Cleanliness and Personal Hygiene among Fisherman Community in Duming Kuppam, Chennai, Tamilnadu, India

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Abstract

Health refers to being free from illness and disease, while cleanliness pertains to maintaining a state of being free from dirt or germs. Personal hygiene, which involves cleaning and grooming, is crucial for good health. The connection between cleanliness and disease prevention is evident in practical terms. The present study employed a descriptive research design to investigate the state of cleanliness and personal hygiene among the fisherman community residing in Duming Kuppam. Convenience sampling was utilized, and the sample size consisted of 20 respondents. The data collection method involved administering a questionnaire that was translated into Tamil. The questionnaire comprised 20 items, with ten focusing on cleanliness and the other 10 assessing personal hygiene. The findings revealed that the fisherman community in Duming Kuppam lacked cleanliness, but personal hygiene practices were satisfactory. It can also be concluded that this community does not correlate with cleanliness and personal hygiene.

Keywords: *Cleanliness, Personal Hygiene, Fisherman Community.*

INTRODUCTION

To maintain good health, it is essential to have good habits, as health is more valuable than wealth. Good hygiene is critical in promoting good health, as it helps prevent illnesses and infections. While health refers to the body's overall fitness, hygiene refers to our daily activities to improve our health. Adopting hygienic habits can lead to a healthier, more confident, and more pleasant life. The body and mind are interconnected, so a healthy body is essential for a cheerful and contented mind. We can live a long and happy life by cultivating a healthy lifestyle and practising good hygiene. Personal hygiene is a necessary action that promotes physical and psychological well-being. (Wartunah & Tarwoto, 2004:59).

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