



Ear Hygiene among the Students of Grade 6-9 of J/Navatkuli Maha Vidyalayam

Rajeetha Miraaj^{1*} and Vinayagamoorthy Miraaj²¹Lecturer (Probationary), Unit of Siddha Medicine, University of Jaffna, Sri Lanka²Demonstrator, Unit of Siddha Medicine, University of Jaffna, Sri Lanka***Corresponding Author:** Rajeetha Miraaj, Lecturer (Probationary), Unit of Siddha Medicine, University of Jaffna, Sri Lanka.**Received:** December 30, 2019**Published:** January 31, 2020© All rights are reserved by **Rajeetha Miraaj and Vinayagamoorthy Miraaj.****Abstract**

Ear is the organ that detects sound, it only receives sound, but also aids in balance and body position and the ear is part of auditory system.

Ear hygiene is very important role in our health so everyone wants to prevent the ear diseases. The hygiene of the ear should be introduced from childhood through their mother. Ex- cleaning of ear after bathing.

This cross-sectional study is about the ear hygiene among the school students between the ages of 10-14 year, and identify the ear problems the study population is seventy (70) students of grade 6-9 at J/Navatkuli Maha Vidyalayam.

Here 48.57%(34) Males and 51.43%(36) Females are included. The 84.29%(59) students have knowledge of ear hygiene and 15.71%(11) students not known about that. Here 82.89%(58) students have the habits of regular ear cleaning and 17.11%(12) students haven't the habits of regular ear cleaning. Here 46.55%(27) students have 1time/week of regular ear cleaning and most of them 72.41%(42) (male and female students) are using ear bud to clean their ear.

Here 61.43%(43) of students have wax in the ear who have the habits of regular ear cleaning and, 83.33%(10) of students have wax in the ear who haven't the habits of regular ear cleaning. There are 2.86%(2) of students have mucus discharge, 27.14%(19) of students have watery discharge, 2.86%(2) of students have tinnitus, 22.86%(16) of students have earache and 5.11%(4) of students have impairing of hearing.

Here those who have the habits of regular ear cleaning they have less ear symptoms and those who haven't the habits of regular ear cleaning they have higher ear symptoms than others. Anyone has any symptoms of ear disease, out of students who haven't habits of regular ear cleaning.

All together ear hygiene among the students of grade 6-9 J/Navatkuli Maha Vidyalayam is satisfactory.

Keywords: Ear Hygiene; Hearing; Organ; Ear Cleaning

Introduction**Ear**

Ear is the sensory organ for hearing and balance. It located in behind the temporal bone in both side of the face under the anterior hair line near the both temporo mandibular joint. Ear is the very important organ because hearing is very important sense to live in the world. "Listen much talks less" is the common proverb to explain the important of ear. Some of our habits will damage the ear and cause permanent impairment of hearing Ears not only let us hearing, but they also play a role in maintaining our balance, which is vital to our ability to function in daily life. We can't even see our ears, except in a something's wrong, such as when an earache strikes or when we start having to ask people to repeat what they say. This study will tell you all the vital information you need about ear care.

Ear will clean by itself but accumulation of wax causes infections conductive deafness and so many ear diseases. Some ear diseases may cause brain disease. So everybody must know about ear hygiene.

Ear hygiene

Good ear hygiene helps to avoid the accumulation of earwax and therefore formation of ear plugs. However, we do not always choose the right ear cleaning routines. In spite of their widespread use, cotton swabs or Q-tips entail certain health risks as they pack earwax deep into the ear canal. If used too deep, they can also cause the perforation of the tympanic membrane.

As a general rule, you should avoid inserting objects into your ears in order to avoid all risk of obstruction or perforation. Daily washing the auricle of the outer ear with water and drying it with a clean towel helps clean the ear without the risk of upsetting its functioning. Regular cleaning and examination of the ears should be an important part of one's overall hygiene regimen [1-11].

The students ear hygiene

The ear hygiene is very importance to everyone. So we selected group of students from the school J/Navatkuli Mahavidyalayam for our research. The school is a IB, school and located at Navatkuli.

Here 400 students are studying but the study included 70 students from them. These 70 students are between ages of 10-14 years (Grade 6-9).

Justification

Even there were 1000 students between ages of 5- 16 because below age of 10 years (below grade-5) student’s ears are cleaned by parents and above age of 14 years (above grade 9) students cleaned their ears themselves. But ages between ages of 10-14 years (grade 6-9) students wouldn’t like to clean their ears themselves or cleaned by parents or others. So there was selected this age selected this age group of students.

General objective

Ear hygiene among the students of grade 6-9 of J/Navatkuli Mahavidyalayam

Specific objective

- To identify out the knowledge of ear hygiene among the students.
- To identify out the factors which have influence of ear hygiene.
- To study out the problems which caused by poor hygienic ear.
- To identify the students who have symptom of ear diseases.
- To identify the students who have impairment of hearing.

Methodology

Research area

J/Navatkuli Maha vidyalayam Grade – 6,7,8 and 9.

Number of research subjects

There are 70 students in Grade – 6,7,8 and9 at J/Navatkuli Mahavidyalayam

Type of research

Cross sectional descriptive study.

Research population

Students who study in Grade – 6,7,8 and 9 at J/Navatkuli Mahavidyalayam

Research period

Three months (October- December) 2014.

Research instrument

- Questionnaire which is prepared by researchers.
- Otoscope (Auriscopes).

Research methods

- We got permission from principal of J/Navatkuli Mahavidyalayam through our supervisor of research.
- Preparation of questionnaire
- We collected the details of the students who study in grade 6,7,8 and 9 at J/Navatkuli Mahavidyalayam from the principal.
- **Collection of data:** Data was collected by researchers through the interrogation and examination with questionnaire and instruments.

- Examination of the ear
 - Look for any scars.
 - Examine the pinna and outer meatus in a good light
 - Examine the pinna gently backwards and upwards to straighten out the meatus, insert the otoscope (auriscope) gently into the meatus and see where we were going by looking through the instrument. Inspect the external canal. Inspect all parts of the tympanic membrane by varying the angle the angle of the speculum.
- Analyzing of data.

Variables and indications

- Students’
 - Age
 - Sex
 - Grade
- Knowledge of ear hygiene
- Habits of regular ear cleaning
- Frequency of ear cleaning
- Using substances to ear cleaning
- Wax in the ear
- Symptoms of ear diseases.

Results and Discussion

Research Sample

70 Students were selected from selected school J/Navatkuli Mahavidyalayam.

Number of Respondents on educational variables

The educational variables of respondent’s such as gender, grade and age group are analyzed and tabulated in the following tables.

Distribution of gender

Here 48.57%(34) males and 51.43%(36) females.

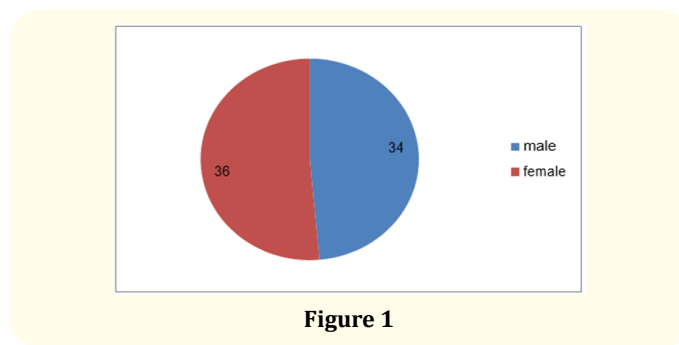


Figure 1

Distribution of Age and Distribution of gender

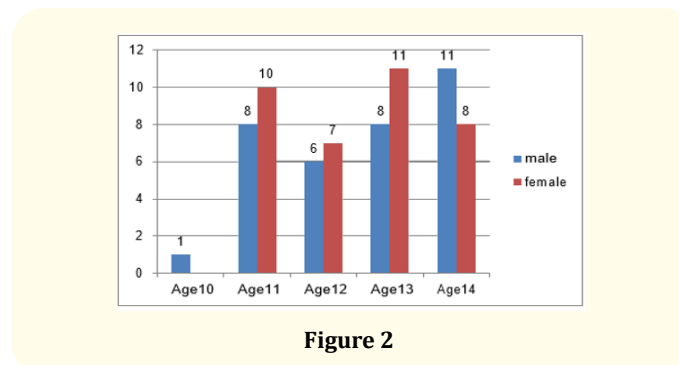


Figure 2

Distribution of grade and Distribution of gender

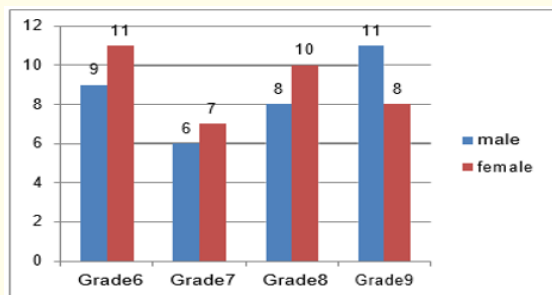


Figure 3

Knowledge of ear hygiene and distribution of age

The 84.29%(59) students have knowledge of ear hygiene and 15.71%(11) students not known about that.

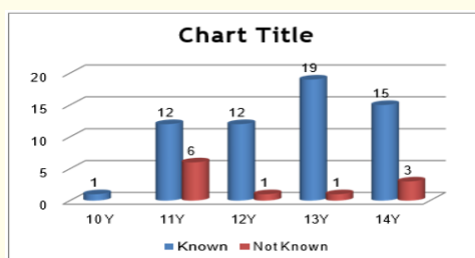


Figure 4

Distribution of Age and regular ear cleaning

Here 82.89%(58) students have the habits of regular ear cleaning and 17.11%(12) students haven't the habits of regular ear cleaning.

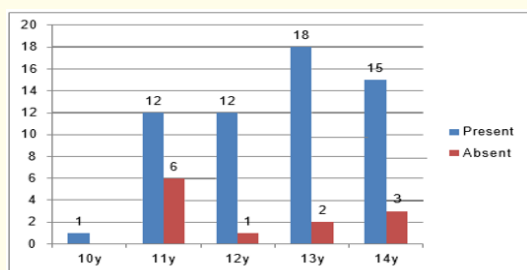


Figure 5

Frequency of ear cleaning

Total 58 students have the habits of regular ear cleaning, here 46.55%(27) students have 1time/week of regular ear cleaning.

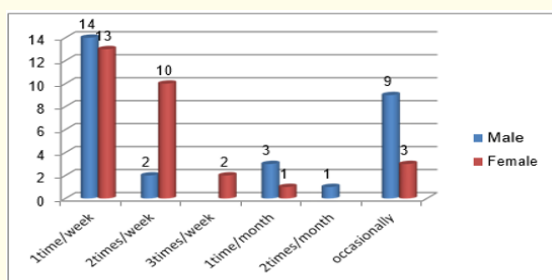


Figure 6

Using substance to ear cleaning

From the above figure most of them 72.41%(42) (male and female students) are using ear bud to clean their ear.

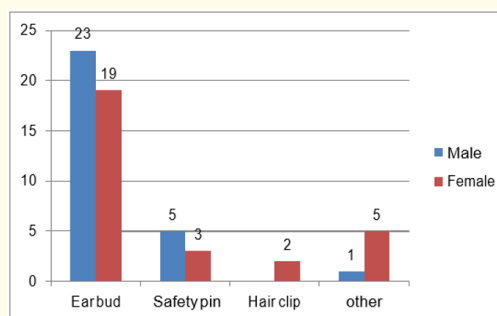


Figure 7

Distribution of wax in the ear and frequency of ear cleaning

Here 61.43%(43) of students have wax in the ear.

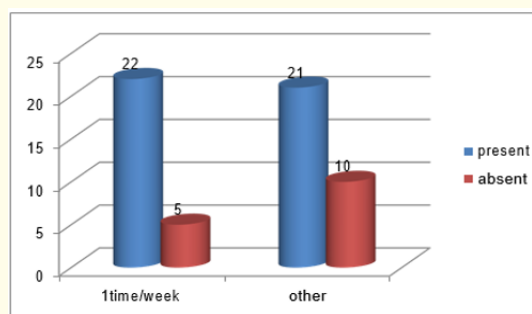


Figure 8

Distribution of wax in the ear and haven't habits of regular ear cleaning

Here 83.33%(10) of students have wax in the ear.

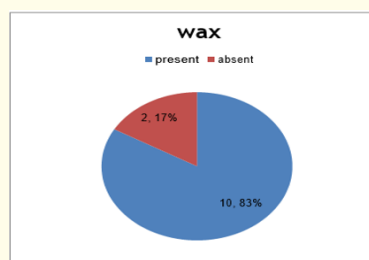


Figure 9

Distribution of symptoms of ear disease

There are 2.86%(2) of students have mucus discharge, 27.14%(19) of students have watery discharge, 2.86%(2) of students have tinnitus, 22.86%(16) of students have earache and 5.11%(4) of students have impairing of hearing.

Distribution of ear symptoms and who have the habits of regular ear cleaning

Total no of students who have the habits of regular ear cleaning-58.

Here those who have the habits of regular ear cleaning they have less ear symptoms.

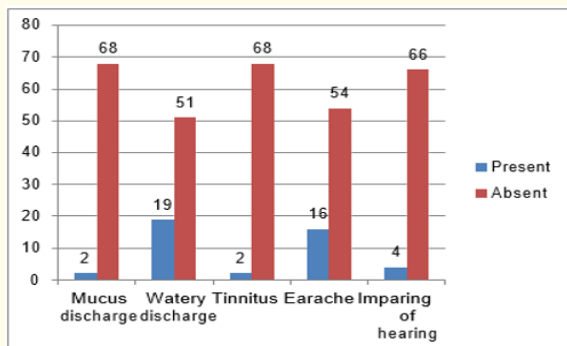


Figure 10

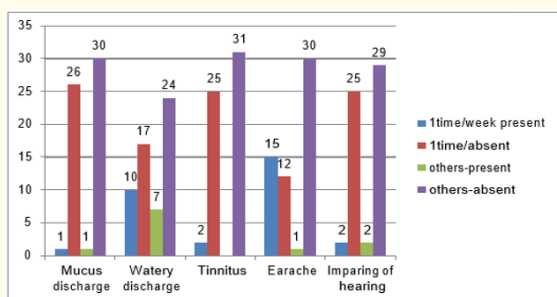


Figure 11

Distribution of ear symptoms and who haven't habits of regular ear cleaning

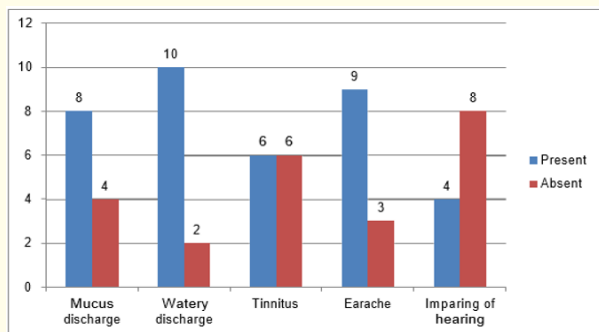


Figure 12

Total no of students who haven't the habits of regular ear cleaning-12

Here those who haven't the habits of regular ear cleaning they have higher ear symptoms than others.

Conclusion

There are no symptoms of ear disease among the students who have the habits of regular ear cleaning.

Suggestion

Regular cleaning and examination of the ears should form an important part of one's overall hygiene regimen.

Some students said they have deafness after head bathing. In our examination they have collection of wax in their ears. It might be the reason for that if they do not remove that it will become sever infection or ear disease mention above in our literature review but if they try to remove the wax by themselves with sharp instrument like as hair clip or safety pin it will be perforate the ear drum. It may lead to ear infections or permanent deafness. So it will be better to visit an ENT doctor for them.

Although a healthy ear will naturally clean itself, it is important to watch out for potentially harmful conditions. Ear wax for example serves as a natural protector of the inner ear canal against dust, small particles or insects that may otherwise damage it. However if its amount is excessive and causes discomfort, it may be necessary to carefully remove it by using appropriate assistive tools. Because vigorous ear cleaning or sharp substance using to ear cleaning are courses to perforating of tympanic membrane and goes to worse hearing impairment or other ear disease and even cause to serve brain disease for example meningitis and encephalitis.

So in case when the ear wax has thickened it may be necessary to ask a hearing specialist for help.

Limitations

In practical manner, many difficulties had to be faced in the preparation of this research study. This research has the following limitations.

- This research has only cover up one school students in this area.
- Although short period was given (3 months), many difficulties had to be faced to grant permission for collecting data, to get instruments and to visit the school.

Bibliography

1. Mohammad Maqbool and Sahil Maqbool. Text book of ear, and throat disease. 11th edition 3-130.
2. Snells. Clinical aatomyb y regions., Lippincott Williams and Wilkns., 8th edition. 707-719.
3. Perer Bull and Ray Clarke. Lecture notes Diseases of the ear, nose, and throat 3.75.
4. Keith L Moore and Anne MR. Agur, Lippinctt Williams and Willkins. 402-408.
5. Thibodeau A and Patton T. Anatomy and Physiology Mosby 379-384.
6. Parveen Kumar and Michael Clark. Kumar and Clark clinical medicine., 7th edition., 1079-1080.
7. Guyton C and John E Hall. Text book of medical physiology., Saunders 640-662.
8. Michael Swash and Michael Glynn. Hutchison's clinical methods., Elsevier Science Health Science Division, 23rd edition (2007): 306-309.

9. http://my.clevelandclinic.org/Healthy_Living/ear_care/care_tips.aspx
10. <http://www.hearingdirecto.com/blog/how-to-maintain-good-ear-hygiene.html>
11. <http://www.hearingdirect.com/blog/how-to-maintain-good-ear-hygiene-tipsofearcleaning.html>

Assets from publication with us

- Prompt Acknowledgement after receiving the article
- Thorough Double blinded peer review
- Rapid Publication
- Issue of Publication Certificate
- High visibility of your Published work

Website: www.actascientific.com/

Submit Article: www.actascientific.com/submission.php

Email us: editor@actascientific.com

Contact us: +91 9182824667