

Investigating the Quality and Improvement of Community Health as a Result of Personal Health Education

Shiva Farzali¹

¹ Department of Midwifery, University of medical sciences of Ilam, Ilam, Iran

Shivafarzali73@gmail.com

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ABSTRACT

Personal hygiene is one of the most fundamental pillars of health promotion and disease prevention in human societies and plays a key role in reducing the burden of diseases, improving the quality of life, and increasing life expectancy. Observing the principles of personal hygiene includes body hygiene, regular hand washing, oral and dental care, water and food hygiene, observing hygiene principles in the living and working environment, and paying attention to physical activity, healthy nutrition, and adequate sleep. Personal hygiene education in schools is one of the basic pillars of advanced educational systems that plays a vital role in promoting individual and social health. This study examines the importance of personal hygiene education for students and its impact on the health of the community. The research method of this study is a review type and by analyzing reliable domestic and foreign sources, various dimensions of this education have been examined. The findings show that integrated personal health education programs, in addition to reducing infectious diseases in educational settings, increase awareness and change students' attitudes towards a healthy lifestyle. Also, by creating sustainable health habits, these trainings reduce medical costs at the macro level and improve community health indicators. In addition, the role of teachers and parents in promoting health concepts and the impact of modern educational methods, such as educational games and digital technologies, on sustainable learning of health skills have been examined. The results show that schools, as influential institutions in educating the next generation, should benefit from comprehensive and efficient programs for personal health education. It is suggested that educational policymakers, by developing and implementing new strategies, pay more attention to teaching health skills in order to increase students' health and form a healthier and more dynamic society.

Keywords: Public health, personal health, personal health education, student health, schools, community health promotion

Introduction

Personal hygiene is one of the most fundamental pillars of health promotion and disease prevention in human societies and plays a key role in reducing the burden of diseases, improving the quality of life, and increasing life expectancy. Observing the principles of personal hygiene includes body hygiene, regular hand washing, oral and dental care, water and food hygiene, observing hygiene principles in the living and working environment, and paying attention to physical activity, healthy nutrition, and adequate sleep. These simple and low-cost behaviors can prevent a wide range of infectious diseases such as respiratory, digestive, parasitic, and skin diseases. One of the most effective ways to prevent the transmission of pathogens is proper and consistent hand washing, which, according to research, can significantly reduce the risk of infectious diseases. Also, maintaining oral hygiene plays an effective role in preventing tooth decay, gum disease, and even some systemic diseases. On the other hand, a healthy lifestyle based on a balanced diet, regular physical activity, and avoiding unhealthy habits such as smoking and alcohol consumption plays an effective role in preventing noncommunicable diseases such as diabetes, obesity, cardiovascular diseases, and some cancers. Paying attention to personal hygiene is of fundamental importance not only from an individual perspective,

but also from a collective perspective; because not observing it can lead to the rapid spread of diseases in society. By educating and promoting health literacy, providing health facilities, and encouraging people to participate in healthy behaviors, an effective step can be taken towards improving public health. In general, personal hygiene is an effective, low-cost, and sustainable strategy for preventing diseases and promoting community health, and paying attention to it can have widespread positive consequences at the individual and social levels (Parviz Basiri et al., 2025). Personal and social health is considered one of the most important indicators of sustainable development in any society. One of the key strategies for promoting public health is personal hygiene education from an early age and in educational settings. Schools, as the first formal educational institutions, play a significant role in shaping students' health habits and attitudes. Providing structured education in the field of personal hygiene can have a significant impact on reducing infectious diseases, improving lifestyles, and increasing public awareness in society. Studies have shown that students who care about personal hygiene are more successful in terms of academic performance and concentration in class (Zarei and Hosseini, 2018). In educational environments, teachers and parents should explain the importance of these habits to students as role models. Using engaging educational methods such as games, demonstrations, and educational posters is very effective in reinforcing health behaviors. With repetition and continuous practice, students learn that personal hygiene is an integral part of everyday life. For this reason, institutionalizing these behaviors at an early age can have a lasting impact on the future health of society. Monitoring students' compliance with personal hygiene is as important as education, because education without follow-up and evaluation will have limited effectiveness. School health administrators and educators should regularly monitor the personal hygiene, oral hygiene, and general health of students. This monitoring is not only useful for identifying issues that require special attention, but also strengthens a sense of responsibility in children. Parental cooperation at home with school programs plays a key role in establishing healthy behaviors. Motivating students by encouraging and appreciating them can be effective in strengthening their intrinsic motivation. Ultimately, the combination of effective education, careful supervision, and family participation provides a sustainable foundation for raising a healthy, informed, and responsible generation (Sahar Sadat Mir Hashemi Rostami et al., 2025). Given that many health behaviors are formed during childhood and adolescence, educational programs in schools can help establish and strengthen these behaviors. Studies show that regular education on health principles, such as proper hand washing, oral hygiene, healthy nutrition, and disease prevention, reduces medical visits, increases academic productivity, and ultimately improves the general health of the community. Therefore, educational institutions and policymakers should focus on developing and implementing effective programs in the field of personal health education. Another important aspect of this issue is the methods of health education in schools. The use of new methods, including the use of digital technologies, educational games, and interactive training, can have a significant impact on sustainable learning. Also, the role of teachers, parents, and support systems in promoting these teachings and institutionalizing them in the daily behavior of students is undeniable. Personal hygiene education at an early age can prevent the occurrence of chronic diseases in the future and reduce the economic burden on the health system (Sharifi et al., 2022). Health and prevention education plays an important role in promoting students' health attitudes and behaviors and can have a significant impact on the formation of healthy habits in children and adolescents. Providing appropriate educational content about personal hygiene, healthy nutrition, hand washing, and oral hygiene enables students to understand the importance of taking care of their health. These trainings, using active and participatory methods, increase learning motivation and provide the basis for creating a positive attitude towards personal hygiene. Research shows that health and prevention education not only conveys scientific and practical information, but also strengthens students' social skills, self-control, and responsibility. In the active and experience-based learning process, students become practically familiar with personal hygiene and apply healthy behaviors in their daily lives. These experiences increase self-awareness, self-confidence, and a positive attitude towards maintaining health and can help prevent diseases and improve the quality of life of students (Asrin and Nahid Sattari, 2024).

This study was conducted to investigate the importance of personal hygiene education in schools and its role in promoting community health. In this regard, while reviewing previous studies, the effect of health education on student behavior and its social consequences will be analyzed. The results of this research can help policymakers and

educational officials design effective strategies to improve the health status in schools and, consequently, the community.

1. Theoretical foundations

1.1. The role of schools in promoting a healthy lifestyle

Schools, as one of the most important social institutions, play a key role in shaping the lifestyle of students. This educational environment is not only a place for transferring scientific knowledge, but also a suitable platform for teaching healthy living skills to children and adolescents. Healthy behaviors, proper nutrition, physical activity, stress management, and mental health are among the dimensions of a healthy lifestyle that should be addressed in schools. Research has shown that structured educational programs in schools can have a significant impact on reducing risky behaviors and increasing the general health of society. Awareness and positive attitude towards personal hygiene not only improves students' physical health, but also helps their mental health by strengthening their communication skills (Mishmast and Mishmast, 2015).

One of the most important factors affecting students' health is their nutritional pattern. Schools can play an important role in improving eating habits through educational programs and monitoring students' nutrition. Providing healthy meals in school cafeterias, implementing awareness programs about balanced nutrition, and promoting the consumption of healthy foods instead of harmful snacks are among the measures that schools can take to improve students' nutritional health. Research shows that educational interventions in schools on nutrition have a direct impact on reducing childhood obesity and increasing their academic performance. One of the fundamental challenges of modern life is the decrease in physical activity levels in children and adolescents. A sedentary lifestyle can lead to diseases such as obesity, type 2 diabetes, and cardiovascular problems in adulthood. Schools can play an effective role in increasing student mobility through regular sports programs, encouraging group activities, and providing appropriate facilities for sports and games. Studies have shown that students who regularly participate in school sports activities not only enjoy better physical health, but also have higher academic concentration and success. Maintaining personal hygiene in educational environments not only ensures physical health, but also contributes to the social development of students by strengthening their sense of responsibility (Ahmadi et al., 2023). Students' mental health has a direct impact on their learning and quality of life. Stress, anxiety, and academic pressures are among the factors that can affect students' mental health. Schools can help improve students' mental health through counseling programs, stress management skills training, and creating a supportive environment. Holding life skills workshops, offering meditation techniques, and mindfulness exercises in the classroom are effective ways to reduce stress and increase students' resilience. Teachers and parents are two important factors in forming healthy habits in children and adolescents. Schools should involve them in this process by continuously training teachers on healthy lifestyles and holding educational sessions for parents. Collaboration between schools and families plays an important role in developing and reinforcing positive habits in students. Parents who themselves lead healthy lifestyles and are role models for their children are more likely to adopt and implement these behaviors. By learning about personal hygiene at school, students act as agents of behavior change in their families and communities (UNICEF and WHO, 2024). Schools not only affect the health of their students, but also the health of their communities. Students who learn healthy lifestyle skills from an early age are healthier and more informed citizens who contribute less to society's health costs. Therefore, investing in healthy lifestyle education in schools not only improves the quality of life of individuals, but also helps reduce the burden on health and medical systems. As one of the main pillars of educating the next generation, schools should prioritize healthy lifestyle education. Diverse educational programs, creating appropriate physical environments for exercise and healthy eating, supporting students' mental health, and effective cooperation between teachers, parents, and educational officials are among the measures that can be effective in promoting healthy lifestyles in society. Ultimately, schools can prepare the next generation for a healthier and more successful life by providing proper education and appropriate infrastructure. As a social space, school plays a key role in promoting the

physical and mental health of students and, consequently, society by providing a healthy environment and appropriate education (Safari et al., 2015).

2.1. The impact of personal hygiene education on reducing healthcare costs and improving public health

In many healthcare systems, disease prevention is a higher priority than treatment. Teaching students about personal hygiene from an early age can prevent the occurrence of many communicable and non-communicable diseases. Hygiene behaviors such as proper hand washing, oral hygiene, healthy nutrition, and proper use of personal items have a direct impact on reducing the incidence of diseases. This not only ensures individual health, but also prevents the spread of diseases in the community and reduces the pressure on health centers. The presence of hygiene facilities such as toilets and clean water in schools facilitates personal hygiene and improves community health (Green et al., 2012).

One of the most important benefits of personal hygiene education is the reduction of healthcare costs at the macro level. Diseases caused by poor personal hygiene, such as gastrointestinal diseases, respiratory infections, dental caries and skin diseases, impose huge costs on health systems annually. By implementing effective educational programs in schools, the spread of these diseases can be prevented. For example, research has shown that teaching proper tooth brushing and oral hygiene can significantly reduce dental costs. Also, promoting a culture of hand washing can reduce the spread of viral and bacterial diseases and reduce the associated healthcare costs. Health education in schools, as a primary prevention strategy, reduces the burden of infectious diseases in developing countries (Hatton and Chase, 2016). Healthcare systems are constantly facing challenges such as a shortage of hospital beds, workload on healthcare staff, and the skyrocketing cost of medical equipment. When personal hygiene education is properly provided in schools and educational institutions, fewer people will contract preventable diseases and the need to visit health centers will decrease. This will lead to a reduction in the burden on hospitals, a decrease in the need for medication, and a decrease in the cost of providing medical resources. Also, healthcare staff can provide specialized services and treat more complex diseases instead of focusing on treating diseases caused by poor hygiene. Personal hygiene, as an effective tool in preventing infectious and contagious diseases, can strengthen the foundations of community health through education in schools (Mahmoudi et al., 2021). A healthy lifestyle, institutionalized through personal health education in schools, has a direct impact on increasing the lifespan and quality of life of individuals. Following nutritional principles, appropriate physical activity, stress management, and disease prevention will reduce chronic diseases such as diabetes, high blood pressure, and heart disease. This will not only reduce medical costs, but will also increase the economic and social productivity of individuals. Healthy individuals have a greater ability to participate in social and economic activities, and as a result, a more dynamic and efficient society will be formed. Schools can institutionalize a culture of prevention in society through continuous education and implementation of practical programs. Holding health workshops, providing engaging educational content, and using new technologies such as educational apps can encourage students to follow health principles. In addition, encouraging families to participate in school health programs will spread this culture to the household level and ultimately to the entire society. Governments spend a huge amount of money every year on treating preventable diseases. Personal health education can significantly reduce these costs. For example, developed countries that have given importance to personal health education in schools have succeeded in reducing their health costs and allocating more resources to other sectors such as education and economic development. In Iran, too, investing in personal health education programs in schools can reduce healthcare costs and increase economic productivity in the long term.

Personal health education in schools is one of the most effective strategies for reducing healthcare costs and improving public health. These programs play a significant role in the sustainable development of society by preventing common diseases, reducing the need for healthcare services, increasing the productivity of the health system, and improving the quality of life. Schools, as the main centers of personal health education, should encourage students to observe health principles by implementing comprehensive and diverse programs, thus paving the way for a healthy society

and a lower cost for the health system. By teaching students the basic principles of personal hygiene, teachers can instill healthy behavioral patterns in them that continue into adulthood (Rezaei and Karimi, 2019).

3.1. New methods of teaching personal hygiene in schools

1. Interactive teaching and experiential learning: One of the most effective methods of teaching personal hygiene in schools is the use of experiential learning and interactive methods. Instead of presenting purely theoretical material, students can learn hygiene skills more effectively by participating in practical activities. For example, simple science experiments on how germs spread, simulating proper hand washing with fluorescent colors, and performing puppet shows about healthy eating can create a better understanding of hygiene concepts. Continuous personal hygiene education in schools can help reduce the spread of infectious diseases among students and, consequently, the community (Ghorbani et al., 2019).

2. Use of digital technologies and educational applications: With the advancement of technology, schools can use educational applications, interactive videos and augmented reality to teach personal health. Applications that introduce students to concepts such as healthy eating, oral hygiene and stress management in the form of educational games increase the effectiveness of learning. Also, the use of virtual reality (VR) and augmented reality (AR) to simulate health environments can make the learning experience more attractive and practical. Students who adhere to personal hygiene have better concentration and academic performance due to reduced diseases (Sarkar, 2013).

3. Implement peer-to-peer education programs: The "peer education" method is one of the new solutions in transferring health concepts. In this method, a group of students receive the necessary training and then transfer their knowledge to their classmates. This method is not only highly effective, but also strengthens the sense of responsibility and increases social interactions among students. Research has shown that this educational model has been very successful in changing students' attitudes and health behaviors. The peer education approach in schools effectively improves students' health behaviors and strengthens the health of the community (Asafa et al., 2017).

4. Integrate health education with other subjects in the curriculum: Instead of dedicating a separate lesson to health education, schools can include health concepts in other subjects such as science, physical education, and life skills. For example, in a science lesson, the effects of microbes on the body and ways to prevent infections can be discussed, or in a physical education lesson, the importance of physical activity in public health can be discussed. This approach helps to achieve a deeper and more lasting understanding of health concepts. Proper personal hygiene education in schools by qualified teachers increases students' awareness of improving health and preventing diseases and plays an important role in promoting the health of the community (Momeni Kharaji and Amiri Dehcheshmeh, 2022).

5. Using game-based learning models (Gamification): The game-based learning method (Gamification) is one of the new and effective solutions in personal health education. In this method, educational concepts are designed in the form of intellectual games, puzzles, challenges, and competitions so that students participate in the learning process with greater enthusiasm. For example, designing games in which students must distinguish between healthy and unhealthy foods or games related to personal hygiene can have a significant impact on institutionalizing these concepts. Health education programs can help students develop healthier eating habits and improve their physical and mental health through increased physical activity (Babapour, 2022).

6. Conducting science camps and field visits: Another effective method for teaching personal hygiene is organizing science camps and field visits to health centers such as clinics, water treatment centers, and microbiology laboratories. These visits help students gain a practical understanding of the importance of personal and public hygiene. Also, inviting health professionals to give lectures and hold question and answer sessions in schools can increase motivation to learn. Teaching hand washing with soap in schools helps to significantly reduce digestive diseases such as diarrhea among students (Minda et al., 2024).

7. Using storytelling and narrative-based education: Storytelling and narrative-based education is one of the effective methods for conveying health messages. Using real stories, animations, and picture books about children or characters who face health challenges increases student identification and increases the impact of educational concepts. Research has shown that teaching through narrative is more memorable in students' minds and helps change their behaviors. Personal health education in schools significantly improves students' health behaviors and helps reduce communicable diseases in the community (Khattoon et al., 2017, p. 99).

8. Parent and community participation in personal health education: One of the key factors in the success of personal health education is the participation of parents and the community in this process. Schools can organize educational workshops for parents to accompany them on the path of health education of their children. Also, cooperation with health centers, non-governmental organizations (NGOs), and medical volunteer groups can spread a culture of health in the community. Modern methods of personal health education in schools are based on interaction, new technologies, experiential learning, and social participation. The use of educational applications, learning games, interactive methods, peer-to-peer education models, and integrating health education with other subjects are some of the strategies that can make the learning process more engaging and effective. Also, the role of parents, society, and technology in improving the personal health of students is very important. The use of these methods will not only increase health awareness in the next generation, but will also have a direct impact on the general health of the community and reduce medical costs.

2. Research Background

In 2025, Ma'adeh Ghasemi conducted a study entitled "Investigating Strategies for Observing Personal and Public Health in Students." The present study aimed to investigate effective strategies for strengthening adherence to personal and public health principles in elementary school students and attempted to explain the effective factors, implementation barriers, the role of teachers, families, and schools, as well as appropriate intervention strategies. In this study, first, theoretical foundations related to personal health, including nutritional health, oral health, hand hygiene, respiratory health, and prevention of infectious diseases, were reviewed. Then, aspects of public health in the school environment, such as classroom cleanliness, proper ventilation, drinking water and toilet hygiene, waste management, and the culture of healthy behaviors were analyzed. Analytical findings show that promoting sustainable health behaviors in children cannot be achieved with theoretical education alone, but requires a combination of practical education, role modeling, active student participation, continuous monitoring, parental support, and sound school policy. Teachers play a key role in shaping healthy habits because their behaviors in the classroom are a direct model for children. It was also found that participatory programs such as "health monitoring", "small health projects", "hand washing campaigns", "visual reminder boards", and "behavioral incentives" can significantly increase compliance with personal hygiene principles in students. On the other hand, the availability of school infrastructure, such as access to safe water, soap, a clean environment, and proper ventilation, is a necessary condition for the formation and consolidation of healthy behaviors. In conclusion, the results of this study show that observing personal and public health in students is a multifactorial process that requires an integrated approach, educational-cultural planning, and the participation of all school and family factors. Adopting combined educational approaches, providing appropriate facilities, active parental participation, health monitoring, and implementing motivational programs are a set of effective strategies that can lead to improving the health level of students and creating sustainable habits throughout life (Maedeh Ghasemi, 2025).

In 2025, Parviz Basiri and colleagues conducted a study entitled Health and Hygiene in Elementary School for Students. This study examined the importance and strategies for improving health and hygiene in elementary school and showed the need for continuous and regular education for students. Maintaining hygiene not only has a positive effect on academic achievement, but also creates a positive attitude towards life and increases the quality of their future life. Also, paying attention to the hygiene of the school environment, healthy nutrition and regular physical

activities are the main pillars of students' health. Improving the health and hygiene of students requires coherent planning and cooperation between parents, teachers and educational officials so that children can grow up in complete health and develop their abilities in the best way (Parviz Basiri et al., 2025).

In 2025, Mahnaz Kadkhodaei conducted a study entitled Investigating the role of oral and dental hygiene education and observing personal hygiene in reducing dental problems and increasing students' self-confidence. The present study attempts to scientifically examine the relationship between regular and targeted oral and dental hygiene education and reducing dental problems and increasing students' self-confidence. Continuous and targeted oral health education increases students' awareness and practical skills in dental care and reduces the incidence of dental problems. Students who have participated in these programs have also shown higher self-confidence in social interactions and group activities. Family participation, school support, and the use of active, educational methods strengthen the positive effects of education and help establish sustainable health behaviors in the long term. Oral health education and personal hygiene, in addition to preventing physical problems, play an important role in the mental and social health of students. Implementing comprehensive and continuous educational programs along with family and school support can improve students' physical and mental health and pave the way for raising a healthy generation with self-confidence and competence in social and educational environments. These findings clearly show the importance of targeted and participatory educational planning in the field of oral health (Mahnaz Kadkhodaei, 2025).

In 2025, Hossein Samandari conducted a study entitled Investigating the Role of Personal Health Education in Reducing Infectious Diseases in Elementary Schools. The aim of this study was to investigate the effect of personal health education on reducing the prevalence of infectious diseases in elementary schools. The research method was semi-experimental and was implemented using a pre-test and post-test design on two experimental and control groups. The research sample included 200 elementary school students from Kerman schools who were randomly selected. Data were collected using a health behavior questionnaire and recorded disease statistics and analyzed with SPSS software. The results showed that personal health education significantly increased health behaviors in the experimental group (significant) and the prevalence of infectious diseases in this group decreased significantly. The findings emphasize that continuous and targeted educational programs in schools can play an important role in maintaining the health of students and reducing the burden of infectious diseases. Therefore, special attention is needed to educate and provide health facilities in schools (Hossein Samandari, 2025).

In 2025, Fatemeh Tahmasbi Jaghargh and Wajihah Shariat conducted a study entitled Investigating the Effect of the Quality of Parent-Adolescent Relationship on Improving the Personal Health of Samaneh High School Students: An Action Research. This action research investigated the relationship between the quality of parent-adolescent relationship and improving the personal health of Samaneh High School students. In this study, first, the current status of personal hygiene and the quality of parent-adolescent relationships among students was identified, then by implementing interventions including holding educational sessions and improving parent-adolescent relationships, its effects on health behaviors were evaluated. The statistical population of the study included third-grade students of this high school (about 70 people) who were included in the study by census method. Data were collected using the Parent-Adolescent Relationship Quality Questionnaire and the Health Behavior Checklist. The quantitative findings showed that the average personal hygiene score of students increased significantly after the intervention (from 2.5 to 4.0 on the Likert scale, $p < 0.01$) and the percentage of students with good health status increased from 35% to 78%. Qualitative results indicated improved motivation to observe health and students' higher understanding of the role of parental support; for example, students stated, "After more conversations with parents, I feel like I have become more sensitive about my cleanliness." The findings indicate that increased parental participation and support can lead to increased self-care of adolescents' health. Therefore, it is suggested that schools and educators, in addition to health education, help improve students' personal health by empowering families and improving parent-adolescent communication (Fatemeh Tahmasebi Jaghargh and Wajihah Shariat, 2025).

In 2025, Leyli Paybast conducted a study titled The Role of Elementary Teachers in Promoting Health Literacy, Personal Hygiene, and Healthy Nutrition among Elementary School Children. This study, using a qualitative and

library-analytical approach, examined the role of teachers in shaping children's health and nutritional behaviors. The findings show that teachers not only transfer knowledge and information related to health, but also have a significant impact on children's behaviors and attitudes by creating a healthy environment, providing practical and participatory training, being a role model in health and nutrition behaviors, and continuous interaction with parents. Creative and experience-based education, active participation of children, and coordination with the family help to consolidate healthy behaviors and strengthen their self-care and responsibility skills. This study emphasizes that strengthening the role of elementary school teachers can be the foundation for sustainable health and nutrition behaviors, appropriate physical and mental development, and raising a healthy and informed generation for the future society (Lili Paybast, 2025).

Zahra Salimi Bani and colleagues conducted a study in 2025 titled "Participatory Learning Experience to Improve Students' Personal Health." This review study aimed to investigate the effect of this method on improving students' personal health. By creating a space for collaboration, exchange of ideas, and problem solving, participatory learning encourages students to actively participate in the learning process, thereby strengthening their awareness and skills related to personal health. This approach helps to institutionalize health habits by strengthening intrinsic motivation, improving social relationships, and reducing risky behaviors. In this article, the basic concepts of participatory learning, its benefits, implementation strategies, and the results of its application in personal health education have been examined. Group activities, technology integration, the role of teachers, and collaboration with families are identified as key strategies. Results show that this approach can improve health awareness, enhance self-care, and promote students' mental health. However, challenges such as lack of resources, inequality in participation, and the need for teacher training can prevent the full effectiveness of this approach. This study suggests that the effectiveness of collaborative learning can be increased by designing flexible curricula, training teachers, and using new technologies. This article emphasizes the importance of developing participatory educational programs to improve students' health and offers suggestions for policy and future research (Zahra Salimi Bani et al., 2025).

Zahra Shahamati et al. conducted a study titled *The Effect of Personal Hygiene Education on Students' Health in 2025*. The present study was conducted with the aim of investigating the effect of personal hygiene education on students' health. In this study, personal hygiene education included hand washing, oral hygiene, healthy nutrition, and general hygiene principles in the school environment. The results showed that regular and targeted personal hygiene education increases awareness, positive health behaviors, and reduces the incidence of common diseases among students. Also, the interaction of teachers and parents plays an important role in the continuation of health education. These findings emphasize that personal hygiene education should be continuously and systematically included in school programs (Zahra Shahamati et al., 2025).

The article (Aldinger and Cohen.2007) examined the role of schools in health promotion and disease prevention and examined the positive effects of school health programs on health behaviors and general health of students. The results showed that school health programs can help reduce high-risk behaviors, increase health awareness, and improve students' health.

The article (Jensen and McGinnis.2007) examined the effects of health promotion programs in schools on children's health and their academic success. The findings showed that these programs not only improve students' physical and mental health, but can also have a positive effect on their academic performance. This positive effect was due to improved concentration, cognitive abilities, and reduced anxiety in students.

The article (Wiglers and Schwartz.2010) examined the effects of health promotion programs in schools on children's health and their academic success. The findings showed that these programs not only improve the physical and mental health of students, but can also have a positive effect on their academic performance. This positive effect was due to improved concentration, cognitive abilities and reduced anxiety in students.

The article (Longill and Rogers. 2011) systematically evaluated health education programs in schools and showed that health education programs can have positive effects on changing adolescents' health behaviors such as healthy eating,

physical activity and tobacco use. These changes can lead to a reduction in health problems and an increase in the quality of life of adolescents in the long term.

(Simovska.2012) examined the effectiveness of health promotion in schools and its impact on children's overall well-being. The results of the study showed that personal health education and health promotion in schools improved children's mental, physical, and social well-being. These programs also led to a reduction in health problems such as obesity and depression among students. A systematic review (McKinney, 2016) examined the effectiveness of health education programs in schools. The results showed that regular and targeted educational programs in schools can significantly improve students' health awareness and health-related behaviors. This research particularly emphasizes the importance of physical and mental health education in schools.

Research Method

This study used a review and descriptive method, which aimed to collect and analyze data from existing sources in order to provide a comprehensive picture of the topic of "personal health education in schools and its role in promoting community health." In this method, first, we identified and reviewed reliable sources and previous research on personal health education and its effects on students' health behaviors and public health. Then, using systematic criteria, we collected information and results from these sources and analyzed them, so that ultimately, the effects of these trainings on reducing health problems, promoting students' physical and mental health, and its effects on society could be explained more broadly. In this process, previous concepts, theories, and results were described and analyzed, and the aim was to gain a better understanding of the effects of personal health education in schools by identifying existing patterns.

Discussion and Conclusion

The conclusion of this article clearly shows that personal health education in schools, as a key strategy in promoting community health, has major effects on improving the health status of students and the community as a whole. By reviewing and analyzing previous studies, it became clear that personal health education in schools not only leads to improving students' health awareness, but also strengthens positive health behaviors in them. These behaviors include observing the principles of personal hygiene, healthy nutrition, performing regular physical activities, maintaining mental health, and reducing drug and tobacco use. These changes could lead to a reduction in the prevalence of noncommunicable diseases such as obesity, diabetes, and cardiovascular diseases, which are currently a serious threat to public health. In addition, this article shows that personal health education in schools not only helps to improve the health status of students, but also reduces the pressure on the health and medical systems of the community. By improving health awareness and changing health behaviors of students, medical costs caused by preventable diseases are reduced. Especially in a situation where health systems in many countries around the world are facing financial difficulties and a high patient burden, this type of education can serve as an effective strategy for reducing costs and preventing diseases. In addition, personal hygiene education in schools indirectly has a positive impact on improving the general health of the community. The new generation, which is aware of the principles of personal hygiene and healthy living, is able to apply this knowledge in their daily lives and transfer it to their families and society. This process of transferring knowledge strengthens the culture of health at a wider level of society and helps improve the quality of life of people in society as a whole. Therefore, it can be concluded that investing in personal hygiene education programs in schools is essential not only for students but also for society as a whole. These trainings act as a preventive tool against health and medical problems and, as a result, play an important role in improving the general health of the community, reducing medical costs, and improving the quality of life of individuals. For this reason, emphasizing the implementation of these types of programs in schools should be part of public health policies in various communities.

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