

**OBSERVATION STUDY ON  
HAND WASHING HABIT IN  
UCSI UNIVERSITY**

**FUNG MIN YI**

**B. Sc. (Hons.) Food Science & Nutrition  
Faculty of Applied Sciences  
UCSI University**

**2009**

## ABSTRACT

Hand washing is an important practice and considered a major part of public health and everyday routine. Although majority knows about hand washing's health importance, but still compliance of hand washing among University students are low. This study aimed to evaluate hand washing practices among UCSI University students after using washroom and to compare the results from observation and self-reporting survey. Observation and survey study were carried out by 2 different students in UCSI University. There were 370 (185 males and 185 females) of students being observed and 353 (167 males and 186 females) of students participated in the self-reporting survey. For observation study, the degree of hand washing practices was assessed by use of soap, adequacy of hand washing and hand drying time. Overall, 90.8% of students washed their hands after using washroom. Of those who washed hands, 80.9% washed with water only and 19.1% washed with soap. Approximately 54.7% of students washed their hands with soap with sufficient time and 24.1% of students dried their hands thoroughly after washed hands with soap in recommend time. About 93.5% of male and 88.1% of female students observed to wash their hands after using washroom. Hand washing with soap was better in male and Malay students. For survey study, 92.2% of male and 97.3% of female students reported that they washed their hands after using washrooms. Contrary findings between participants on self-reporting survey and observation showed that the percentage of female students was lower at 10.2%. Results obtained in this study could be used for future references. Further studies should explore more on how students wash their hands and other potential factors that would affect the hand washing practices.