

“PROBLEMS OF MAINTAINING HEALTH AND HYGIENE IN THE SCHOOLS OF
UNAKOTI DISTRICT OF TRIPURA” - AN ANALYTICAL STUDY

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Abstract:

Health as define by the World Health Organization (WHO), is “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” If a person is disease free or in a good physical state, but under stress, tension, greed etc. then that person is not considered as a healthy person. Hence, in addition to physical health, we must consider the mental and emotional health also, only then spiritual and social health can be achieved and man can progress forward for the well being of the society. Health is freedom from disease and sickness without, health, we cannot do any work and we cannot improve in life. So, health is the primary need for every one of us. To keep our health well, we should obey the laws of hygiene. Food, exercise, rest and sleep, air and light, punctuality and peace of mind are the primary conditions for good health. We should be punctual in all our daily duties. Labour must be followed by rest. There is an old saying... “Early to bed and early to rise makes a man healthy, wealthy and wise” Hygiene is defined as the science and art of preserving and improving health. The purpose of hygiene is to allow man to live in healthy relationship with his environment. It deals both with an individual and a community as a whole. According to the UNICEF, water-borne diseases such as diarrhoea and respiratory infections are the number one cause for child deaths in India. Children weakened by frequent diarrhoea episodes are more vulnerable to malnutrition and opportunistic infections such as pneumonia. With 44% mothers disposing their children’s faeces in the open there is a very high risk of microbial contamination (bacteria, viruses, amoeba) of water which causes diarrhoea in children. Also diarrhoea and worm infection are two major health conditions that effect. Schools, not only impart knowledge, but also play a major role in shaping the personality of an individual. What a student learns in school is not just confined to the four walls of a class room, but the whole school environment is a source of knowledge. Apart from knowledge, a student learns cleanliness, good behaviour, and maintains a good hygiene etc. therefore, it is important for a school to maintain a healthy environment atmosphere.

Keywords: Health and Hygiene, Microbial Contamination, Diarrhoea.

INTRODUCTION:

According to Goutam Buddha “To enjoy good health, to bring true happiness to one’s family, to bring peace to all, one must first discipline and control one’s own mind. If a man can control his mind he can find the way to Enlightenment, all wisdom and virtue will naturally come to him.” Health education plays an important role in the community hygiene. To prevent illness and have positive health attitude, correct and complete knowledge of health is necessary. Health is cleanliness against diseases, whether contagious or self-generated. In this we will discuss the actual meaning of health can be achieved through sanitary habits and healthy way of living. Health is a positive state of well being. Health as define by the World Health Organization (WHO), is “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” If a person is disease free or in a good physical state, but under stress, tension, greed etc. then that person is not considered as a healthy person. Hence, in addition to physical health, we must consider the mental and emotional health also, only then spiritual and social health can be achieved and man can progress forward for the well being of the society. Health is freedom from disease and sickness without, health, we cannot do any work and we cannot improve in life. So, health is the primary need for every one of us. To keep our health well, we should obey the laws of hygiene. Food, exercise, rest and sleep, air and light, punctuality and peace of mind are the primary conditions for good health. We should be punctual in all our daily duties. Labour must be followed by rest. There is an old saying... “Early to bed and early to rise Makes a man healthy, wealthy and wise” Hygiene is defined as the science and art of preserving and improving health. The purpose of hygiene is to allow man to live in healthy relationship with his environment. It deals both with an individual and a community as a whole. In order to be healthy one must realize that hygiene and sanitation play a very important role. National Sample Survey Office (NSSO) conducted a survey in 2012, which has underlined the abysmal state and sanitation in the country, particularly in rural India. According to this survey, only 32% of rural household have their own toilets and that less than half of India households have a toilet at home. Poor sanitation impairs the health leading to high rates of malnutrition and productivity losses. Indian’s sanitation deficit leads to losses worth roughly 6% of its Gross Domestic Product (GPD) according to World Bank estimates by raising the disease burden in the country. Children are affected more than adults as the rampant spread of diseases nutrients there by stunting their growth. This unhygienic environment is due to India’s historic neglect of public health services. About 48% of children in India are suffering from some degree of malnutrition. According to the UNICEF, water-borne diseases such as

diarrhoea and respiratory infections are the number one cause for child deaths in India. Children weakened by frequent diarrhoea episodes are more vulnerable to malnutrition and opportunistic infections such as pneumonia. With 44% mothers disposing their children's faeces in the open there is a very high risk of microbial contamination (bacteria, viruses, amoeba) of water which causes diarrhoea in children. Also diarrhoea and worm infection are two major health conditions that effect. Schools, not only impart knowledge, but also play a major role in shaping the personality of an individual. What a student learns in school is not just confined to the four walls of a class room, but the whole school environment is a source of knowledge. Apart from knowledge, a student learns cleanliness, good behaviour, and maintains a good hygiene etc. therefore, it is important for a school to maintain a healthy environment atmosphere.

STATEMENT OF THE PROBLEMS:

The problem of the study is integral part of our life and it's the big concern of our society. Maintaining cleanliness in school premises is a obligation of learners, teachers and the people involve with the institution. We cannot deny the importance of maintaining cleanliness in the school as it is matter about the health of our next generation society builders that is students, health of teacher, health of community and so on. Therefore considering its importance several tips and instructions should be given to students in order to make healthy society and prosperous future.

The schools often suffer from:-

- Non-existence or insufficient, water supply, sanitation and hand washing facilities;
- Broken, dirty and unsafe water supply, sanitation and hand washing facilities;
- Toilets or latrines that are not adopted to the needs of children, in particular girls;
- Children with poor and hand-washing habits and practices;
- Non-existence or irrelevant health and hygiene education;
- Unhealthy and dirty class room and school compound.

The poor health of children affects their ability to learn and there for influences their prospects in life. Basically this means that children with heavy worm infections begin at a disadvantage and have a slower start in the learning process. These children have only a few years of opportunities to benefits formal education.

OBJECTIVES OF THE STUDY:

The main objective of the study was undertaken the following one of the main problem faced by the school children are as follow:

1. To clearly identify problems related to hygiene.
2. To identify waste improved or maintain good hygienic practices.
3. To anticipate the waste of the problem solution based on appropriate and living situation.
4. To identify personal hygiene and sanitation practices and need to improved and maintained them.
5. To recognise the need of others interns of hygiene and sanitation practices.

SIGNIFICANCE OF THE STUDY:

The main and important source of hygiene is cleanliness that is necessary for good health. It is the most important hygiene habit for the good health. Dirt spreads diseases because germs include in it. They move about with the dust in the air, so a dirty man is easily attacked with disease. Hygiene can be defined as the practice of certain habits to maintain a good health. It can be at the personal level and at the community level. Society includes the surrounding we live and other public places. A good environment has a great impact in the physical mental condition of a individual. The untidy and improper way of disposal of waste in public places leads to unhealthy conditions. These lead to uncontrolled growth of rodents and disease causing and carrying microbes and make us ill. Hence social hygiene is a important as personal hygiene. Maintaining hygiene practice helps to reduce the risks of ill health, but equally important how we and others perceive ourselves and can influence our levels of confidence and self-esteem which can affect many aspects of our lives. School hygiene and sanitation are especially important because children spend a great deal of time at school and they need a healthy environment to learn and grow physically , mentally ,sanitary inspection

of public institutions is a method for identifying hygiene and sanitation problems. Hygiene is an essential component of healthy living; In fact hygiene is integral to achieving good health and preventing disease and infection.

METHODOLOGY OF THE STUDY:

In this study “Health and Hygiene” researchers used survey method and for the collection of data researcher used Questionnaire, Observation and Interview method.

HEALTH AND HYGIENE SURVEY IN THE SCHOOL

The survey was conducted on January 2022. The school survey was conducted to get the information about the health hygiene condition among the students and their family members, and health care information about both the students and their family and their awareness with respect to the health care facility in their school and villages. Health care providers, health care programs that are carried out in the school to give health care education.

We visit two different schools and collect information. We ask the questions to individuals students –

- It links what students learn with what they do.
- It links what students do in class with what they do at home.

To establish role between personal hygiene and health in everyday life, particularly for students:-

- Design and develop a questionnaire with key question related to personal hygiene like hand washing, bathing, using soap, nail frequency of keeping oneself clean.
- Co-related type of illness with parameter of personal hygiene.
- Create awareness about personal hygiene measures to be taken and the manner in which these are to be adopted.

DATA COLLECTION:

At first we went to the school and we have discussed about our work in details and take the permission to the head master, and then we divided into two groups and enter the different classroom. We have taken 100 sample of questionnaire in our study. We went to class from six to eight to collect the information about their health and hygiene problems. So we find most of the students are good in health but few students are not well because of they do not maintain such type of activity in their daily life and careless about their health. We observe in some school there were no proper toilet, drinking water facility and medical care etc.

TABLE-1
CLASS- VI DATA RESULT

No.	Question	Positive response	Negative response	Total	Average%
1	Do you brush your teeth?	10	0	10	100
2	Is keeping your nails clean will help protect you against the spread of harmful bacteria?	10	0	10	100
3	Do you take bath every day?	10	0	10	100
4	Keeping your clothes clean is it necessary?	10	0	10	100
5	Coughing and sneezing can spread bacteria, viruses and parasites. Do to you believe it or not?	10	0	10	100
6	Do you have proper drinking water facility?	5	5	10	50
7	Is regularly water tank clean or not?	8	2	10	80
8	Is the toilet clean in your school?	6	4	10	60
9	Do you clean your classroom every day?	8	2	10	80
10	Do your kitchen is clean every day?	2	8	10	20
11	Do you wash your vegetables before you cook?	10	0	10	100
12	Do you clean or wash your utensils before and after use?	8	2	10	80
13	Is there any dustbin in your school?	2	8	10	20
14	Do you have separate class for physical education in your school?	0	10	10	0
15	Do you have facilities for primary health care in your school?	8	2	10	80
	TOTAL	107	43	150	

$$\text{Total Average \%} = 107/150 \times 100$$

$$= 71.33\%$$

In table no.1, in class VI, it is shown that after analysing the sample we got the average of health conscious among the students. And the negative response we got is 43 in total and positive response we got is 107 from the students. By calculating the average percentage of positive response, we found the result 71.33%

TABLE: 2
CLASS- VII DATA RESULT

No.	Question	Positive response	Negative response	Total	Average%
1	Do you brush your teeth?	8	2	10	80
2	Is keeping your nails clean will help protect you against the spread of harmful bacteria?	7	3	10	70
3	Do you take bath every day?	10	0	10	100
4	Keeping your clothes clean is it necessary?	7	3	10	70
5	Coughing and sneezing can spread bacteria, viruses and parasites. Do to you believe it or not?	6	4	10	60
6	Do you have proper drinking water facility?	8	2	10	80
7	Is regularly water tank clean or not?	3	7	10	30
8	Is the toilet clean in your school?	2	8	10	20
9	Do you clean your classroom every day?	8	2	10	80
10	Do your kitchen is clean every day?	7	3	10	70
11	Do you wash your vegetables before you cook?	10	0	10	100
12	Do you clean or wash your utensils before and after use?	4	1	10	90
13	Is there any dustbin in your school?	8	2	10	80
14	Do you have separate class for physical education in your school?	1	9	10	10
15	Do you have facilities for primary health care in your school?	6	4	10	60
	TOTAL	100	50	150	

$$\text{Total Average\%} = 100/150 \times 100 \\ = 66.67\%$$

In table no.2, we repeated the same questionnaire as to that of class VI and we got the positive response that is 100 in total and negative response 50. The result we got from calculating the positive response is 66.67

TABLE: 3
CLASS VIII DATA RESULT

No.	Question	Positive response	Negative response	Total	Average%
1	Do you brush your teeth?	8	2	10	80
2	Is keeping your nails clean will help protect you against the spread of harmful bacteria?	8	2	10	80
3	Do you take bath every day?	9	1	10	90
4	Keeping your clothes clean is it necessary?	7	3	10	70
5	Coughing and sneezing can spread bacteria, viruses and parasites. Do to you believe it or not?	9	1	10	90
6	Do you have proper drinking water facility?	7	3	10	70
7	Is regularly water tank clean or not?	8	2	10	80
8	Is the toilet clean in your school?	9	1	10	90
9	Do you clean your classroom every day?	8	2	10	80
10	Do your kitchen is clean every day?	10	0	10	100
11	Do you wash your vegetables before you cook?	10	0	10	100
12	Do you clean or wash your utensils before and after use?	9	1	10	90
13	Is there any dustbin in your school?	8	2	10	80
14	Do you have separate class for physical education in your school?	7	3	10	70
15	Do you have facilities for primary health care in your school?	9	1	10	90
		T=126	T=24	T=150	

$$\text{Total Average \%} = 126/150 * 100$$

$$= 84\%$$

In table no.3, in class VIII, the same questionnaire was repeated in the class and the positive response we got is 126 and the negative response is 24. The result we got by calculating the positive response is 84%.

TABLE-4

NO	CLASS	AVERAGE %
1	VI	71.33
2	VII	66.67
3	VIII	84

In table no.4 , the overall table, it shows that the highest percentage of health conscious is 84% which is in class VIII and the lowest percentage we got in class VII that is 66.67

FINDINGS OF THE STUDY

This study was under taken to find out the knowledge and practice of the hygiene among the school students and also about the availability of sources related to health and hygiene in the school. The problem of maintaining health and hygiene in the family and school, the findings:-

- It was found that most of the students are knowledgeable about personal health and hygiene except few students.
- Around 100 samples, majority of the students have faculty of drinking water and only few students do not have drinking water facility.
- There are no separate toilets for boys and girls.
- The toilets are not clean every day.
- The toilets are made of pucca in the school.
- Students are aware about washing their hands before eating and after toilet.
- Students are also aware about washing their dishes or utensils before use and after use.
- They are aware of maintaining cleanliness both in the school and in the school.

- Water quality of the drinking water is not up to the mark.
- The water tanks are not clean regularly.
- There is a proper place available in the school for students to take midday-meal.
- The type of quality used for cooking is a good quality of ingredients in the school.
- The mid-day-meal menus are sufficient to the student provided by the school.
- The kitchen of the school is clean every day.
- Dustbin is there in every classroom in the school.
- There is a proper place for throwing the garbage in the school.
- In spite of having regular class, the schools provide separate class for physical education.
- There are facilities for primary health care in the school.
- The dining rooms are clean every day.
- Students are aware of covering their mouth with their hands while coughing.

CONCLUSION

As the analysis in this report have demonstrated, a wide array of factors influences a family's health, and many entities in the community share responsibility for maintaining and improving its health and hygiene. Responsibility shared among many entities can easily become responsibility ignored or abandoned. Implementing and sustaining school-based healthy eating and physical activity policies and programs will make a powerful contribution toward a healthy future for students in the school and family. Contributing to the interest in health improvement and performance monitoring is a wider recognition that health embraces well-being as well as the absence of illness. For both the students and the families, health can be seen to depend not only on medical care but also on other factors including individual behaviour, physical activity and genetic makeup and social and economic conditions.

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