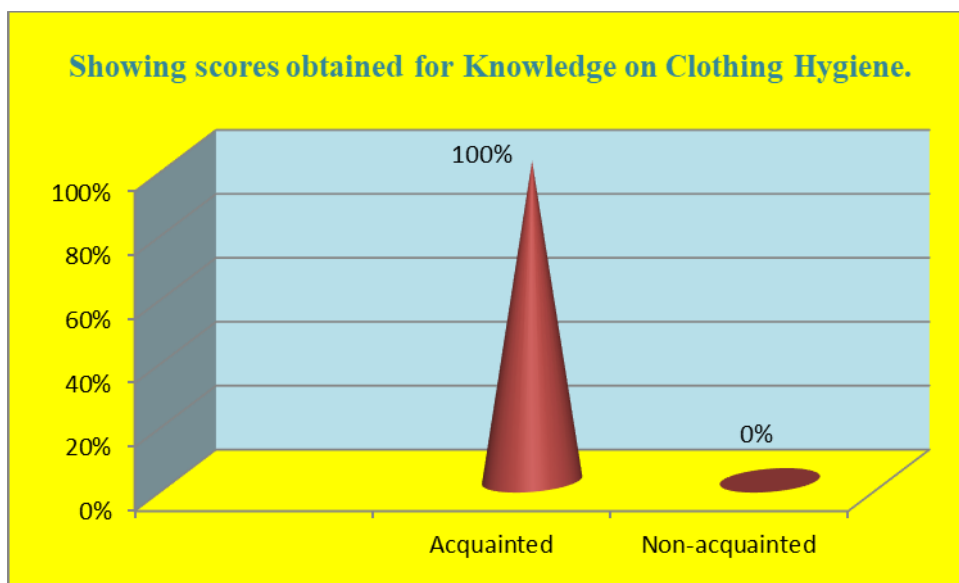


Figure: 3

Table 4: Showing scores obtained for Knowledge on addiction effects

Knowledge on addiction effects	Number of Respondents	%
Acquainted	50	69.44
Non-acquainted	22	30.56
Total	72	100%

Analysis shows that almost all of the respondents (69.44%) were acquainted with the knowledge of addiction effects, whereas other respondents (30.56%) were non-acquainted with the same knowledge. So it can be said that acquainted respondent ratio is higher than non-acquainted respondents on the knowledge of addiction effects and its consequences.

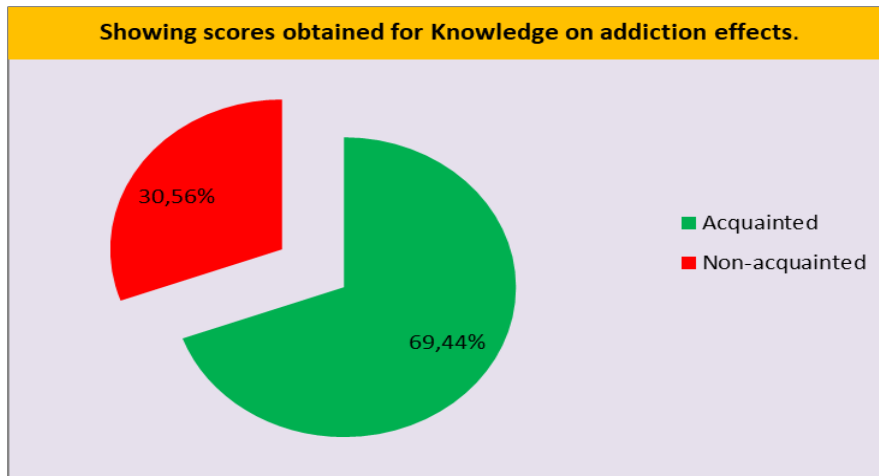


Figure : 4

Table 5: Showing scores obtained for Knowledge on dental hygiene

Knowledge on dental hygiene	Number of Respondents	Percentage
Acquainted	46	63.88 %
Non-acquainted	26	36.12 %
Total	72	100 %

Analysis shows that almost all of the respondents (63.88%) were acquainted with the knowledge of dental hygiene, whereas other respondents (36.12%) were non-acquainted with the same knowledge. So it can be said that acquainted respondent ratio is higher than non-acquainted respondents on the knowledge of dental hygiene and its benefits.

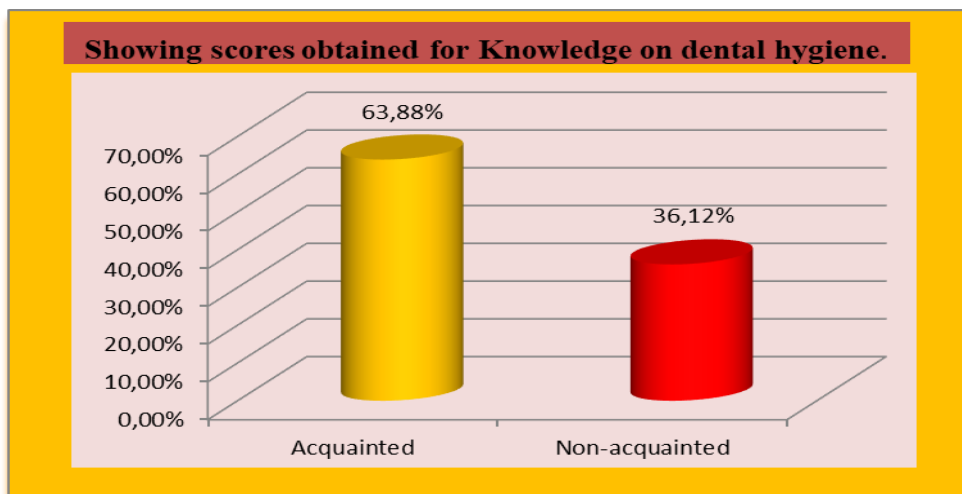


Figure :5

Conclusions

In summary, the present study was able to provide an insight on knowledge on different hygiene practices in pregnant women from Tapovan Centers of Gujarat. The findings suggest that almost all of the respondents (76.39 %) had knowledge of body hygiene during pregnancy. Almost all the respondents (73.61%) had knowledge of pregnancy striae treatments. All the respondents (100%) had knowledge on clothing hygiene (e.g., cleanliness & sterile). Around 69.44% respondents had knowledge on addiction effects and 63.88% had knowledge on dental hygiene.

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