

Knowledge, Attitude, and Practices of Hand Hygiene Among Students of Bingham University, Karu Local Government Area, Nasarawa

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ABSTRACT

Hand hygiene is universally acknowledged as one of the most effective strategies in preventing the spread of infectious diseases, especially in institutional and communal settings such as universities. Despite its proven efficacy, compliance with proper hand hygiene practices among the youth, particularly students in higher institutions, remains inconsistent. This study investigated the knowledge, attitude, and practices of hand hygiene among students of Bingham University, Karu Local Government Area, Nasarawa State. **Methodology:** A descriptive cross-sectional survey was conducted among 267 undergraduate students conducted using a multistage sampling technique across various faculties and academic levels. Data were collected using a validated, self-administered questionnaire structured in four sections and analyzed using descriptive statistics (frequency and percentage) and chi-square test. **Results:** The findings revealed that 97.0% of respondents were aware of hand hygiene as a preventive measure against infections, with 89.1% recognizing its importance in daily routines. However, only 46.4% were aware of the WHO-recommended 20-second handwashing duration. Attitude towards hand hygiene was largely positive, with 82.4% strongly agreeing on its necessity. In contrast, actual practice was suboptimal, as only 24.0% regularly used hand sanitizers when soap and water were unavailable, and 57.3% reported washing hands only 1–2 times daily. Key barriers to effective hand hygiene included forgetfulness (70.4%), busy academic schedules (55.1%), and inadequate facilities (37.5%). **Conclusion:** The study concluded that while knowledge and attitude toward hand hygiene are high among students, there is a gap in consistent practice. It recommended improved infrastructural support, integration of hand hygiene education into student orientation, and the promotion of behavioral change interventions to improve compliance.

Keywords: Hand Hygiene, Knowledge, Attitude, Practice, Infection Prevention

