

CAT 4 RESOURCE DEVELOPMENT

Project Hygiene

Group 4080

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ABSTRACT

Project Hygiene is a resource package which aims to help promote and encourage proper hygiene as well as improve knowledge of good hygiene among students of age 13. This can help to encourage our audience to incorporate more good hygiene habits into their daily life and avoid any consequences that could result from poor hygiene. Our resource package consists of an Instagram Page, a website as well as a board game, all of which educate our audience about hygiene in a more interesting way. With students being more tech-savvy nowadays, our resources would allow for a more appealing and interactive way of learning about hygiene. It caters to their preference, allowing us to reach out to a wider audience among students of age 13.

1 Introduction

1.1 Rationale

Hygiene is important to maintain one's health and prevent the spread of germs and bacteria. If one does not practise proper hygiene on a daily basis, he could face consequences to his health and well-being in the form of diseases and illnesses. Thus, we felt that it was crucial to help students learn about hygiene and its importance so that good hygiene habits can be inculcated at a younger age to help them remain safe and healthy in the future. So we decided to create a resource package targeted towards students of age 13 to help them learn more about hygiene.

1.2 Objectives

The objectives of Project Hygiene was to

- Educate our audience about hygiene and its importance
- Promote and encourage the practise of good hygiene on a daily basis
- Emphasise on good hygiene habits and the consequences of poor hygiene

1.3 Target Audience

Our project was targeted towards students of age 13

1.4 Resources

The resources we have made include:

- An Instagram page
- A board game
- A website (with an animated video)



Our Instagram Page

We created an Instagram page as we felt that it would suit our target audience better since many students that fall within our targeted age already use this platform on a daily basis. This could allow us to reach out to a wider audience and allow them to view our resources. On our page, we shared daily posts which largely consisted of interesting facts and posters to promote good hygiene and its importance.

About Hygiene

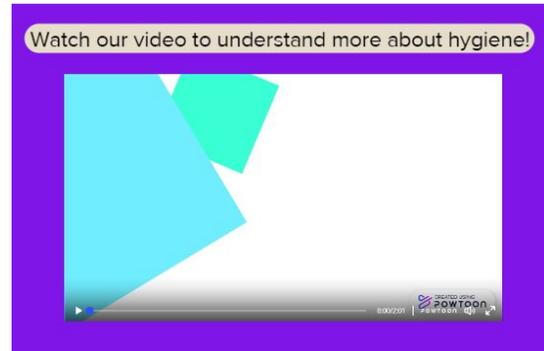
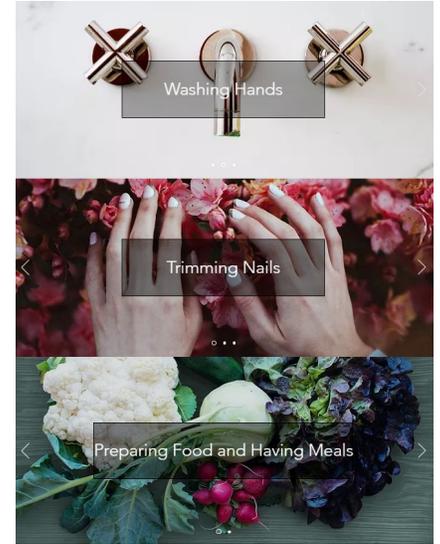
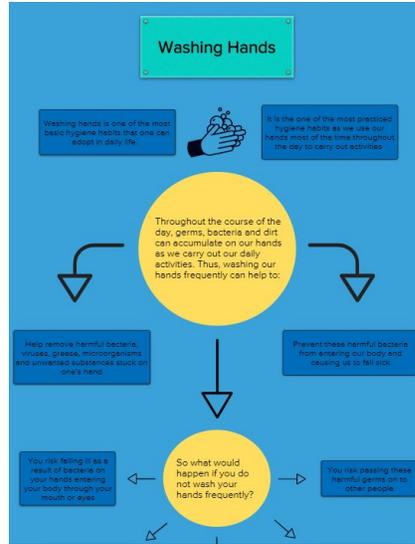


So What Is Hygiene?
Hygiene refers to daily practices that one carries out to maintain his or her personal health and well-being.

Is It Important to Maintain Good Personal Hygiene?
Yes! It is very important to maintain good personal hygiene on a daily basis as it can keep your body clean and prevent illnesses by reducing the spread of germs. [Learn more about various hygiene habits](#)

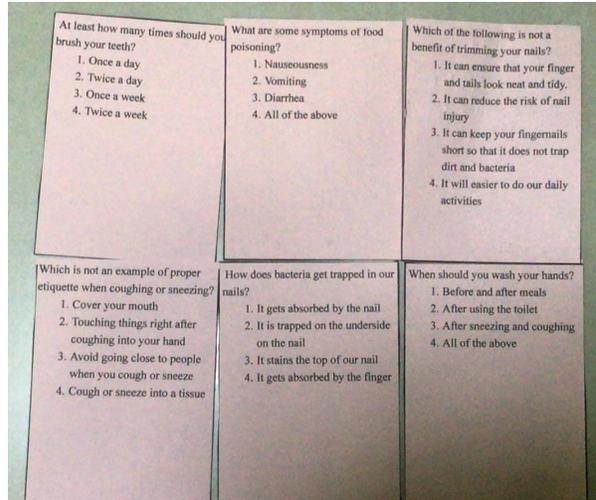
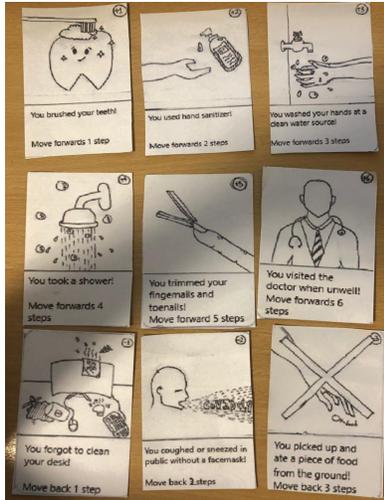
Is It Difficult To Maintain Good Personal Hygiene On A Daily Basis?
No, it is not. Most hygiene habits practices take an average of only 5-10 minutes to carry out, so it should be relatively easy to incorporate them into your daily life!

Am I The Only One Affected By My Hygiene?
No, you are not the only one affected by your hygiene. Those around you will also be affected by your day-to-day hygiene habits, so ensure that you practice good hygiene on a daily basis.



Our website

For our website, included interesting features such as quizzes and an informative video that allows for a more interesting and interactive way to learn more about hygiene. There are also various sections explaining the importance of the different hygiene habits as well as a section providing useful tips in carrying out these hygiene habits. Our website acts as a platform which is able to convey information in an interesting way without being wordy, hence appealing to our audience.



Our Board Game

Through our board game, our audience would not only be able to learn about good hygiene practises, but are also able to have fun. As our game is made to be suitable for 3 players, our audience would be able to play this card game together with their friends which allows them to learn together and allow our resource to be more effective in promoting good hygiene.

2 Review

SINGAPORE - According to Dettol's latest survey, only 50 per cent of the 500 respondents surveyed in Singapore said they wash their hands thoroughly with water and soap before eating and after using the restroom.

The other 50 per cent of the respondents, aged between 20 and 65 years old, said they either wash their hands briefly or not at all. Furthermore, only one in four Singaporeans carry a bottle of sanitiser to keep their hands clean, with women being more likely to do so as compared to men.

In addition, 42 per cent reportedly suffer from cross-contamination related illnesses. The survey also highlighted that 50 per cent of the respondents do not

Picture of article "Only 50% of Singaporeans wash their hands thoroughly after using the restroom"

Only 50% of Singaporeans wash their hands thoroughly after using the restroom: Survey. (2016, June 07). Retrieved August 18, 2020, from <https://www.asiaone.com/health/only-50-singaporeans-wash-their-hands-thoroughly-after-using-restroom-survey>

This survey conducted by Dettol also shows how people do not place enough emphasis on personal hygiene habits, which is in this case, washing one's hands. Only half of the respondents expressed that they washed their hands thoroughly with soap, whereas the other half only washed their hands briefly or not at all. The data recorded for this survey was rather disappointing and more can be done to improve on this.

A cross-sectional study was conducted within a residential area in the west of Singapore from June to August 2013. A total of 1,156 household units were randomly sampled and invited to participate in an interviewer-assisted survey using standardised questionnaires. Descriptive, A total of 240 units (20.8 %) consented and responded to the survey invitation. About 77 % of the expected knowledge and attitude were observed in at least 80 % of the participants, compared to only about 31 % of the expected behaviours and practises. Being single [adjusted

Picture of study "Current knowledge, attitude and behaviour of hand and food hygiene in a developed residential community of Singapore: a cross-sectional survey"

CL. Walker, I., CL. Walker, R., E. Scallan, S., JG. Wheeler, D., A. Stenberg, C., GK. Adak, S., . . . M. Wielen, C. (1970, January 01). Current knowledge, attitude and behaviour of hand and food hygiene in a developed residential community of Singapore: A cross-sectional survey. Retrieved August 18, 2020, from <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-015-1910-3>

This study conducted by BMC Public Health shows that although the majority of the study participants showed that they had knowledge on good food and hand hygiene, only a minority actually practise good food and hand hygiene. It can be seen that more

can be done to emphasise the importance of such hygiene practises and to encourage these people to practise proper hygiene daily.



Video of Speech By Masagos Zulkifli, Minister For The Environment And Water Resources, At The MEWR COS Debates, 6 March 2018, retrieved from <https://www.youtube.com/watch?v=8LgnGqXfOTo>

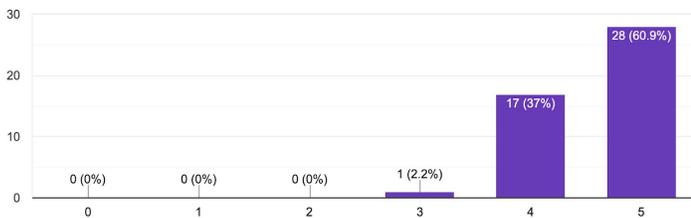
At a joint press conference held on 6 march this year, Minister of the Environment and Water Resources, Masagos Zulkifli highlighted the importance of public hygiene. He cited examples of Singaporeans leaving used tissues as well as spitting their food waste on hawker centre tables. This shows that many Singaporeans still lack knowledge on proper hygiene and do not understand how such actions can impact others as well as their own health.

3 Methodology

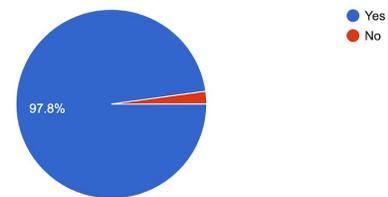
3.1 Needs Analysis

We conducted a needs analysis among our audience to ascertain the relevance of our project. We created a short survey to gather thoughts and opinions towards the topic of hygiene from students within our targeted group. We received a total of 46 responses, from which we could infer that our resources could be of use to our audience and would be able to help us in achieving our objective.

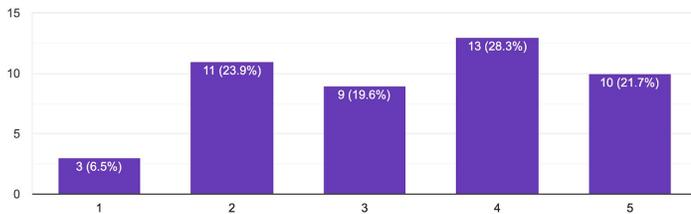
How important do you think personal hygiene is?
46 responses



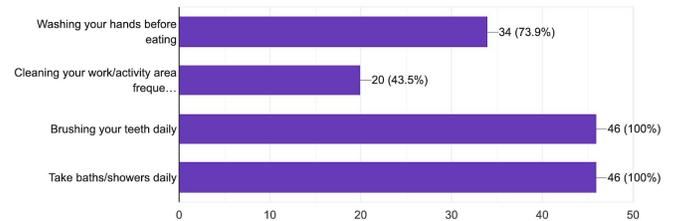
Do you think that it is necessary for personal hygiene to be maintained daily?
46 responses



How often do you see acts of poor personal hygiene being carried out?
46 responses



How often do you participate in the following hygiene habits?
46 responses



If your answer in the previous question ranges from 3 to 5, list down some acts of poor personal hygiene you have witnessed.

33 responses

- Coughing without covering mouth, sneezing without using a tissue, spitting on the floor
- Coughing loudly in bus
- Digging of nose
- Not washing hands after eating etc.
- sneezing everywhere
- Not sanitising after sneezing /coughing.Not covering their mouth when sneezing.not washing hands before and after eating etc.
- People coughing, sneezing
- Nose picking
- picking of nose

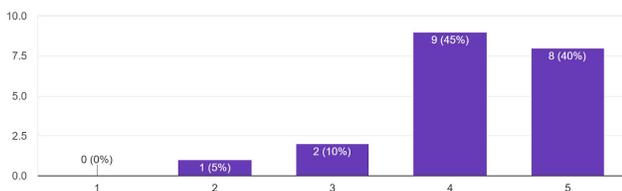
3.2 Development of Resources

A review was carried out on various reliable websites related to hygiene and information was collected relating to hygiene and its various aspects. We also took note of how these websites presented their information and thought of how we could convey the collected information in a better and more appealing way. Thus, while creating our Instagram page, website and board game, we kept in mind that these resources should allow our audience to learn more about hygiene in an interesting and interactive way.

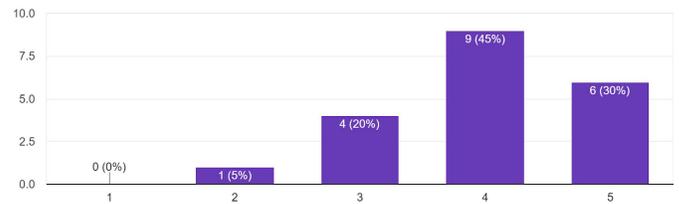
3.3 Pilot Testing

A pilot test was administered to 20 secondary one students. We provided them with the links to our resources and created a survey to take in feedback. Generally, the feedback towards our board game and website was positive, with most students finding them engaging and providing a more interactive and interesting way to learn about hygiene.

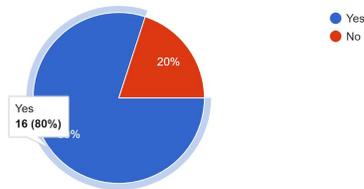
How much do you think our website has helped you in learning more about hygiene and its importance?
20 responses



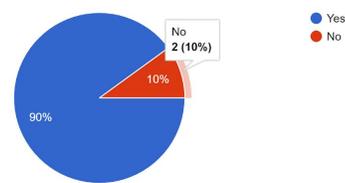
How useful do you find our website?
20 responses



Do you find the video included in the website educational and interesting?
20 responses

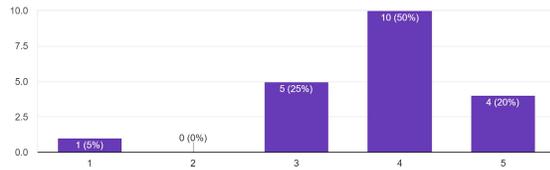


Do you find the quizzes in the website educational and interesting?
20 responses

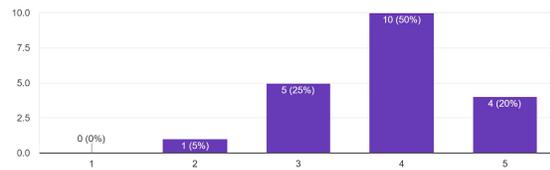


Feedback on our website

How would you rate our card designs?
20 responses



How would you rate our board design?
20 responses



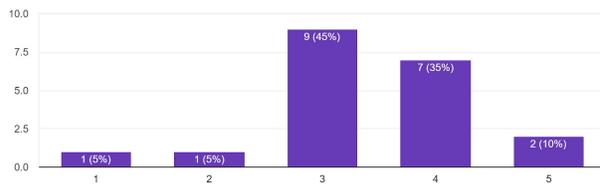
What do you think about the concept of our board game?

12 responses

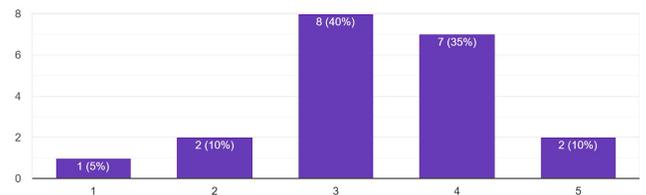
- It feels like an original board game
- Interesting concept which would make learning about hygiene more interesting
- I think it is a fun way to learn about new things
- It seems fun to play with my family
- fresh concept with a more engaging way to learn about hygiene
- It looks fun to play
- It seems well designed
- I think that the board game seems quite fun to compete against friends with
- fun and engaging

Feedback on our board game

How interesting and appealing do you find our posts?
20 responses



How educational do you find our posts?
20 responses



Feedback on our Instagram Page

However, we felt that the feedback we received for our Instagram Page was not exactly what we expected them to be and wanted to know what we could improve on and why it did not really satisfy our target audience. So we questioned the students further and got the following responses.

FEEDBACK

How can we improve our page?

You can include wider variety of posts

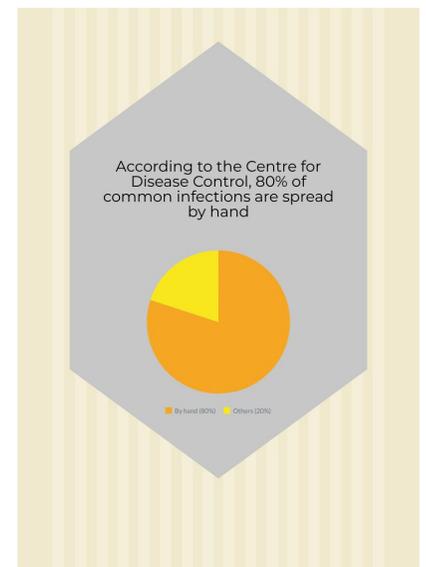
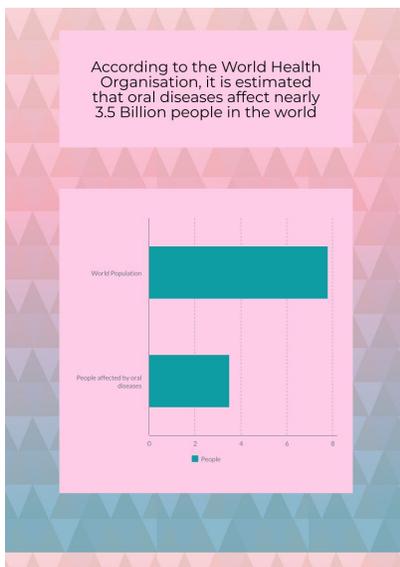
Information in posts very general. Can include more specific information e.g. real life examples or stats

Include more statistics and studies

Posts can be more interesting with more information from studies and research

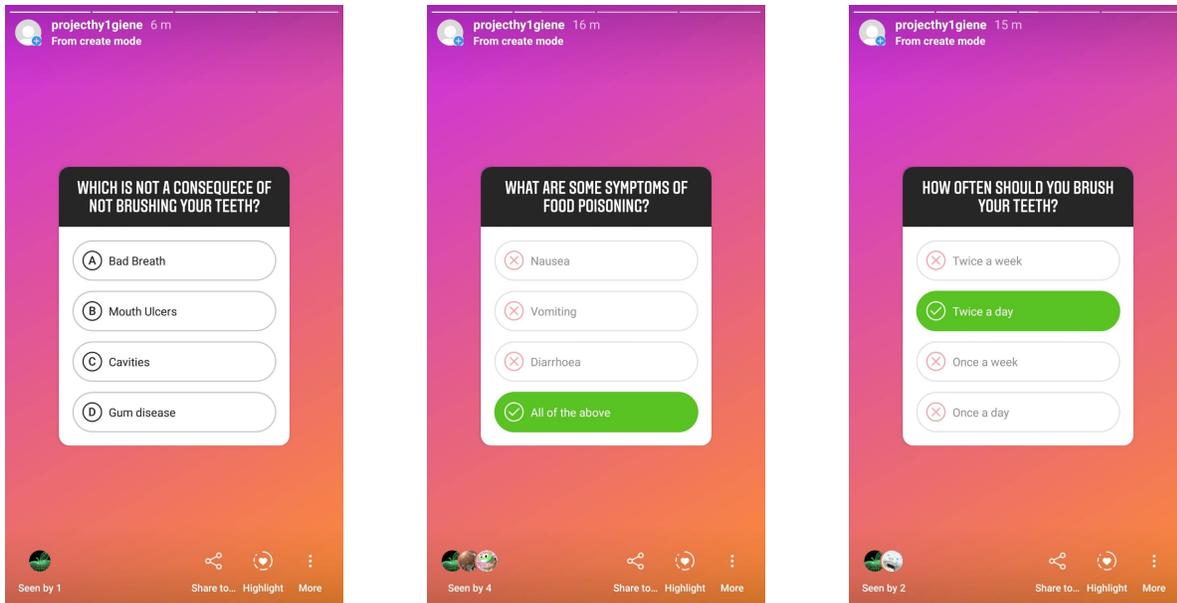
More variety of information

So we took into account the feedback and made the relevant changes. For our daily posts, we included more real life statistics and research studies on hygiene to show and emphasise on its importance. We also included charts and graphs in these posts to make them more presentable and easy to understand. These are some examples of the posts we made after taking in the feedback.



On top of this, we also made use of the quiz feature in the Instagram app to start daily quizzes regarding the importance of hygiene and the different hygiene habits. We asked them different types of questions on hygiene and they could choose the answer based

on which they thought was correct. The quiz feature was easy to use and could convey information in a more interesting way. This allows for a more interactive and engaging way to learn about hygiene and its importance



4 Outcome and Discussion

The feedback and reviews towards our resources were generally positive and that they suited our target group. To allow us to reach out to a wider audience, we also decided to publicise our different resources on our Instagram Page and website so that the students would be able to view our entire project. In the end, many students felt that our project was fresh and innovative with an interesting way of teaching the importance of hygiene, showing that our project was feasible and useful.

5 Conclusion

In conclusion, Project Hygiene was definitely a more tricky project to undertake this year due to the pandemic situation causing many limitations to our project. It took hours of work to collect accurate and reliable information related to hygiene, and then putting it onto our website in a more presentable way. The website and the board also took time to design and make, and the Instagram page had to be managed daily to ensure that

our daily posts are uploaded. The entire project journey had allowed us to develop our critical thinking, creativity and communication skills which were all required in various aspects of this project such as the development of resources and the presentations of our work. Overall, despite this year causing many limitations to our project, we were still able to pull through and complete it with major takeaways.