

AN EXPLORATIVE STUDY TO ASSESS THE PERSONAL HYGIENE PRACTICE (HAIR HYGIENE) AMONG ELDERLY WOMEN'S OF LAMBANI COMMUNITY

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Abstract: Elderly or old age consists of ages nearing or surpassing the life expectancy of human beings, and thus the end of the human life cycle. Good personal hygiene is the first step to good health. We all are expected to maintain a certain degree of personal hygiene. When you neglect to clean and care for your body, you can find yourself ostracized from friends and family. Personal hygiene routines are something most of us take for granted. You get up, wash, brush your teeth, comb your hair, etc. But these routines are something that elderly people can find very difficult. Most elders are reluctant to let someone else administer their personal hygiene. It gives them a sense of being dependent and having lost their dignity. Hence this explorative study is carried out to analyse personal hygiene (hair hygiene) practice among elderly women's of Lambani community. **Result:** On the item uses for head bathing 56.67 % female respondents uses plain water with shampoo for head bathing, those who use plain water with soap is 33.34 % and who uses only plain water for head bath is 10 %. The female respondents i.e. 43.33 % use the hair oil for their head hair on the day of head bathing, 33.33 % does it on every fortnight and 10 % respondents go for it on every alternate day and 13.33 % respondents not at all use any hair oil. 100 % female respondents do not use hair dye at all for colouring their hairs. This is an empirical paper which highlights the hair hygiene practice among Lambani community's women.

Keywords: Hair Hygiene, Lambani Community, Personal Hygiene, Women,.

Introduction: Health is a function, not only of medical care but of the overall integrated development of society-cultural, economic, education, social and political of individual and society as a whole. Good health and good society go together (Basu, 1992). Elderly or old age consists of ages nearing or surpassing the life expectancy of human beings, and thus the end of the human life cycle. Good personal hygiene is the first step to good health. You're expected to maintain a certain degree of personal hygiene. When you neglect to clean and care for your body, you can find yourself ostracized from friends and family. Personal hygiene routines are something most of us take for granted. You get up, wash, brush your teeth, comb your hair, etc. But these routines are something that elderly people can find very difficult. Most elders are reluctant to let someone else administer their personal hygiene. It gives them a sense of being dependent and having lost their dignity. As we all know India is land of diversity along with the general population, people belonging to unprivileged sections of society including schedule castes and tribes have contributed a lot for our national heritage by their unique style of performing certain jobs and festivals. Of the several such communities, Lambani community is the one, which is called by the different names in different parts of the country like Banjara, Lambhada, Ghorbhai and so on. The Lambani women are found in groups throughout the central and southern parts of India, selling cloth at markets and beaches. Their work contributes considerably to the income of their families. Women of Lambani tribes wear decorated

clothes or fabrics. The Lambani women embroider bright rainbow-coloured fabrics covered with a mosaic of patchwork mirrors. The Lambani women commonly wear large, silver earrings laden with bells called Loila and a large silver torque around the neck to which two large silver pyramid forms are attached. Jewellery is also an essential part of these tribal women lifestyle. Women wear bones made finger rings, bangles and bracelets in addition, they adorn their hair with flowers and balls. These tribal women mostly wear thick aprons which are interwoven with cotton thread through needle work. Hence this explorative study is carried out to assess the personal hygiene (hair hygiene) practice among elderly women's of Lambani community at Gulbarga Taluka, Kalaburagi District of Karnataka. This is an empirical paper which highlights the hair hygiene practice of Lambani community women's.

Review of Literature: As we all know personal hygiene is practice of individual towards his own wellbeing. In the present study on Lambani elderly women's personal hygiene (hair hygiene) practice very rare literature we will find. There is scarcity of literature and review in this section. Many scholars and academicians highlighted the culture, tradition and folkways of the Lambani community in socio-cultural. But no researcher has highlighted the hair hygiene practice in this community. Personal hygiene practice is very much essential in the elder's life span. But is still untouchable area of research in social science and medical sciences. Only few national and international agencies, NGO's and some government schemes are running different health related issues of

this Lambani community. But personal hygiene practice especially hair hygiene practice of Lambani women's is still not made. Hence this present empirical study tried to focus on this issue.

Hair and Hygiene: Dirty head hair does not actually cause many health problems; it's mostly for appearance factor that keeping hair clean is a good idea. Hair comes in a variety of types. Whether hair is curly, wavy, or straight depends upon the shape of the hair follicle. A flat follicle yields wavy hair while a round follicle produces straight hair. Very curly hair comes from oval-shaped follicles. As there are different types of hair, there are also different colours and different textures—thick or thin. Whatever kind of hair a person has, it is important that it be kept clean. This will help it look and smell good and prevent the development of scalp problems. The hair on the head (and the scalp, for that matter) can be dry, oily, or normal, which is a combination of the two. These categories refer to the amount of sebum that accumulates on the scalp. Sebum gets distributed through the hair by combing, brushing, or touching the hair. When sebum accumulates at a normal level, it acts as a built-in conditioning system for the hair, keeping it soft and shiny. Scalp skin, just like any other skin on the body, must be kept healthy to ensure a healthy body and healthy hair production. If the scalp is cleaned regularly by those who have rough hair or have a hair-fall problem, it can result in loss of hair. However, not all scalp disorders are a result of bacterial infections. Some arise inexplicably, and often only the symptoms can be treated for management of the condition (example: Dandruff). There are also bacteria that can affect the hair itself. Head lice are probably the most common hair and scalp ailment worldwide. Head lice can be removed with great attention to detail, and studies show it is not necessarily associated with poor personal hygiene. Washing hair removes excess sweat and oil, as well as unwanted products from the hair and scalp. Often hair is washed as part of a shower or bathing with shampoo, a specialized surfactant. Shampoos work by applying water and shampoo to the hair. The shampoo breaks the surface tension of the water, allowing the hair to become soaked. This is known as the wetting action. The physical action of shampooing makes the grease and dirt become an emulsion that is then rinsed away with the water. This is known as the emulsifying action.

Research Methodology:

a) Purpose of the study: The purpose of the present study is to explore and assess the personal hygiene practice with special reference to the component of hair hygiene among the elderly women's of Lambani community.

b) Research Design: Ex-post Facto Research Design was used for the present study. Both qualitative and

quantitative methods were use for the research design.

c) Sample Design: The present study is carried out in 10 Lambani Tandas which are taken from five Gram Panchayats those comes under Gulbarga Taluka, Kalaburagi District of Karnataka State.

d) Sampling Method: Simple Random Sampling method is used for the present study.

e) Sample Size: In the present study total 200 elderly women's belonging to Lambani community were selected as sample.

Findings and Discussion:

Table No. 1: Duration of Taking Head Bath

Duration (Length) of taking bath	Female (N=200)	
	Number	Percentage
1. Daily	00	00
2. Alternate Day	00	00
3. Weekly Twice	114	56.67
4. Weekly Once	86	43.33
Grand Total	200	100

Table No. 1 shows the number and percentage of the respondents on the item how often they take head bath. It is clear from the table that the female respondent i.e., 114 (56.67 %) takes head bath weekly twice and the female respondents i.e. 86 (43.33 %) takes head bath on once in a week and no female respondents takes head bath on daily and every alternate day. It is clear from the table that the female respondents i.e. 56.67 % believe that taking head bath twice in a week is good for them. It is more convenient for them. They tell, "Due to long (female) hair it is not easy for them to wash them daily". So they have the practice of washing them weekly twice. The 43.33 % of the female respondents takes head bath once in a week. They feel it is very much convenient for them, because fewer female respondents wear ornaments on their head hair. So it is not so easy to take head bath daily. Hence they have the practice of it. Infact taking head bath daily or weekly twice is advisable for hair hygiene and majority of female respondents following it.

Table No. 2: Item Use for Head Bathing

Item Use for Bathing	Female (N=200)	
	Number	Percentage
1. Plain Water	20	10
2. Plain Water with Soap	67	33.33
3. Plain Water with Shampoo	113	56.67
Grand Total	200	100

Table No. 2 shows the number and percentage of female respondents on the item they use for bathing head hair. It is clear from the table that the female respondents i.e. 113 (56.67 %) uses plain water with shampoo for head bathing, those who use plain water

with soap is 67 (33.33 %) and female respondents who uses only plain water for head bath is 20 (10 %). It is clear from the table that, 56.67 % of the female respondents use plain water with shampoo for head bathing. They believe shampoo can clean the head hairs more effectively than any other items. They say, “We use shampoo for head bath because it makes hair silky and soft along with cleaning them more nicely”. The 33.33 % of female respondents uses plain water with soap for washing their hairs. They believe that soap can clean the head hair more effectively. They use the same body soap for their head hairs. So they use it in practice. And 10 % female respondents use only plain water for head bathing and washing. They believe that plain water is sufficient for washing their hairs. They tell, “We are using plain water from our childhood. No wrong happened by using it so far”. Hence they are practicing it. It is matter of great concern. Only plain water does not remove any dust or dirt and any infection from the head hairs. Hence an effective health education regarding hair hygiene is needed for this sample population.

Table No. 3: Use of Hair Oil for Head Hairs

Use of Hair Oil for Head Hairs (Frequency of Use)	Female (N=200)	
	Number	Percentage
1. When Takes Head Bath	87	43.33
2. Alternate Day	20	10
3. Weekly Once	00	00
4. Every Fortnight	66	33.34
5. Not Use It At All	27	13.33
Grand Total	200	100

Table No. 3 shows the number and percentage of female respondents on the item do they use hair oil for head hair? It is clear from the table that the female respondents i.e. 87 (43.33 %) uses the hair oil for their head hair on the day of bathing. The 66 (33.33 %) respondents use it on every fortnight and 20 (10 %) respondents use it on every alternate day. The remaining 27 (13.33 %) female respondents not at all use any hair oil for their head hairs. It is clear from the table that the female respondents believe that by using hair oil daily, after bathing and every alternate day can keep their hair look neat. They tell, “Hair oil can keep their head cool and hair looks neat”. Hence they practice it as routine. It is healthy and hygienic practice to use hair oil daily or alternate day. Basically, using hair oil twice a week is advisable for the healthy hair hygiene. Hence more respondents need effective orientation and health education to use the hair oil for their healthy hairs. The 13.33 % female respondents not at all use hair oil for their head hair. It is unhygienic practice concerned to hair hygiene. They believe it is not so necessary to use it. It may be due to economic problem or erroneous perception. And on the other hand 33.33 % female respondents

use hair oil on every fortnight. It is also not a hygienic practice. Hence the above respondents need orientation and health education to use hair oil atleast twice in a week for healthy hairs.

Table No. 4: Use of Hair Dye for the Head Hairs

Applying Hair Dye Practice	Female (N=200)	
	Number	Percentage
1. Yes	00	00
2. Yes, Once in a Month	00	00
3. Yes, On Spl. Occasion	00	00
4. No, Not Use it At All	200	100
Grand Total	200	100

Table No. 4 shows the number and percentage female respondents on the item, whether they are applying hair dye for their hairs. It is clear from the table that all the female respondents i.e. 30 (100 %) do not use hair dye at all. And zero respondents were uses it on once in a month or on special occasions. It is clear from the table that female respondents i.e. 100 % not at all use hair dye for their head hairs. They don't not colour their head hairs. Colouring the hairs is matter of fashion and modern style. They believe it is not necessary to colour hairs in the older age by artificial colour. They tell, “We are becoming old. White colour is a symbol of elderly. It is natural process and we have to obey it. If we do hair dyeing it will look odd for our age”. Hence all the respondents do not having the practice of dying their head hairs. Infact from the hair hygienic and healthily hairs it is not necessary and advisable to use any sort of dye for the hairs. It may damage the skin or change the colour of skin entirely if it use for the longer period.

Conclusion: The following conclusions can be drawn on the basis of above findings and discussion,

It was found that out of 200 elderly women's respondents, 56.67 % believe and practice taking head bath twice in a week and 43.33 % of the female respondents takes head bath once in a week.

It was found 56.67 % of the female respondents use plain water with shampoo for head bathing, 33.33 % of female respondents uses plain water with soap for washing their hairs and 10 % female respondents use only plain water for head bathing and washing.

It was found 43.33 % uses the hair oil for their head hair on the day of bathing, the 33.33 % respondents use it on every fortnight, 10 % respondents use it on every alternate day and remaining 13.33 % female respondents not at all use any hair oil for their head hairs.

It was found the 100 % of female respondents not at all use hair dye for their head hairs. They don't not colour their head hairs.

Implications: On the basis of above discussion and conclusion the following are the implications cum suggestions that need to be considered and implemented.

1. Taking head bath daily or weekly twice is advisable for hair hygiene and majority of female respondents following it.
2. The 10 % female respondents use only plain water for head bathing and washing their hairs. It is matter of great concern. Only plain water does not remove any dust or dirt and any infection from the head hairs. Hence an effective health education regarding hair hygiene is needed for this sample population.
3. The 13.33 % female respondents not at all use hair oil for their head hair and 33.33 % female respondents use hair oil on every fortnight. It is unhygienic practice concerned to hair hygiene. It is not a hygienic practice. Hence the above respondents need orientation and health education to use hair oil atleast twice in a week for healthy hairs.
4. The female respondents i.e. 100 % not at all use hair dye for their head hairs. The coloring of hairs is matter of fashion and modern style. Infact from the hair hygienic and healthily hairs it is not necessary and advisable to use any sort of dye for the hairs and all the respondents do following it. Hence it is a healthy practice concerned to hair hygiene

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