WHY IS PERSONAL HYGIENE SO IMPORTANT

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Personal hygiene is the complete cleaning and caring of your body including taking of bath, washing your hands and feet, brushing your teeth and hair and wearing comfortable yet clean clothing. But it is not end with that, it also includes making healthy decision with everyday tasks. In the school, one of the most important roles of the teacher is to teach his or her pupils with regards to personal hygiene; its important and benefits to one’s health and social. School children spend about more than half of a day either in schools or doing school assignments, during which time they can meet variety of physical, social and psychological harm.

According to World Health Organization, as published on their official website www.who, sanitation and hygiene are essential components of providing basic health services. Benefits of improved sanitation extend well beyond reducing the risk of diarrhea. These include reducing the spread of intestinal worms, schistosomiasis and trachoma, which are neglected tropical diseases that cause suffering for millions; reducing the severity and impact of malnutrition; promoting dignity and boosting safety, particularly among women and girls; promoting school attendance: girls’ school attendance is particularly boosted by the provision of separate sanitary facilities; and potential recovery of water, renewable energy and nutrients from faecal waste.

Making your body clean is vital in preventing illness, for your own protection and for the protection of others around you. If a student learn and can maintain cleanliness, he or she can improve his or her self – confidence, physical and emotional well – being. Achieving cleanliness is an important lesson that a student must learn in order to create a feeling of well – groomed and the physical appearance of cleanliness.
As a response, it is indeed a great opportunity to have access to drinking water sources and facilities for hand washing and excreta disposal. Making realize the importance of personal hygiene and sanitation ensures the rights of every pupil to acceptable hygiene practices and a healthy school environment.

All schools should be aware of the importance of personal and social hygiene practices for the pupils. Teaching children with proper care of his or her body can lead in total progress and holistic development of the children.

References:

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