

Subject: Home Economics

Topic: Hygiene and Adolescence

Class: jss1

Introduction; The rapid physical changes during puberty brings about changes in the state of health of the adolescent boy or girl. The development of sweat gland leads to too much sweating with body odour. The period of puberty requires proper care and personal hygiene.

Definition of Body Odour

Body odour is an unpleasant smell that comes from the body of someone and is perceived by other people around. The person can perceive his/her smell either early in the morning before bathing or in the afternoon after sweating.

Causes of Body odour

- a. Poor hygiene during menstruation.
- b. Poor care of the hair and mouth.
- c. Failure to have bath regularly.
- d. Using of body care products that smells badly.
- e. Wearing dirty clothes.
- f. Body odour may be natural: certain glands in the body system develop very quickly and they bring out kinds of smell through the skin as they develop eg. sweat glands.
- g. Excessive smoking and drinking of alcohol can lead to body odour.

Prevention of Body Odour

- a. Bathing regularly.
- b. Observing good menstrual hygiene practices.
- c. Wearing clean clothes.
- d. Wash your underwear regularly and change them very often for clean ones.
- e. Using good perfume and deodorants on clean body and clothes.
- f. Avoid wearing other people's dresses especially when they are not washed.
- g. Washing our legs when we remove shoes from our feet especially during hot weather.

Personal hygiene

Personal hygiene means the general care given to parts of the human body. It includes taking care of the skin; treating the hands and fingernails (manicure); caring for the feet and toenails (pedicure), grooming the hair, washing the mouth and teeth etc.

Importance of personal hygiene

1. It keeps us free from diseases and infections.
2. It makes us look neat and tidy.
3. It helps to prevent body odour.
4. It helps to prolong our lives.
5. It gives an individual the confidence needed to be in the company of mates.
6. It helps an individual to cope with temporary physical conditions as oily skin and hair and increased perspiration.
7. It helps individuals to promote their own health.

Effects of lack of personal hygiene

1. Lack of self- confidence.
2. Different types of health challenges.
3. Body odour.
4. Rashes.
5. Itching.
6. Skin irritation.

Adolescence

Adolescence is the period between childhood and adulthood. It is the period or time when a young person is developing into an adult. Adolescence begins at puberty between eleven and thirteen years and ends at young adulthood. A young boy or girl at this stage is called an adolescent.

Challenges of adolescence

1. **Adjustment:** they have problem adjusting to their physical changes. The girls have to cope with enlarged breast and menstruation. The boys cope with changed voice and bigger penis.
2. **Status:** they want to behave like adults, yet they are not fully adults.
3. **Independence:** adolescence often want to do things their own way. They do not like to be directed or guided by parents or other adults.
4. **Physical needs:** these arise as a result of the physical change going on in the adolescents. Their needs include:
 - a. Balanced foods needed for proper development
 - b. New clothes to replace out grown old ones.
 - c. Brassiere for girls as their breast develop
5. Need for personal understanding and support.
6. Peer pressure: they often want to go along with their peers. There could be negative influences from their peer group in dressing, feeding and expression of sexuality.

Home work

Write a comprehensive note on “self-medication”

1. Who is an adolescent?
2. Enumerate 5 challenges encountered by adolescents in our society.