

PROMOTING SANITATION AND HYGIENE IN SCHOOLS

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Abstract

Education and promotion of hygiene can play a vital role for developing public health and facing various obstacles in ensuring public health for all citizens. School can take an active role for promoting school sanitation and hygiene. The components of hygiene and sanitation encompass various practices, infrastructure, and behaviors aimed at promoting cleanliness, health, and wellbeing like personal hygiene, environmental hygiene, and food hygiene. School can advocate various innovative techniques for betterment of school sanitation and hygiene through behavior change activities. Promotion of Sanitation and hygiene in schools can provide happy and healthy learning environment for all the students. It will help to reduce health related issues and will also help to improve attendance rate and academic achievement of the students.

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Introduction:

Hygiene and sanitation are not derogatory terms; they are crucial for child survival, development, and growth. Often hailed as one of the most significant medical advancements of the past century and a half, 2.6 billion people in the developing countries still lack access to better sanitation. (UNICEF, 2008). The outcome is both anticipated and alarming: millions of children perish annually due to diseases primarily linked to inadequate water and sanitation practices (cited from Water Facts, UNICEF, and WHO, 2014). Consequently, UNICEF has embraced the Child Survival and Protection Pledge as an integral component of the 2015 Millennium Development Goals (UNICEF, 2013). 3 Hygiene is integral to public health, encompassing actions and habits directed toward maintaining cleanliness, health, and overall well-being. It includes personal and environmental hygiene practices such as hand washing, appropriate sanitation methods, safe handling of food, and upkeep of living spaces. Through the adoption of proper

hygiene practices, individuals can mitigate the transmission of infectious diseases, lower the likelihood of illnesses, and foster improved health and hygiene standards in their communities. Education and promotion of hygiene play pivotal roles in public health efforts, equipping individuals and communities with the understanding and tools necessary to uphold hygienic practices and protect their health.

Objectives of this research:

1. To elucidate the significance of Promoting Sanitation and hygiene in schools.
2. To explain the positive impact of school hygiene and sanitation for the overall development of the students.

Research Methodology of this paper:

The presented research paper is based on secondary sources. For this, observation, various reference texts, articles, secondary sources like internet sources have been used and content analysis technique has been used.

Importance of school hygiene:

School children spend one third of their time in schools. During which time they may be face to a variety of physical, social and psychological harm. Schools provide an ideal opportunity to learn good hygiene practices for children.

The water supply and school sanitation facilities have become a child health concern in recent years. According to majority of researchers found that primary schools did not have access to adequate sanitation facilities, drinking water sources, hand washing and excreta disposal. School dropouts are observed among female students due to a lack of latrines with facilities for menstrual hygiene.

Insufficient sanitation facilities can pose significant risks to the health of girl students, rendering them more susceptible to hygiene-related illnesses and reproductive health concerns. Moreover, inadequate sanitation infrastructure can lead to absenteeism, discomfort, and embarrassment among girl students.

The provision of safe water supply, latrines is the rights of students. Healthy school environment school hygiene and sanitation ensure more effective learning. It could provide opportunities for students to gain life-long positive hygiene behaviors. Help to increase school enrolment, retention and attendance for girls and promoting hygiene.

Teaching students about health focuses mainly to change the behavior of students. Health information is usually mention within various school subjects such as science and physical education. School can take an active role for promoting school sanitation by regular inspection and advising the school community in area. Also can take an active lead in coordinating and maintaining exist local health facilities.

Components of Hygiene and Sanitation :

Here are the key components:

1. Personal Hygiene: - Hand washing: Ensuring regular and thorough hand washing with soap and

water to remove germs and prevent disease transmission. - Body Hygiene: Practices such as bathing or showering to maintain cleanliness and prevent body Odor. - Oral Hygiene: Regular brushing of teeth and use of dental floss to prevent dental problems and maintain oral health.

2. Environmental Hygiene:

Safe Water Supply: To stop waterborne illnesses, make sure everyone has access to clean, safe drinking water. - Sanitation Facilities: Construction and maintenance of toilets, latrines, and sewage systems for the safe disposal of human waste. - Waste Management: Proper management of solid waste, including collection, recycling, and disposal, to maintain cleanliness and prevent environmental pollution.

3. Food Hygiene:

Safe Food Handling: Proper storage, preparation, and cooking of food to prevent foodborne illnesses. - Clean Eating Utensils: Keeping utensils and surfaces clean and sanitized to reduce the risk of contamination.

4. Community Hygiene:

Public Health Education: Educating communities about the importance of hygiene practices and promoting behaviour change initiatives. - Community Sanitation: Collaborative efforts to maintain cleanliness in public spaces such as streets, parks, and markets, contributing to overall hygiene and sanitation.

5. Hygiene Promotion and Advocacy:

Health Promotion Campaigns: Raising awareness about the significance of hygiene through campaigns, workshops, and educational programs. - Policy Advocacy: Advocating for policies and regulations supporting hygiene and sanitation efforts at local, national, and global levels.

6. Behavior Change Communication:

Communication Strategies: Utilizing various

communication channels such as mass media, social media, and community engagement activities to promote behavior change.

7. Monitoring and Evaluation:

Surveillance Systems: Monitoring disease prevalence related to poor hygiene and sanitation and tracking progress in hygiene promotion efforts.

- Impact evaluation measures how well sanitation and hygiene initiatives have improved health outcomes and altered behavior. These components collectively work towards promoting hygiene and sanitation practices, safeguarding individuals and communities from diseases, and enhancing overall health and well-being

School hygiene and sanitation:

Sanitation and cleanliness play an important role in the betterment of the physical environment. Sanitation refers to the maintenance of hygienic conditions and improvement and promotion of human health through different practices including safe disposal of human waste, waste water and waste solid, garbage collection and health and hygiene management. Cleanliness and sanitation is not only about keeping clean, removing dirt and dust but also about protecting the environment and its local resources, We must reduce the harmful effect of inadequate sanitation practices in order improve health and hygiene and promote sustainable development. School hygiene and sanitation is one of the primary necessities of any educational facility. A successful and good school is one that provides a safe and clean environment for all its students. School hygiene have many components like clean drinking water, Hand wash station, and waste management, separate toilets for both girls and boys. Cleaning and maintaining services, and the overall health of students and staff.

Knowledge and Experience Are Needed for School Sanitation and Hygiene :

1. Health Promotion:

Educating students about hygiene and sanitation practices fosters healthy habits. Teaching proper hand washing, personal hygiene, and sanitation reduces the spread of diseases and enhances overall student health.

2. Disease Prevention:

Without proper hygiene and sanitation practices, schools can become breeding grounds for diseases. Teaching students about cleanliness, waste disposal, and food safety helps prevent outbreaks of illnesses like diarrhoea, respiratory infections, and foodborne diseases.

3. Environmental Sustainability:

Schools play a pivotal role in promoting environmental stewardship. Educating students about waste reduction, recycling, and water conservation instils values of responsible resource management, contributing to a healthier environment both within and beyond school grounds.

4. Empowerment:

Knowledge about hygiene and sanitation empowers students to prioritize their health. By teaching personal hygiene and sanitation practices, schools equip students with lifelong skills essential for maintaining well-being and fostering healthier communities.

5. Academic Performance:

Poor hygiene can hinder students' academic success. Illnesses resulting from inadequate sanitation lead to absenteeism, reduced concentration, and lower academic achievement. Promoting hygiene and sanitation creates an optimal learning environment conducive to academic success.

6. Social and Behavioral Change:

Schools are influential platforms for promoting positive behaviors. Integrating hygiene and sanitation education into the curriculum and encouraging positive practices shape students' attitudes and behaviors, fostering healthier habits both in school and in the community.

7. Global Impact:

Improving hygiene and sanitation practices in schools contributes to global development goals, particularly Sustainable

Development Goal 6. Educating students about these issues empowers them to advocate for clean water and sanitation access worldwide, contributing to a healthier and more sustainable future for all. Knowledge and practice in school hygiene and sanitation are indispensable for promoting student health, preventing diseases, preserving the environment, empowering students, enhancing academic performance, fostering social change, and advancing global development objectives.

8. Improve attendance:

School hygiene and sanitation is a determinant of overall school attendance. To improve overall Health and school attendance of students' sanitation related policies should include in school rules. To promote hygiene practices within schools, it may be necessary to form health clubs and hosting information sessions about hygiene in general.

9. Motivation to learn:

If school an environment is clean and sanitary, students and staff will be more motivated to learn. Having a clean school will improve the motivation of parents and other visitors too. Clean and healthy environment and the natural look of the school will have a large impact on parent's willingness to enroll their child.

10. Psychological development of students:

The motivational and physical environment of school is especially important regarding the psychological development of students and staff members. Clean and safe classroom, toilets, clean drinking water, hand wash station, waste management are essential characteristics to consider to psychological development of students.

Conclusion:

By Promoting Sanitation and hygiene in schools we can provide happy and healthy learning environment for the students. It will help to reduce health related issues and will also help to improve attendance rate of the students. Proper sanitation facilities create a safe and supportive environment for learning. By fostering a positive learning environment enhancing sanitary facilities in schools not only boosts students' academic success but also their health. These efforts not only foster a culture of hygiene and cleanliness within the school but also empower students to prioritize their health and well-being for long-term benefits. By prioritizing cleanliness, schools create an environment conducive to learning, supporting physical health, mental well-being, and overall academic achievement. After all, happy students is equal to a happy school.

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