

ABSTRACT

A cross sectional analytic study was done on hand washing and occurrence of diarrhea and ARI among grade 9 and 10 students in No.1 Basic Education High School, North Okkalapa Township, Yangon division in 2014. This study aimed to explore the knowledge and practice of proper hand washing among grade 9 and 10 students and to find out the association between socio demographic characteristics of students and their knowledge and practice on proper hand washing and also the association between knowledge and practice of students on hand washing and association between proper hand washing and occurrence of diarrhea and ARI among the participants. It was revealed that majority, (74.7%) students had higher knowledge level but students who actually adopted proper practice were found to be only (19.7%). Occurrence of diarrhea was observed to be (40.8%) and occurrence of ARI to be (98.2%). There was a statistically significant association between gender and knowledge ($p=0.026$) and practice on hand washing ($p=0.002$) and grade and knowledge ($p=0.018$), grade and practice ($p < 0.001$). Moreover, there was a significant association between socio economic status and practice of hand washing (Chi square = 3.83, $p = 0.050$). There was also statistically significant association between knowledge level and proper hand washing practice of students in this study (Chi square = 7.04, $p = 0.008$). Similarly, there was statistically significant association between practice of hand washing and occurrence of diarrhea in this study (Chi square = 18.94, $p < 0.001$). Likewise, there was statistically significant association between proper practice of hand washing and occurrence of ARI in this study (Chi square = 12.03, $p = 0.004$). The study also revealed that in spite of the high knowledge of majority of the participants concerning hand washing, proper practice was not incorporated among them. Reasons undermining adoption of proper hand washing practice included lack of continuous supply of hand washing and hygiene facilities at school and some behavioral attributes such as forgetfulness and laziness.