



Universidad Nacional Experimental de los Llanos
Centrales
Rómulo Gallegos
Decanato del Área Ciencias de la Educación
Centro de Estudios E Investigación (CEIACERG)



Depósito Legal Número: GU218000006
ISSN: 2610-816X



Volumen 7 Número 2 Agosto a Diciembre 2024 Revista Semestral- Venezuela

Esp. Islanda Sibada

“Samuel Robinson” National Experimental University of Teaching (Venezuela)

Email: parishayverlin@gmail.com

ORCID code: <https://orcid.org/0009-0006-31410223>

How to cite this article: “Islanda Sibada. Strategies that Help in the Process of Hygiene and Formation of Healthy Habits in Boys and Girls Within the Family Context” (2024), (1,16)

Received: 14/06/2024 Revised: 18/06/2024 Accepted: 29/06/2024

Strategies that Help in the Process of Hygiene and Formation of Healthy Habits in Boys and Girls Within the Family Context

ABSTRACT

In the preschool stage; Training environments such as the home, garden, play a very important role in the transmission and construction of habits, knowledge and healthy behaviors; that help strengthen them as integral individuals. The general purpose of the study was to implement strategies that contribute to the hygiene process and formation of healthy habits in boys and girls within the family context during childhood. The theories that supported this research were: Pender's Health Promotion Model Theory (2000), Bandura's Social Learning Theory (1986). The methodology used was participatory and transformative action research, under an epistemological approach, socio-critical paradigm based on qualitative methodology, where the data were described as they occur in their real environment. The data collection techniques used: participant observation and interview. As an instrument, the questionnaire and the activity diary were used. To solve this problem, a transformative proposal was designed, the results of which allowed the design of educational activities aimed at infants. Concluding that for the starting point of education, it is to assess the knowledge of the child and the family about health practices, previous experiences and their attitudes and beliefs. Encouraging results were obtained in the modification of hygiene habits, where other contact with people and the use of ties served as a positive example, it was useful for significant learning in preschoolers, increasing the probability of success in changing behaviors in everyday life.

Keywords: Strategies, process, hygiene, training, healthy habits, family context.

Biographical Summary: Venezuelan, Associate Ordinary Professor at the Andrés Bello Catholic University, in the Educational Sciences Area. Also with a degree in Specialization in Initial Education at UNEM, currently pursuing master's studies at said university. Classroom teacher in early education at the CEIS Ciudad de Coro, Miranda Municipality, Falcón State.