

## **MATERIALITY OF PERSONAL HYGIENE IN THE 21ST CENTURY**

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### **ABSTRACT**

The study adopted explanatory research design, qualitative research approach, cross-sectional research strategy, the population of the study were 7 authors, the sampling design were surveyed of research papers published by Academic Journals and papers published at the various websites, the source of data of collection was primary source, method of data collection was research. The problem statement of the study was "The materiality of personal hygiene in the 21st century". The objectives of study were achieved and Introduction to the study was brief introduction to personal hygiene. Concerning the literature review the study investigated into what other writers had written about the subject under study. The study found out how to maintain good Personal hygiene, side-effects of poor hygiene and importance of practicing good personal hygiene. The study generalized that practicing good personal hygiene was significant in the 21st century. The study recommended that church leaders should teach their congregation to know the need to maintain good personal hygiene. The governments of various countries must create a platform to educate the general public to understand the side-effects of poor personal hygiene.

**KEYWORDS:** Materiality, Personal, Hygiene, Maintain, Good, Poor

### **BACKGROUND OF THE STUDY**

#### **Introduction**

Personal hygiene are exercises done by an individual to care for his or her health and well-being through tidiness. A lot of people compared hygiene with tidiness but hygiene goes beyond tidiness which are how to bathe, wash hands, trim fingernails, change clothes, keep the environment clean and germs free. The make-up of personal hygiene comprises of face hygiene, toe hygiene, ear hygiene, foot

hygiene and menstrual hygiene. Hygiene implies an act that involves preserving health and living healthy life. Personal hygiene is an idea which is applied in medical and public health. It is often practiced by individuals at homes. It is involves tidiness of the human body and clothes. Personal hygiene is vital for the human body and centers on how we should make ourselves clean and healthy. When we young, we learned about good personal hygiene and practiced what we were taught when we became adult. It was good to

be neat when we are young because it prevented some sickness. WHO defines hygiene as conditions and exercises that assist to maintain good health and hinder the spread of diseases.

## **OBJECTIVES OF THE STUDY**

To find out how to maintain good personal hygiene

To find out side-effects of poor personal hygiene

To find out significance of personal hygiene

## **HOW TO MAINTAIN GOOD PERSONAL HYGIENE**

**Balance diet:** Balance diet is a food that contains all the food nutrients in the right proportion. Before we can be healthy, we should balance our diet. Through this, our bodies will get the required nutrients to function properly. Poor diet and physical activity have negatively affect the well-being of man. Poor nutrition and physical activity have been health problems of U.S population. Almost half of the American adults about 117 million people experience chronic diseases like Cardiovascular disease, high blood pressure and poor bone health, type 2 diabetes and cancer.

**Rest:** We ought to spend 8-10 hours to sleep in order for the body to be healthy. Lack of inadequate time for resting causes diseases such as obesity, diabetes and Cardiovascular disease. A lot of experts have confirmed that sufficient time for sleep is significant to health

and well-being like nutrition and exercise. There are two types of sleep disorder namely, obstructive sleep apnea and central sleep apnea.

**Exercise:** According to Mayo Clinic exercise is good human's health and helps us in the following ways: minimalize body weight, combat health conditions and diseases, better sleep, healthy sex life and decrease stress. Before we do exercise, we must consult a medical to assist us to know the type of exercise we should do.

**Posture:** Poor posture creates stress on muscles, joints which result in overworked and fatigue. Research indicates that poor posture causes circulation, arthritis, musculoskeletal dysfunction, breathing efficacy, headache, sexual function, shoulder and back pain.

**Alcohol and Tobacco:** Center of Disease Control and Prevention confirms that moderate alcohol drink for women each day is 1 drink and drink for men is 2 drinks each day. The Dietary Guidelines declares that these people should not drink alcohol: persons below 21 years, pregnant women, divers and those who are under certain prescription. Smoking causes diseases, disability and destroys the organs in human body. About 16 million Americans are contaminated by disease through smoking. Smoking causes diseases like cancer, heart disease, chronic obstructive pulmonary disease. Smoking leads 41,000 deaths among nonsmokers every year and infants 400 deaths every year.

**Hand washing:** We should wash our hands before and after eating any food. This prevents us from becoming sick. It is vital to wash our hands after visiting the nature's call because faces carries billions of germs. We ought to wash our hands with water and soap for about 20 seconds. We wash our hands before preparing food, changing babies nappies, touching sick person, treating wounds and touching rubbish.

**Body:** We must take our shower everyday and use soap, shower gel or hypoallergenic body wash. When we are taking our shower, we ought to wash our armpits, genitals and anus well. If we bathe, it hinders skin irritations and eradicates bacteria which cause body odor. We should wash our sensitive parts with clean water or salt water.

**Genitals:** Men who are not circumcised should pull the foreskin of their penis and wash them with warm water. Women must wash their vulva with clean water without using soap but apply salt water. They must not use perfumed Soap and bath products because these will irritates the skin of their vulva. They should not douche, it will negatively affect the healthy bacteria in the vagina. During menstruation, they must wash their vulva.

**Clothes:** We should wear clean, dry clothes and wash sweaty or dirty clothes.

**Bad breath:** We must brush and floss our teeth twice in a day. When we clean and floss our teeth, they decrease gum disease and tooth decay.

**Nails:** We ought to trim our fingers and toes nails and they should be in good shape to avoid hang nails and infected nail beds.

**Hairs:** We must brush our hairs because sebaceous glands found in our hairs follicles procreate natural oils that assist to lubricate our scalp.

**Regular Medical check-up:** We should not wait untill we fall ill before we consult a medical doctor. We must go to check-up if possible once in a month. This decreases the danger of falling ill and improves health.

**THESIS STATEMENT:** The problem statement of the study was "The materiality of personal hygiene in the 21st century". The study found out how to maintain good personal hygiene, side-effects of personal hygiene and significance of personal hygiene.

### **SIDE-EFFECTS OF POOR PERSONAL HYGIENE**

Poor personal hygiene makes us to feel uncomfortable and negatively affect people around us. It causes body odor, bad breath, tooth decay and bleeding gum. It has bad effect on our communication skills, makes others to see us in a different mood and declare wrong judgment concerning our abilities and performance. It can prevents us from progressing our career. It causes diseases and spread to others around us. For example, if we do not wash our hands after attending the nature's call, we touch food, we spread bacteria, viruses and parasites. These cause infection, food poisoning, gastroenteritis,

cold, flu and hepatitis A. Poor dental hygiene could affect our hearts. If we are unable to breathe, we will suffer from dermatitis neglecta. It affects our works and social life.

## **LITERATURE REVIEW**

Many authors have written research papers about personal hygiene which educated the general public to know the need to maintain good personal hygiene. However, in spite of the views of the authors the study found out "The materiality of personal hygiene in the 21st century". Due to this, the study examine what other authors have written concerning the subject under study. Reference to (ehow,n.d) an article entitled "Factors affecting personal hygiene" written by Jane Gateway. Personal hygiene means personal care and maturing of a person's body. It is significant to continue to practice good personal hygiene because it promotes social acceptance and hinder the spread of diseases. When we are neat, it will be hard for germs to spread and increase. It creates good perceptions about ourselves and makes us to feel comfortable. If we do not maintain good personal hygiene, we will experience physical and Psychological problems. We practice hygiene because the society regard it aa an evidence of living healthy life and a way to prevent the spread of diseases. In 28 November, 2018 Carol Sarao wrote an article entitled "Factors affecting personal hygiene". Personal hygiene promotes self image and hinders infection and diseases. Poor personal hygiene creates room for dried sweat, dirt and sebum to stay on our skin which enable fungi

and bacteria to grow. Many people know the relevance of good hygiene and prefer to practice it but physical factors prevent them to do it. Mental and Psychological matters affect our capabilities and motivation to practice hygiene. Hygiene problem can lead to Alzheimer's disease, fearfulness, depression, unable to plan or remember. With regards to the views of the authors, the study investigated into how to maintain good personal hygiene, side-effects of poor personal hygiene; importance personal hygiene.

## **SIGNIFICANCE OF PERSONAL HYGIENE**

- Practicing good personal hygiene helps us not to get gastro or infectious diseases like COVID-19, colds and flu.
- Washing our hands eradicate germs which make us to fall ill.
- Maintaining good personal hygiene enables us to prevent the spread of diseases to others.
- practicing good hygiene can save 8 million lives in the world.
- Good hygiene decrease the danger of getting gastrointestinal and respiratory infections such as influenza and salmanella
- Good hygiene helps us in terms of physical, emotional and mental health.
- Good hygiene creates feeling of self confidence.

## **METHODOLOGY**

## **Introduction**

This chapter deals with research design, strategy, approach, population of the study, sampling design, source of data collection and method of data collection. The study used explanatory research design because it was the best to achieve the objectives of the study. The research strategy was cross-sectional survey where the study examined what other writers had written concerning the subject under study. The research approach adopted was qualitative because the study was interested in the relevance of good personal hygiene. The sampling design, population of the study, source of data collection and method of data collection were thoroughly investigated.

**SAMPLING DESIGN:** The study considered papers published by academic journals and papers published at the various websites.

**POPULATION OF THE STUDY:** The study considered 7 authors.

**SOURCE OF DATA COLLECTION:** The source of collecting data for the study was primary source.

**METHOD OF DATA COLLECTION:** The method of collecting data for the study was research.

**SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATION**

**SUMMARY OF FINDINGS**

The study discovered that personal hygiene are practices done by individuals to care his or her health and well-being through tidiness. Before we will be healthy, we should balance our diets. In order for us become healthy we ought to spend 8-10 hours for resting. Exercise reduces body weight and combat health conditions and diseases. People below 21years, pregnant women and divers should not drink alcohol. Poor posture causes circulation, arthritis musculoskeletal dysfunction; breathing efficacy. Smoking causes disease and destroys the organs in human body. We ought to wash our hands before and after eating food. We should take our shower everyday, men who are not circumcised should pull the foreskin of their penis and wash them with warm water. Women must wash their vulva with clean water without using soap. We should wash sweaty and dirty clothes and brush and floss our teeth twice in a day. We must trim our fingers and toes nails and brush our hairs. We ought to go to medical check-up if possible once in a month. Poor hygiene causes body odor, bad breath, tooth decay and gum bleeding. Practicing good personal hygiene helps us not to get gastro or infectious diseases. Maintaining good personal hygiene assist us not to spread disease to other people.

## **CONCLUSION**

Good Personal hygiene creates feeling of self confidence, has advantage towards business productivity and prevent the spread of disease to other people, save million of people's lives in the world, decreases the danger of getting

gastrointestinal and respiratory infections. Due to the above mentioned facts, the study generalized that maintaining good personal hygiene was important in the 21st century.

## **RECOMMENDATION**

**Church leaders:** Pastors, elders and deacons of the various churches should teach their congregation to understand the need to practice good personal hygiene.

**Government:** Government should create platform on radio, F.M, Television stations to educate the general public to know the side-effects of practicing poor personal hygiene.

**Actors and Actresses:** They must act film to teach the public to understand the importance maintaining good personal hygiene

## **AUTHOR'S PROFILE**



Dr. Isaac Kwasi Damoah is the writer of the research paper entitled "The Materiality of personal hygiene in the 21st century". He holds PhD in Christian Education, Masters Degree in Divinity Bachelor of Arts Degree in Theology and Diploma in Biblical Studies. He is a researcher, an author, a member of Ghana Writers Association and an official representative of European Group of Academic Journals.

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