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НАЦІОНАЛЬНИЙ ФАРМАЦЕВТИЧНИЙ УНІВЕРСИТЕТ
КАФЕДРА НОРМАЛЬНОЇ ТА ПАТОЛОГІЧНОЇ ФІЗІОЛОГІЇ**



**V науково-практична internet-конференція
з міжнародною участю**

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**17 ЛИСТОПАДА 2022
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SYSTEMATIC EVALUATION ON GENDER AND HYGIENE HYPOTHESIS: GENDER AND HYGIENE HYPOTHESIS HIGHLIGHTS GIRLS TO MAINTAIN HYGIENE BETTER THAN BOYS

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Introduction. Hygiene is an act of maintaining and keeping ourselves and surroundings clean in order to prevent diseases and spread of viruses. In relation, Gender hygiene is a practice by boys and girls conducive to maintaining health and preventing disease through keeping oneself and surroundings clean.

The Goal is to evaluate strategies that highlight girls to maintain better hygiene than boys.

Materials and methods. An expedite and scrutinize assessment was made using scientific bases including Research Gate, Scopus, PubMed and a survey. Using the survey impeccable statistics were made by 55.6% boys and 44.4% girls. Lastly, with the statistics 77.8% of individuals concord to our hypothesis that girls maintain better hygiene than boys with 22.2% individuals in disagreement. From these individuals on our survey and our scientific bases we were able to carry-on our hygienic hypothesis.

Results and discussion. Gender hygiene and the hypothesis that girls are known to maintain hygiene better than boys is seen by some individuals as stereotypical as 33.3% from our survey view gender hygiene has no relation to being a girl or boy. According to our survey results, 55.6% boys and 44.4% girls filled our survey. Base on it, girls tend to bath often compared to boys as girls are concerned about their image and perception which 36.5 girls' bath twice a day, 40.0% twice during their menstrual period and 4.4% bath once a day while 38.5% boys' bath twice a day. The standard of cleanliness is generally higher for girls than boys in a way that girls are guided on where to play most often in doors more than boys, they are most often dressed in clothes that are not supposed to get dirty. Furthermore, it is known that girls are more linked with asthma than boys base on hygiene hypothesis which suggests critical postnatal period of immune response triggered by extremely clean household and frequent exposure to certain cleaning chemicals. This hypothesis was supported by 100% individuals from our survey to some illnesses being gender base. Girls see personal hygiene and general cleanliness as a part of their self-reflection and first physical impression while such doesn't matter to boys. In addition, girls are more likely than boys to change clothes every day, change underwear every day, clean the surrounding and kitchen everyday as a regular duty and wash their hands after using public transport which is considered an important hygienic norm.

Conclusion. Systematic evaluation on gender and hygiene hypothesis: Gender and hygiene hypothesis highlights girls to maintain hygiene better than boys is an important area to highlight as to state the important basic hygiene which are being neglected or seen as less important by boys and girls who have neglected such basic hygiene. In essence, the hypothesis of girls maintaining better hygiene than boys this was affirmed true by 77.8% individuals from our survey.

Keywords: Gender hygiene, hygiene hypothesis.